

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Plank with alternating hand taps	<ul style="list-style-type: none"> Place hands directly under shoulders Place the racket in between the hands Brace the core Alternate hand taps onto the racket strings Keep the hips still 	<ul style="list-style-type: none"> Put the knees down
Forehands and backhands	<ul style="list-style-type: none"> Start with a wide base with shoes wider than shoulders Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip Pivot and bend both knees low as if turning to hit a forehand Swing the arms back into a low position Drive up with the legs and swing the arms from the low to a high position Pivot and bend both knees low as if turning to hit a backhand Swing the arms back into a low position Drive up with the legs and swing the arms from the low to a high position 	<ul style="list-style-type: none"> Swing the arms back without bending and pivoting the legs
Split squats / backward lunge with side rotation	<ul style="list-style-type: none"> Start in a lunge with both knees bent at 90° Hold the racket with one hand at the head and one hand at the grip Keep the chest up Rotate the arms to the side over the front leg Jump and swap legs so the other leg is forward and rotate the arms 	<ul style="list-style-type: none"> Step in and out of the lunge position instead of jumping
Skaters	<ul style="list-style-type: none"> Hold racket with one hand on the grip Leap from side to side, lifting and bending the non-landing leg behind Keep the chest up Push knee out wide Swing the arms to help power and balance 	<ul style="list-style-type: none"> Step from side to side