

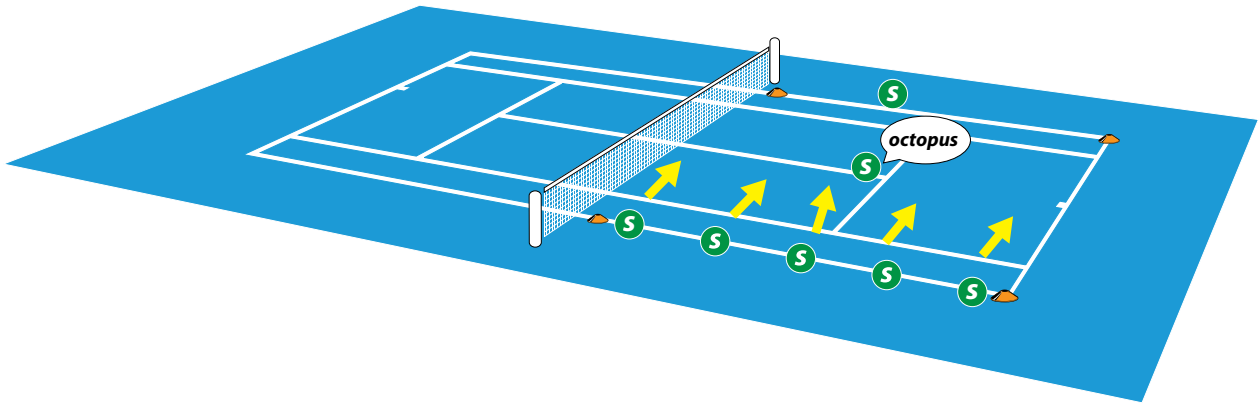


Warm-up Octopus

Learning Objectives

Children will:

- be able to vary the speed and direction of the ball to trouble the opponent.
- begin to anticipate the opponents shots.

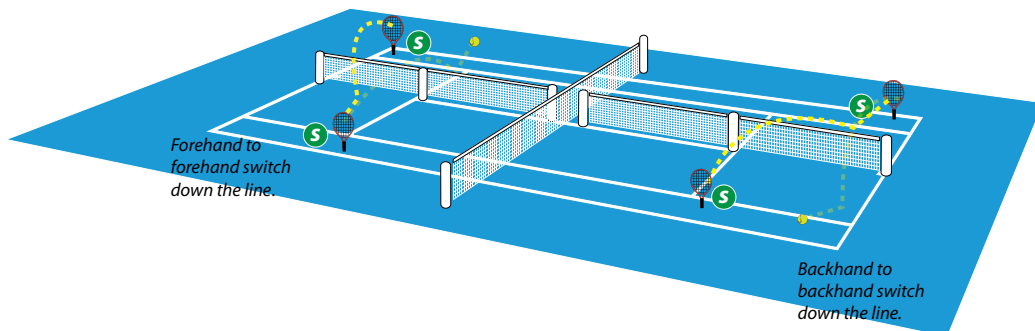


1. All children line up on the sideline with one child (octopus) in the centre of the court facing them.
2. The octopus, calls out 'octopus' and all the children have to run to the other side of the court without been touched by the octopus.
3. If touched by the octopus children need to stand still without moving their feet. Their new role is to help touch other children running by with their hands (tentacles).
4. The last child standing without been caught is the winner. The next octopus should be the last person tagged.

Key points

Children need to look for the spaces to run through. Children will also develop locomotive skills, specifically agility, through changing direction quickly.

Play development

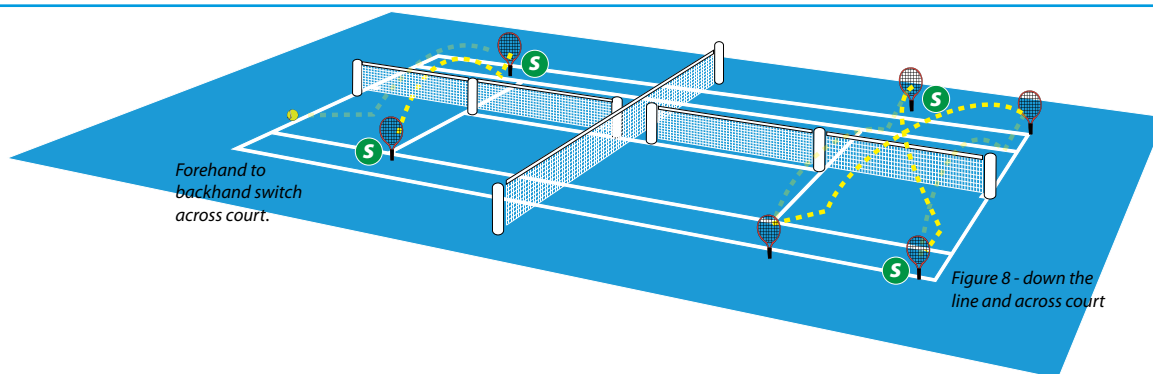


1. Demonstrate a forehand to forehand rally across court and then attack down the line to the backhand to win the point. Ask children to explain why you won that point.
2. In pairs children go to their courts and practice changing the direction of the ball from cross court to down the line to the open space.
3. Repeat this exercise rallying backhand to backhand with a change of direction down the line to the forehand.

Key points

Children need to prepare effectively to ensure they use the same swing pattern for across court and down the line.

Play development

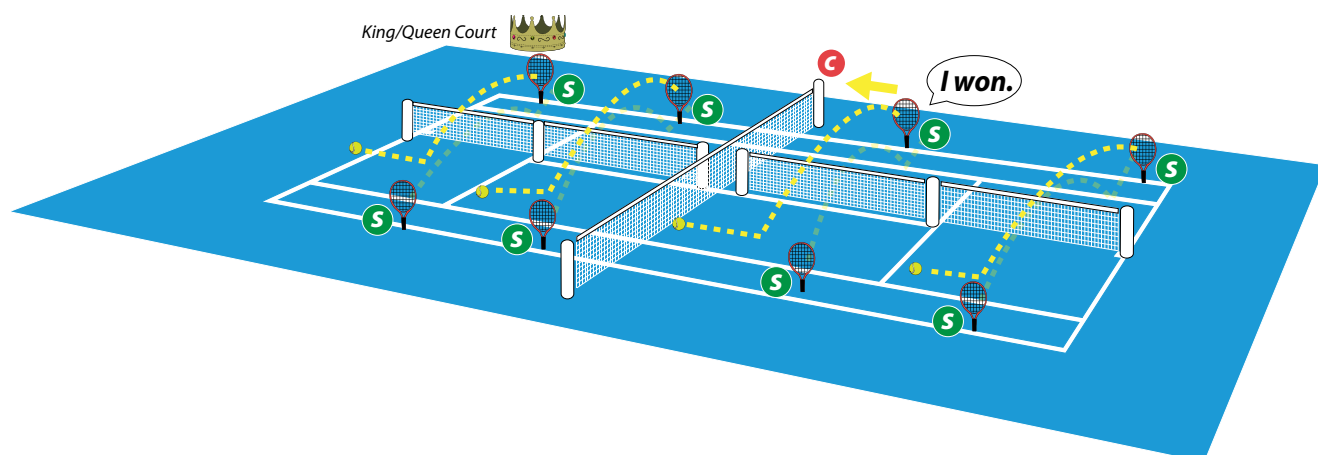


1. Place a cone on the court for children to aim at when switching.
2. Have a go at the rally situations shown in the diagrams.

Key points

Children should change direction on a short ball to decrease an opponent's time and place them under pressure.

Playing tennis King/Queen of the court



1. Children go to a court with a partner and start playing points. On a stop signal, the Deliverer announces which end is the home of the King/Queen.
2. The children with the most points move in that direction and the children with the least points move in the other direction.

Key points

Children should look for the open space and understand that hitting the ball away from an opponent, places them under pressure while allowing themselves to recover.

Debrief/questions to ask

- Where is the best place to hit the ball to place the opponent under pressure?
- Should your swing be different when you change the direction of the ball?
- When should you change the direction of the ball in a rally situation?

Key

C Coach/Deliverer
S Student

Tennis Ball
 Cones

Tennis Racquet
 Hoops

Drop Down Lines
 Ball Trajectory Lines