

Ball Type/Focus Red Ball–Groundstrokes– Trouble –Wk 1 & 2		Lesson duration 30 minutes - 3.30pm to 4pm		Age 3-5 year olds		Class Little Tackers	
Rationale Often a tactically savvy player will beat a player who is more technically proficient.		Outcome The students will begin to develop an understanding of space, the benefits of taking time away from your opponent and concentrating attack on a weaker side.			Content Students will participate in three games during the 30 minute lesson. There will be short breaks for drinks and discussion.		
Prior Knowledge.		Risk Assessment Coaches should make sure students are well spaced. There is a risk of students standing too close to each other in the ‘Crazy Tennis’ or ‘Tennis Darts’ and being hit by a racquet or knocking each other over in Fireball.			Resources 3 Mini tennis-nets, 6 hoops, 6 velcro-ties, 6 flat markers, 3 baskets of low compression tennis-balls.		
Game & Focus		Time	Content			Organisation & Risk	Resources
<u>Tag Ball</u> Students will develop a low-to-high swing throwing a ball, an awareness of where space is on the court and the benefits of taking time away from their opponents.		5 min	Two coaches try and tag the students with a ball inside the service boxes, whilst the students try and evade. After a coach has caught the ball, she is only allowed to take two steps to tag a player or pass the ball to the coach. There should be a technical focus on the circle before passing and then getting the hands reaching out towards the target. The game can be buildup. The players tagged join the coaches. Alternatively, the kids can become the passers trying to tag the coach.			<u>Whole Class</u> <i>Students knocking each over.</i>	Basketball
<u>Tennis Hockey</u> Students will learn to identify space, recover into ready position, identify weaker sides and perform a biomechanical action		10 min	The students will attempt to roll a basketball using their racquets into a goal passed an opponent. The student should use biomechanical technique: circle behind, stop at contact (racquet square) and then up and over the ball finishing with the racquet elbow pointing towards the target. A goal should be celebrated and it’s also an opportunity to introduce the kids to scoring 15, 30, 40 game.			<u>Whole Class</u> <i>Students hitting students with their racquets.</i>	3 basketballs, 3 mini-nets, 6 witches’ hats, 6 flat markers
<u>Crazy Tennis</u> Use swing learnt in previous activity Contact out wide and above hips. Recover after stroke		12 min	Students will hit forehand and backhand groundstrokes. The coaches will start slow focusing on technique and then make the activity fast-paced – remember “Fast is FUN!			<u>Whole Class</u> <i>Students hitting students with their racquets.</i>	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 Orange–Groundstrokes – Trouble –Wk 1 & 2		Lesson duration 60 minutes - 4pm to 5pm	Age 6-9 year olds	Class Junior
Rationale Often a tactically savvy player will beat a player who is more technically proficient.		Outcome The students will begin to develop an understanding of space, the benefits of taking time away from your opponent and concentrating attack on a weaker side.		Content Students will participate in five games during the 60 minute lesson. There will be short breaks for drinks and discussion.
Prior Knowledge.		Risk Assessment Coaches should make sure students are well spaced. There is a risk of students standing too close to each other and being hit by a racquet or knocked over by another student.		Resources Mini tennis-nets, hoop, flat markers, low compression tennis-balls, witches hat and tennis racquets.
Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Tag Ball</u> Students will develop a low-to-high swing throwing a ball, an awareness of where space is on the court and the benefits of taking time away from their opponents.	5 min	Two coaches try and tag the students with a ball inside the service boxes, whilst the students try and evade. After a coach has caught the ball, she is only allowed to take two steps to tag a player or pass the ball to the coach. There should be a technical focus on the circle before passing and then getting the hands reaching out towards the target. The game can be buildup. The players tagged join the coaches. Alternatively, the kids can become the passers trying to tag the coach.	<u>Half Class</u> - have two areas. <i>Students knocking each over.</i>	2 basketballs
<u>Tennis Hockey</u> Students will learn to identify space, recover into ready position, identify weaker sides and perform a biomechanical action	10 min	The students will attempt to roll a basketball using their racquets into a goal passed an opponent. The student should use biomechanical technique: circle behind, stop at contact (racquet square) and then up and over the ball finishing with the racquet elbow pointing towards the target. A goal should be celebrated and it's also an opportunity to introduce the kids to scoring 15, 30, 40 game.	<u>Whole Class</u> <i>Students hitting students with their racquets.</i>	8 basketballs, 3 mini-nets, 6 witches' hats, 6 flat markers

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Tennis Darts</u> Students will: Use swing learnt in previous activity Contact out wide and above hips. Recover after stroke. Rally.	10 min	Students rally the ball against the fence and attempt to hit the ball into a hoop attached to the fence above net height. The coaches are to instruct the students on a wide contact, above the hips and, then, the recovery footwork with a split-step as the ball hits the fence.	<u>Whole Class</u> <i>Students hitting students with their racquets.</i>	10 hoops, 16 velcro ties, 4 baskets of low-compression tennis balls, 16 flat markers.
<u>Rally Tennis</u> Students will be able to rally forehands and backhands and identify stronger sides.	10 min	Students to donkey drop a ball in play and rally as many forehand to forehands in a row as they can. They then repeat this on the backhand side. What side were they more successful at? Which side should they try and hit the ball to if they want to beat an opponent?	<u>Whole Class</u> <i>Students hitting students with their racquets.</i>	8 mini nets, 8 hoops, tennis balls, 16 flat markers.
<u>Matchplay</u> Students will be able to: play tiebreakers, serve, hit groundstrokes	15 min	Tiebreakers – no volleys allowed. Coaches can designate extra points for different types of ‘trouble’ created e.g. depth.	<u>Partners</u>	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 favourite game(s) were.	<u>Whole Class</u>	

Ball Type/Focus Green Ball– Trouble –Wk 1 & 2		Lesson duration 5pm to 6pm - 60 minutes	Age 9-14 year olds	Class Intermediate
Rationale Often a tactically savvy player will beat a player who is more technically proficient.		Outcomes The students will begin to develop an understanding of space, the benefits of taking time away from your opponent, the use of slice and topspin to create trouble, depth and concentrating attack on a weaker side.		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"> • Low-to-high swing-path • Serving • Scoring 		Risk Assessment Coaches should make sure students are well spaced in all activities and make sure students move balls in dangerous areas. There is a risk of injury in Tennis Darts because students may chase balls into another student's area. Coaches should clearly outline the areas where students are allowed and provide access to balls where students don't need to cross areas.		Resources 12 flat markers, hoops, 2 baskets of green tennis balls, 6 hoops, 6 velcro ties and tennis racquets.
Game & Focus	Time	Content	Class Organisation & Risk	Resources
<u>The Fence Drill</u> The students will improve their footwork, communication skills, and understanding of space and doubles roles.	10 min	The students play in pairs, threes or fours. The teams play out points. 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. The coach should talk to the players from the other team about where the space is for their first shot.	<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>Forehand and Backhand drill</u> Students will be able to: Hit the ball down the line or cross court with topspin.	15 min	There are two teams. Two students from each team feed (ideally, hitting a backhand if they are in backhand position and practising good technique). Each student gets to hit four balls aiming to hit the balls in the designated tramline (the Senior Coach designates either the down-the-line or crosscourt tramline). You could use the witches hat near the centre of the court, so the hitter is encouraged to turn side-on. It is necessary that the player counts how many times they successfully hit the ball into the correct tramline. After the four balls have been hit, the hitter will get to take as many witches hats down and place it in the target tramline. If he/she hit three balls in the tramline, he/she gets to place three witches hats in the tramline. The first team to knock over a witches hat wins the game. Ideally, if the feed happens down the line the hitter should hit crosscourt, as this encourages them to "hit into space".	<u>2 games per court - 2 feeders = 6 students per court</u> <i>There are risks that students will hit each other if people at the back are too close to the baseline, and that the feeders will be hit by tennis balls.</i>	2 baskets of green tennis balls, 4 witches, 40 witches hats

Game & Focus	Time	Content	Class Organisation & Risk	Resources
<u>Takedown</u> Students will increase their awareness of space, attacking a weaker side, depth and their ability to take the ball early.	15 min	There are two champions positioned on opposite fences in line with the baseline. The coach calls a name of one of the champs at the same time as he feeds the ball to a challenger. The champion sideskips across (this can later be developed to allow them to run or sideskip and introduce the idea of wrong footing or hitting to a weaker side). If the challenger wins the point, he replaces the champion.	<u>Groups of 6</u> <i>Students treading on balls or getting hit by a racquet because there are too close to the baseline when they're waiting for their turn.</i>	2 baskets of green balls.
<u>Doubles: King-of-the-court</u> Students will be able to: play tiebreakers, serve, hit groundstrokes	15 min	Tiebreakers – Focus on creating trouble, getting out of trouble or avoiding trouble off returns.	<u>4 students playing and 1 umpire + one ball boy/girl per court.</u> <i>Treading on balls.</i>	Green tennis balls
<u>Students line-up</u> Develop listening, focus and reflection skills	3 min	Assistant Coaches pack away remaining nets. Divide the students into pairs. Each student has 30 seconds to teach another student 3 things that they learnt. They then have to find another partner and teach them 3 things (these could be the same 3 things or they could incorporate learning from their previous partner)	<u>Partners & Whole Class</u>	

Ball Type/Focus Yellow Ball –Groundstrokes–Footwork & Balance–Wk 1 & 2		Lesson duration 6-7pm; 7-8pm; 8-9pm - 60 minutes	Age 12 year olds to Adults	Class Coaches & Adults	
Rationale Footwork and balance are the fundamentals of tennis.		Outcomes Students will use footwork and balance to effectively hit defensive, rally and offensive groundstrokes.		Content Students will participate in three games during the 60 minute lesson. There will be short breaks for drinks and discussion.	
Prior Knowledge. <ul style="list-style-type: none"> • Low-to-high and high-to-low swing-paths • Serving • Scoring 		Risk Assessment There is a risk of treading on balls.		Resources 1 basket of yellow balls.	
Game & Focus	Time	Content		Class Organisation & Risk	Resources
<u>The Butterfly Drill or 2 v 1</u> Hitting groundstrokes with consistency and accuracy.	20 min	Students are instructed to hit down-the-line, cross-court or into space. The spare player can be used for feeding. There is a focus on recovery footwork, split-step and the students positioning themselves to cover the cross-court ball		<u>Whole Class</u> <i>Treading on balls.</i>	Basket of yellow tennis balls
<u>Takedown</u> Students will increase their awareness of space, attacking a weaker side, depth and their ability to take the ball early.	20 min	There are two champions positioned on opposite fences in line with the baseline. The coach calls a name of one of the champs at the same time as he feeds the ball to a challenger. The champion sideskips across (this can later be developed to allow them to run or sideskip and introduce the idea of wrong footing or hitting to a weaker side). If the challenger wins the point, he replaces the champion.		<u>Whole Class</u> <i>Treading on balls.</i>	Basket of yellow tennis balls
<u>Matchplay</u> Students will be able to: play tiebreakers, serve, hit groundstrokes	20 min	Tiebreakers – Focus on creating trouble, getting out of trouble or avoiding trouble off returns.		<u>Whole Class.</u> <i>Treading on balls.</i>	Basket of yellow tennis balls