

SESSION PLAN 1



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 rackets 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 at random “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 RACKET 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 passes, 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 RACKET AND BALL—“ONE RACKET RALLIES”

- Participants work in pairs – one player has a racket
- Player without racket throws a ball 'rugby style' across the space to their partner
- Racket player taps the ball up at contact point (hit 1), ball bounces, then taps it back to partner (hit 2)

10:25AM RACKET AND BALL—“TWO RACKET 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, and 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 a court with friends, coaching sessions, etc.