

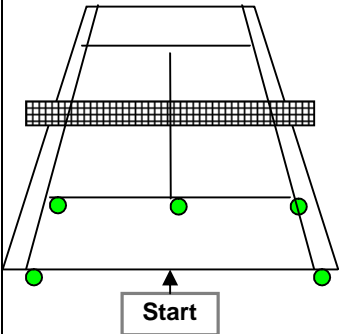
WEEK 1	30 minutes
Beginner	FMS & the Forehand Strike
Lesson Objectives	<ul style="list-style-type: none"> • Familiarise the student with the dimensions of the courts • Teach the ready position • Evaluate FMS – Tracking, Catching, Balance, co-ordination. • Introduce the skills necessary to hit the forehand, specifically the correct body movements, swing pattern and balance.
Movement	<p>Line Game A great warm-up drill gets the students together quickly and involved right from the start. It also teaches new players the dimensions of the court and the names of the lines on the court which will be invaluable as game and match play is introduced.</p> <p><u>Instructions:</u></p> <ul style="list-style-type: none"> ▪ Start on the baseline. ▪ The coach calls out various lines on the court and the students run to that line and stand on it. ▪ After several rounds you can start an elimination round where the last one to reach the line stands with the coach. ▪ These eliminated players take turns in calling out a line.
Activities	<p>Forehand 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>Forehand 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	Jail Break – from coach drop / or tee.

For the best tips on how to coach young beginners read the article... [“10 Top Tips for Coaching Junior Beginners.”](#)



Beginner students can learn body movements and swing pattern effectively using hitting tees or witches hats

WEEK 1	45 minutes
Intermediate	Baseline to Baseline (Forehand)
Lesson Objectives	<ul style="list-style-type: none"> • Assume basic knowledge of tennis strokes and movements • Reinforce key technique issue: ready position, grip, footwork, hitting stance and swing pattern • Control a slow forehand to forehand rally
Footwork	The Line Game
Drills	<p>Basket Drill Coach feeds comfortable forehands to the students. Students “groove” their forehand technique Place target markers down the line and cross court to focus students hitting.</p> <p>Rally Rotation (Feed to the forehand) 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 forehand. 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 FHD) 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 1	60 minutes
Development	Percentage Baseline Play
Lesson Objective	<ul style="list-style-type: none"> • Develop consistency through cross court ball placement & high net clearance • Develop heavy & consistent baseline strokes
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 	Agility – The Fan <p>This drill can be performed on the tennis court and is a good test to measure performance of speed over time.</p> <ul style="list-style-type: none"> • The player running first will start at the centre mark on the baseline. • Place a tennis racquet on the centre mark (this is where they will place each ball upon retrieving it.) • Set up five balls up as illustrated in the diagram. • The goal is to retrieve all five tennis balls (one at a time), returning them to the racquet in the fastest time possible. • This drill is a good agility test – record the fastest time for future reference to gauge any improvement.
Drills	<p>+ 1 – 1. (½ court)</p> <p>At any level, good players should be trained to avoid net errors, hitting for length into the back court. This drill is designed to emphasise consistency through net clearance.</p> <p>Player A challenges Player B in a baseline rally situation. The ball is underhand fed in by either the coach or players.</p> <ul style="list-style-type: none"> • 1st team to +5 wins the set. • 2 sets win the match. • +1 point is scored from opposition errors & winners. • <i>Any errors into the net result in a penalty –1 point scored for the offending team.</i> <p>Cross court patterns</p> <p>This baseline drill develops stroke consistency and builds defensive & offensive cross court patterns.</p> <ul style="list-style-type: none"> • Place markers down two racquet lengths (approx. 1.5 metres) from the sideline to cut down court area. • Players A & B play cross court hitting forehands only. • The manipulation of spin, speed, depth & angle are crucial to winning points in this limited court area. • The point starts with an underhand feed. <p>Perform this drill cross court to the forehand court; and to the backhand court using inside out forehands.</p>
Match Play	Match situations emphasising consistency