

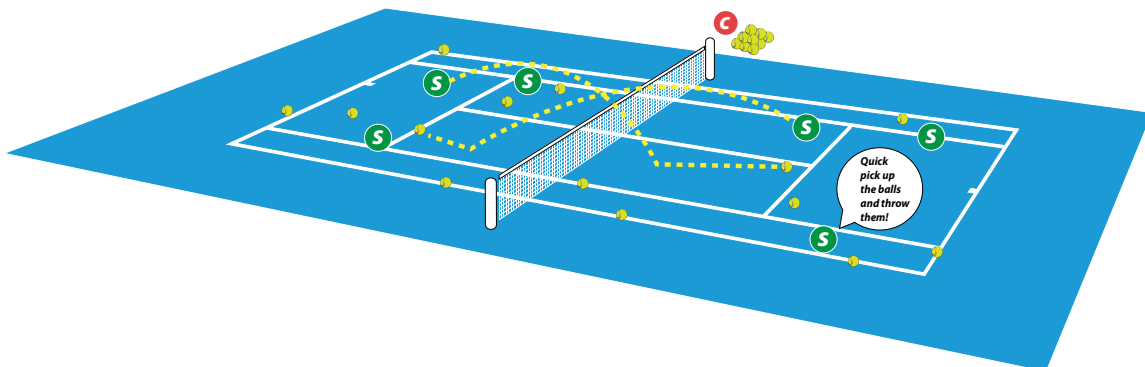


Warm-up

Learning Objectives

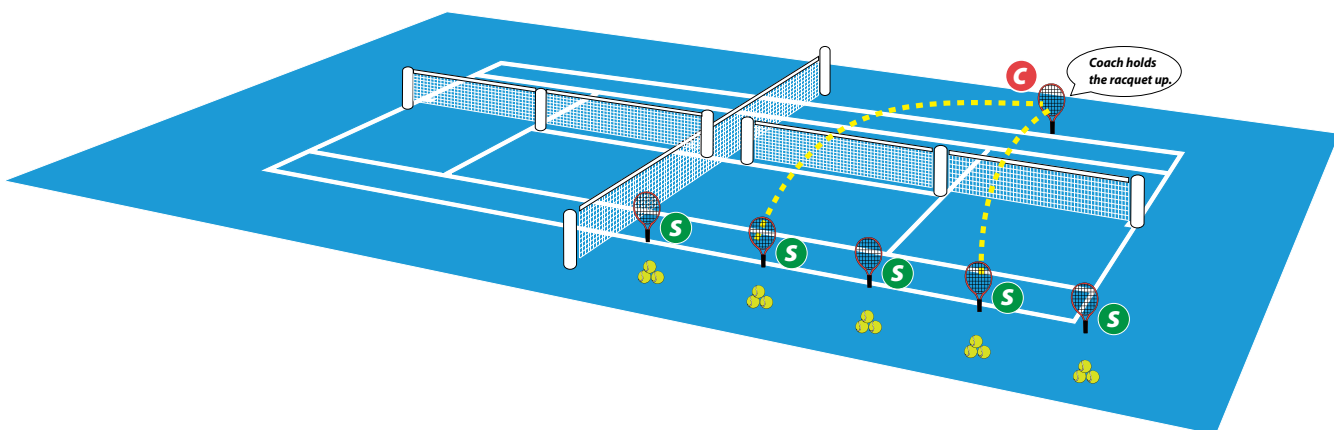
Children will:

- be introduced to a simple serving action.
- control the direction of a throw/serve.



1. Divide children into two teams who stand facing each other on opposite sides of the net. The children are standing in their bedroom and they need to keep it tidy by cleaning up any rubbish (tennis balls).
2. Stand by the net and throw 30 balls into the air (half on each side). Children need to collect balls in their bedroom and throw them into the other team's bedroom.
3. Stop after two minutes and get the children to bring in the balls from their bedroom and place them in a basket. Count up all the balls and announce the winning team with the tidiest room (the team with the least amount of balls).

Play development

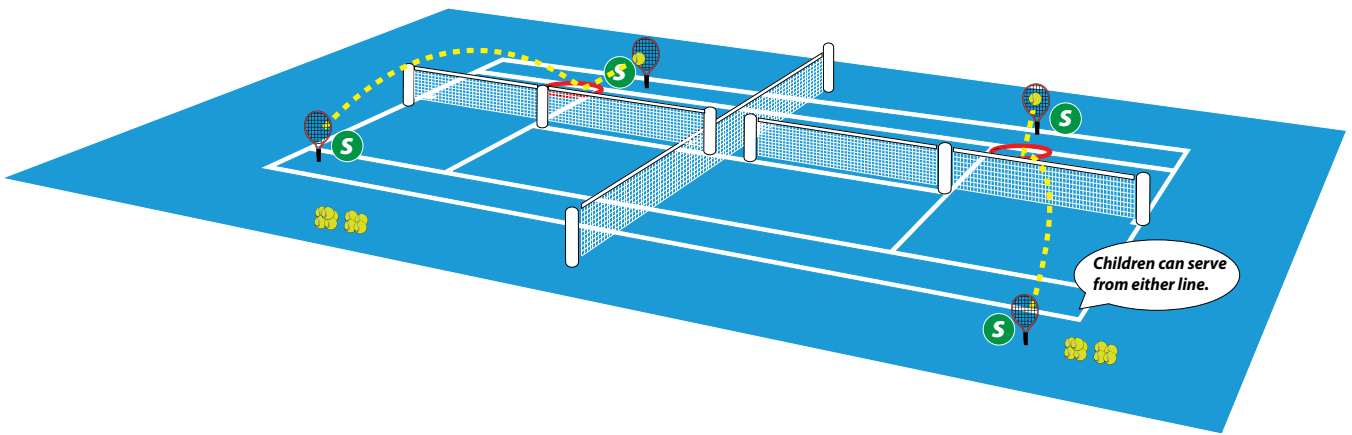


1. Demonstrate an over-arm throwing action with the tennis ball and get children to practice the action.
2. In pairs children face each other on either side of the red court and throw balls with an underarm action down the line to each other.
3. All children stand with three balls at the sideline facing the deliverer. The deliverer holds a tennis racquet in the air and children aim for it. Children receive ten points for hitting the racquet.

Key points

Children should release the ball at a 45° angle. Children should be aware that if the ball is released later it travels down, if it is released earlier the ball travels upwards. You want to see body weight going forward, the hips and shoulders rotate to the net, and a balanced finishing position.

Play development

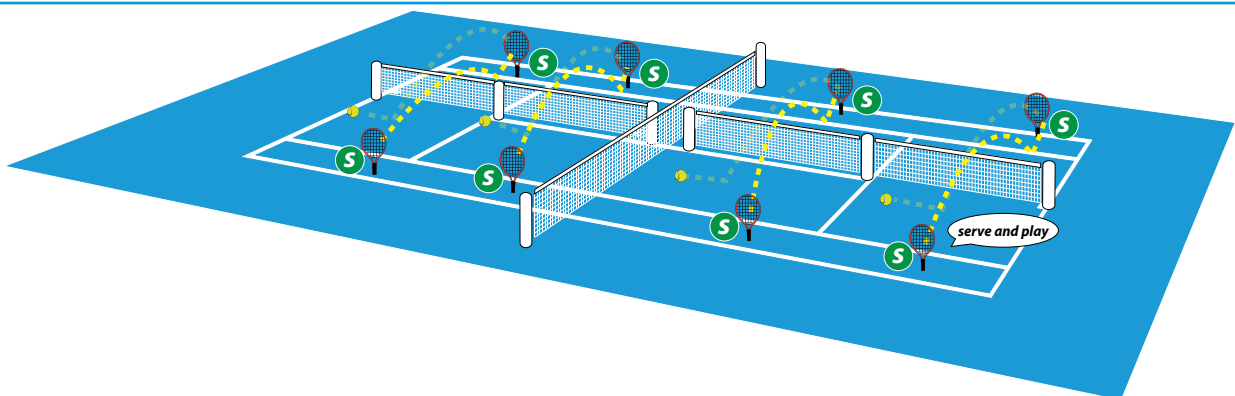


1. Demonstrate an overarm serve on a red court. In turns, children serve six balls to a partner. Walk around and help children having difficulty.
2. Place hoops on the ground as targets. Each pair has 10 balls and for every target hit they receive 10 points.

Key points

Children should get into a good throwing position 'trophy position' and transfer their weight from the back to front foot. Hips and shoulders rotate to the net.

Playing tennis



Explore serving in a game up to 11 points. Children have two serves each and need to win by two points.

Key points

Encourage children to serve across the court. Introduce the terminology of a fault serve. If children miss the first serve they can bounce hit the second.

Debrief/questions to ask

How do you decide who will serve first?

Explain what a coin toss is. Also explain other methods used by players when deciding who will serve first. For example, spinning the racquet.

Key

C Coach/Deliverer
S Student

Tennis Ball
 Cones

Tennis Racquet
 Hoops

Drop Down Lines
 Ball Trajectory Lines