

Lesson Title Monday – Tennis Camp		Lesson duration 3 hours	Age 4-6 years	Sports Tennis	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their groundstroke, volley, overhead and serve technique.		Content There are warmup games, skill development games and matches.	
Prior Knowledge.		Risk Assessment There is a risk from kids overheating and students being hit by racquets.		Resources 20 mini-nets, low compression balls, 30 witches hats, 40 flat markers, 15 hoops	
Game & Focus	Time	Content		Organisation & Risk	Resources
Welcome	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.			
Fireball Students will improve: footwork and split-step	7 min	The coach rolls balls, whilst the students dodge the balls using tennis specific footwork.		Team	Basket of balls
Partner Tag Students will improve: footwork (laterally and forwards) and volley technique	7 min	The students are split up into pairs, and one person tries to tag the partner with the palm of their racquet hand below the knee or in the chest (designated by the coach) or back of their racquet hand. These games develop footwork skills.		Team	
What's The Score Mr Wolf Students will improve: footwork, unit turn, split-step, synchronising hands and feet, and scoring	7 min	The students start in Duck's Bum (split-step) Position, and the coach starts just in front of them with his back turned. The students ask the coach, "What's the score Mr Wolf?" The coach replies, "Thanks for asking; it's 15 love." Then, the coach calls sideskip, and the coach sideskips away with the students chasing him/her with sideskips. Suddenly, the coach jumps around to face the students, and the students all have to go into splitstep. If the coach sees a student move or splitstep incorrectly, he/she sends them back to the baseline. The coach then gets the students to turn and show their right hand (the coach shows his/her left hand). This continues for 30 love, 40 love and finally game when the coach declares that, "It's dinnertime and I eat kids for dinner." He then chases the kids back to the baseline where they're safe once they've splitstep.		Team	

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<u>Fruit Salad</u> Students will improve: ball tracking skills.	7 min	Each student chooses to be an apple, pear or banana. The coach calls, "Right hand", and the students have to trace a path with their right hand (no racquet) for a forehand (palm facing down through backswing, square at contact and touching the left shoulder in follow-through). Simultaneously, the feet need to turn to be side on and the student needs to step forwards with his/her left foot. The coach then calls left hand, and the activity is repeated with the left hand (opposite). If the coach calls, "Pears!" All the pears have a race to the back fence (the same for apples and bananas). If the coach calls, "Fruitsalad!", all the students race.	Team Students being to close and being hit with a racquet.	10 flat-markers, 5 mini-nets
<u>Serving</u> Students will improve: internal shoulder rotations, overarm throwing, ball toss, racquet drop and serving.	25 min	The students will play "Muscleman", "Throwing", "Statue of Liberty", "Serenas" and "Cleanup Your Room". The Senior Coach will need to make sure the coach running this session knows all the games.	Federers	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Forehands and Backhands</u> Students will improve: Swing low-to-high, racquet extension, contact out wide, recovery footwork, and identification of space and weakness	25 min	The students will play "Tennis Hockey", "Clap Tennis", "Icecream Tennis", "Harry Potter", "Cleanup Your Room", "Round The World", "Crazy Tennis" and "Fruit Salad". The Senior Coach needs to make sure that the coach	Federers	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Volleys and Overheads</u> Students will improve: short swing, footwork, contact out wide, recovery footwork, and identification of space and weakness	25 min	The students will play "tennis hockey", "fruit salad", "crazy tennis"	Federers	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Games</u> After morning tea, the students play games	60 min	Any games that you haven't had time for previously can be played in this period. Also "Simon Says" (try and make it tennis based and include animals), Rob the Nest,	Federers	

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