

Lesson 1: Floor Tennis



Equipment & Set-up:

- Players face each other behind a marker - markers 2 metres apart. Half way between pair place a set of 'goals' 1 metre wide
 - Micro court: 2 markers per student (Cones / markers)
 - Red Balls
 - 21inch rackets



Lesson Plan & Progressions:

1) Self-rally: Players stand on their marker and let the ball drop and catch with both hands after a bounce

Progressions: 1) Use dominant hand only 2) Use non dominant hand 3) Alternate hands

2) Hand to hand: Players stand on their marker facing each other 2 metres apart with a set of cones / goals between them. The cones/goals should start 1 metre apart. Players roll the ball through the goals 5 times. To increase difficulty move cones closer together after each successful set of 5 or 10 depending on age of players.

Progressions: 1) Use non dominant hand 2) Add a second ball

3) Hand to racket: As before, but one player has a racket. First player rolls ball through cones/goals and second player uses racket to stop the ball rolling by trapping it under the strings. Player then pushes ball back through cones/goals. Again to increase difficulty move cones/goals together after each set.

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

4) Racket to racket: Push and trap. Players both with racket – push ball through cones/goals again increasing difficulty after each successful set.

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

5) Serve, Rally, Score: Floor tennis rally: Players roll the ball on the floor to each other continuously without stopping the ball. Teams aim to get as many in a row as possible without a mistake.

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



Lesson Plan & Progressions:

1) Self-rally: Players stand on their marker and bounce the ball on the ground using the palm of their hand, allowing players to use either hand

Progressions: 1) Use dominant hand only 2) Use non dominant hand 3) Alternate hands

2) 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 the ball underarm aiming to get it to bounce between the centre divide and their partners marker. *The Animal Game* – Players pick an animal that has 3 letters and they get a letter for each successful throw into the target area. Older players can then progress through 4 letters, 5 letters etc

Progressions: 1) Use non dominant hand 2) Make target area smaller

3) Hand to racket: As before, but one player has a racket. *Alphabet Game* – Players get a letter for each complete set. Set = player 1 throws to area, player 2 hits back after a bounce to player 1 who catches – try to make it all the way to Z (or for junior classes a letter that is achievable) without a mistake – then swop jobs.

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

4) Racket to racket: Players both now have rackets. Player one drops the ball and hits it after a bounce to player 2 who catches the ball either in their hand or by trapping it on the strings of the racket.

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

5) Serve, Rally, Score: *In is a win* – As with last game but every time the ball goes in the correct target area the team score a point. To get a game the team must score 4 points. Then return to zero and try to get as many games (sets of 4) as possible.

Lesson 3: Overarm



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

- Cones for targets



Lesson Plan & Progressions:

1) Self-rally: Players stand on their marker and bounce the ball on the strings of the racket. Drop ball from above strings, strike ball upwards and try to catch the ball before it bounces (do not throw/bounce onto strings as this is too fast!). Players in junior classes can start by holding the centre of the racket at the neck to make the racket smaller. Then gradually move to grip of racket.

Progressions: 1) Increase number of bounces on strings between catches

2) 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

3) 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

4) 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

5) 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 4: 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 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'. Players throw to each other aiming to catch the ball before it bounces. Players can use two hands to catch ball. Try to get 10 before moving to next progression.

Progressions: 1) Use dominant hand only 2) Use non dominant hand only

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

Serve, Rally, Score: *Conditioned points – volley winner.* 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. If players are able to hit a volley (before the bounce) and get it in the court they instantly win the point.

Lesson 5: 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 as shown below
 - Red Balls
 - 21inch rackets



Lesson Plan & Progressions:

Self-rally: Players stand on their marker and bounce the ball on the strings of the racket, allowing the ball to bounce on the ground between each strike. Start with players hold the racket 'palm down' ie palm of the hand on top of the grip.

Progressions: 1) Same but now with palm facing up under the grip 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 use the palm of their hand to 'pat' the ball to each other aiming to get 6 shots in a row. Players use either hand to return the ball.

Progressions: 1) Use dominant hand only 2) Use non dominant hand only

Hand to racket: Players stand at their markers. Player one pats the ball underarm to the racket of player two who strikes it back. Players try to rally for four shots. Rotate after each 4 turns.

Progressions: 1) Use non dominant hand for striking

Racket to racket: Players both have rackets. *Groundstroke Rally:* Players stand at their markers and attempt to rally – ie send the ball continuously without a mistake.

Progressions: 1) Use forehand only – ie strike the ball on the dominant side of the body 2) Use backhand only – ie strike the ball on the non dominant side of the body

Serve, Rally, Score: Matchplay: Players play points, trying to get to 4 points. Scoring at this age is 1,2,3,4 – when a player wins 4 points they have won the game and must both go to 0 to start the next game.