

# SERVE & RETURN

## 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.

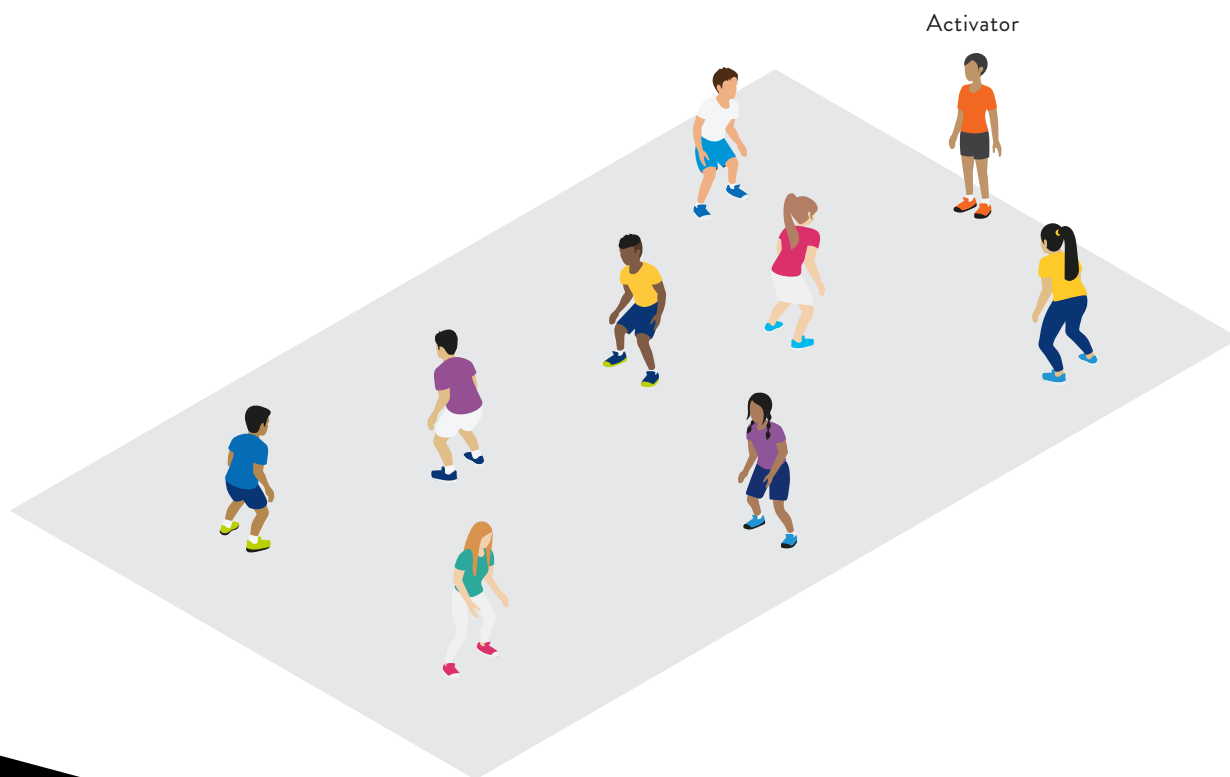


# WARM UP

## Fast Feet

### Equipment:

No equipment required



### Base Exercise:

Participants working in pairs, facing each other, one metre apart. Activator shouts 'right', 'left', 'forward' or 'backward'. Participants have to put their left shoe, right shoe, both shoes forward, or both shoes back, based on the Activator command.

### Top Tips:

- For wheelchair users, wheels replace shoes e.g. right wheel forward.
- Encourage participants to stand ready like a boxer with 'fast feet' in between commands.

### Easier:

Activator uses just two commands i.e. left and right shoe only.

### Harder:

Activator shouts 1,2,3 or 4. Participants have to put their right shoe (1), left shoe (2), both shoes forward (3) or (4) both shoes back (step back) based on the Activator command. Using numbers challenges concentration.

### Different:

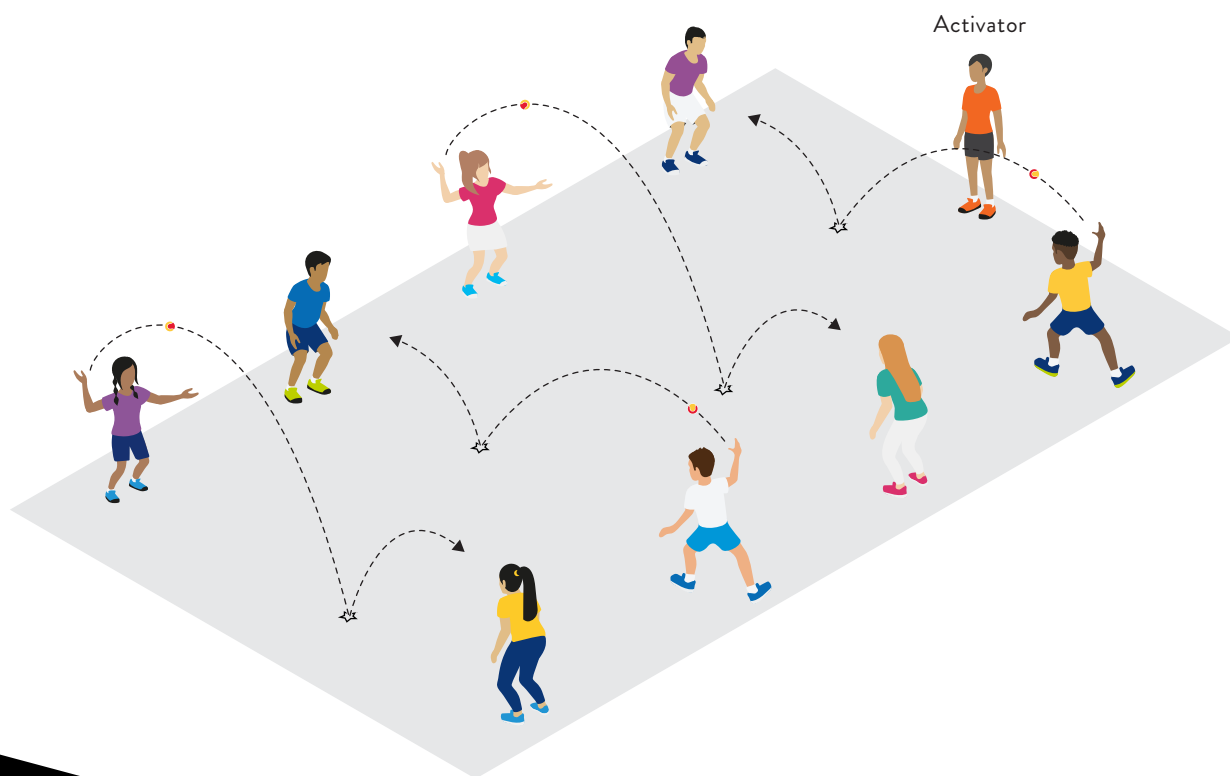
Conduct exercise but in crawl position i.e. shoes and hands on floor.

# BODY & BALL

## Quarterbacks


### Equipment:

- Tennis Balls



### Base Exercise:

Participants working in pairs, facing each other. Stand two to ten metres apart depending on space available. One participant throws overarm to their partner who has to catch the ball with two hands after one bounce. Receiver sends ball back in same way (overarm). Ball flight should be roughly twice the height of the sender. First pair to reach 10 throw-catches in a row wins. If a pair drop a ball, they start back to zero.


 **Top Tip:** Encourage participants to throw side-ways on like a javelin thrower.

### Easier:

Overarm throw is replaced by an under-arm throw.

### Harder:

Receiver catches using just one hand, (alternate left and right), and must throw the ball back using the same hand that caught the ball. If space allows, move participants further apart to increase difficulty.

 **Top Tip:** Encourage participants to move swiftly so that they are behind the ball before they catch it. Its much harder to catch the ball whilst still running.

### Different:

Thrower calls out 0,1,2 or 3 as they throw. Receiver has to catch the ball after the number of bounces specified. This challenges movement speed around the ball.

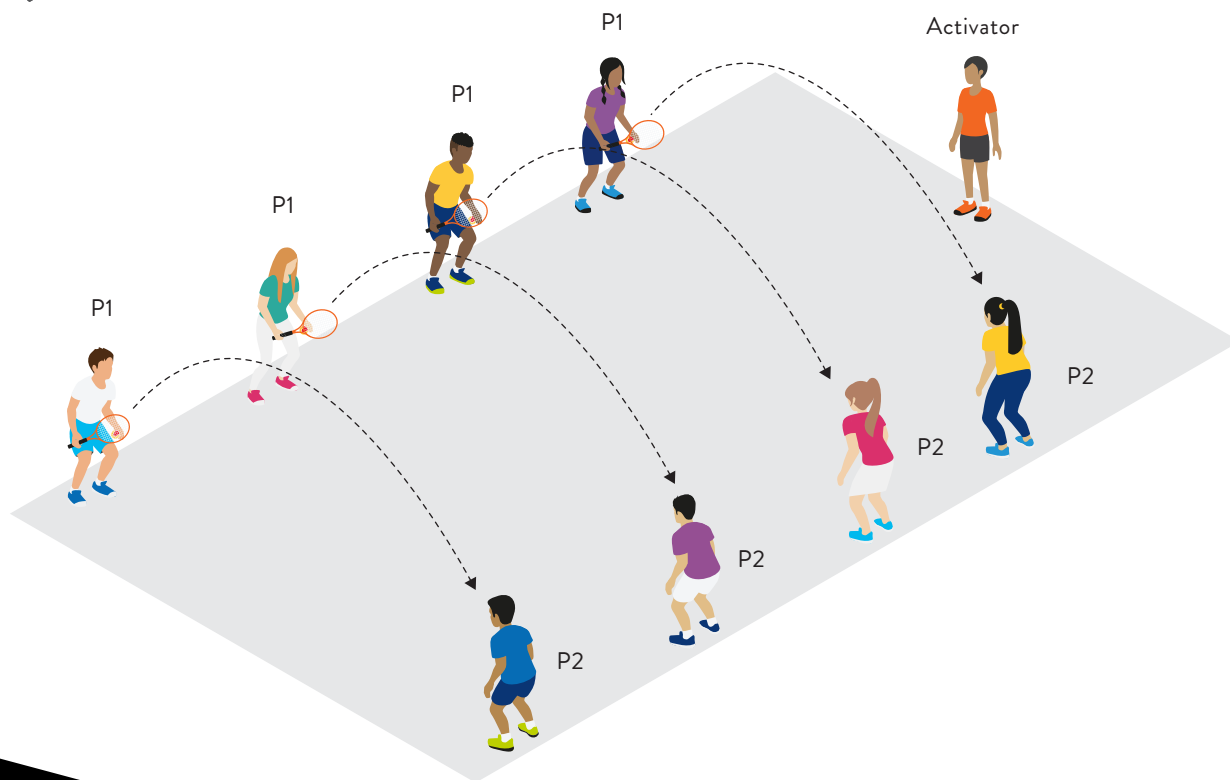
# RACKET & BALL

## Serve, Return, Catch

### Equipment:


 Tennis Balls

 Tennis Rackets




### Base Exercise:

Participants working in pairs, facing each other. One participant serves overarm (with a racket) to partner who catches the ball using two hands after the bounce. The person that caught the ball then under-arm throws the ball back to the server. Repeat then switch roles after a few minutes.

 **Top Tip:** Encourage participants to hold racket face above their head before they toss the ball up. Whilst ball above head, gently 'tap' ball. No swing required.

### Easier:

Participant replaces serve by pushing the ball to partner with a 'sling shot' action above head. A sling shot is when racket and ball start together (no ball toss). Repeat then switch roles after a few minutes. Switch partners for further practice.

 **Top Tip:** Using a bean bags or balloons makes serving easier because balloons move slower, and bean bags do not roll away.

### Harder:

One participant serves overarm to partner who catches the ball using two hands. They then under-arm throw the ball back. If successful, both players move back a step and repeat from further away. If unsuccessful, move closer. To make even more challenging, introduce a second racket for the returner - this is 100% tennis!




### Different:

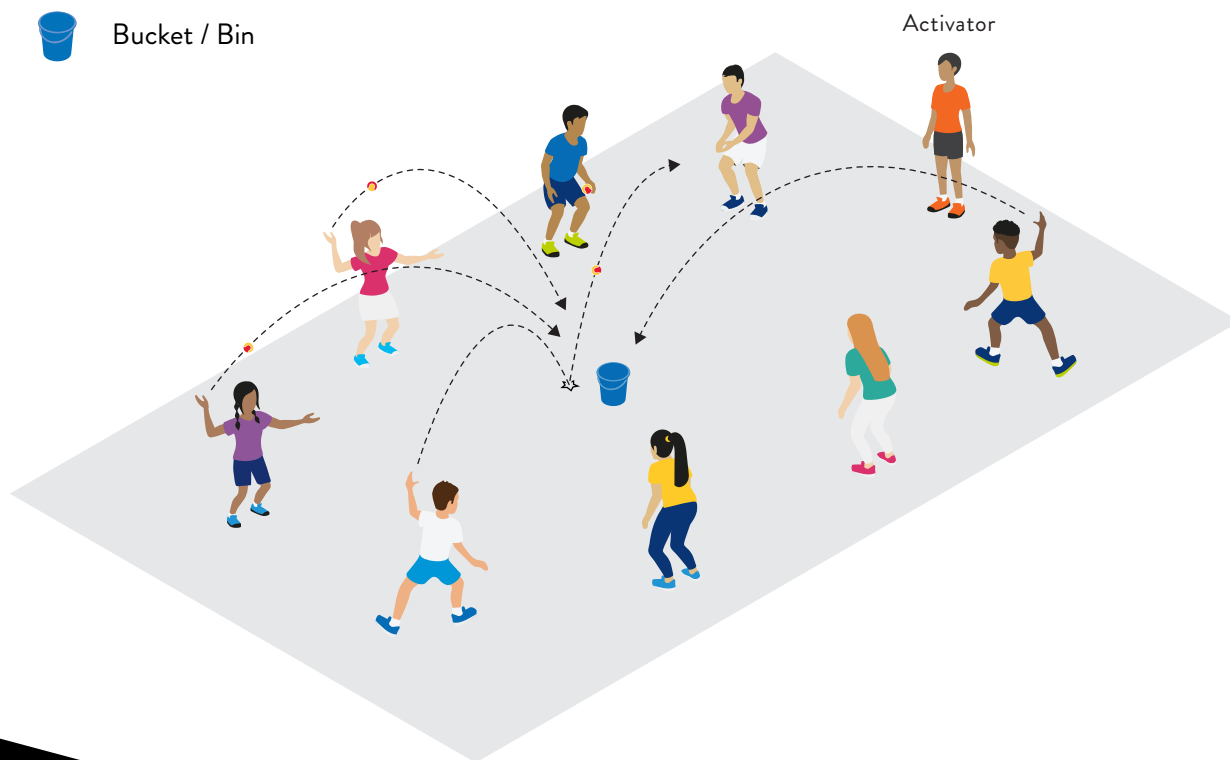
One participant throws overarm (no racket) to partner who returns the ball using the racket. Emphasis here is on practising the return. Repeat then switch roles after a few minutes.

# GAME

## Serving Bullseye


### Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Bucket / Bin



### Base Exercise:

All participants stand in a large circle. Place a bucket/trolley/object in the middle of the space. Participants overarm throw aiming for the bucket one at a time. Activator (or participant) runs around tapping participants on shoulder to signal their go. This means that not all throws are at the same time, making the game more fun because everyone sees other shots and can celebrate if someone gets it in.

 **Top Tip:** Encourage participants to throw side-ways on like a javelin thrower.

### Easier:

Overarm throw is replaced by an under-arm throw.

### Harder:

Use a tennis racket instead of a throw or move further away from target.

### Different:

Activator holds the bucket/object and moves around.