

LUNCHTIME LEADER COURSE
COACHES MANUAL

Lunchtime Leader Course

0-10 minutes

Introduction & Health and Safety

10-20 minutes

Playground organisation and modified equipment

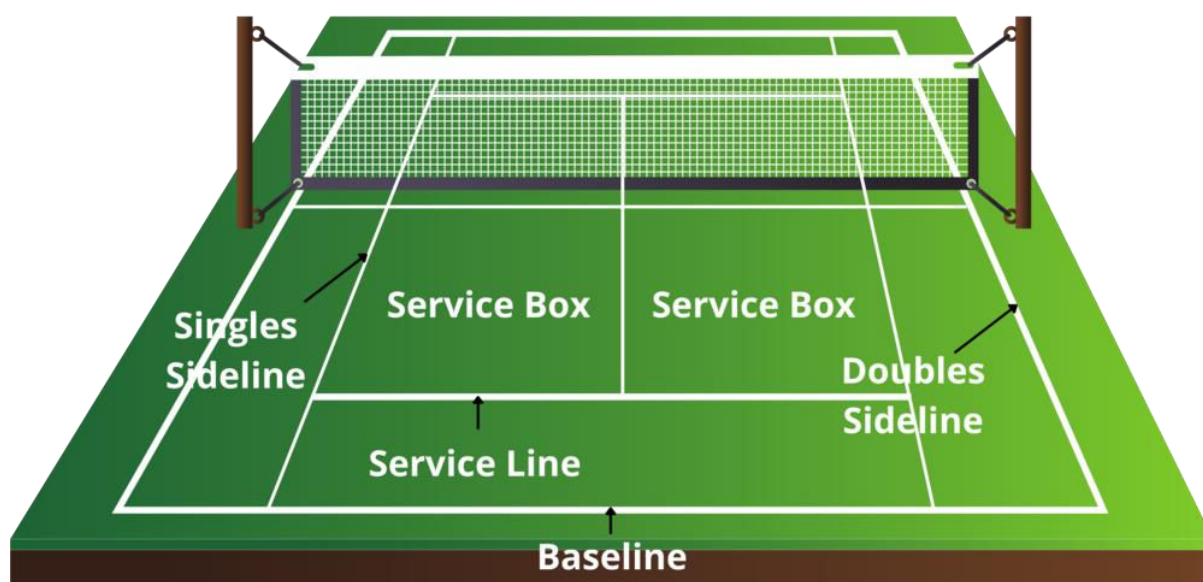
Introductions and divide students into teams. Coach to show full court diagram, lines and then explain 'Play and Stay' modified equipment. Show all sizes and balls and pass equipment around the students so they are familiar with various sizes.

NB: Then point out that for lunchtime leagues 98% of students will be red ball standard, and so this court size, racket size and ball would be how we would envisage play in lunchtime.

TASK 1: In teams students race to set up mini tennis net

TASK 2: Students work together to mark out play area for red court using throw down lines and net for measurements

RESOURCE 1 - FULL COURT DIAGRAM & PLAY AND STAY SET UP GUIDE:

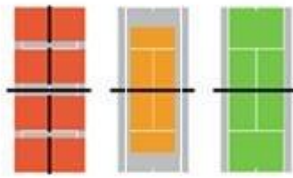


The International Tennis Federations (ITF) 'Play and Stay' tennis programme uses modified version of the game with slower balls and smaller court sizes to allow for greater success rates for beginners. The four stages of 'Play and Stay' tennis are Red, Orange, Green and Yellow. Red tennis, using slower balls and shorter rackets, is perfect for keeping larger groups of players active in confined spaces at both primary and secondary level. The modified equipment makes development achievable instantly so players are rallying for much longer from day 1. Red balls are also a lot safer for larger groups in confined spaces, and better for windows!

THE DIFFERENT RACKET SIZES

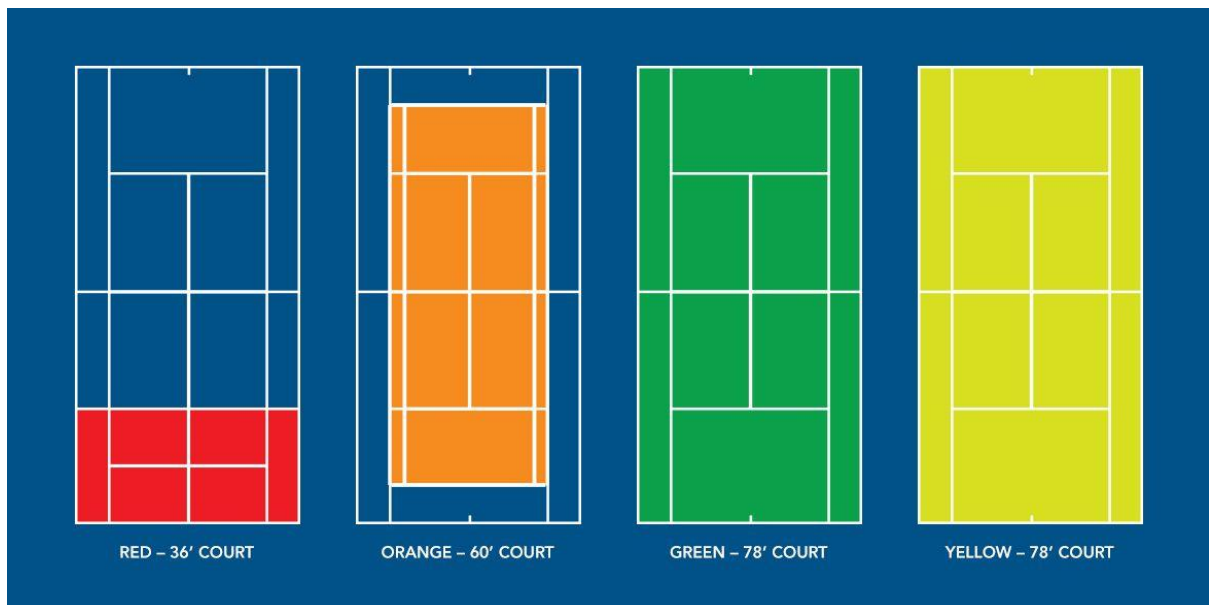


RED, ORANGE AND GREEN SIZE COURTS



TENNIS IS EASY IF YOU USE THE RIGHT BALL

RED, ORANGE AND GREEN BALLS



Modified Courts – 6 x 12m

For schools that do not have tennis courts modified mini courts can be set up using mini tennis nets, lowered badminton nets, even barrier tape between two basketball posts or playground fences!

Barrier tape



Lowered badminton / mini tennis nets



20-50 minutes

Learn to rally & score – **COACH DELIVERS LESSON 1 FROM OVER 8s PLANS**

Students introduced to scoring and basic rules. Coach to teach students by progressing from hand to hand (floor rally to throw & catch to patball), through hand to racket, and racket to racket. For each successful throw and catch students get a point aiming to get 5 without a mistake: 1 = Love, 2 = 15, 3 = 30, 4 = 40, 5 = game. This is how students will teach players on session 1 of their lunchtime clubs. Then have students rally, and rotate players around.

Top tips:

- Tap / push - don't swing
- Strings facing where you want the ball to go
- Racket out in front

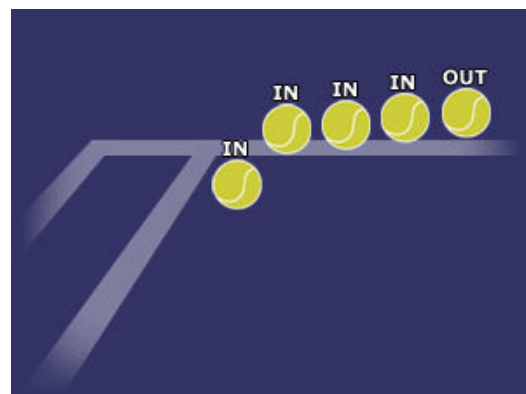
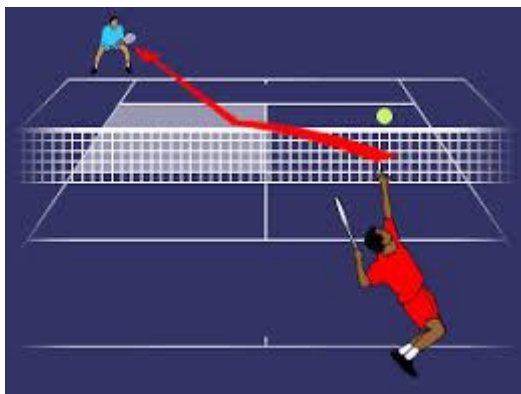
50-80 minutes

Serve, Rally & Score

Coach introduces terminology and coaches students to be able to play points, and use round robin format. **Use Lesson Plan 5 round robin worksheet from overs LPs**

RESOURCE 2 – RULES

- A ball must land within bounds for play to continue; if a player hits the ball outside of bounds in open play, this results in the loss of the point for them. Servers have two chances per point to get the ball within bounds (into the diagonal service box).
- Players/teams cannot touch the net or posts or cross onto the opponent's side.
- Players/teams cannot carry the ball or catch it with the racquet.
- Players cannot hit the ball twice in a shot.
- Players must wait until the ball passes the net before they can return it.
- A player that does not return a live ball before it bounces twice loses the point.
- If the ball hits or touches the players, that counts as a penalty.
- Any ball that bounces on the lines of boundary are considered good.
- A serve must bounce first before the receiving player can return it.
- Doubles – servers swap, receivers remain!



80-90 minutes

Questions and Clean up