

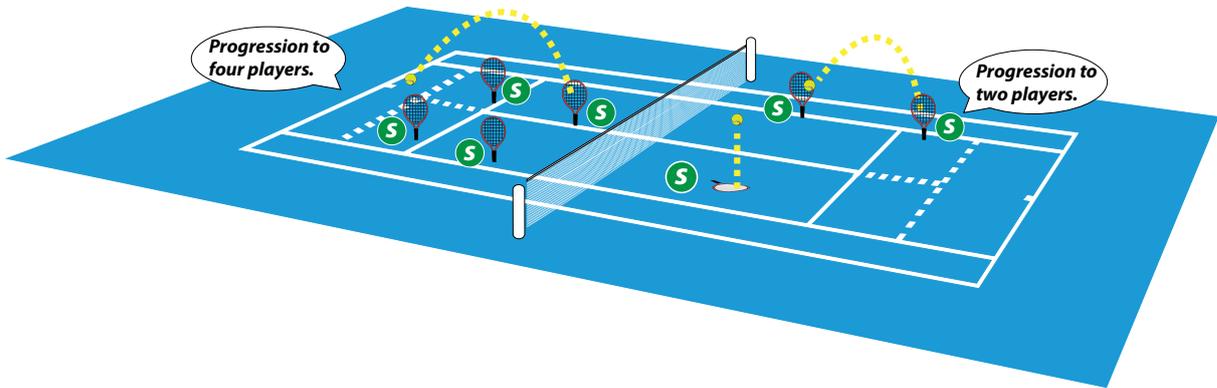


Warm-up

Learning Objectives

Children will:

- develop control with their volley and hit to different areas on the court.
- recognise the advantages of volleying the ball to win the point.



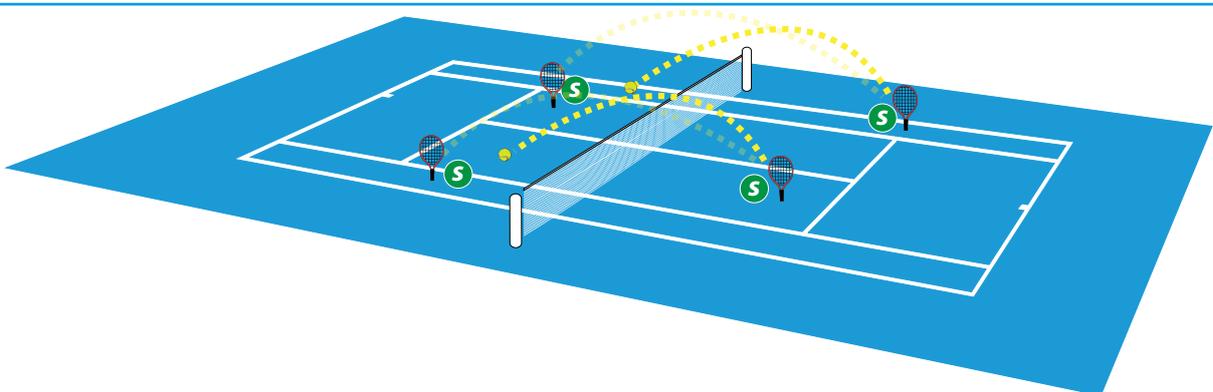
1. Children stand in a space with their racquet and orange ball.
2. Children volley to themselves on the forehand side of the racquet with control, at eye height (palm facing the sky, palm guidance at impact).
3. Repeat on the backhand (palm facing the ground, knuckle guidance at impact).
4. Repeat alternating backhand and forehand.
5. To challenge children get them to volley in pairs or small groups.

Key points

Allow them time to practice and then introduce a competitive element where they need to get as many as possible in one minute.

To ensure they are focused on controlling the racquet and ball do not allow them to walk while hitting the ball up. By doing this they will recognise when they lose control of the racquet as they will not be able to reach the ball to hit it again.

Play development Volley rallies



1. In pairs children rally over the net and attempt to hit 10 consecutive volleys.
2. If they are successful challenge them to hit 10 in a row of: forehand volleys only, backhand volleys only, and alternate forehand and backhand volleys.

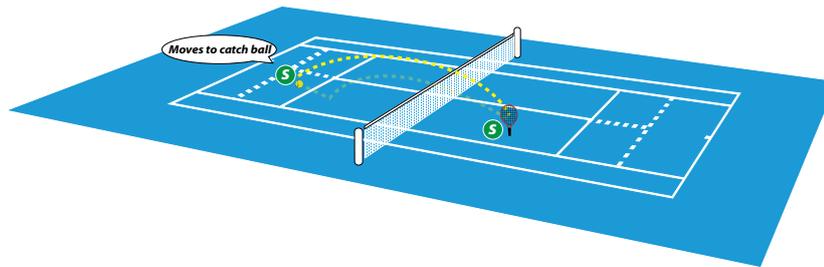
Key points

The focus of the activity is control so emphasise the initial shoulder turn, the racquet head staying above the wrist/hand, impact in front of the body and a great ready position as preparation time will be limited.

Volleying away from the opponent

Approaching the net

Diagram A: Volleying



(A)

1. In pairs on half the doubles court one child will stand at the service line and throw the ball underarm to the volleyer at the net.
2. The volleyer will attempt to hit the volley into the court but away from their partner who before it stops bouncing tries to catch the ball after one bounce.
3. From where the catcher catches the ball they must throw the ball from that position, which will allow the volleyer more open space to hit a volley winner.
4. After ten throws they switch roles (see above diagram).

Key points

Tactics is the focus. Give children feedback which relates to where they should hit the volley to make their opponent move. Encourage them to hit a deep volley and then a short angle volley.

Technically introduce the movement of body weight forward through the volley to increase the power they can generate.

(B)

- In pairs one child feeds the ball with a bounce hit from the service line to their opponent who is at the baseline of the orange court.
1. After the feed they move to the net and play the point out against their opponent.
 2. Children play first to seven points and then switch roles.

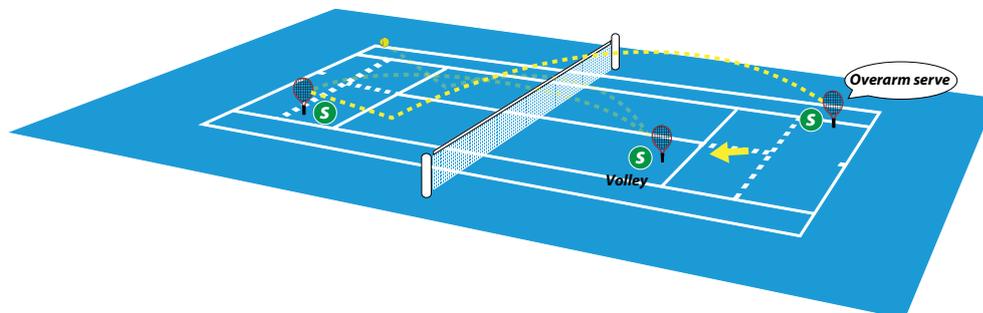
Key points

When the player approaches the net highlight the importance of the split step, then reinforce technical elements mentioned previously.

Use markers to highlight where the approach shot should be hit.

Encourage the baseline child to hit the first ball back to the volleyer to begin the point. If required introduce a rule that the point does not start until the first volley is hit over the net.

Playing tennis



1. Children play best of three sets first to five, alternating serve every 2 points.
2. The point should be started with an overarm serve cross court.
3. To encourage children to volley, two bonus points can be awarded for winning the point with a volley. Therefore a point won with a volley is worth 3 points.
4. Switch opponents trying to match ability to create evenly contested matches.

Key points

Explain to children this is their opportunity to implement in a 'match' what they have practiced.

Be aware that children may volley from the baseline in an attempt to get the bonus points so reinforce where they should volley from.

Matches should be short due to the large reward for winning with a volley, which will allow them to play many different opponents.

Debrief/questions to ask

When should you approach the net?

How does approaching the net help you win the point?

Where should you aim your approach shot?

Where on the court should you be when you volley?

Key

 Coach/Deliverer
 Student

 Tennis Ball
 Cones

 Tennis Racquet
 Hoops

 Drop Down Lines
 Ball Trajectory Lines