

**WEEK 16 SAMPLE LESSON PLANS**

Week 16 represents a **mid point** in the Lesson Plan schedule. While indoor centres can run year round lessons – these programs are designed for tennis clubs and centres to run 8 lessons each school term and holiday clinics during the school breaks.

This week's beginner's lesson is based on the concept that the best way to get students to stay in tennis is to play the game. In *this coaches experience* children who only take lessons have a limited "life expectancy" in tennis. As coaches who seek to retain their students, introducing them to some competition may be a key to keeping them with your business.

While playing a match may be unrealistic for our beginners – we can set up modified games which use the skills we have been learning in the past 15 weeks and measure them to create a competition. Consider also that if the students can underarm serve – then a rally can be started and a modified match played. Beginners may also appreciate being placed in teams and enjoy the group atmosphere. Make sure everyone has the chance to win

<b>WEEK 16</b>	
<b>Beginners</b>	<b>Mini Olympics</b>
Aim	Schedule several different skill activities with measurable outcomes
Event 1	<b>Relay Runs</b> <ul style="list-style-type: none"> <li>• Straight running,</li> <li>• Egg and Spoon [Ball balanced on racquet],</li> <li>• Three legged [Two players using their racquets to jam the ball].</li> </ul>
Event 2	<b>Self Rally</b> <ul style="list-style-type: none"> <li>• Set an area [1 service box] as a boundary.</li> <li>• The beginners rally with themselves – bumping the ball up and letting it bounce, before bumping up again.</li> <li>• They must control the ball so it doesn't bounce out of their area.</li> <li>• Count the highest self rally.</li> </ul>
Event 3	<b>Coach Rally</b> <ul style="list-style-type: none"> <li>• Rally over the net in a set area [1 service box each].</li> <li>• Student and coach rally.</li> <li>• Count the highest rally.</li> </ul>
Event 4	<b>Modified Match</b> Set the rules <ul style="list-style-type: none"> <li>• Court area = 2 service boxes</li> <li>• Under arm serve; take it in turns</li> <li>• Score 1 – 0, 1 – 1, 2 – 1...etc.</li> <li>• Short sets, time or 1<sup>st</sup> to 5 wins.</li> <li>• Round robin, no elimination</li> </ul> 1 point scored for every match won.
	Tally up results and award a gold medal player or team. All players should be awarded in some way for their "efforts" – so that results are not emphasised too much.

Intermediate and Squad Lesson plans are in the form of a test at this mid point of the program. Parents appreciate feedback and students are programmed to seek quantifiable evaluation at school – so a "tennis test" may be a useful tool for a coach seeking to meet these customer needs.

These tests are just one way of evaluation and many coaches will have their own more thorough testing procedures. If you have the time on your hands you may consider the International Tennis Number [ITN] Evaluation – which is a globally recognised program and takes around 15 – 20 minutes per student to run. [For further details on the ITN read the GSC article>>>](#)

**SAMPLE TEST / EVALUATION SHEET FOR INTERMEDIATE PLAYERS**

Set up a variety of different feeding / basket drills to test player's skills and technique. Consider giving each player two chances at each test, and recording the best score, this will eliminate any anxiety and nervousness. Fill out tables and add together to form a score out of 100.

**GROUNDSTROKES**

Feed 5 balls to forehand observing technique and score out of 20. Players can still score based on correct technique even if they miss the stroke. Repeat for backhand.

NAME	TOTAL	
	FH	BH
	/20	/20
	/20	/20
	/20	/20
	/20	/20
	/20	/20
	/20	/20

Score based on:

- Grip
- Preparation
- Loop in swing
- Shoulder / hip turn
- Hit the ball early
- Footwork /Movement
- Result of shot
- Depth and placement

**NETPLAY**

Feed the players a sequence forehand volley – backhand volley – smash x 2 observing technique and score out of 20.

NAME	TOTAL
	/20
	/20
	/20
	/20
	/20
	/20

Score based on:

- Grip
- Footwork / Movement
- Punch (no swing)
- Contact out in front
- Side on to smash
- Reach to smash
- Result / Placement

**SERVE**

Players serve with the coach observing technique and score out of 15.

NAME	TOTAL
	/15
	/15
	/15
	/15
	/15
	/15

Score based on:

- Grip
- Ball Toss
- Reach to contact
- Follow thru to the side
- Result / Placement

Play a game of Chimps and Champs to evaluate Games / Match Skills. Observe rally skills and look for basic tactics – like hitting to the open court or hitting for weaknesses. Score out **15**.  
Give an attitude mark out of **10**

**EVALUATION INDEX**

Add together for score out of 100. Remember – this is a tennis test not a maths test – fun is the goal. Base scores of around 70+ should be marked; no-one deserves to feel like a failure. Outstanding scores of 90+ may result in a prize or promotion.

NAME	GROUND STROKES	ATTITUDE	GAMES/ MATCH	SERVE	NETPLAY	TOTAL
	/40	/10	/15	/15	/20	<b>/100</b>
	/40	/10	/15	/15	/20	<b>/100</b>
	/40	/10	/15	/15	/20	<b>/100</b>
	/40	/10	/15	/15	/20	<b>/100</b>
	/40	/10	/15	/15	/20	<b>/100</b>
	/40	/10	/15	/15	/20	<b>/100</b>

**SAMPLE TEST / EVALUATION SHEET FOR SQUAD PLAYERS**

Coaches to create a series of live ball situations test skills. Observe and give scores.

- Don't try to fill in all the boxes – simply observe your players and place a tick in a box if you notice a skill being performed; or a cross if you see a player failing to demonstrate a skill.
- For instance during the Baseline Test you may observe a player showing great consistency and scrambling many defensive shots back; but failing to hit with depth.
- Assume your players have a base score of 20 – two ticks and one cross = 1 bonus point and a score of 21 / 25. Extra bonus points can be awarded for outstanding play in any areas.

**FH & BH TECHNIQUE – BASKET FEEDING**

NAME	Preparation		Loop in swing		Topspin / Shape		Follow Thru / finish		TOTAL	
	FH	BH	FH	BH	FH	BH	FH	BH	FH	BH
	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	/5	/5
	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	/5	/5
	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	/5	/5
	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	✓ / x	/5	/5

**BASELINE TO BASELINE SKILLS – CHIMPS & CHAMPS**

NAME	Consistency		Ball Control		Depth		Defence		TOTAL	
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25

**PASSING AND NET SKILLS – 2 ON 1 BASELINE VS NET**

NAME	Technique		Receiving passing shots		Lobs & Passing Shots		Put away's – Angles, Drop Shots		TOTAL	
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25

**SERVE AND RETURN OF SERVE – CROSS COURT POINTS**

NAME	Technique		Spins – Top, Slice, Flat		Receiving fast 1st serves		Receiving 2nd serves		TOTAL	
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25
		10		5		5		5		25

**MOVEMENT – OVERALL OBSERVATION**

NAME	Baseline		Net		Balance		TOTAL	
		5		5		5		15
		5		5		5		15
		5		5		5		15
		5		5		5		15

**TOTAL**

NAME	Tech.	Baseline	Net / Pass	Serve	Movement	TOTAL
	/10	/25	/25	/25	/15	/100
	/10	/25	/25	/25	/15	/100
	/10	/25	/25	/25	/15	/100
	/10	/25	/25	/25	/15	/100

Follow the same guidelines as the intermediate test when scoring your students. Use scores to give feedback to players and parents; and use the evaluation to form the basis of promotion and prizes.