



MODIFIED DELIVERY ONE

Mini Tennis



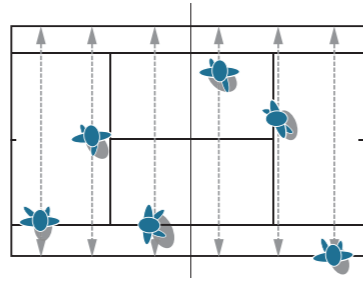
Lesson One

Game Situation Topic: **Both Back** Tactic Topic: **Over and in** Skill Topic: **Forehand**

Warm Up...

WIDTHS

- Pupils jog from tram to tram with arms circling, sidestepping, crossover steps, etc.
- Pupil to split step at each end.
- Teacher to reinforce running technique and introduce split step.



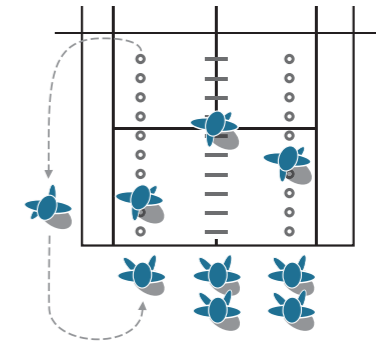
Quality Points...

- Keep your balance by leaning forwards slightly when jogging backwards
- Do a split step at each end

Warm Up...

CONE LADDERS

- Set up a ladder for each group of 3/4 players. A ladder has 10 cones or lines in a row 30cm apart
- Position players at the start of a ladder and demonstrate
- Organise players into groups to start at the beginning of each ladder
- Player 1 moves through the ladder by stepping over the cones/lines in various footwork patterns and split steps at the end of the ladder. Player 1 turns and runs back to the start. Player 2 starts when Player 1 does the split step.



Quality Points...

- Coordinate arms and legs, moving at the same pace
- Keep the body upright
- Adjust stride length for different distances

Main Theme One

FLOOR TENNIS

Organisation

- Equipment: balls, rackets, cones
- Define the playing area
- Position players at the side of the area and demonstrate
- Highlight safe use of rackets
- Organise players into 2s and two spaces

Activity

- With one pupil at each end of playing area, pupils push ball back and forth to each other to develop a rally.
 - 1) Stop ball before pushing back.
 - 2) Push back without stopping.
- Start in ready position.
- Turn sideways for forehand and backhand.

Easier

- Use hands to stop the ball then push it back
- Roll the ball to each other

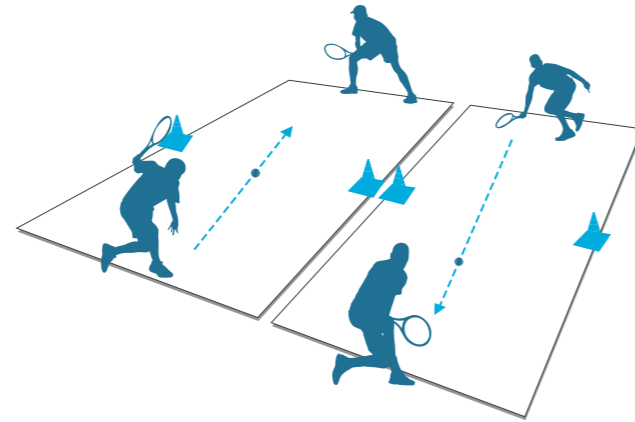
Harder

- In a rally both players push alternate forehands and backhands
- Stop the ball with a foot then push it with a racket
- Set the cones wider for more movement
- Set the cones narrower for accuracy

Competition

In 2s rally through cones:

1. Count how many pushes in one rally and remember best score. Compete against other pairs.
2. For every rally of 6 shots in a row win a cone. Collect cones for 2 minutes.
3. Race to do a rally of 10 in a row.
4. Try to score a goal.



Quality Points...

- Put the favourite hand at the bottom of the grip
- Get ready between pushes
- Bend at the knees and waist to get low
- Contact the ball out in front
- Push the ball, don't swing at it

Main Theme Two

RACKET TARGET GAME

Organisation

- Pupils place rackets on the floor either side of the net as per diagram
- Players take a large step back from their racket

Activity

- Pupils throw and catch over the net aiming for the ball to bounce on the other's racket.
- Teacher could introduce tennis scoring

Easier

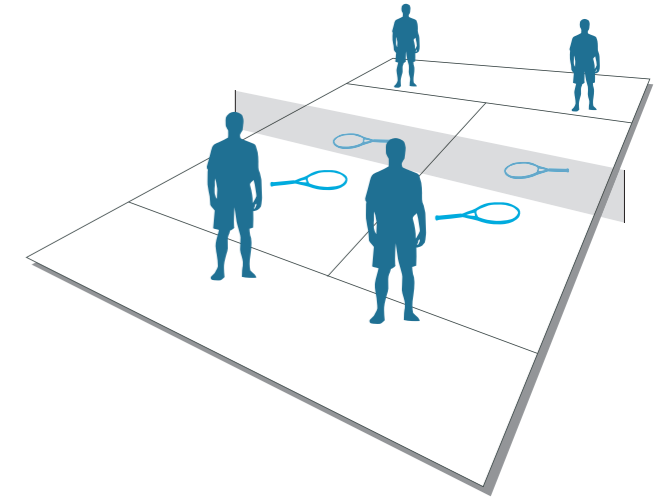
- Use a larger target area
- Players to be closer together

Harder

- Use a smaller target area
- Move target further back

Competition

- Players score points each time they hit their opponent's racket



Quality Points...

- Turn sideways for underarm feed.
- Non dominant side towards the net.
- Ball must arc over the net when released from the hand.

Main Theme Three

CATCH TENNIS

Teacher to demonstrate forehand

Organisation

- 2 players as per diagram
- 3 players hitter, feeder and catcher
- 4 players hitter, feeder, catcher and collector
- Players rotate after x goes

Activity

- One pupil feeds under arm to partner who hits a forehand back
- Feeder to catch
- X number and swap

Easier

- Hitter could start with racket at contact point

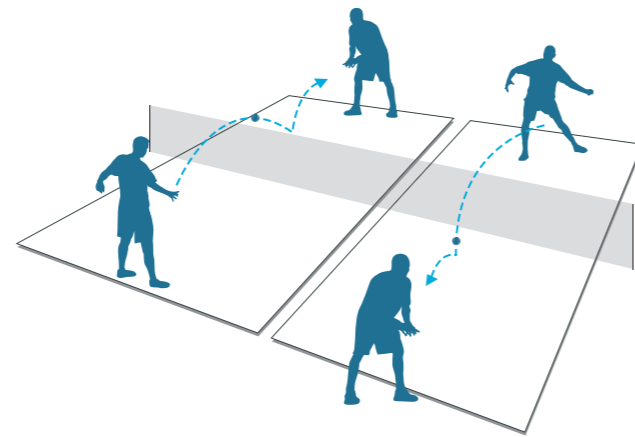
Harder

- Hitter to aim for a specific target

Competition

Make out a small court area with a net or similar. In 2s players rally with a ball in a defined court area. Each rally starts with an overarm throw and if the ball goes out of the area the rally stops.

1. Count how many catches in a row. Remember best score. Compete against other pairs.
2. Race to do 10 catches in a row.



Quality Points...

FOR THE FEEDER

- Throw underarm with a smooth arm swing at the side of the body
- Recover after the throw and get ready for the next catch
- Get ready for the catch with hands in front, palms forward and fingers down
- Get behind the bounce of the ball
- Control the catch using soft hands

FOR THE HITTER

- Ready position
- Turn sideways
- Low to high swing
- Racket back down before the ball has bounced
- Contact to the side, in front and at waist height

Competition

ONE HIT DOUBLES

Organisation

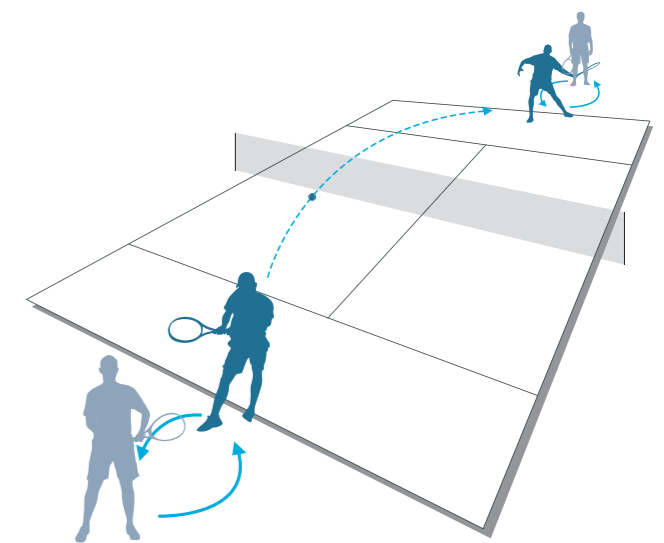
- Divide players into 2 teams and then, within each team, into pairs
- Match up Team 1 pairs against Team 2 pairs on a court for each match

Activity

- Players in pairs play points to 7 hitting alternately against an opposing pair
- The first match to finish shouts STOP and all matches must stop instantly, not finishing the point
- The pairs who have won or are winning at the time of stopping record 2 points for their team. If a match is drawn they both record 1 point
- After Round 1 the pairs of Team 1 move UP the courts, and Team 2 stay and Round 2 starts
- Play 2, 3 or 4 rounds depending on time

At the End

- Declare the winning teams



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