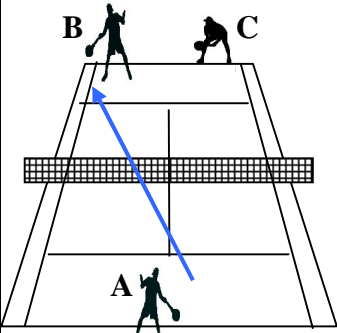
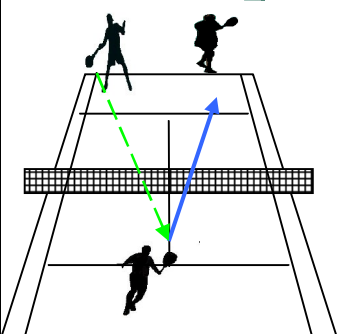


WEEK 3	30 minutes
Beginners	FMS & the Backhand
Lesson Objectives	<ul style="list-style-type: none"> • revise ball control • practise the skills required to play the backhand, specifically: <ol style="list-style-type: none"> a) body movements b) swing pattern c) balance
Movement	<p>Ball Control At the beginners' level learning to control the ball and the instrument (the racquet) is a crucial skill. Following the exercises below, build the basic skills:</p> <ol style="list-style-type: none"> a) bounce the ball on the ground (from around waist high) b) bounce the ball in the air (around eye height) <p>c) Obstacle Course Using a combination of cones, hoops and other equipment make an obstacle course on the court. Encourage students to change directions and step over obstacles while all the time balancing the ball on the racquet strings.</p>
Activities	<p>Backhand from Tee – Use a “witch’s hat” or tee to set up the ball at a comfortable hitting zone for the young beginner. Demonstrate the correct hitting stance and swing pattern for the stroke. Begin by emphasising success as striking the ball and then hit over the net or at targets.</p> <p>Backhand from coach drop or throw – Having learned the correct hitting position and swing pattern for the stroke, the coach can now introduce some ball tracking skills. By dropping the ball in the students hitting zone, the student will develop their confidence swinging at the ball.</p>
Games	<p>Jail Break (Forehand) Revise the forehand stroke to keep it fresh in your young beginner’s memories.</p>



WEEK 3	45 minutes
Intermediate	Baseline to Baseline (Backhand)
Lesson Objectives	<ul style="list-style-type: none"> • Reinforce key technique issues: ready position, grip, footwork, hitting stance and swing pattern for the backhand stroke • Handle a backhand when confronted with it during a rally
Warm Up	<p>Frisbee Tennis If you have a soft, “floppy” Frisbee you can use this to add fun to your lesson. The motion of throwing a Frisbee reflects the motion of the one handed backhand stroke and will help the players co-ordinate the movements needed to play the backhand. Have the students throw to each other or to a target</p>
Drills	<p>Basket Drill Coach feeds comfortable backhands to the students. Students “groove” their backhand technique Place target markers down the line and cross court to focus students hitting.</p> <p>Rally Rotation (Feed to the backhand) Position four students on court all at the baseline (or a modified baseline position). Coach starts a rally by feeding a comfortable ball to the backhand. Vary this drill playing:-</p> <ul style="list-style-type: none"> – doubles – down the line singles – cross court singles <p>The focus of all these variations is a slow controlled rally, which allows students to continue working at technique – but in a less structured environment than the basket drill.</p>
Games	<p>Chimps & Champs (Feed to Backhand) Chimps and Champs can be used at any level and can be suited to practising all tennis skills. It is a great introduction to points and developing match awareness. It can be adapted to practise any match play scenario and is a great way to teach young students how to play the game.</p> <ul style="list-style-type: none"> • The coach or student feeds to the challenger (chimp) and the point is played out. • If the challenger wins then they replace the champ at the champs end. • The champ stays at the winning end until they loose a point.

WEEK 3	60 minutes
Squad	Approach & Volley – Passing Shots
Lesson Objectives	<ul style="list-style-type: none"> Practice moving forwards and taking the ball early Practice the transition between baseline & the net
Warm up	Full Stroke Warm Up <ul style="list-style-type: none"> Mini Tennis Rally Volley to Volley Full court rally (Down the line and cross court) Volley to pass (or lob) Serve to Return
Physical	5 ball “V” Drill Coach feeds a five ball sequence in a V shape:- 1. Deep and wide to the forehand ⇒ 2. ¾ court feed to the forehand ⇒ 3. Mid court feed to the centre point ⇒ 4. ¾ court feed to the backhand ⇒ 5. Deep feed to the backhand. Players are to hit all shots with their forehand and practice moving up the court and around the backhand.
Drills Designated Approach  Stage 1  Stage 2	Reflex Volley Volleys require quick reflexes and minimal racquet work. This drill practises the quick reactions in both footwork and racquet needed for successful net play. <ul style="list-style-type: none"> Four players will start at the net. The coach or player commences the rally with all strokes to be played on the volley or half volley. Control of volleys should be emphasised with no winners or smashes. Random or set patterns can be practised (i.e. cross court to down the line). Count the longest rally. The best way to perform this drill is by competing two on two and scoring to 11 points.
	Designated Approach 2 on 1 3 players set up on court as illustrated. Stage 1 <ul style="list-style-type: none"> The coach or player starts the rally with an under hand feed landing in the mid court to Player A. A moves in and plays an approach shot to Player B making sure that the shot is aggressive enough to force a weak return. Stage 2 <ul style="list-style-type: none"> A follows their approach shot to the net making sure they:- <ul style="list-style-type: none"> follow the path of their approach shot. split-step just as their opponent is making contact with the ball. B aims to make A play a low or difficult stretch volley. Play out A’s volley involving Players ABC. Repeat with Player A directing their approach shot to Player C.
Match Play	Match situations with scoring loaded to reward approach shots & volleys