

SIDELINE ACTIVITIES

SIDELINE ACTIVITY

TEACHING POINTS

TO MAKE IT EASIER

Circles

- Start with arms stretched straight out to the side, fingers straight and palms facing the floor
- Rotate the arms forward making small circles
- After 10 reps change direction and circle the arms backwards for 10 reps

- **Make bigger circles**
- **Circle one arm at a time**

Forehands and backhands

- Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip
- Swing the arms back into a low position on the forehand side (hands remain in the same position holding the racket)
- From the low position swing up and forwards to the front of the body
- Swing the arms back into a low position on the backhand side and then drive the arms forward to the front position

- **Keep the arms at shoulder height (i.e. do not swing the arms into a low position)**

Seated alternate arm swings

- Sit in a tall seated position, with shoulders back
- Move the arms back and forth in a running style

- **Move the arms slower**
- **Wrists remain in a low position**

Shadow boxing

- Sit in a tall seated position, with shoulders back
- Place hands in a fist slightly in front of the chin
- Jab the hands straight forward (alternating hands) as if hitting a boxing bag. Perform 10 with each hand.
- Hook the arms as if hitting the side of a boxing bag (alternating arms). Perform 10 with each arm.
- Repeat the sequence with 10 jabs and 10 hooks

- **Perform one arm at a time**
- **Perform just jabs or just hooks**

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Bent arm lateral raises	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Tuck elbows to the side of the body • Place hands in a fist • Lift both elbows upwards and outwards, to shoulder height • Lower back to the starting position 	<ul style="list-style-type: none"> • Perform one arm at a time • Reduce the height that the elbows are lifted
Side stretch	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Place arms to the side of the chair and reach to the centre hub of the wheel • Keep the arms and fingers straight • Lean to the right side and reach the fingers to the towards the wheel rim • Keep the back on the back rest • Hold the stretch for 10 seconds • Slowly rise back to the central position • Repeat to the left side 	<ul style="list-style-type: none"> • Reduce the length of the stretch
Resistance band exercises - seated row	<ul style="list-style-type: none"> • Place the band around the net post at shoulder height • Position the chair facing the net post in a central position • Hold the band with arms straight in front • Pull back with both arms until the elbows touch the back of seat • Keep the elbows tucked in and close to the body as they pull backwards • Release forwards and repeat 	<ul style="list-style-type: none"> • Use a lighter band for less resistance

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Resistance band exercises - biceps curl	<ul style="list-style-type: none"> • Place the band around the bottom of the net post • Position the chair facing the net post, slightly to the left • Hold the band in the right hand with the arm straight and palm facing upwards • Keep the right elbow close to the body • Bend the elbow raising the right hand towards the right shoulder • Straighten the elbow lowering the right hand back down • Repeat on the left side 	<ul style="list-style-type: none"> • Use a lighter band for less resistance
Resistance band exercises - triceps curl	<ul style="list-style-type: none"> • Place the band around the bottom of the net post • Position the chair with the back to the net post (so the band is behind the back) • Hold the band in the right hand, with the hand touching the back on the neck and the elbow high • Pull the band upwards straightening the arm so the hand is high above the shoulder • Bend the elbow so that the hand returns to the back of the neck • Repeat on the left side 	<ul style="list-style-type: none"> • Use a lighter band for less resistance

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Resistance band exercises - internal and external rotations

- Place the band around the net post at waist height
- Position the chair to the right of the net post
- Hold the band with the left hand, with the left elbow against the side of the body and bent at a 90° angle
- Rotate the left arm across the middle of the body towards the right hip, keeping the elbow against the side of the body (internal)
- Release back to the left side and repeat the action
- Change to hold the band in the right hand keeping the chair in the same position
- Start with the hand by the left hip
- Keep the right elbow into the side of the body and pull the band from the left hip out to the right side as far as possible (external)
- Rotate back and repeat the action
- Turn the chair 180° so that the net post is now to the right side
- Repeat the actions as above now working on the right arm internal rotation and left arm external rotation

- Use a lighter band for less resistance

Resistance band exercises - lateral raises

- Place the band under the chair foot plate
- Sit in a tall seated position, with shoulders back
- Tuck elbows to the side of the body
- Place hands in a fist
- Lift both elbows upwards and outwards, to shoulder height
- Lower back to the starting position

- Use a lighter band for less resistance

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Resistance band exercises - front raises

- Place the band under the chair foot plate
- Sit in a tall seated position, with shoulders back
- Tuck elbows to the side of the body
- Place hands in a fist with thumbs facing up
- Move fists upwards towards the shoulders in a slow rhythmic motion
- Move both arms together
- Lower fists back down
- Repeat sequence

- Use a lighter band for less resistance



Bands can be attached to a fence or another stationary object rather than a net post