

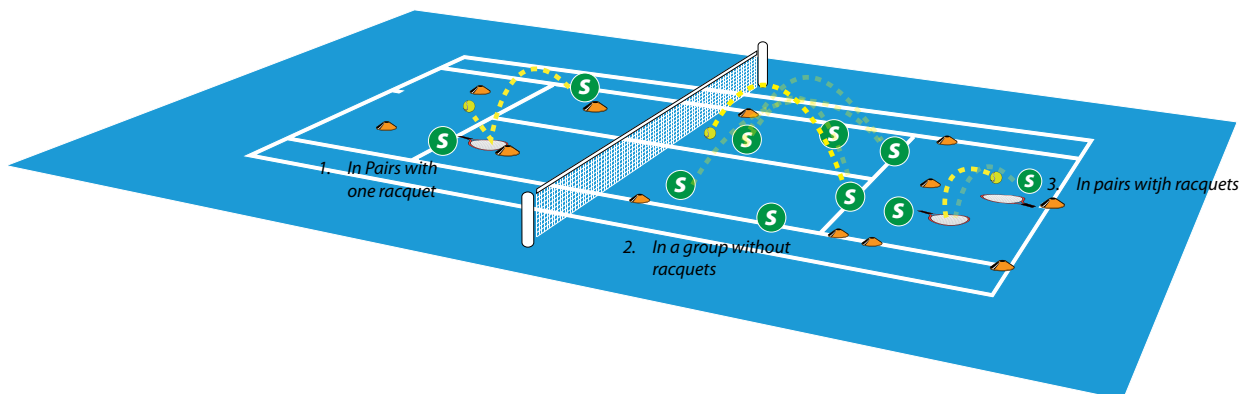


Warm-up

Learning Objectives

Children will:

- be introduced to volleying the ball.
- volley in small exchanges with a balloon/large sponge ball.

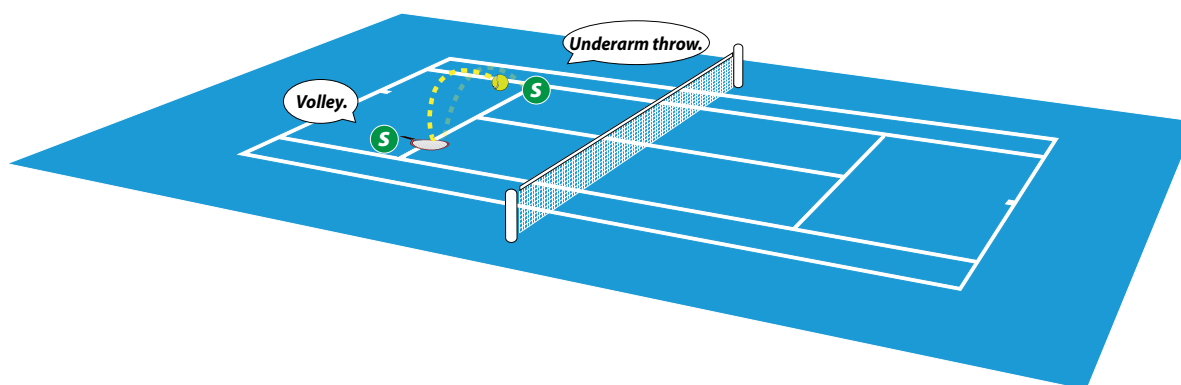


1. Give each child a tennis ball and get them to bounce the ball on their racquet (volleying to self). Use the traffic light system to control children moving while self volleying.
 - Red – stand still
 - Orange – walk around
 - Green – jog around
2. Using hands only, children work in pairs to keep a large soft ball in the air. If it is too easy, pairs should join to form small groups of four children, or challenge them to use only one hand.
3. In pairs, they now keep a tennis ball in the air using their racquets. To increase the difficulty, get children in groups of four and allocate them a number. They should now take turns hitting the ball in order of their number.

Key points

Encourage children to spread out as many beginner children find it difficult to control the ball and therefore need more space.

Play development

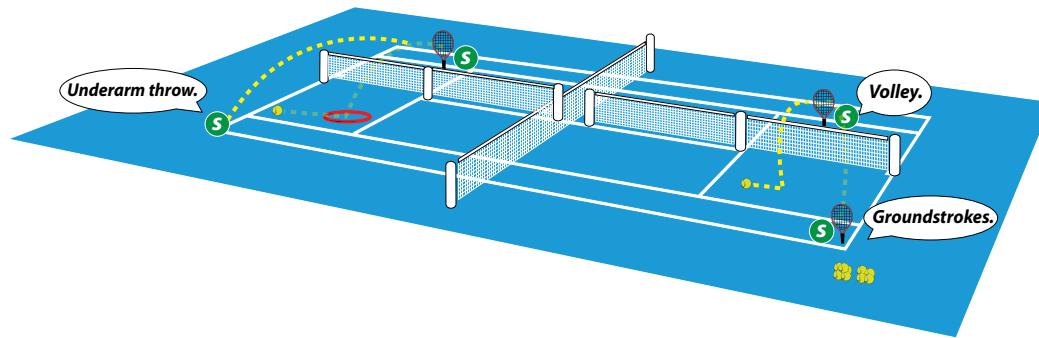


1. Demonstrate a volley and talk through the key points below.
2. In pairs, children take turns practicing a controlled volley. The ball should be fed with an underarm throw and the volleyer should try and hit their partner a catch at chest height.

Key points

Ready position, turn, step, punch.
Racquet head remains above the wrist/hand.
Racquet is out front and does not go past the hitting shoulder for a forehand volley or the non hitting shoulder for the backhand volley.

Play development

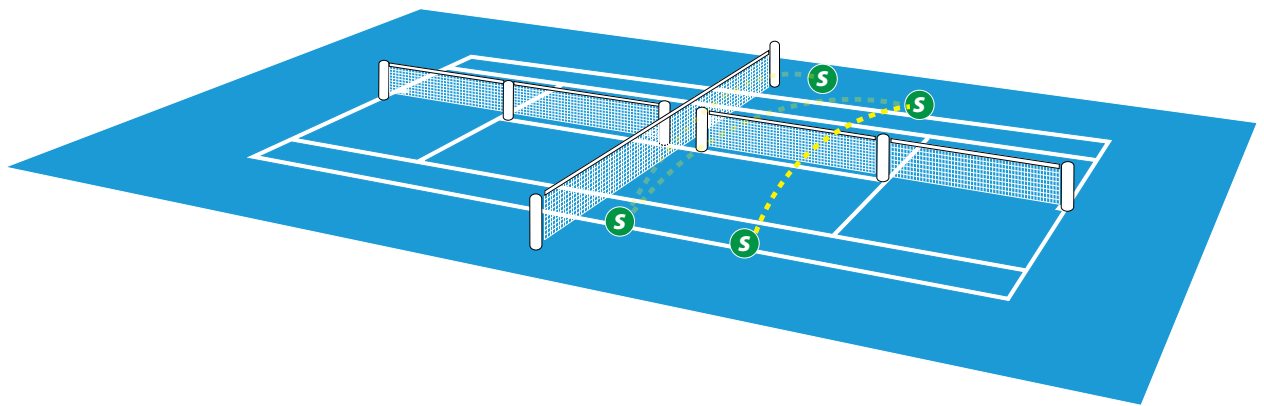


1. Place a hoop on the ground for children to aim for.
2. Allow children the opportunity to try small volley exchanges with one player volleying and the other hitting ground strokes.

Key points

Describe it as a punch or block so strings remain facing the target.

Playing tennis



1. Using a large soft ball or a balloon, children will play doubles over a six metre net.

Rules

2. If the ball/balloon touches the ground on your side of the court, the other team wins a point.
3. If the ball/balloon lands outside the court area the point is lost.
4. Children play up to five points then play another team.

Debrief/questions to ask

What does the ready position look like and why is it important?

What part of the body should the racquet stay above?

What should you do if the ball is low?

Where on the court should you be to hit a volley?

Key

Coach/Deliverer
 Student

Tennis Ball
 Cones

Tennis Racquet
 Hoops

Drop Down Lines
 Ball Trajectory Lines