

# Lesson 1: Lets play Tennis!



## Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a third marker to form a micro court
  - Micro court: 2 markers per student (Cones / markers)

- Red Balls



- 21inch rackets



## Lesson Plan & Progressions:

**Self-rally: Level Up:** Players stand on their marker and bounce the ball on the strings of the racket. Level 1 is complete when a player successfully completes one bump up and catches, level 2 is two bumps on strings and catch, level 3 is three bounces and so on. Allow players 90 seconds to reach their highest level and encourage them to record this as a personal best score they can continue to practice and try to beat in remaining sessions.

Progressions: 1) Use non dominant hand

**Hand to hand:** *Learn to score-Love, 15, 30, 40, Game.* Standing behind their markers player 1 throws the ball over the centre marker into the opponents half of the micro court, player 2 catches and throws back to player 1's half of the micro court. Players learn the tennis scoring words by reciting Love, 15, 30, 40, game – one word for each successful throw into the correct area.

Progressions: 1) Instead of throwing players 'pat' the ball over and back to each other

**Hand to racket:** As before, but one player has a racket. Same scoring system – Love, 15, 30, 40, game.

Progressions: 1) Hold racket with non dominant hand 2) Player without racket 'pats' ball back instead of throwing and catching

**Racket to racket:** Both players have rackets and try to get a rally (consecutive shots). Teams receive a point for each ball that goes into the correct area, however, if a mistake is made players go back to zero. Rules: Ball can only bounce once, ball must cross centre cone/marker, ball must land in micro court.

Progressions: 1) Hold racket with non dominant hand 2) Add second ball

**Serve, Rally, Score:** *Learn to score 'Rally' -Love, 15, 30, 40, Game.* As with previous games, but now players use rackets and receive a star for each complete set of 5 shots in.

# Lesson 2: Underarm



## Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a third marker to form a micro court
  - Micro court: 2 markers per student (Cones / markers)
  - Red Balls
  - 21inch rackets
  - Cones for targets



## Lesson Plan & Progressions:

**Self-rally: Level Up:** Players stand on their marker and bounce the ball on the strings of the racket. Level 1 is complete when a player successfully completes one bump up and catches, level 2 is two bumps on strings and catch, level 3 is three bounces and so on. Allow players 90 seconds to reach their highest level and encourage them to record this as a personal best score they can continue to practice and try to beat in remaining sessions. Players should hold the grip with the palm of their hand underneath facing the sky.

Progressions: 1) Use non dominant hand 2) Alternate palm up, palm down

**Hand to hand: Cone flip target practice:** Players place two cones on the ground at the back of their micro court. Place cones upside down – throw ball at cones – if a player hits a cone they score 1 point, if they hit the cone and it flips over onto the other side they get 10 points.

Progressions: 1) use right hand only for throw and catch 2) Use left hand only for throw and catch 3) Drop ball and 'pat' the ball at the cones, player two catches ball and repeats 4) Patball rally – players pat ball towards cones without catching the ball

**Hand to racket: Send crosscourt underarm after a bounce:** Player 1 throws ball to player 2's right hand side, player returns ball to target to the right of Player 1. Swap after every 4 turns.

Progressions: 1) Throw to the players left side

**Racket to racket: Rally crosscourt underarm after a bounce–** Players have two spots/cones at the back of the micro court to act as guides. Try to complete as many shots as possible before a mistake from right to the right, then left to left. Get a star for every successful rally of 6 shots.

Progressions: 1) Hold racket with non dominant hand

**Serve, Rally, Score: Learn to score 'compete' -Love, 15, 30, 40, Game.** To start the game player 1 hits the ball into the opponent's micro court. This can be a throw if needs be to get started/bounce then hit under arm/drop and hit underarm in the air. Rules: Ball can only bounce once, ball must cross centre cone/marker, ball must land in micro court.

# Lesson 3: Volley



## Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a third marker to form a micro court

- Micro court: 2 markers per student (Cones / markers )

- Red Balls

- 21inch rackets

- Cones for targets



## Lesson Plan & Progressions:

**Self-rally: Level Up:** Players stand on their marker and bounce the ball on the strings of the racket. Level 1 is complete when a player successfully completes one bump up and catches, level 2 is two bumps on strings and catch, level 3 is three bounces and so on. Allow players 90 seconds to reach their highest level and encourage them to record this as a personal best score they can continue to practice and try to beat in remaining sessions. Players should hold the grip with the palm of their hand underneath facing the sky.

Progressions: 1) Use non dominant hand 2) Alternate palm up, palm down

**Hand to hand:** Players stand on their marker facing each other 2 metres apart with a central divider cone between them to form a 'micro court'. Players throw to each other aiming to catch the ball before it bounces. Players can use two hands to catch ball. Try to get 6 before moving to next progression.

Progressions: 1) Use dominant hand only 2) Use non dominant hand only 3) Use two balls

**Hand to racket:** Players stand at their markers. Player one throws underarm to the racket of player two who strikes it back before a bounce into the hands of player 1. Rotate after each 4 turns. Racket can be placed on floor in front of players as a target, for those who won't trip over them!

Progressions: 1) Rotate after 4 successful throw and catch sets 2) Use non dominant hand for striking

**Racket to racket:** Players both have rackets. *Volley Rally:* Players stand at their markers and attempt to pass the ball in the air for as long as possible without a bounce on the ground. Players can do bump ups if they need to keep control of the ball.

Progressions: 1) Players can no longer use bump ups 2) Increase number of players to form pods of 3 plus working to keep ball in the air for as long as possible. Can compete against other pods

**Serve, Rally, Score: Conditioned points – volley winner.** Start with a serve (over or underarm – but ball may not bounce) , play until a mistake is made: mistakes – ball lands out on first bounce, ball bounces twice, ball is missed by player, ball does not cross net/divide. If players are able to hit a volley (before the bounce) and get it in the court they instantly win the point.

# Lesson 4: Serve & rally



## Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a third marker to form a micro court

- Micro court as shown below

- Red Balls



- 21inch rackets



## Lesson Plan & Progressions:

**Self-rally: Level Up:** Players stand on their marker and bounce the ball on the strings of the racket. Level 1 is complete when a player successfully completes one bump up and catches, level 2 is two bumps on strings and catch, level 3 is three bounces and so on. Allow players 90 seconds to reach their highest level and encourage them to record this as a personal best score they can continue to practice and try to beat in remaining sessions.

Progressions: 1) Use non dominant hand

**Hand to hand:** Players stand on their marker facing each other 2 metres apart with a central divider cone between them to form a 'micro court'. *Cone flip game* - Place cones in front of players in the shape of saucers. Players throw the ball overarm aiming to hit a cone. If the cone is hit players get a point, if the cone is hit and flips over players get 10 points.

Progressions: 1) Use non dominant hand 2) Use two balls

**Hand to racket:** As with previous game but players now use racket to push ball at other players cones. Second player catches ball and repeats process. Place racket above head in front of body, stand sideways with racket hand at the back. Place ball on strings above head and push downwards from above.

Progressions: 1) Throw ball from shoulder height up to racket and strike down from above head  
2) Throw ball from waist height

**Racket to racket:** Players both have rackets. Player one serves ball into target area, player two returns the ball into the target area. Players receive a point as a team for each successful serve, return, catch set. Players take turns serving and receiving.

Progressions: 1) Hold racket with non dominant hand 2) Make target area smaller

**Serve, Rally, Score:** *Learn the rules!* Start with a serve, play until a mistake is made: mistakes – ball lands out on first bounce, ball bounces twice, ball is missed by player, ball does not cross net/divide.

# Lesson 5: Matchplay



## Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a third marker to form a micro court
- Micro court as shown below
- Red Balls
- 21inch rackets



Player 1 v 2:  
Player 2 v 3:  
Player 1 v 3:

	Player 1	Player 2	Player 3	TOTAL
Player 1	cant play yourself!	Put score for player 1 against player 2 here	Put score for player 1 against player 3 here	Put player 1s total here
Player 2	Put score for player 2 against player 1 here	cant play yourself!	Put score for player 2 against player 3 here	Put player 2s total here
Player 3	Put score for player 3 against player 1 here	Put score for player 3 against player 2 here	cant play yourself!	Put player 3s total here

## Example

Player 1(John) v 2 (Mary): Score 12 v 7  
 Player 2(Mary) v 3 (Ian): Score 3 v 9  
 Player 1(John) v 3 (Ian): Score 4 v 4

	1) John	2) Mary	3) Ian	TOTAL
1) John	cant play yourself!	12	4	16
2) Mary	7	cant play yourself!	3	10
3) Ian	4	9	cant play yourself!	13

## Your turn!

Player 1 ( ) v Player 2 ( ): Score \_\_\_ v \_\_\_  
 Player 2 ( ) v Player 3 ( ): Score \_\_\_ v \_\_\_  
 Player 1 ( ) v Player 3 ( ): Score \_\_\_ v \_\_\_

	1)	2)	3)	TOTAL
1)	cant play yourself!			
2)		cant play yourself!		
3)			cant play yourself!	