

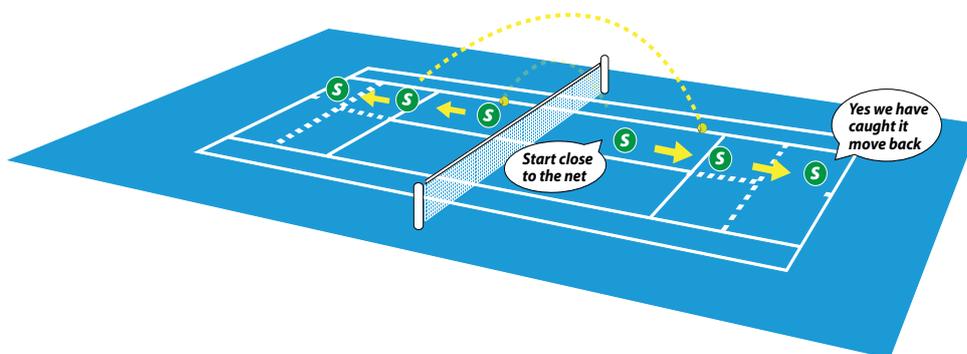


Warm Up Throw the distance

Learning Objectives

Children will:

- develop their full overarm service action.
- develop their return of serve



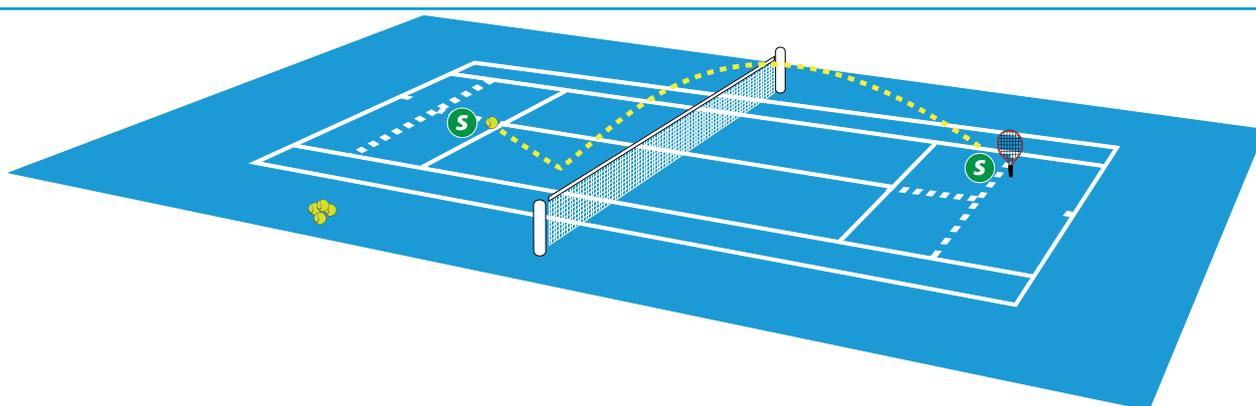
1. In pairs children stand on opposite sides of the net, approximately two metres away from it.
2. Throwing the ball overarm to each other and only taking one step to catch the ball, each time they complete four successful catches in a row they both take one step back.
3. If they reach the baseline and complete four successful catches get them to start again using their left hand while the others finish. This will help develop their coordination.

Key points

If the children do not have a good throwing technique use some of the activities from the first serve and serve return lesson to develop this before progressing to the serve.

Technical points to look for include: the trophy position, leg drive and weight transfer from back to front foot, the shoulder leading the arm, a release high and up, with a controlled and balanced finish.

Play development Serve and serve return catch



1. In pairs one child will be the server and the other the returner.
2. The server serves cross court to their partner who has to catch the ball after one bounce and place it in a pile to the side of the court.
3. As a pair they count how many times they can successfully complete the activity from ten attempts.
4. Children switch roles and try to beat their previous score.
5. Complete the activity on the other diagonal.

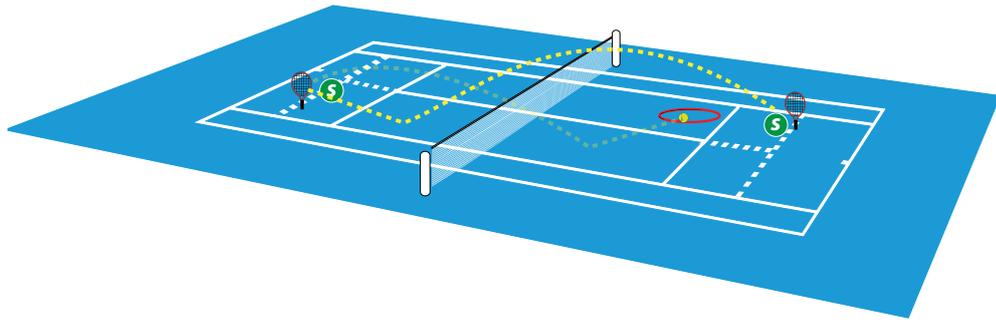
Key points

To increase the level of difficulty use targets for the server.

Technically look for the same points as mentioned previously and be aware of the action of the left arm when tossing the ball up.

Get the returner to complete a split step and move to catch the ball at the point at which they would make impact.

Serve and serve return



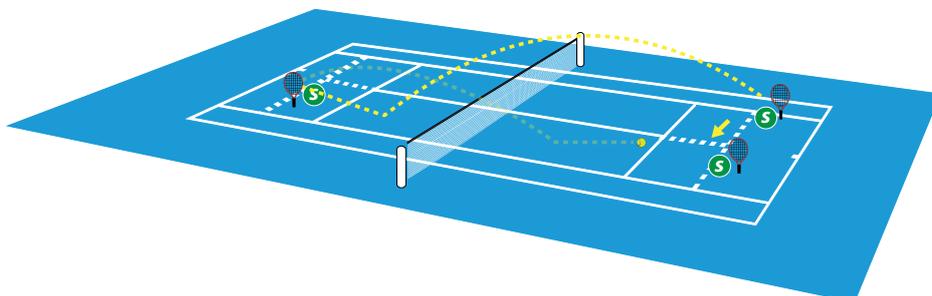
1. Children perform the same activity as the previous but the returner now hits the ball cross court.
2. As a pair they count how many times they can be successful from 10 attempts.
3. To introduce a competitive element, set the returner a target area.
4. The server must now try to serve so the returner can not hit the ball in the target area. If the return lands in the target area the returner gets one point, if it does not the server scores a point.
5. Children should switch roles and complete for both the deuce and advantage sides of the court.

Key points

Children should try and complete the full swing when serving. If they can not get them to start in the trophy position and focus on hitting up and out to the ball using palm guidance through the hitting zone.

If they are having trouble controlling the ball toss regress them and practice this skill.

Playing tennis



1. Children play points first to seven.
2. The rally should be started with an overarm serve.
3. Children have two serves each at a time and need to win by two points.
4. If the return is not hit in the server receives two points.
5. Switch opponents trying to match ability to create evenly contested matches.

Key points

Continue to reinforce the technical points worked on in the throwing and serving activities.

Encourage all players to direct their serve to their opponent's weakness.

Emphasise the importance of getting the return in play and not giving the server 'free points'.

Debrief/questions to ask

What is the trophy position?

Where should you direct a serve?

How many fault serves can you have?

Where should you serve from?

Key

Coach/Deliverer
 Student

Tennis Ball
 Cones

Tennis Racquet
 Hoops

Drop Down Lines
 Ball Trajectory Lines