

FREE PARK TENNIS LESSON PLAN

FREE PARK TENNIS



10:00AM, REGISTER, WELCOME AND SAFETY NOTICES

- Take register and ask any “walk-in” players to sign up online
 - Don’t turn away any player unless session is at capacity
- Introduce yourself and the session
 - 1 hour duration, 5 different activities
 - Use different balls and/or racquets to make games easier or harder
 - Health and Safety – warn players of any wet or slippery court conditions
 - Confirm this is a fun tennis session, but not coaching

10:05AM, WARM UP, “SNATCH”

- In pairs, 1m apart standing in athletic “goalkeeper like” position
- Players to have fast feet, running on the spot
- Activator shouts out “Heads,” “Shoulders,” “Knees,” “Toes” or “Snatch!”
- Players tap their own correct body part, or race your partner to ‘snatch’ the ball when instructed
- Repeat the game 3 times and then change partners, repeat the game a few times

10:10AM, BODY AND BALL, NO RACQUET RALLIES

- Stand in pairs either side of the net facing each other
- Throw the ball to each other using two hands to throw – like a rugby pass
- Cooperate to get 5 passes without a double bounce or drop - once a pair achieves 5 shots, they find a new partner and repeat the exercise.
- The activator can move the group up to 6,7,8,9 or 10 passes

10:15AM, RACQUET AND BALL, ONE RACQUET RALLIES

- Participants work in pairs - one player has a racket.
- One player ‘rugby style’ throws a ball across the space partner
- Racket player taps the ball up at contact point (hit 1), ball bounces, then tap it back to partner (hit 2)

10:25AM, RACQUET AND BALL, TWO RACQUET RALLIES

- Participants work in pairs with a racket each
- One player starts with an overarm throw then immediately picks up their racket, pairs are aiming to get to a rally of 5 shots. The 5th shot should be caught, not hit.
- If the ball is successfully caught, the pair score one point. Collect as many points as you can in the time allowed.

10:35AM, GAME, TEAM CHALLENGE

- Play in doubles, so 4 players per court. Players could be part of a team – i.e., Reds vs Blues
- Players start each point with overarm throw as in previous game, or a simple overarm serve
- Play a “best of three points” match against your opponents, shake hands when finished!
- Find new opponents or even new partners once your match ends!

10:55AM, WRAP UP & CONCLUSION

- Announce the winners – Reds or Blues – which team won the most matches
- Thank everyone for coming
- Encourage players to attend next week’s Free Park Tennis Session
- Promote other opportunities to play – book courts with friends, coaching sessions etc.