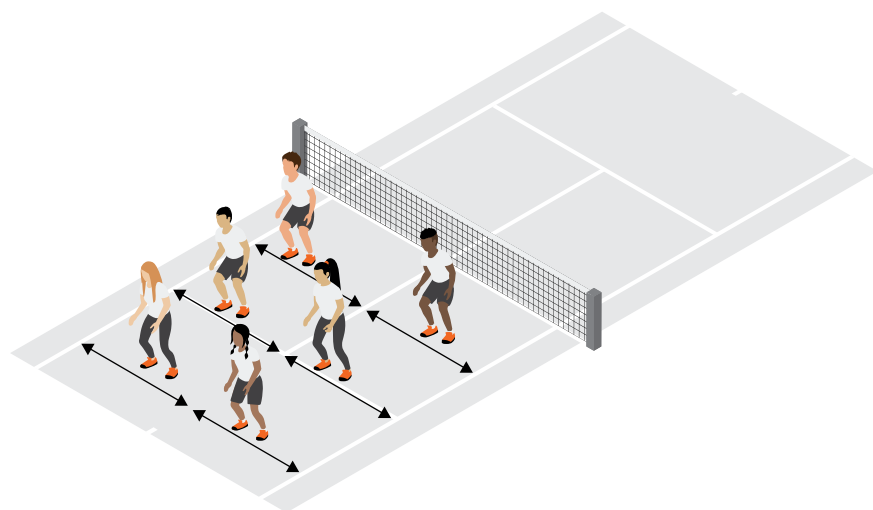


# WARM UP

## All shot shadows and footwork

- Students line up along the tramlines facing in to the court.
- Students jog to centre line and back.
- Students sidestep to centre line and back to tram line.
- Students skip forwards and back.
- Repeat the above several times.



## Dynamic stretches:

- Students walk to the centre line and back performing hip flexor internal and external rotations (open and close the gate).
- Students walk to centre line and back performing heel kicks.
- Students move to the centre line and back performing lunges.

## Students shadow all shots:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Recover to a central position after each shot.

## Groundstrokes:

- Racket path - low to high.
- Contact the ball in front and to the side of the shoes.
- Two hands on the racket grip for a backhand.

## Volleys:

- Keep the racket head above wrist height.
- Racket path – tap (no swing).
- Contact the ball in front and to the side of the shoes.
- Keep the racket head above wrist height.
- Bend the knees for low balls.

## Smash:

- Track the incoming ball with non-dominant hand pointing at the ball.
- Adapt to the incoming ball with the body and racket.
- Stand side on.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

## TEACHING POINTS:

### Side Step:

- Wide base
- Stay low
- Keep a gap between the shoes

### Skipping:

- Power up with the arms
- Long air time

### Hip flexor rotations:

- Keep the knee at hip height

### Walking heel kicks:

- Knee pointing down

### Walking lunges:

- Knees at 90°
- Back straight
- Rotate over front leg