

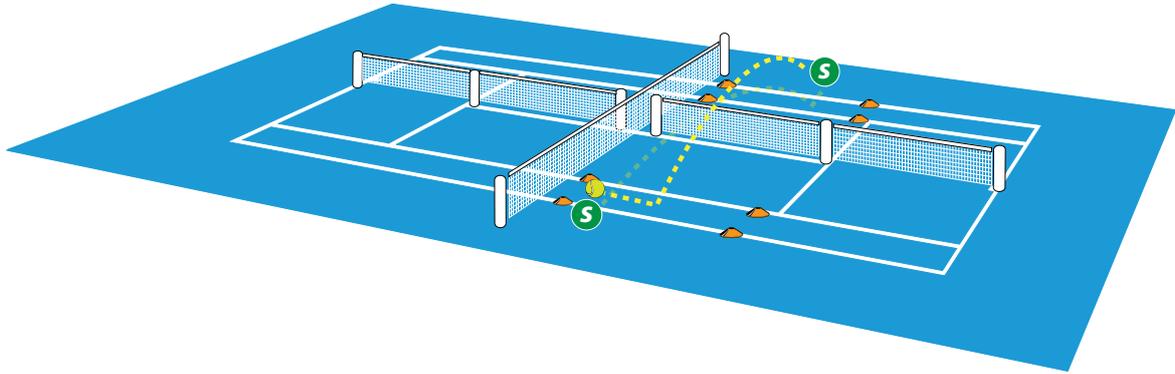


Warm-up Throw tennis

Learning Objectives

Children will:

- be able to rally from the baseline.
- be able to hit deep to keep the opponent on the baseline.



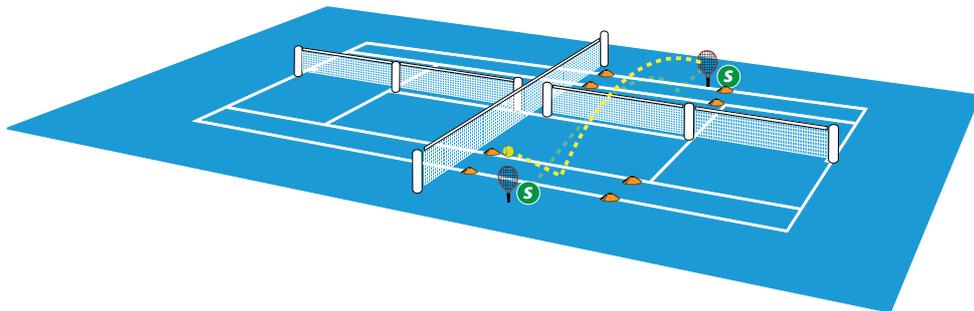
1. With a child and a large soft ball, demonstrate passing the ball across the body with a low to high movement. The child receiving allows the ball to bounce before catching it.
2. Mark out a baseline area for children to aim into.
3. Play a game where children need to throw the ball into the baseline area. A child wins a point when their opponent misses the target area or does not catch the ball after the first bounce.

To extend this activity, children use tennis balls.

Key points

Children should use a circular motion on the backswing and a low to high forward swing. Children should extend their swing to throw the ball further.

Play development Deep into the court

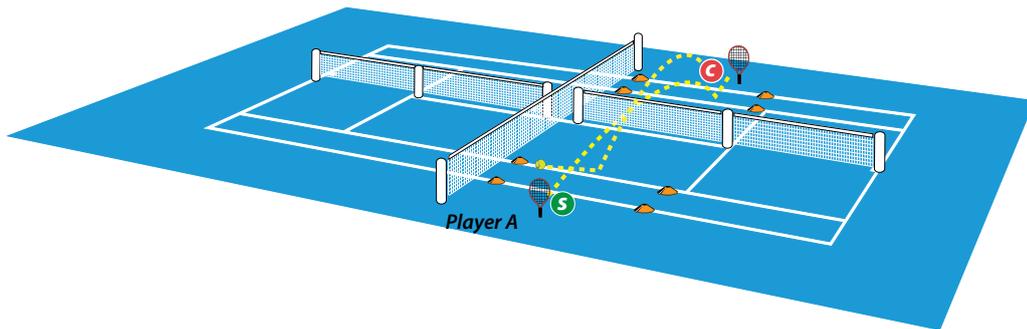


1. Get children to point to the baseline area on their mini court.
2. Demonstrate a rally into the baseline area and explain that hitting the ball deep into the court takes away the opponents time and space.
3. In pairs, children practice hitting deep into their opponent's court. Children count how many times in a row they can both hit deep into the court. Use cones or drop down lines to clearly represent the depth required. Change partners and repeat exercise.

Key points

Children should be aware that hitting the ball deep in the court places their opponent under pressure making it harder for them to hit an aggressive shot. For children not making the distance, review their technique and encourage them to hit with more height over the net.

Regaining and maintaining own position on the baseline



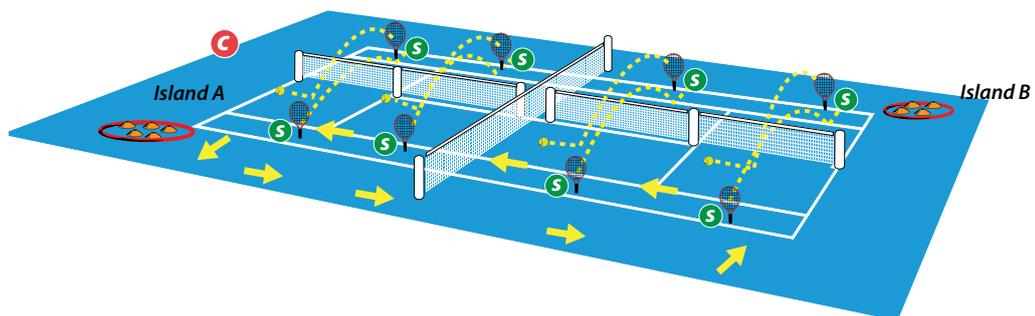
1. Demonstrate a rally where you are not recovering and returning to the ready position.
2. Ask children to explain what your body needs to do after each shot.
3. Get children to rally deep into the court and focus on regaining their position on the court in preparation for their next shot.

Key points

Children need to recover to the centre of the baseline and assume the ready position. This allows them more time to prepare for the return and also improves their balance.

Playing tennis

Treasure Island Teams compete to collect five pieces of treasure



1. Children on one side of the net compete against the team on the other side. Allow each side to create a team name.
2. Children play points in the marked baseline area only. A point is won when the opponent does not hit the ball in the baseline area. Alternate serves every two points.
3. After two minutes total the number of points for each team. The team with the most points gets one cone (piece of treasure) in their hoop (island).
4. All children in team A rotate one place to the left and start playing again. Keep adding points and rotating until one team has collected five pieces of treasure.

Key points

If children find this difficult increase the size of the baseline area.

Debrief/questions to ask

Where should you move to after each shot?

Why should you hit the ball deep into the court?

If the opponent does not recover towards the centre, what should you do?

Key

C Coach/Deliverer
S Student

Tennis Ball
 Cones

Tennis Racquet
 Hoops

Drop Down Lines
 Ball Trajectory Lines