

WARM UP

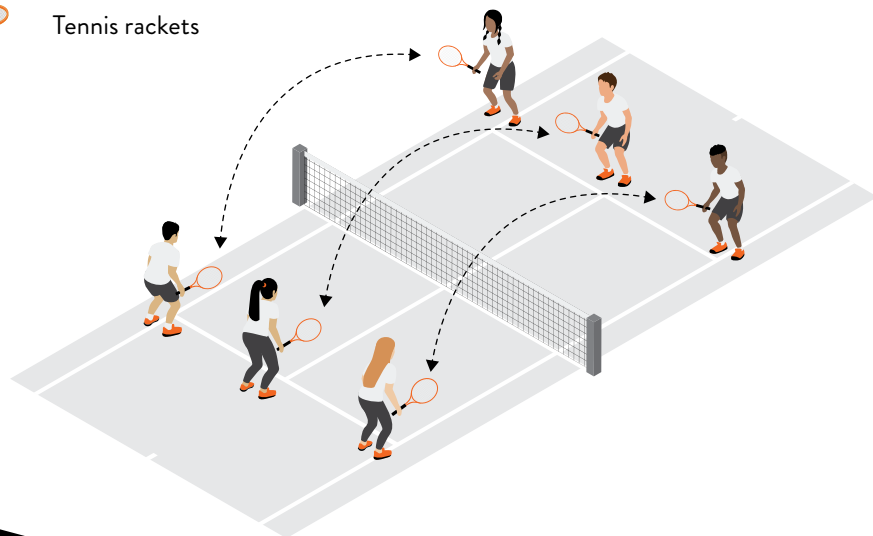
Push & Pull:

- Students rally co-operatively in service boxes.
- Students start the rally with a gentle overarm throw.
- Progress rally with student 1 moving to the net to volley.
- Student 2 then moves forward to the net to volley, student 1 moves back.
- Try to keep the same ball in play.

Equipment:

🟡 Low compression tennis balls

🎾 Tennis rackets



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:

- Contact the ball gently in order to control the ball.
- Keep moving in order to raise the heart rate and prepare for exercise.