

NET GAME

Introduction:

This is an infinite session plan. It means that with a little bit of variation and imagination, you will be able to deliver an infinite number of fun tennis sessions.

We recommend you use the base exercise multiple times over a period of time to fully embed the skill. Repeating exercises is encouraged.

Within a single session, the easier version can be used with participants that are struggling. The harder version can be used with participants who are finding things easy.

Generally, the harder version of each exercise is recommended for older participants or those demonstrating higher coordination levels e.g. teens.

N.B. This session plan assumes approximately 8 - 12 players in a single space. If you have larger numbers refer to the rotation and organisation video for ideas to manage the group.

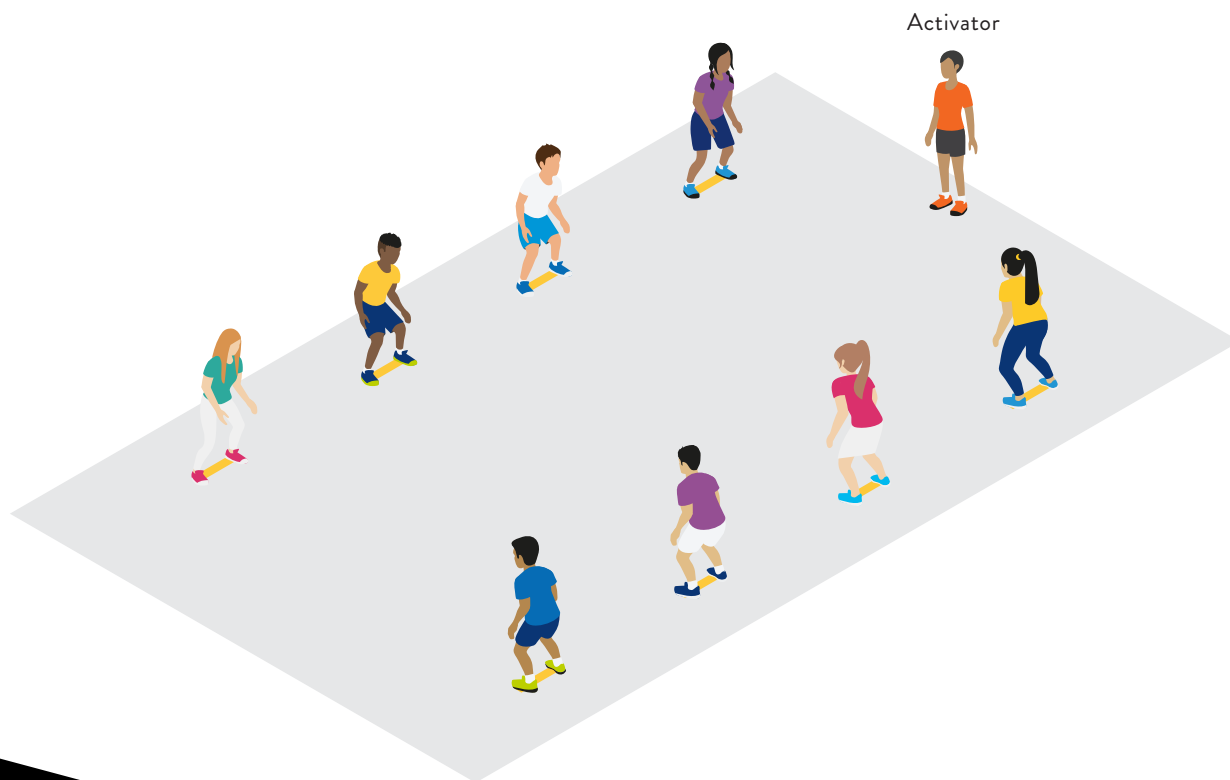


WARM UP

In To Net


Equipment:

- Throw Down Lines



Base Exercise:

Participants working in pairs, facing each other 2+ meters apart. Activator calls out a body part. Participants move forward toward each other and connect using that body part before moving back to the starting position. Sequence: right hands (high five), left hands (high five), both hands together, right feet, left feet, or both feet.


 **Top Tip:** Mix up the order to challenge reactions. Encourage a 'goalie stance' to get participants switched on and ready to move quickly.

Easier:

Use less commands e.g. just do hands or just do feet.


Harder:

Activator shouts 1,2,3,4, 5 or 6. Participants move forward and translate that to the corresponding action i.e. 1 is right hands, 2 is left hands, 3 is both hands, 4 is right feet, 5 is left feet, 6 is both feet (assigning a number brings cognitive challenge for older kids).

 **Top Tip:** Try combining numbers to challenge concentration.

Different:




Participants are sideways, and use sidesteps instead of moving forwards.

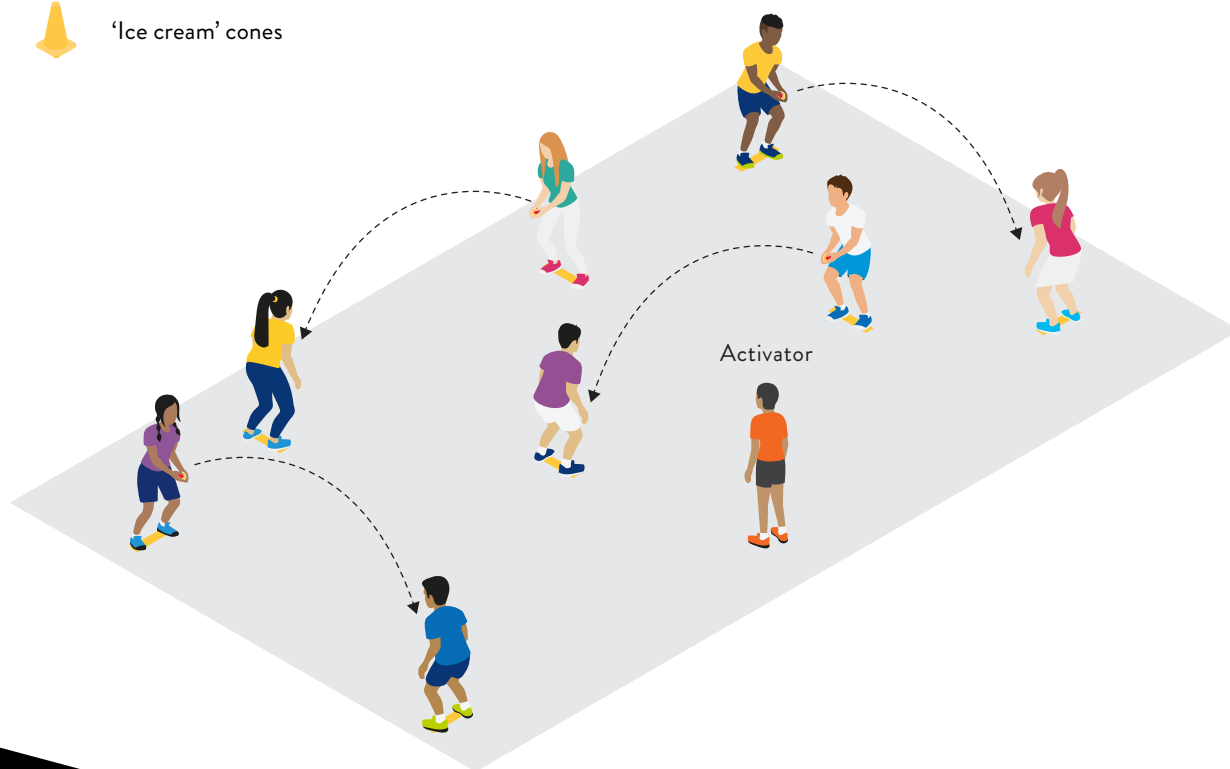
 **Top Tip:** Feet should be wider than shoulders. Head should be at least 12 inches lower down (athletic stance).

BODY & BALL

No Bounce


Equipment:

-  Tennis Balls
-  Throw Down Lines
-  'Ice cream' cones



Base Exercise:

Participants work in pairs and find a space with a ball. Participants throw the ball with both hands to their partner. Partner must clap once before catching. The key is that the ball doesn't bounce.


 **Top Tip:** Encourage participants to catch the ball with one hand, to the side of their body, and roughly about waist high to replicate the volley.

Easier:

Participants find a space on their own with a ball. They throw the ball up with both hands, clap once then catch with two hands before the ball bounces. Then progress to clapping twice, three times etc, or catching with one hand.


Harder:

Participants work in pairs and find a space with a ball. Participants throw the ball with both hands to their partner. Players must catch with one hand only - if ball comes towards right hand players must catch with right hand and same of left side of the body.

 **Top Tip:** Try using 'ice cream' cones to help any participants who are finding this challenging.

Different:






Participants do not catch the ball, they pat it back to their partner using a high five action.

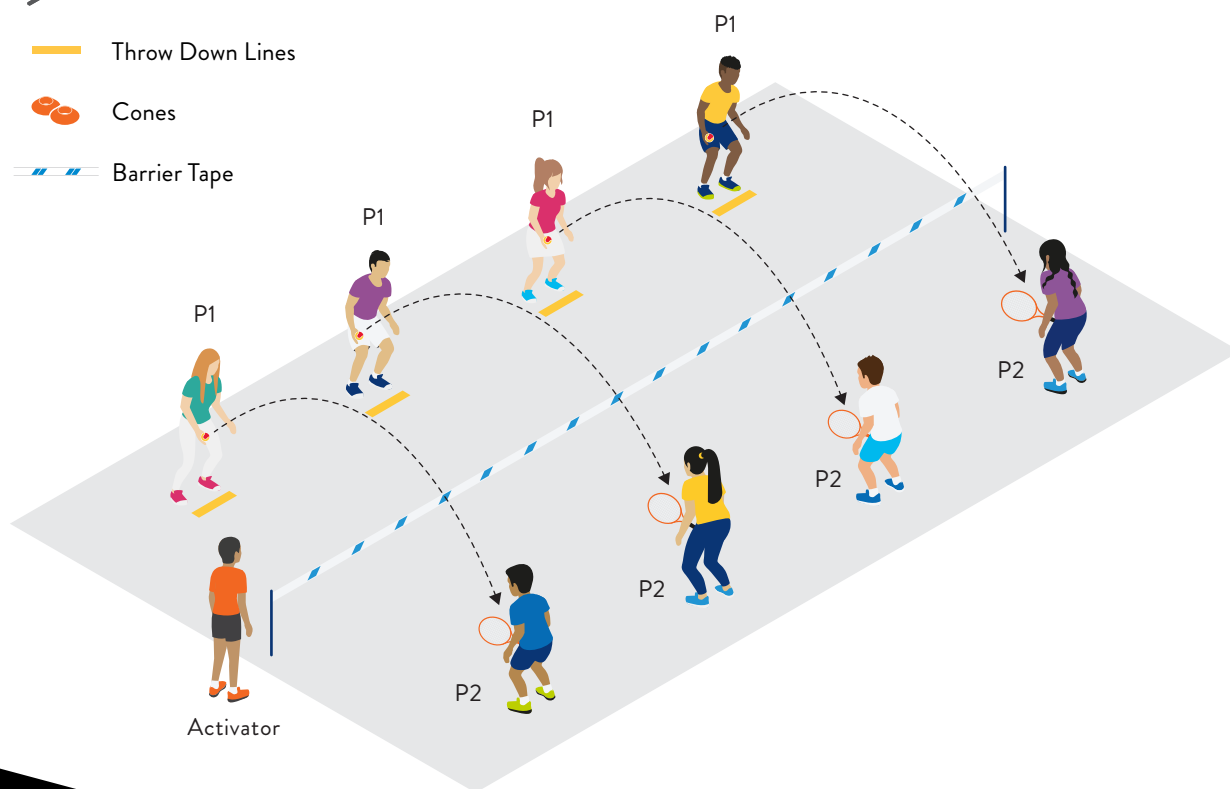
 **Top Tip:** Encourage participants to face their palm upwards to pat the ball back.

RACKET & BALL

Volley Ball


Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Throw Down Lines
-  Cones
-  Barrier Tape




Base Exercise:

Working in pairs, one participant underarm throws to their partner's forehand side. The hitter has to volley the ball over the net for their partner to catch. 10 volleys each then switch roles. Repeat exercise but throwing to backhand side. For the third set, the player throwing can go to either side, (but must call out which side they are throwing to before they release the ball).

 **Top Tip:** Encourage participants to hold racket like a hammer or magic wand, so that they can hit forehand and backhand using same grip.


Easier:

Hitting player holds racket head with two hands in front of face/body. Partner underarm throws, aiming for racket strings as the target, and racket player blocks ball back. Goal is simply to make contact between ball and racket strings.

 **Top Tip:** Encourage participants to watch the ball closely and simply block the ball back.

Harder:

In pairs, one participant underarm throws a ball to their partner and then moves to a new position, either left or right. The player volleying must hit to where their partner is now standing (changing of direction). The participant throwing can stay where they are or switch sides each time they throw.

 **Top Tip:** Remind participants that the ball will travel in the direction their strings are pointing.

Different:

In pairs, one participant underarm throws to their partner. The hitting player uses two cones to catch the ball and then sends it back to their partner. Switch roles after 10 throws/catches.

GAME

Clean your Room

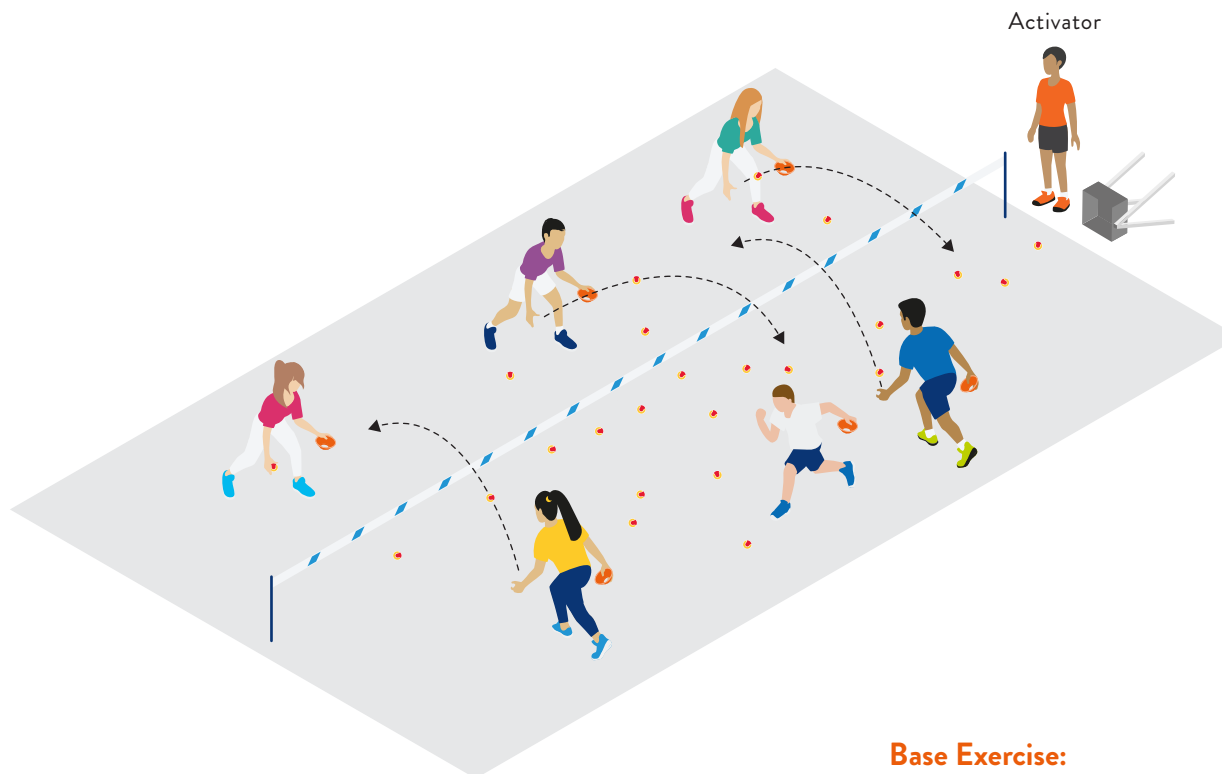
Equipment:

 Tennis Balls

 Cones

 Barrier Tape

 Ball Basket / Bin



Base Exercise:

Divide participants into 2 teams, one on either side of the net. Participants are trying to clear all the balls on to the other side of the net by throwing the ball overarm. If a participant from the opposite team catches a ball before it bounces the participant that threw it is out. The team with the least number of balls on their side of the court after 60 seconds is the winner.