

Ball Type/Focus Red Ball – Volleys – Weeks 5 & 6		Lesson duration 30 minutes - 3.30pm to 4pm	Age 3-5 year olds	Class Little Tackers
Rationale Students will play games that develop: their footwork skills, wide contact and short swing.		Outcome Students will develop their footwork skills, so they can execute a side-on and compact volley swing. They will also start to hit some overheads using the swing learnt in the serving weeks.		Content Students will participate in three games during the 30 minute lesson. There will be short breaks for drinks and discussion.
Prior Knowledge. <ul style="list-style-type: none"> The skills of tracking and wide contact, which students learnt during the groundstroke weeks are further developed in the volley lessons. 		Risk Assessment There is a risk of injury in Partner Tag if students collide or push their partner. Coaches should make sure students don't push when they're tagging. There is a risk of students hitting other students with racquets in Tennis Hockey and Crazy Tennis if they are positioned too close together.		Resources Mini tennis-nets, flat markers, low compression tennis-balls, witches hat and tennis racquets.
Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Partner Tag</u> Students will develop their footwork skills and a side-on volley action	5 min	Students try and tag each other with their palm (FHV) and back of the hand (BHV) below the knee (low volley) around the chest (high volley). The technique learnt in this game should be reproduced when the students of all levels are hitting volleys. All coaches should be talking to the kids about 'tagging' the ball with their racquet.	<u>Whole Class</u> Students pushing each other over. Coaches knocking over students during demonstration.	
<u>Tennis Hockey</u> Students will contact the ball out to the side, use an abbreviated swing, recover, move forwards to stop the ball, understand how to create trouble.	8 min	Students attempt to score a goal, using their tennis racquet to roll a tennis ball, past an opponent.	<u>Pairs</u> Students hitting students with their racquets.	3 mini-nets, 6 flat markers, 6 witches hats
<u>Madagascar</u> Students will develop their footwork forwards, their side-on action, their abbreviated swing.	12 min	In this activity, students will sneak forwards like lions when volleying or smashing. Then, there will be a race between the crabs and the cheetah. The crabs have to sideskip to the flat-marker to the right, whilst the cheetah (who is on the last flat-marker to the right) has to run to the first flat-marker passed all the crabs. It's a race!	<u>Two kids per net</u> Students hitting students with their racquets.	3 mini-nets, 6 flat markers, 3 baskets
<u>Lineup</u> Students reflect on their learning	3 min	The coach claps his/her hands in a simple rhythm and gets the students to copy. He/She quickly reviews every activity and then gets the kids to give him/her a high-five and say what their favourite game(s) were.	<u>Whole Class</u>	

Ball Type/Focus		Lesson duration	Age	Class
Orange Ball – Volleys – Weeks 5 & 6		60 minutes - 4pm to 5pm	6-10 year olds	Juniors
Rationale Students will play games that develop: their footwork skills, wide contact and short swing.		Outcome Students will develop their footwork skills, so they can execute a side-on and compact volley swing. They will also start to hit some overheads using the swing learnt in the serving weeks.		Content Students will participate in four games during the 60 minute lesson. There will be short breaks for drinks and discussion.
Prior Knowledge. <ul style="list-style-type: none"> The skills of tracking and wide contact, which students learnt during the groundstroke weeks are further developed in the volley lessons. The upwards throwing action developed during serving will be used to hit overheads. 		Risk Assessment There is a risk of injury in Partner Tag if students collide or push their partner. Coaches should make sure students don't push when they're tagging. There is a risk of students hitting other students with racquets in Tennis Hockey and Ten-pin Bowls if they are positioned too close together. There is a risk of the students chasing balls and being hit by a racquet or ball in other students' areas. The coaches need to outline the areas that students need to stay in.		Resources Mini tennis-nets, flat markers, low-compression balls, witch's hats.
Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Partner Tag</u> Students will develop their footwork skills and a side-on volley action	10 min	Students try and tag each other with their palm (FHV) and back of the hand (BHV) below the knee (low volley). The technique learnt in this game should be reproduced when the students of all levels are hitting volleys. All coaches should be talking to the kids about 'tagging' the ball with their racquet. Agility ladder exercises.	<u>Whole Class</u> - pairs <i>Students pushing each other over. Coaches knocking over students during demonstration.</i>	
<u>Tennis Hockey</u> Students will use an abbreviated swing, recover, move forwards to stop the ball.	5 min	Students attempt to score a goal, using their tennis racquet to roll a tennis ball, past an opponent.	<u>Whole Class</u> - pairs <i>Students hitting students with their racquets.</i>	8 mini-nets, 16 flat markers, 16 witch's hats
<u>Angry Birds: volley & overhead</u> Students will develop their volley and overhead technique.	20 min	One student will underarm the ball to another student with a racquet who will hit forehand/backhand volleys or overhead to try and knock over a castle of pigs (4 witches' hats). The aim is to knock over all the 'pigs'. This should be attempted with forehand volleys, backhand volleys and overheads. The thrower should coach the volleyer: "sneak like a lion" and "tag the ball".	<u>Whole Class</u> – pairs <i>Students hitting students with their racquets.</i>	8 mini-nets, 16 flat markers, 8 hoops, low-compression balls, 40 witch's hats

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Matchplay</u> Students will be able to: play tiebreakers, serve, hit groundstrokes	20 min	Tiebreakers – students get 3 points if they win with a volley.	<u>Whole Class</u> - pairs <i>Students chasing balls across courts may get hit by tennis racquets.</i>	8 mini-nets, 8 hoops, 32 tennis balls, 16 flat markers
<u>Lineup</u> Students reflect on their learning	3 min	The coach claps his/her hands in a simple rhythm and gets the students to copy. He/She quickly reviews every activity and then gets the kids to give him/her a high-five and say what their favourites game(s) were.	<u>Whole Class</u>	

Ball Type/Focus Green Ball – Volleys – Weeks 5 & 6		Lesson duration 60 minutes - 5pm to 6pm	Age 10-14 year old	Class Intermediate	
Rationale The aim of this lesson is to have students developing a biomechanically sound volley and overhead technique. They will also continue to improve their ability to impart spin on the ball.		Outcome Students will develop a side-on and compact volley swing. They will also develop an understanding of how volleys can create trouble.		Content Students will participate in three activities during the 60 minute lesson. There will be short breaks for drinks and discussion.	
Prior Knowledge. <ul style="list-style-type: none"> • Over-arm throwing technique. • Grips. • P.A.S spin 		Risk Assessment There is a risk of treading on balls. There is a risk of students hitting each other with racquets. There is a risk of students pushing each other over in Partner Tag.		Resources Witch’s hats, 2 baskets of green balls, flat markers.	
Game & Focus	Time	Content		Organisation & Risk	Resources
<u>Partner Tag</u> Students will develop their footwork skills and a side-on volley action.	5 min	Students try and tag each other with their palm (FHV) and back of the hand (BHV) below the knee (low volley) around the chest (high volley).		<u>Whole Class</u> <i>Knocking over students during demonstration.</i>	
<u>Community</u> Students will have knowledge and understanding of roles and movements appropriate for doubles.	10min	2 volleyers + 1 groundstroker per team. The volleyers have to go for everything unless the ball is out of their reach. If this happens, they need to call yours, to the baseliners, and retreat back. At this stage, the opposing volleyers should move forwards to try and get on top of the net. The baseliners’ job is to keep the ball away from the volleyers.		<u>Whole Class</u> <i>Students treading on balls.</i>	2 baskets of green balls.
<u>Angry Birds: volley & overhead</u> Students will develop their volley and overhead technique.	15min	There are 4 targets (preferably witches’ hats of different colour) that students have to try and knock over. Two targets are deep and two targets are short in the court. The students get an opportunity to hit drive volleys, forehand volleys, then backhand volleys and then overheads. Finally, the coaches should feed combinations.		<u>Half Class</u> – max 3 kids/coach. Two coaches stand either side of the basket on the T. There are balls being simultaneously fed to students. Kids wait in lines on the baseline for their turn.	8 witches’ hats, 2 baskets of green balls, 8 flat markers

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Death by Smash</u> Students will hit a drive volley, normal volley and overhead.	10min	If 4 players or less play singles. If 5-6 players, play doubles. This is a great opportunity for students to learn by watching: get the coaches playing against the students.	<u>Singles or Doubles</u> Students treading on balls.	2 baskets of green balls.
<u>Matchplay</u> Students will develop their doubles matchplay skills.	15 min	Tiebreakers – students get 3 points if they win with a volley.	<u>Pairs</u> Students treading on balls.	
<u>Plenary</u> Students reflect on their learning	5 min	Students split into partners and teach their partner two things that they learnt in the lesson.	<u>Whole Class - pairs</u>	

Ball Type/Focus Yellow Ball – Volleys & Overheads – Weeks 5 & 6		Lesson duration 60 minutes - 6pm to 7pm	Age 12 year olds to adults	Class Coaches & Adults
Rationale Students' abilities to hit topspin is developed through drive volleys; they also improve their volleys and overheads.		Outcome Students will develop a side-on and compact volley swing and a solid overhead.	Content Students will participate in three activities during the 60 minute lesson.	
Prior Knowledge. <ul style="list-style-type: none"> P.A.S spin 		Risk Assessment There is a risk of treading on balls.	Resources Yellow balls	
Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Volley & Overhead Drill</u> Students will develop their drive volleys, volleys and overheads.	10 min	There are 4 targets (preferably witches' hats of different colour) that students have to try and knock over. Two targets are deep and two targets are short in the court. The students hit a volley, and then a poach (the player's partner has to swap sides), and then the coach feeds for a lob for the player to hit an overhead. As the ball goes up in the air, the player's partner realises that a smash is on and moves up to the net to create 'double trouble'. The partner then hits a volley, poach and overhead.	<u>Whole Class</u> <i>Students treading on balls.</i>	Basket of yellow tennis balls,
<u>2 v 1 Game</u> Students will develop their volley	10 min	Play 15, 30, 40 games. Two baseliners play against one net player. The net player starts in different positions, so the baseliners have an obvious way to create 'trouble' (if the volleyer starts deep the smart baseliner will try and hit it at their toes; if close to the net, they will lob etc). The other student feeds, and his/her focus is on forehand volley technique	<u>2 v 1</u> <i>Students treading on balls.</i>	Basket of yellow tennis balls,
<u>Tug of War</u> Students will defend a singles court, move as a cohesive doubles pair at the net, communicate.	20 min	2 v 1. One student feeds short to a doubles pair. The player hitting the approach has to look to create trouble and then they move forward as a pair. If the pair wins the point they stay on, but at the net. If they lose, a new pair is fed a shortball.	<u>Whole Class</u> <i>Students treading on balls.</i>	Basket of yellow balls.
<u>Matchplay</u> Students will develop their singles matchplay skills if courts are available or doubles if there is only one court available.	20 min	Tiebreakers – students get 3 points if they win with a volley.	<u>Pairs</u> <i>Students treading on balls.</i>	