

SESSION PLAN 3

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 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—“CATCH ME IF YOU CAN!”

- In pairs, facing the same direction, one player a short distance behind the other
- The player at the back runs past their partner, who has to try and catch up before the finish line
- Swap roles after each go
- Don't try and 'tag' your partner, try and finish before they do!

10:10AM BODY AND BALL—“TARGET THROWS”

- Players stand diagonally opposite each other, a short distance from the net
- Player one throws the ball overarm, like a serve, to their partner, who catches the ball and throws it back
- Aim to land the ball diagonally, or add spots/cones for even harder targets

10:15AM RACKET AND BALL—“RALLY AND RECOVER”

- Stand in pairs either side of the net facing each other, one with a racket, the other with a ball
- Throw the ball a little distance away from your partner, so they have to run to hit it
- The hitter must hit the ball back, and then 'recover' back to the middle of your space
- Have 5 shots 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—“BUMP”

- Play in pairs over a net in a straight line
- The bottom court has the lowest rally target to achieve, getting harder for each court as you move up
- If your pair achieves the target rally duration for that court, they shout “Bump” and they move up one court, replacing the pair that were there, who have to move down one space.
- If your pair achieves the target on the top court, you score 10 points. The pair that has the most points at the end wins!

10:55AM WRAP UP & CONCLUSION

- Announce the winners – which pair scored the most points in Bump!
- 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.