



MLC Tennis Hot Shots – Term 2 lesson planner

Week: 1 - 4

Lesson time: 60 minutes

Stage: Green

This series is designed to work on pressuring the opponent in the baseline exchange by playing high tempo tennis; and changing direction into the open court at the right time.

| Lesson 1 | | Lesson 2 | | Lesson 3 | | Lesson 4 | |
|----------------|----------------------------|----------------|----------------------------|----------------|----------------------------|----------------|----------------------------|
| Warm-up 1 | Box Tennis | Warm-up 2 | Body Tennis | Warm-up 1 | Box Tennis | Warm-up 2 | Body Tennis |
| Stroke Warm-up | Use Warm-ups from the list | Stroke Warm-up | Use Warm-ups from the list | Stroke Warm-up | Use Warm-ups from the list | Stroke Warm-up | Use Warm-ups from the list |
| Intro | Intro to objectives | Review | Rising Balls | Review | Control the Middle | Review | 3 Serve 1 Serve |
| Activity 1 | Rising Balls | Activity 2 | Control the Middle | Activity 3 | 3 Serve 1 Serve | Activity 1 | Rising Balls |
| Activity 2 | Control the Middle | Activity 3 | 3 Serve 1 Serve | Activity 1 | Rising Balls | Activity 2 | Control the Middle |
| Activity 1 | Rising Balls | Activity 2 | Control the Middle | Activity 3 | 3 Serve 1 Serve | Coaches Choice | Choice from 3 Activities |
| Play | Court shapes deep | Play | Combos | Play | 1 Serve Tennis | Play | Coaches Choice |

| Content | | | | |
|---|--|---|--|--|
| Warm-up 1 | Warm-up 2 | Activity 1 | Activity 2 | Activity 3 |
| Box Tennis | Body Tennis | Rising Balls | Control the Middle | 3 Serve 1 Serve |
| Purpose Develop Agility reactions and ready position. | Purpose Hand eye, and whole body coordination. | Purpose Work at consistent percentages with a quality rally ball. | Purpose Control Direction to move the opponent, and control the centre of the court. | Purpose Develop spin and variety on serve. |



Box tennis

Level: Green stage

Purpose: Develop agility reactions and ready position.

Instruction:

- Essentially this is a game of tennis played without racquets in one service box.
- Players toss and catch, directing the ball away from each other making the opponent move.
- The ball must always go up as it leaves the hand.
- Balls must be caught with one hand only.
- Players lose a point if they throw out of the box, drop the ball or step out of the box.

Coaching notes:

- Encourage players to get instantly into a ready position after tossing the ball.
- Players need a low centre and to be very aware of the area and opponents position.
- In the progressions you can challenge the ways in which the balls must be caught.

Progression:

- i. Players call out the hand that the ball must be caught in.
- ii. Balls must only be caught from below or caught from above.
- iii. The game can be played in a different space for example the tramlines.
- iv. Can be played with racquets by tapping up.
- v. Can be played by catching the ball on the strings of the racket and flipping the ball away from the opponent.



Body tennis

Level: Green stage

Purpose: Hand eye, and whole body coordination

Instruction:

- Standing a few metres apart players toss the ball to each other.
- They must control the ball with a different body part each time then hit it back with the palm of their hand.
- As they get better they can move further apart or even try to play the game over the net.
- Start as a cooperative practice trying to build the longest rally.
- Finally play the activity as a competitive game in a defined court space.

Coaching notes:

- Players should concentrate on footwork, movement and ready position.

Progression:

- i. Players call which body part the opponent must control the ball with.
- ii. Try using different balls (Red, Orange, Green, Yellow).
- iii. Can be played with racquet (first control the ball with a body part then hit with racquet).

Green stroke warm-ups

**Coaching notes:
Use a combination of these service box warm-ups**

- | | |
|---------------------------|---|
| 1 6 Steps | A simple rally but players must take six steps between each shot. |
| 2 Sideline | Players must touch the singles sideline or centre line after each shot. |
| 3 Alternator | Players must hit alternate forehands and backhands. |
| 4 One Leg Wonder | Players must strike each ball standing on only one leg to promote better balance. |
| 5 In and Volley | One player hits alternate groundstroke and volley patterns – complete 10 shots and swap roles. |
| 6 Bump it | Players must hit the ball into the ground to get it over the net. Can be played both competitively and cooperatively. |
| 7 Half Volley King | Every ball must be half volleyed. |



Rising balls

Level: Green stage

Purpose: Work at consistent percentages with a quality rally ball

Instruction:

- Players rally cross court for one minute.
- They must count the number of balls that rise as they cross the baseline.
- Add the combined score of both players and record this as a personal best. Try to improve this score over a number of weeks. Can be performed on both forehand and backhand side.
- Players can compete against other pairs seeing who can rally the most balls in a timed minute or alternatively see which pair can reach a set score first.

Coaching notes:

- Ensure players recover after each shot.
- Encourage players to develop a consistent height and tempo over the net.
- Highlight to players where the opponent hits the ball from on an effective rally ball.

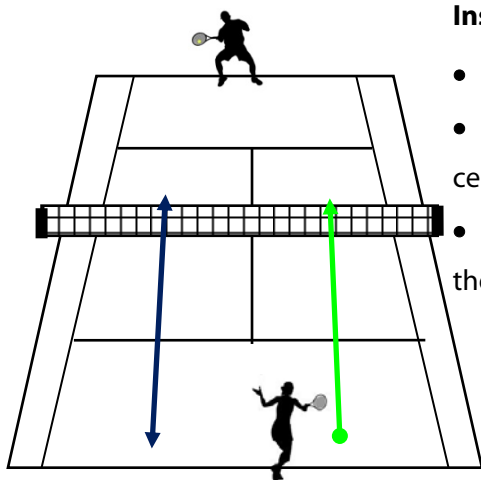
Progression:

- i. One player plays inside out forehands in each pair.
- ii. Rally to 10 but time the rally and players must seek to improve their time.
- iii. Players must rally to 10 and then play in the whole court.
- iv. Players must each rally six balls over the base line before then can play out the point.

Control the middle

Level: Green stage

Purpose: Control direction to move the opponent.



Instruction:

- At one end of the court divide the court into thirds.
- Play points with one player always hitting back to the central third and the other hitting to the whole court.
- Players practice limiting the angles by hitting back to the middle while the other tried to create angles.

Coaching notes:

- Encourage players to work on racquet face control.
- The defending player should aim to keep the ball centred and deep.
- The attacking player should work on controlling space and time.

Progression:

- Change the size of the areas.
- Attacking player must only hit forehands.



3 serve 1 serve

Level: Green stage

Purpose: Learn to attack and defend from the serve

Instruction:

3 serve tennis

- Server is allowed three faults before losing the point.
- Encourage the serving player to hit for corners and increase the pace on the serve.
- Play first to 11 with the server being awarded two points if they serve an ace or unreturnable serve. This forces the return of serve player to also concentrate extra hard.

1 serve Tennis

- Improving the second serve by allowing players only one serve.
- Starting the point positively but reducing risk, particularly hitting the serve deep.
- Attacking attitude on return of serve.

Coaching notes:

- Ensure players practice serve and return together.
- Develop a rhythmic fluent action.
- Focus on where the ball goes after the bounce.

Progression:

- Players play points starting with only one serve. If they win they get two serves on the next point and three if they win again. As soon as they lose a point the other player gets to serve.
- Play points. Winning when the point started with a first serve is worth one point, winning a point when it started with a second serve is worth two. The reverse is scored if the returner wins the point.



MLC Tennis Hot Shots – Term 2 lesson planner

Week: 5 - 8

Lesson Time: 60 minutes

Stage: Green

This cycle is designed to help player work on transitioning skills moving up the court and using diagonal movement patterns.

| Lesson 5 | | Lesson 6 | | Lesson 7 | | Lesson 8 | |
|----------------|----------------------------|----------------|----------------------------|----------------|----------------------------|----------------|----------------------------|
| Warm-up 1 | Slam Dunks | Warm-up 2 | The Fan Throw | Warm-up 1 | Slam Dunks | Warm-up 2 | The Fan Throw |
| Stroke Warm Up | Use Warm Ups from the list | Stroke Warm Up | Use Warm Ups from the list | Stroke Warm Up | Use Warm Ups from the list | Stroke Warm Up | Use Warm Ups from the list |
| Intro | Intro to objectives | Review | Rip n Rush | Review | Back Off | Review | Return Big |
| Activity 1 | Rip n Rush | Activity 2 | Back Off | Activity 3 | Return Big | Activity 1 | Rip n Rush |
| Activity 2 | Back Off | Activity 3 | Return Big | Activity 1 | Rip n Rush | Activity 2 | Back Off |
| Activity 1 | Rip n Rush | Activity 2 | Back Off | Activity 3 | Return Big | Coach Choice | |
| Play | Court Shapes (Narrow) | Play | Combos | Play | Cross Court Return | Play | Coaches Choice |

| Content | | | | |
|---------------------------------|---|----------------------------|---|--|
| Warm-up 1 | Warm-up 2 | Activity 1 | Activity 2 | Activity 3 |
| Slam Dunks | The Fan Throw | Rip n Rush | Back Off | Return Big |
| Purpose | Purpose | Purpose | Purpose | Purpose |
| Develop whole body coordination | Develop change of direction skills & multi directional movement | Develop transition skills. | Change the pace and depth of a shot to move the opponent. Transition up the court | Attack and defend from the return of serve |



Slam dunks

Level: Green stage

Purpose: Develop whole body coordination.

Instruction:

- Working in pairs players face each other. One player has a small basketball or soccer ball.
- Player 1 jumps in the air extending their arms above their head.
- As they come down they slam the ball as hard as possible into the ground.
- Player 2 jumps, catches the ball in the air and slams it on the way down also.
- Players try to work together to see how many consecutive slams they can make.

Coaching notes

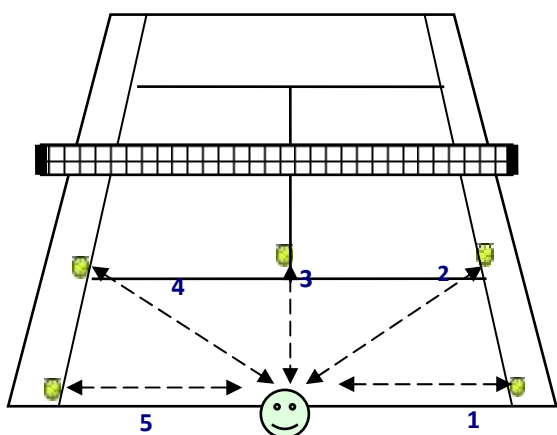
- This is a challenging drill that requires cooperation and synchronisation.
- The coordination required to jump, catch and then slam down means timing takes time to learn.
- Ensure players fully extend their arms as they jump.

Fan throw

Level: Green stage

Purpose: Develop change of direction skills & multi directional movement

Instruction:



- This drill can be performed on the tennis court and is a good test to measure performance of speed over time.
- One player starts on the baseline, the other at the net.
- Set up the balls as shown in the diagram
- below.
- The player runs to the first ball, picks it up and throws it overarm to the player standing at the net.
- After each throw they return to the centre mark on the baseline.
- The drill is complete when all the balls have been thrown to the player at the net.
- Replace the balls and swap roles.

Coaching notes:

- Encourage players to pick up and throw the ball in one action.
- Set the feet appropriately to allow a weight transfer through the throw.
- Ensure players bend into the knees and not just from the back.

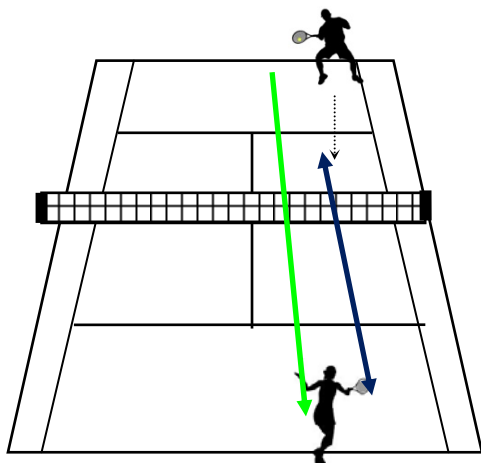
Progression:

- Players face the net at all times which creates side-stepping and back peddling.
- Players must throw with different hands and in different ways.
- Throw to different targets.
- Move the balls to different distances to help players work on adapting movement patterns.
- Two players can compete at once in a race, facing each other from across the net.

Back off

Level: Green stage

Purpose: Change the pace and depth of a shot to move the opponent. Transition up.



Instruction:

- One player hits short and deep and the other returns the ball to the player on the baseline.
- After swapping roles one player must always allow the ball to bounce.
- The other player should try to move the opponent backwards and forwards.
- Points are scored normally but if the player who is not allowed to volley is made to volley or leave the ball all together then 5 points are awarded.

Coaching notes:

- Change the length and speed of swing to change the depth of the shot.
- Use topspin to push the opponent back and then backspin to create short balls.
- The role of the defending player should also be coached encouraging them to keep the ball deep.

Progression:

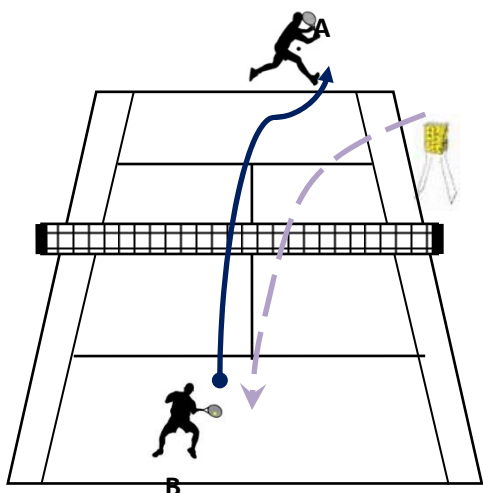
- Both players must allow the ball to bounce.
- Players must allow the ball to bounce only for the first 5 balls then can play out the point.

Rip n rush

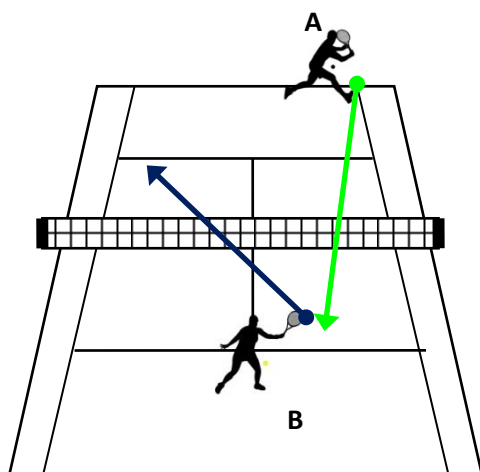
Level: Green stage

Purpose: Develop transition skills

Instruction:



- The coach starts the point with an easy paced mid court feed to Player B, slightly to the backhand court.
- Player B “rips” their forehand with heavy spin and pace.
- Player B should move forward to the net
- Play out the point. Play a set of first to seven and then switch roles.
- After each point players should rate the effectiveness of their approach based on a 1,2,3 scoring system and whether they ultimately won or lost the point.



Coaching notes:

- The role of both players should be coached.
- The defending player should work on ways to defend hitting to feet or attempting a lobbing pass.
- Ensure relevant footwork patterns with dynamic balance and quick feet around the ball.
- The path of the racquet should be discussed and required flight of the ball as a consequence.

Progression:

- Start the rally with both players in a neutral position hitting down the middle, both are able to “rip n rush” if their opponent drops a ball short to the T.
- Players work to get the ball high to the opponents backhand or stretch them to force a weak shot that they can approach from.



Return big

Level: Green stage

Purpose: Learn to attack and defend from the return.

Instruction:

- Two players set up opposite one another, Player B returning in the deuce court, Player A serving from the service line.
- Player A exaggerates their service power by delivering from the service line. Ensure a mixture of serves including fast down the middle and at the body; sliced wide and kicked up high. Serve from both the deuce and advantage courts.
- If forced into a defensive position Player B should return deep down the middle; points can be played out, or just focus on the return.

Coaching notes:

- Ensure players practice serve and return together.
- Identify the areas returns should go to.
- Ensure an effective split step and simple shoulder rotation in the direction of the ball.
- Change swing length to increase return effectiveness.

Progressions:

- i. Highlight areas where players should return to.
- ii. The server must gradually step back to create a more realistic serve delivery, allowing the returner to gradually attack more.
- iii. If the return is successful then the server must step back and if the server is successful twice in a row they can step forward.



| Green play options | Coaching notes: |
|---|--|
| 1 1 serve tennis | Play where the server has only one fault. Players can work at: <ul style="list-style-type: none"> • Improving the second serve • Starting the point positively but reducing risk • Attacking attitude on return of serve |
| 2 3 serve tennis | Play where the server is allowed three faults before losing the point. Players can work at: <ul style="list-style-type: none"> • Aiming for the corners and increasing the pace on the serve Award the server two points if they serve an ace or unreturnable serve – this forces the return of serve player to concentrate extra hard. |
| 3 Court shapes | Play points where competitors are only allowed to hit into designated court shapes e.g. L court, half court versus full court, the black hole etc. |
| 4 Cross court return | Play points where the return must go cross court; this will work at: <ul style="list-style-type: none"> • Return players effectively selecting targets for their return • The server being able to dictate from the first shot of the rally |
| 5 2 points lost for error into net | Play where the players hitting errors into the net are penalised two points. Players can work at: <ul style="list-style-type: none"> • Increasing clearance over the net • Simultaneously increasing depth and topspin • Playing attacking shots with reduced risk |
| 6 2 points for net winner | Play awarding 2 points to any player who can successfully approach the net and hit a winner volley or overhead. Look to work:- <ul style="list-style-type: none"> • Tactical use of the approach shot – coming in behind the right shot • Effective volleying including closing in for a put away |
| 7 Combos | Players are given a bonus point for making their opponent hit a combination of shots. For example they are given a bonus point for making their opponent hit a forehand then a backhand; or a ground stroke then a volley. |
| 8 Doubles Serve & Volley | The best doubles teams are dominant at the net! The key skill is to get both players at the net so that full control is taken over the point. The instruction is simple – the server must follow their serve to the net. Can be progressed to singles at higher skill levels. |