

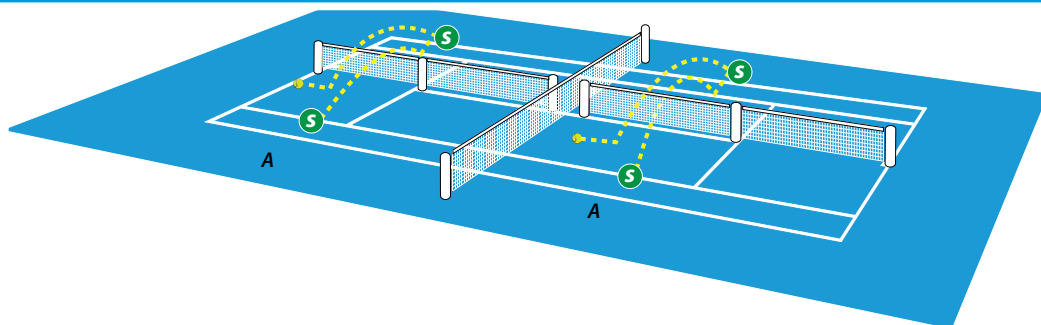


## Warm-up Throw tennis

## Learning Objectives

Children will:

- demonstrate a circular swing on ground strokes.
- cooperate with, and help others in a pair or team situation.



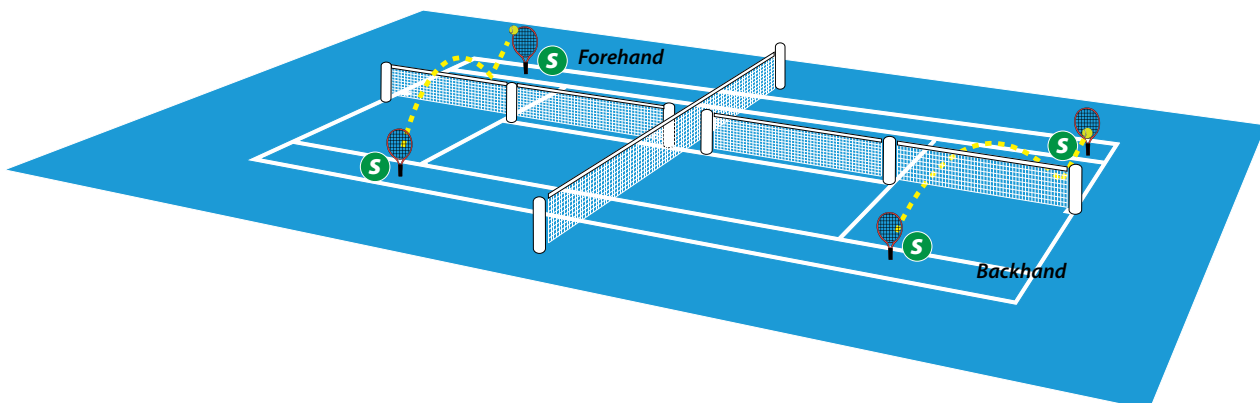
1. Child A throws the ball under arm to their partner to hit back. Child A attempts to catch the ball after one bounce. Change roles every five throws.
2. Increase the level of challenge for the hitter with Child A varying the height, location, speed or spin of the throw.

### Key points

Reinforce a low to high swing when children are hitting the ball.

Encourage Child A to catch the ball in front at waist height to simulate the impact position.

## Play development Forehand & Backhand



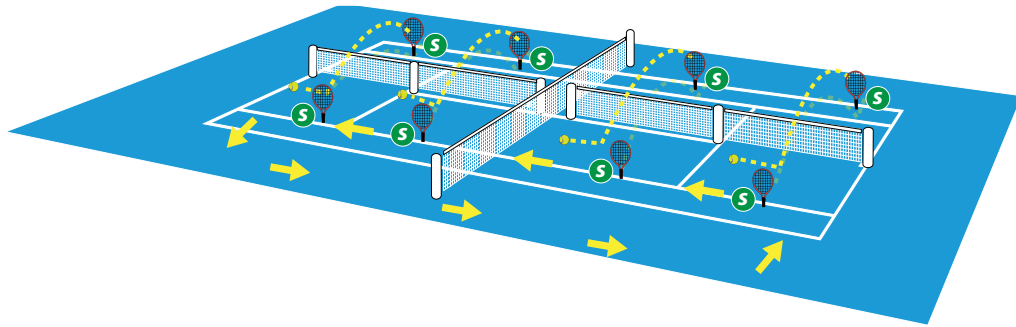
1. Demonstrate a forehand swing and ask children to explain the swing.
2. In pairs children rally the ball, forehand to forehand.
3. While children practice their forehand, move around giving technical feedback.

1. Demonstrate a backhand swing and ask children to explain the swing.
2. In pairs, children rally the ball backhand to backhand.
3. While children practice their backhand, move around giving technical feedback.

### Key points

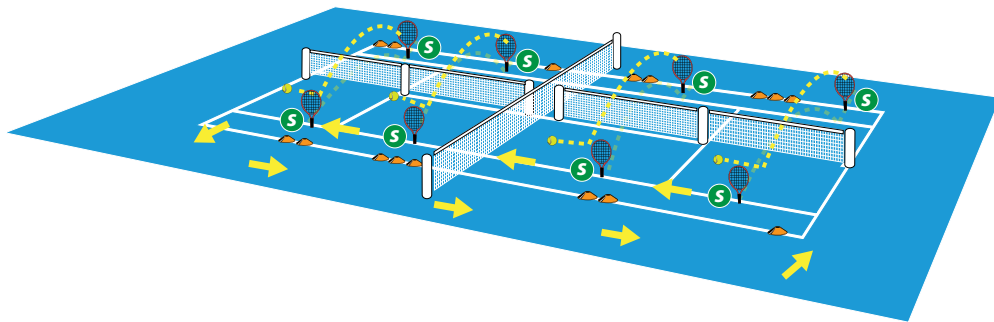
Children should demonstrate a circular motion for the backswing with the dominant hand between the shoulders and hips. The racquet and hand then begins to drop below the ball for a low to high forward swing.

# Playing tennis



Children rally with a partner using forehands and backhands. The aim is to keep the rally going through controlling the swing pattern. When a pair gets a rally of six, they call out stop and all children on one side of the court move one place to their left to rally with another partner. Continue this process.

## Game Collect the cones



1. Give each child two cones and tell them they are now in a team with everyone on their side of the court. Children begin playing points and when the Deliverer signals to stop, the child with the least points has to give a cone to their opponent.
2. One team moves one place to their left to play another opponent.
3. Count all the cones for each team and announce the winner.

### Key points

Children need to watch the ball from the moment it leaves the opponents racquet, this allows time to get to the ball and play the shot.

Technical checklist as mentioned in play development section.

### Debrief/questions to ask

How do you stand to show you are ready to play?

Where do you need to make contact with the ball?

Where does the body have to be to hit the ball effectively?

What shape should you make on the backswing?

#### Key

Coach/Deliverer  
 Student

Tennis Ball  
 Cones

Tennis Racquet  
 Hoops

Drop Down Lines  
 Ball Trajectory Lines