

<b>Ball Type/Focus</b> Red Ball– Serve & Return – Weeks 3 & 4		<b>Lesson duration</b> 30 minutes - 3.30pm to 4pm	<b>Age</b> 3-5 year olds	<b>Class</b> Little Tackers
<b>Rationale</b> The students will develop their throwing action on their serve and their low-to-high action on their groundstrokes.		<b>Outcomes</b> The students will improve their footwork, throwing action, weight transfer and balance.		<b>Content</b> The lesson consists of five activities. Students are given choices to what activities appeal to them. All activities have a serve focus.
<b>Prior Knowledge.</b> <ul style="list-style-type: none"> <li>Basic gross motor skills.</li> </ul>		<b>Risk Assessment</b> There is a danger that students will move into other students' areas during the activities. The boundaries of the students' areas need to be explained to the students before they commence the game, and there needs to be monitoring during the game.		<b>Resources</b> mini tennis-nets, witches hats, low compression tennis-balls, agility ladder, hoops, flat markers
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Class Organisation &amp; Risk</b>	<b>Resources</b>
<u>Clean-up Your Room: Throwing</u> After this activity students will be throwing over-arm with an upwards action and catching the ball in one bounce.	4 min	Half the students are on one side of the mini nets and the other students are on the other side of the mini nets. The coach throws the balls out and the students have to try and catch it in one bounce instructed to try and throw the ball over the fence behind the students using an over-arm throw.	Whole Class	Basket of low-compression tennis balls
<u>Twist, Point &amp; Throw</u> Students' heads need to travel towards the target with their eyes level in somersault position.	6 min	<ol style="list-style-type: none"> <li>Students throw a ball at a witch's hat in front of mini-net.</li> <li>Students throw a ball at a witch's hat on the other side of the mini-net</li> </ol>	Whole Class	3 mini-nets, 6 flat markers, 3 baskets
<u>Battle Ships</u> Students' heads need to travel towards the target with their eyes level in somersault position.	5 min	Students aim to hit a witch's hat on the other side of the net. The coaches will need to help the students by holding the racquet and the ball to give them the feeling of success.	Whole Class	6 flat markers, 3 baskets of balls, 3 witches hats
Crazy Tennis	10 min	Coaches throw balls for students to hit groundstrokes.	Whole Class	3 baskets of balls, 6 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 favourite game(s) were.	Whole Class	

<b>Ball Type/Focus</b> Orange Ball– Serve & Return: Trouble – Weeks 3 & 4		<b>Lesson duration</b> 60 minutes - 4pm to 5pm	<b>Age</b> 5-9 year-olds.	<b>Class</b> Juniors
<b>Rationale</b> The students will develop their footwork and balance to improve their groundstrokes, and they will improve their balance to improve their serves.		<b>Outcomes</b> The students will improve their footwork, throwing action, weight transfer, balance and understanding of how to create ‘trouble’ for their opponents using their serve and return.		<b>Content</b> There are six activities.
<b>Prior Knowledge.</b> <ul style="list-style-type: none"> <li>This lesson builds on the footwork and balance learnt in the groundstrokes lessons.</li> </ul>		<b>Risk Assessment</b> There is a risk that students will move out of their designated area. The boundaries for each student must be made explicit and monitored. Coaches need to make sure students are not hitting during ball collection.		<b>Resources</b> mini tennis-nets, witches hats, low compression tennis-balls, rockets
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Class Organisation &amp; Risk</b>	<b>Resources</b>
<u>Clean-up Your Room: Throwing</u> After this activity students will be throwing over-arm with an upwards action and catching the ball in one bounce.	5 min	Half the students are on one side of the mini nets and the other students are on the other side of the mini nets. The coach throws the balls out and the students have to try and catch it in one bounce instructed to try and throw the ball over the fence behind the students using an over-arm throw.	Whole Class	Basket of low-compression tennis balls
<u>Muscleman</u> Students will develop their internal shoulder rotations.	3 min	Students hold their arms out in an L shape, and throw the ball trying to keep their elbow as high as the shoulder. There is a target – witch’s hat – in front of the mini-net.	Whole Class	8 mini-nets, 16 flat markers, 8 hoops, 16 witch’s hats
<u>Twist, Point &amp; Throw</u>	9 min	1.Students throw a ball at a witch’s hat in front of mini-net. 2. Students throw a ball at a witch’s hat on the other side of the mini-net 3.Students try and throw the ball over the outside fence.	Whole Class	8 mini-nets, 16 flat markers, 8 hoops, 16 witch’s hats
<u>Clean Up The Room: Serving</u> Students’ heads need to travel towards the target with their eyes level in somersault position.	5 min	Students serve balls from behind a flat-marker on the court, which prevents them from hitting each other with racquets. The students maximise how many balls they serve. The activity progresses by moving the flat markers back, and creating a challenge where the server gets a point for every ball served in: 15, 30, 40, game. The first player to game wins.	<u>Whole Class</u> <i>Students hitting each other with racquets because they’re standing too close.</i>	8 mini-nets, 16 flat markers, 8 hoops, 16 witch’s hats

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Class Organisation &amp; Risk</b>	<b>Resources</b>
<u>Sets</u> Students are able to score 15, 30, 40 and game. They develop their serving and returning and matchplay.	10min	Students play sets. The coaches should be talking to the students about how the server and returner can create 'trouble' for their opponent.	<u>Whole Class – Pairs</u> <i>Students hitting each other with racquets or balls because they have chased a ball into someone else's area.</i>	16 flat markers, 32 balls, 8 hoops
<u>King of the Court</u> Students develop their matchplay skills	25min	Students play tiebreakers. At the coach's call, winners move to the right and the losers to the left.	<u>Whole Class – Pairs</u> <i>Students hitting each other with racquets or balls because they have chased a ball into someone else's area.</i>	8 hoops, 32 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>	

<b>Ball Type/Focus</b> Green Ball– Serve & Return: Trouble – Weeks 3 & 4		<b>Lesson duration</b> 60 minutes - 5pm to 6pm	<b>Age</b> 10-14 year olds	<b>Class</b> Intermediate	
<b>Rationale</b> The students will develop their abilities to use their legs to develop a more powerful serve, and create trouble off both the serve and return.		<b>Outcomes</b> The students will improve their footwork, throwing action, weight transfer, balance and ability to create trouble off their serve and return.		<b>Content</b> There are four activities.	
<b>Prior Knowledge.</b> <ul style="list-style-type: none"> <li>The ability to hit topspin and slice groundstrokes.</li> </ul>		<b>Risk Assessment</b> There is a risk of treading on balls.		<b>Resources</b> 40 witch’s hats, 2 baskets of green tennis-balls, 18 hoops, 6 velcro straps, 12 flat markers.	
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>		<b>Class Organisation &amp; Risk</b>	<b>Resources</b>
<u>The Fence Drill</u> The students will improve their ability to hit topspin and slice groundstrokes.	10 min	The students play in pairs with all players starting from the baseline. The teams play out points. The coach designates whether the players hit with topspin, slice or a combination of both. The player that makes a mistake has to run off the court and touch the closest fence. In his/her absence, the coach feeds the ball into the space vacated. In recovery, the player takes two running steps and then starts side-skipping.		<u>Pairs and Half Class</u> <i>There are risks that students will hit each other if too close or tread on tennis balls.</i>	2 baskets of green balls.
<u>Serving</u> Students will develop their ability to use their legs and swing upwards at the serve.	10 min	The students swing upwards and outwards (essential). The students are encouraged to start the energy of the serve from the ground and identify where the energy moves to as the serve progresses. This will help to add speed to the serve, which is one way of creating trouble. The coach should give challenges to the students serving that reflect different types of trouble.		<u>Individuals and Whole Class</u> <i>There are risks that students will hit each other if they move into other people’s areas.</i>	12 flat markers, 4 witch’s hats, 2 baskets of green balls.
<u>King of the Mountain</u> Students learn to score 15, 30, 40 game and improve their balance for serving and their footwork and balance on the return.	15 min	If there are 4 students or less, two students play singles and the other students work on their footwork in the agility ladder. If there are 5 or 6 students, divide the court in half and have two games happening simultaneously on the court.		<u>Half Class</u> <i>Students hitting each other with racquets because they’re standing too close. Treading on balls.</i>	12 flat markers, 2 baskets of green balls.

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Class Organisation</b>	<b>Resources</b>
<u>Doubles King-of-the-Court</u> Students develop their matchplay skills - focus on serve and return..	20 min	Students play doubles with a focus on the four roles on the doubles court. In particular, how the server and the returner can create trouble. The scoring should be 15, 30, 40, game.	<u>Half Class.</u>	Green 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.	Pairs	

<b>Ball Type/Focus</b> Yellow Ball– Serve & Return – Weeks 3 & 4		<b>Lesson duration</b> 60 minutes – 6-7pm; 7-8pm; 8-9pm	<b>Age</b> 12 years to Adults	<b>Class</b> Advanced
<b>Rationale</b> The students will develop their abilities to use their legs to develop a more powerful serve, and create trouble off both the serve and return.		<b>Outcomes</b> The students will improve their footwork, throwing action, weight transfer balance and tactical play.		<b>Content</b> There are three activities.
<b>Prior Knowledge.</b> <ul style="list-style-type: none"> <li>The ability to hit topspin and slice groundstrokes.</li> </ul>		<b>Risk Assessment</b> Treading on balls during matchplay.		<b>Resources</b> Yellow balls, witch’s hats, flat markers
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Class Organisation &amp; Risk</b>	<b>Resources</b>
<u>Serving</u> Students will develop their knowledge and understanding of the grip, feet position, leg drive and swing necessary to perform a serve.	20 min	The students are encouraged to start the energy of the serve from the ground and identify where the energy moves to as the serve progresses. This will help to add speed to the serve, which is one way of creating trouble. The students will be given challenges: landing the ball in the service box and getting it to the back fence or passed the bounce line, which is dependent on player standard (flat serve), landing the ball in the service box and getting it to hit the side fence (slice & topspin). For beginner adults, coaches should just teach flat and slice serves.	<u>Individuals and Whole Class</u> <i>There are risks that students will hit each other if they move into other people’s areas.</i>	4 flat markers, basket of yellow balls.
<u>The Swedish Game</u> Students develop their serve, return and tactical awareness around attack and defence.	20 min	Singles – If the first serve goes in, the server has another 3 shots to win the point. If the second serve goes in, the returner has 3 shots to win the point. 15, 30, 40 game scoring	<u>Pairs</u>	Yellow balls
<u>Matchplay</u> Students develop their matchplay skills - focus on serve and return.	20 min	Singles if enough courts are available. Doubles if necessary.	<u>Pairs/Group of 4</u>	Yellow balls