

PRIMARY SCHOOL TENNIS
TEACHER UPSKILL WORKSHOP
COACHES MANUAL

Primary Tennis Teacher Upskill Workshop

0-15 minutes

Playground organisation and modified equipment

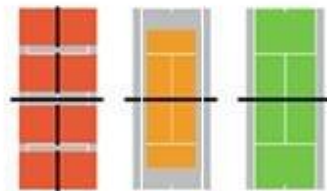
TASK: Teachers to set up their own micro court and hit a few red balls to get a feel for equipment

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



Micro Tennis

The primary school lesson plans focus on tennis for PE that keeps every child active every second of the lesson, from bump ups on their own, to rallying with partners, to creative games that involve running and co-operating in teams. Where schools don't have space or finances for mini nets the alternative is 'micro tennis'. This simply involves using cones as markers – 3 cones placed about a metre apart, the back two cones are the base line, the middle cone the net. For doubles use 7 cones – 2 singles courts set up side by side with an extra cone in the middle. For singles the ball must land within the middle cone and the opponents cone, and within reaching distance for width. For doubles it must land in the square made by the three 'net' cones and the two back markers.

Singles Micro Tennis



Doubles Micro Tennis



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 nets



Purpose built mini courts to fit any playground!



Tennis courts can be marked out by all playground marking groups. Where there is not enough room for full tennis courts consider using the dimensions of the red or orange courts!

15-20 minutes

Lesson plan layout – handouts pre delivered to teachers

- 1) Lesson plans are divided into 2 sections: Lower classes and Higher classes. Teachers from junior infants to first class will use Lower level plans, and teachers from second to sixth class will use Higher level plans.
- 2) All lessons plans are designed to build slowly through phases: Self rally, floor rally, hand to hand, hand to racket, racket to racket, serve rally & score in some capacity.
- 3) Lower level plans gradually build skills, whereas higher level plans aim to get every child understanding how to play the game from lesson 1, with skill development following that.

20-40 minutes Lower level plans (under 7s)

Coach delivers first lesson plan from lower plans and teachers act as students.

40-60 minutes Lower level plans

Teachers pair up and work through remaining lesson plans asking coaches guidance along the way

60-80 minutes Higher level plans (over 8s)

Coach delivers first lesson plan from higher level plans and teachers act as students

80-100 minutes Higher level plans

Teachers pair up and work through remaining lesson plans asking coaches advice/guidance along the way

100-115 minutes Lunchtime leagues manual

Coach leads teachers in a round robin format timed event to show how to fill RR sheets in lunchtime leagues manual

115-120 minutes Any questions – plug club programmes!!