

<b>Lesson Title</b> Monday – Tennis Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-14 years		<b>Sports</b> Tennis	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their groundstroke, volley, overhead and serve technique.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk from kids overheating and students being hit by racquets.		<b>Resources</b> 20 mini-nets, low compression balls, 30 witches hats, 40 flat markers, 15 hoops			
<b>Game &amp; Focus</b>		<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Welcome</u>		5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.				
<u>Fireball</u> 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
<u>Partner Tag</u> 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	
<u>What's The Score Mr Wolf</u> 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<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.	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Forehands &amp; Backhands</u> Students will improve: Low-to-high swingpaths, recovery footwork, rallying	25 min	The students will work in pairs. There will be a hoop with 20 tennis balls (x5) on one side of the net and a student will stand next to the hoop. This student will point to where he/she is going to underarm the ball and then throws it there. The other student has to turn and then swing a groundstroke low-to-high and try and knock over a witch's hat. After all the balls have been thrown and then collected, the students swap jobs. After this activity the students rally (just forehands, backhands, combination etc).	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 5 witches hats, 5 hoops, basket of balls
<u>Volley &amp; Overhead</u>	25 min	The students will work in pairs. There will be a hoop with 20 tennis balls (x5) on one side of the net and a student will stand next to the hoop. This student will point to where he/she is going to underarm the ball (right, left or up) and then throws it there. The other student has to turn and then has to hit a volley or an overhead to knock over a witch's hat. After this activity, the students play tiebreakers where they get three points if they win with a volley or overhead.	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 5 witches hats, 5 hoops, basket of balls
<u>Games</u> After morning tea, the students play games	60 min	"Community", "King of the Court", "Fence Tennis", "Beat the Coach", "Champs and Challenger". "Round the World",	Djokovics, Stosurs and Nadals rotate through this activity	

<b>Lesson Title</b> Tuesday – Tennis Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-14 years		<b>Sports</b> Tennis		
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.			<b>Outcomes</b> The students will improve their groundstroke, volley, overhead and serve technique.			<b>Content</b> There are warmup games, skill development games and matches.		
<b>Prior Knowledge.</b>			<b>Risk Assessment</b> There is a risk from kids overheating and students being hit by racquets.			<b>Resources</b> 20 mini-nets, low compression balls, 30 witches hats, 40 flat markers, 15 hoops		
<b>Game &amp; Focus</b>		<b>Time</b>	<b>Content</b>				<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Fireball</u> 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
<u>Partner Tag</u> 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	
<u>What's The Score Mr Wolf</u> 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<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.	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Forehands &amp; Backhands</u> Students will improve: Low-to-high swingpaths, recovery footwork, rallying	25 min	The students will work in pairs. There will be a hoop with 20 tennis balls (x5) on one side of the net and a student will stand next to the hoop. This student will point to where he/she is going to underarm the ball and then throws it there. The other student has to turn and then swing a groundstroke low-to-high and try and knock over a witch's hat. After all the balls have been thrown and then collected, the students swap jobs. After this activity the students rally (just forehands, backhands, combination etc).	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 5 witches hats, 5 hoops, basket of balls
<u>Volley &amp; Overhead</u>	25 min	The students will work in pairs. There will be a hoop with 20 tennis balls (x5) on one side of the net and a student will stand next to the hoop. This student will point to where he/she is going to underarm the ball (right, left or up) and then throws it there. The other student has to turn and then has to hit a volley or an overhead to knock over a witch's hat. After this activity, the students play tiebreakers where they get three points if they win with a volley or overhead.	Djokovics, Stosurs and Nadals rotate through this activity	10 flat-markers, 5 mininets, 5 witches hats, 5 hoops, basket of balls
<u>Games</u> After morning tea, the students play games	60 min	"Community", "King of the Court", "Fence Tennis", "Beat the Coach", "Champs and Challenger". "Round the World",	Djokovics, Stosurs and Nadals rotate through this activity	

<b>Lesson Title</b> Wednesday – Tennis Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-14 years		<b>Sports</b> Tennis		
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.			<b>Outcomes</b> The students will improve their groundstroke, volley, overhead and serve technique. The older students will develop their doubles play and ability to score.			<b>Content</b> There are warmup games, skill development games and matches.		
<b>Prior Knowledge.</b>			<b>Risk Assessment</b> There is a risk from kids overheating and students being hit by racquets.			<b>Resources</b> 20 mini-nets, low compression balls, 30 witches hats, 40 flat markers, 15 hoops		
<b>Game &amp; Focus</b>		<b>Time</b>	<b>Content</b>				<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Fireball</u> 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
<u>Partner Tag</u> 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	
<u>What's The Score Mr Wolf</u> 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	

Game & Focus	Time	Content	Organisation & Risk	Resources
<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>Hot Seat</u> Students will improve: their understanding of doubles movement.	25 min	The student in Sprint Position moves forwards two steps into split step. The coach (or leader) points in the direction that the ball will be thrown, and the student turns and continues the move forward. The Sprint Position's target is to knock over a witch's hat, which sits where a Hot Seat's feet would be. In the next activity, there is a student in the Hot Seat. A rally occurs, as the Sprint Position plays against the Hot Seat and the coach.	Djokovics, Stosurs and Nadals rotate through this activity	16 flat-markers, 4 mini-nets, 2 witches hats, 2 hoops
<u>Doubles Stingyball</u> Students will improve: groundstrokes and volleys.	25 min	The coach feeds from beside the net. The students rally and if a point is won with a volley or overhead the team wins three points.	Djokovics, Stosurs and Nadals rotate through this activity	16 flat-markers, 4 mini-nets, 5 witches hats, 5 hoops, basket of balls
<u>Community</u> Students will improve: their understanding of doubles roles, communication skills and movement.	25 min	The students are divided into two teams. The volleyers have to go for everything they think they can hit if they can't get the ball they call, "Yours, yours, yours". The volleyers need to move forward when the ball gets passed their opposition volleyers (or down at their toes) and back when the ball goes passed them. The groundstrokers need to keep the ball away from the volleyers.	Full court. Djokovics, Stosurs and Nadals rotate through this activity	Basket of balls
<u>Games</u> After morning tea, the students play games	60 min	The games should involve scoring 15, 30, 40 game or tiebreaker scoring.	Djokovics, Stosurs and Nadals rotate through this activity	

<b>Lesson Title</b> Thursday & Friday – Tennis Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-14 years		<b>Sports</b> Tennis	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will use all their skills in a singles (Thursday) and doubles (Friday)		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk from kids overheating and students being hit by racquets.		<b>Resources</b> 20 mini-nets, low compression balls, 30 wickets hats, 40 flat markers, 15 hoops			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>		<b>Resources</b>
<u>Tournament</u> Students will use their skills.	2 hours	The students play a round-robin and then proceed into a knockout tournament.			Nadals, Stosurs and Djokovics		12 mini-nets, 12 hoops, 2 basket of balls
<u>Games</u> After morning tea, the students play games	60 min	"Community", "King of the Court", "Fence Tennis", "Beat the Coach", "Champs and Challenger". "Round the World",			Djokovics, Stosurs and Nadals rotate through this activity		