

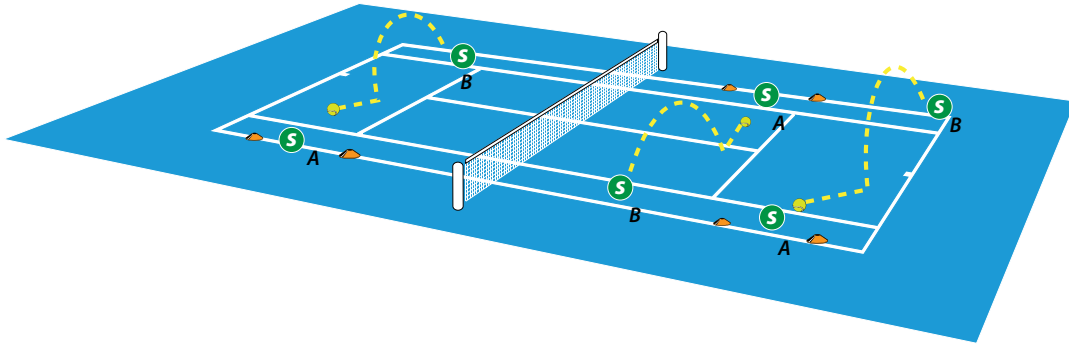


Warm-up Fast reactions

Learning Objectives

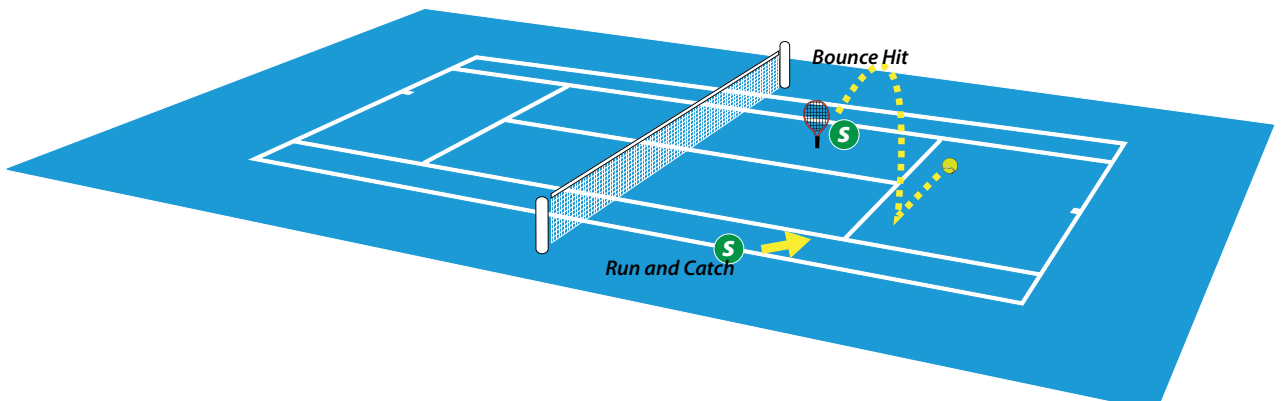
Children will:

- develop consistency when rallying with a partner.
- develop rallying on a red court.



1. Child A stands on a line between two cones while child B throws a ball in the direction of either cone. Child A starts in the ready position and moves toward the ball to catch it before the second bounce. Change roles.
2. Repeat the activity and increase the level of difficulty using one of the following:
 - children using one hand to catch.
 - increasing the distance between the cones or utilising different balls.

Play development Throw tennis (set up as per Rallying 1)

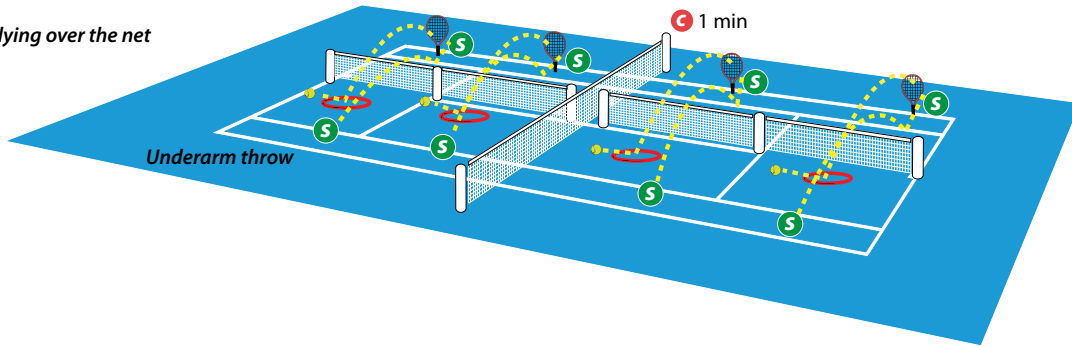


1. In pairs, one child hits a ball up in the air away from their partner who has to move to the ball, let it bounce and catch it. Repeat activity with children using one hand to catch.
2. The catcher will now throw the ball underarm to their partner who hits the ball back to the catcher to catch after one bounce.

Self and target rally

Rallying over the net

Diagram: Rallying over the net

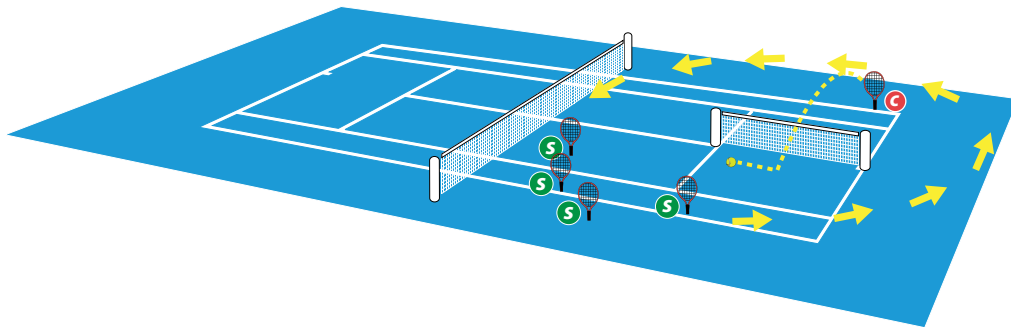


1. Individually, children hit a ball up into the air allowing it to bounce before hitting it up again. Children count the number of self rallies.
 2. To encourage control, place a hoop on the ground for the ball to bounce in.
 3. In an open space, children rally with a partner allowing the ball to bounce once between them. Children count how many strokes they hit in two minutes.
1. In pairs one child feeds the ball with an underarm throw over the net for their partner to hit back. The thrower should then catch the ball after one bounce out in front at waist height to simulate the impact position. Change roles. Introduce a hoop to develop accuracy.
 2. With a racquet each, children rally the ball while trying to hit the ball into the hoop.
 3. Take the hoops away. Children count their longest rally in one minute. Stop play and have all the children on one side of the net to move to their left to rally with a new partner.

Key points

To develop a rally, children should throw the ball in front of their partner and to the appropriate side. Children swing forward from low to high and finish in a balanced position.

Playing tennis Around the world



1. The Deliverer plays with all the children on a red court. The aim is to keep a continuous rally going. In turns, children hit the ball back to the Deliverer and then run around the court and back to the line. If the children can keep a rally going through the whole group they win.

Debrief/questions to ask

How do you help a rally continue?

What makes it hard to rally?

What type of swing should you be doing?

Key

C Coach/Deliverer
S Student

Tennis Ball
Cones

Tennis Racquet
Hoops

Drop Down Lines
Ball Trajectory Lines