

SESSION PLAN 2



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—“PRESS UP TENNIS”

- In pairs, players face each other in the press up position
- Players can do this on their knees if easier
- Players to throw the ball cooperatively to each other, catching and throwing it with one hand
- Make sure to use both hands!
- Have 3 goes and then change partners, repeat the game a few times

10:10AM BODY AND BALL—“THROW AND GO”

- Stand in a pair, 1 behind the other, a short distance from another pair
- The first player does a rugby style throw to one of the players opposite them, and then runs to the back of the other short line
- That player catches the ball and does a rugby throw back to the next player in the first line
- Keep passing the ball back and forth between lines so all players get to have lots of throws
 - Make sure to throw on both sides of your body!
 - You can use different ball types to make this easier or harder

10:15AM RACKET AND BALL—“TARGET TENNIS”

- Participants work in pairs – one player has a racket
- Player without racket throws a ball like a rugby pass across the space to their partner
- Racket player has to aim to hit the ball at a marker or a spot on the floor
- Have 5 goes each then change roles

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—“RACING RALLIES”

- Each pair to have a pile of 3 balls or cones behind them
- Play in pairs, trying to cooperatively achieve a rally of 10 shots (this number can be changed to make easier or harder). Keep using the same ball to play until you get 10 shots!
- When you achieve the 10 shot rally, you put your ball in another teams pile
- The first team to have no tennis balls in their pile wins!

10:55AM WRAP UP & CONCLUSION

- Announce the winners – which pair won Racing Rallies!
- 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.