

BASELINE 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.




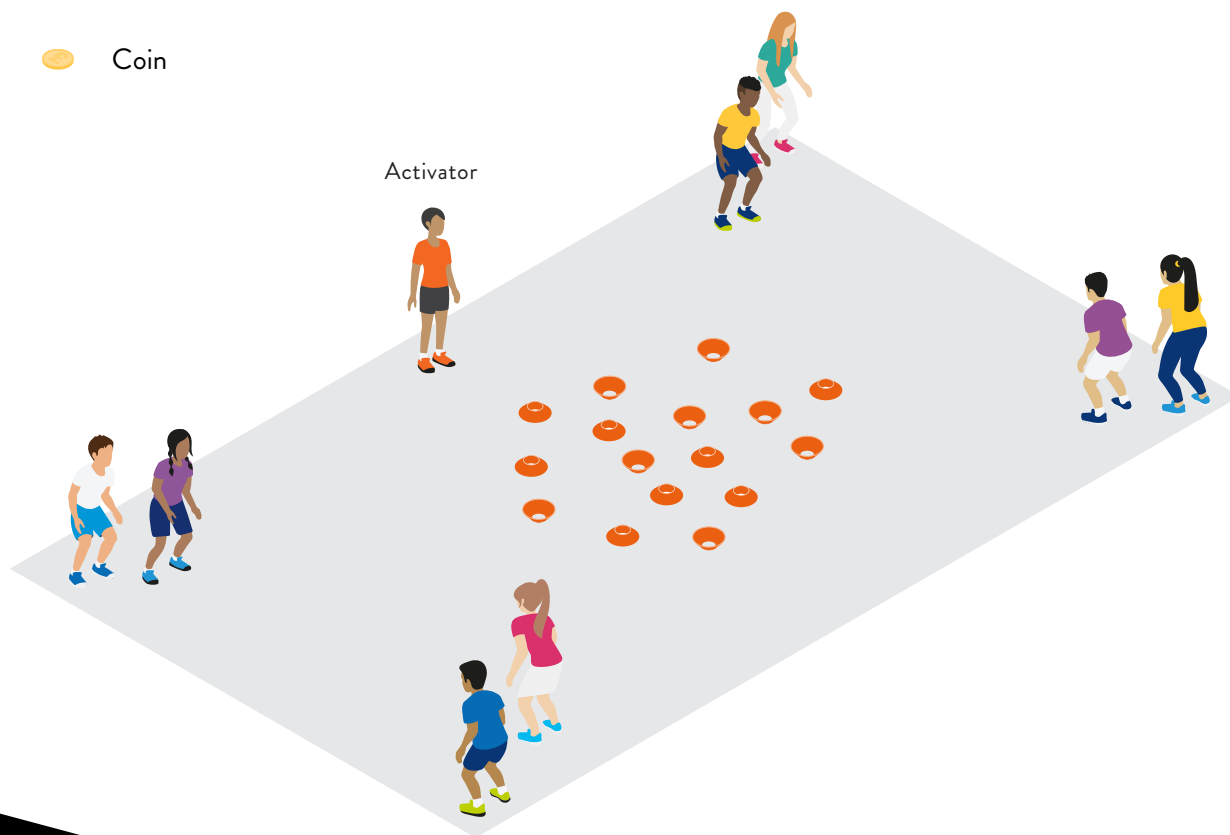
WARM UP

Split & Flip

Equipment:

 10x Cones

 Coin



Base Exercise:

Place 10 cones in the centre of the space, half should be upside down. Participants are split into teams, (2-4 teams ideal) in corners around the cones, about 3 metres back. Participants take turns running in from the corners. Half of the teams have to flip the cones down, half of the teams have to flip the cones up. To flip a cone, you must use both hands and therefore a 'squat' action is needed to get low. Go for 60 seconds and repeat. Participants can only flip one cone at a time.

Easier:

Participants do not have to flip the cone using both hands. They can simply flip them using one hand. This makes it physically easier i.e. no squat action.

Harder:

Participants undertake the exercise but standing on one leg whilst flipping a cone. This challenges dynamic balance.

Different:


Introduce an object that is hidden under one cone (e.g. coin). First team to find the object wins the game immediately.

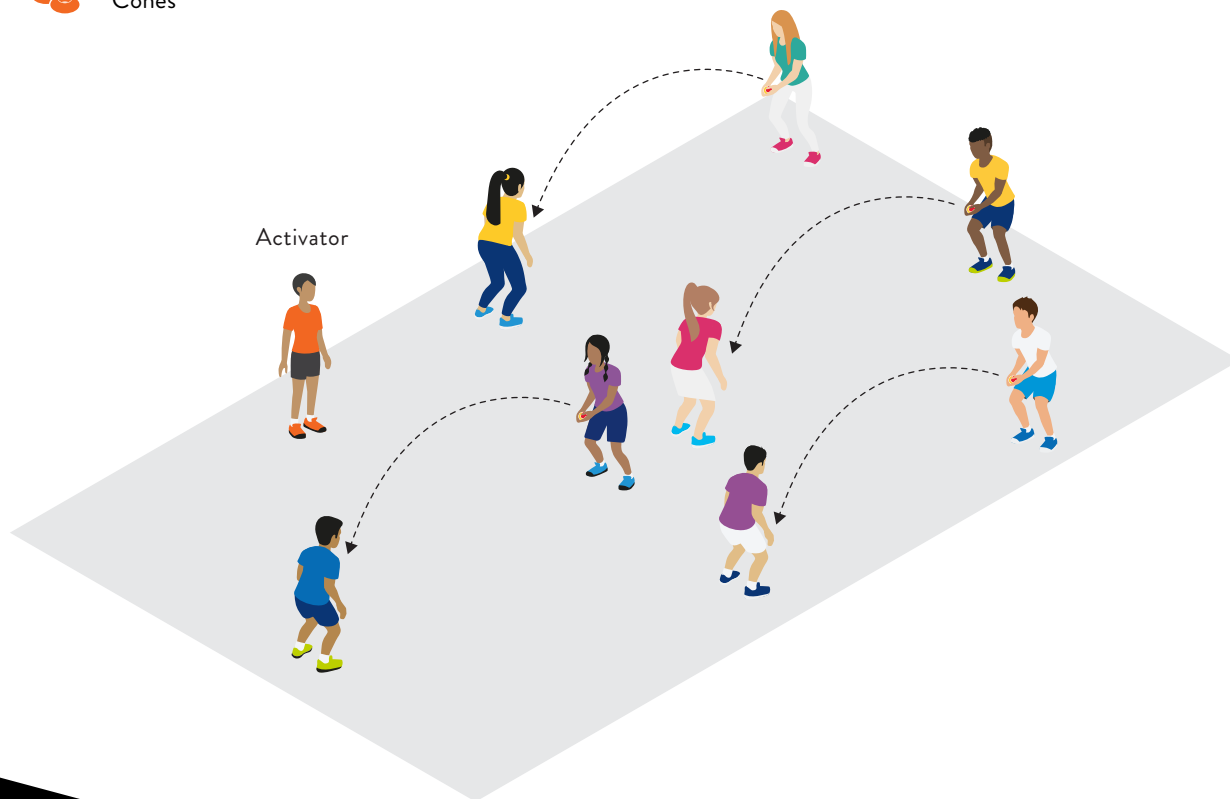
BODY & BALL

Send & Receive

Equipment:


 Tennis Balls

 Cones



Base Exercise:

Participants working in pairs, standing facing each other, throwing the ball directly to each other using a rugby style pass. Cooperate to get 5 passes without a double bounce or drop. Once a pair achieves 5 passes, they quickly find a new partner and repeat the exercise. The first participant to achieve 5 sets of 5 passes is the winner. The activator can set the challenge at 5, 6, 7, 8, 9 or 10 passes.

 **Top Tip:** Encourage a 'rugby style' throwing action to for rotation of the hips and shoulders.


Easier:

Participant catching the ball has 'big hands' by holding two cones to catch the ball.

 **Top Tip:** Encourage participants shoes to face forwards when catching and to rotate their body and arms when throwing.

Harder:

Introduce lateral movement where receiver has to move 1m+ in order to catch the ball after a bounce. This means the thrower needs to alter the direction of their throw.

 **Top Tip:** Encourage participants to move quickly so they can 'stop' as they catch. Its much harder to catch when still running.

Different:

Participants have to tap the ball off the floor each time they catch it, before throwing it back.


RACKET & BALL

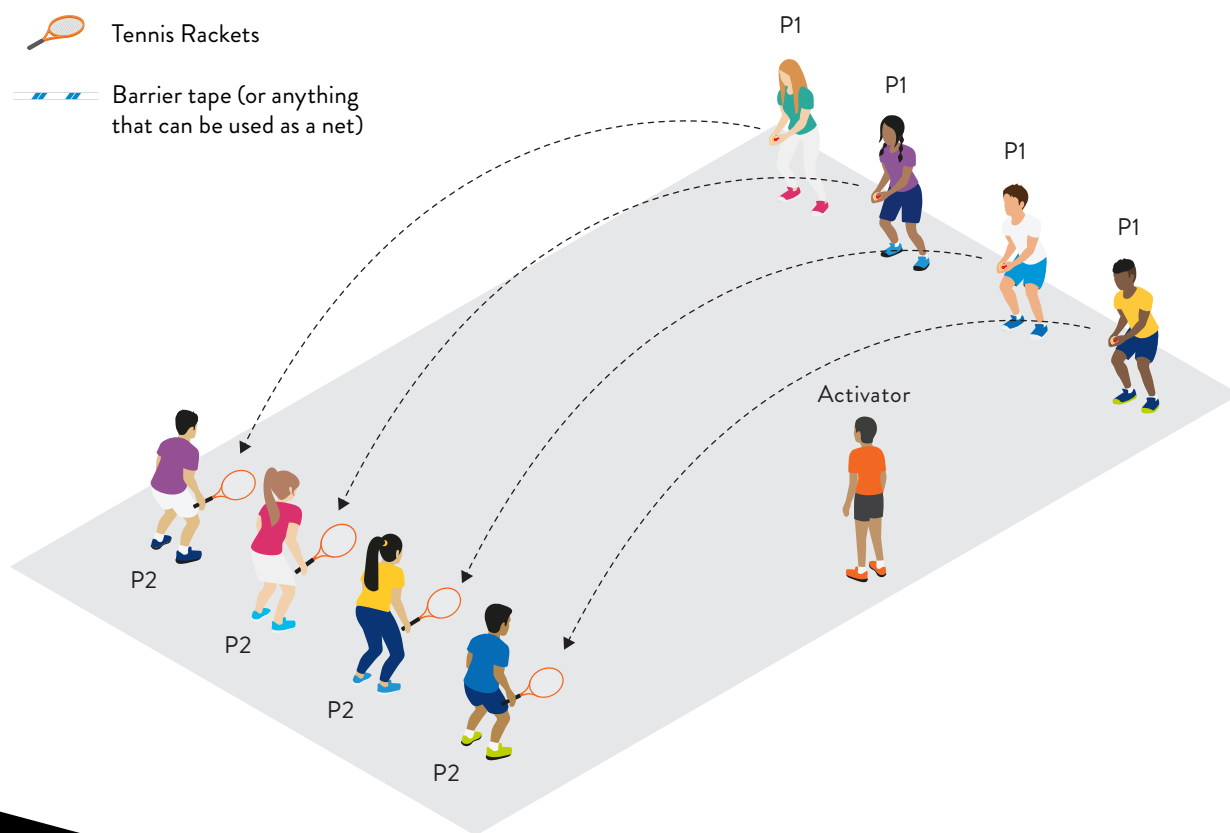
Ready to Rally

Equipment:

 Tennis Balls


 Tennis Rackets

 Barrier tape (or anything that can be used as a net)




Base Exercise:

Participants work in pairs. One player 'rugby style' throws a ball across the space (ball should fly at roughly head height) to partner. Racket player taps the ball up at contact point (hit 1), ball bounces, then tap it back to partner (hit 2).

 **Top Tip:** Encourage a good contact point, racket strings are to the side of the body, face towards partner, and are slightly open i.e. they face upwards.

Easier:

Participants work in pairs. One player rolls a ball across the floor between two cones (or over a throw down line). Racket player 'splats' or 'blocks' the ball with their racket before rolling it back across the floor.


 **Top Tip:** Encourage players to stop the ball completely when they 'splat' or 'block', the ball is harder to hit if its moving.

Harder:

Participants work in pairs with a racket each. One player feeds overarm, (then immediately picks up their racket) to start a rally of 5 shots. The 5th shot should be caught, not hit. If the ball is successfully caught, the pair score one point. Participants try to collect as many points as they can in the time allowed.

Different:







Participants try to get rallies of 10. Once they achieve a rally of 10, both players have to find a new partner to work with. You can conclude when one player achieved 3 rounds of 10, or after a specific amount of time.

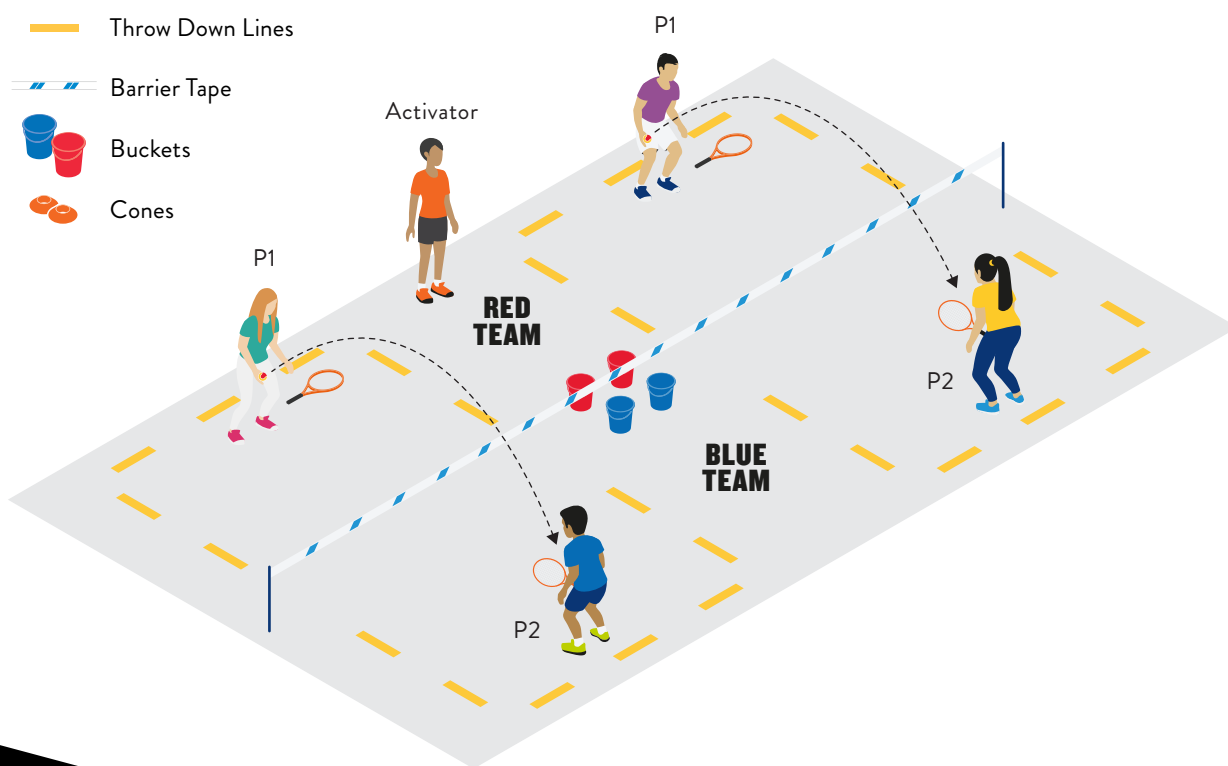
 **Top Tip:** Encourage players to be aware of others when switching partner, to ensure safety.

GAME

Team Challenge


Equipment:

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




Base Exercise:

Split group into a red and a blue team. One participant from each team occupies one mini court or space and plays a match of 'first to two points'. Point starts with an over-arm throw (thrower immediately picks up their racket). The player that reaches two points wins the match and acquires a cone for their team. Include a hand-shake for sportsmanship at the end of each match.

 **Top Tip:** If there are odd numbers, extra player(s) simply wait for a match to end before they join in. Create enough courts so that most players are able to play at the same time.


Easier:

Matches take place on the floor, create a football style goal for each participant. A point is won when the ball goes behind the opponents baseline / goal.

 **Top Tip:** Encourage participants to keep racket on or close to the floor at all times. Participants should 'push ball' not 'hit the ball' i.e. the ball and racket must be touching when they begin to send it to the other side of the court.

Harder:

Every point starts with an overarm serve using a racket (or overarm throw).

 **Top Tip:** Encourage participants to hit the ball up (rather than down) when serving.

Different:

Participants play in pairs (doubles).