

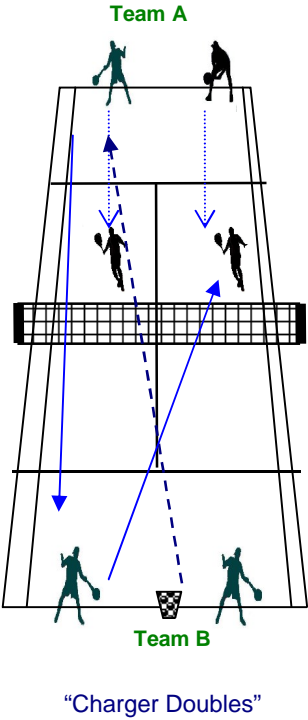
WEEK 5	30 mins
Beginners	FMS & the Volley
Aim	Intro Split step, hitting on the full with no swing. Volley is a great stroke for the young child to experience success on a tennis court. They are the simplest stroke and being up close to the net allows the young beginner some positive reinforcement. Remember that the differentiation between a ground stroke and a volley may be difficult for the beginner to establish at this stage.
Movement	Scarecrow (split step training) – see intermediate lesson for instructions
Activities	Volley Progressions:- Throw & catch The purpose of this first exercise is to get the mozzies to catch the ball on the full. While the forehands and backhands of the previous lessons practiced a bounce and swing the emphasis here is on taking the ball on the full. Step & catch To mimic the volley motion best have the mozzies hold their “racquet hand” up like a glove. Teach them to step out with the correct foot and take a one handed catch. Remember that catching one handed may be difficult. Use coaching aids to help such as a catch pad or praise children for using the right motion. Step & volley If successful with the last progression then adding a racquet and initiating a step and punch motion should be a simple transition. Remember to encourage the teamwork aspect with plenty of attention to the throwing player.
Games	Top of the Tree Instruction:- <ul style="list-style-type: none"> ▪ Place cones about arms width apart from each other. There should be a cone for every player. ▪ Have each player stand next to one of the cones and instruct them how to hit a forehand volley. ▪ The goal for the mozzies is to make their volley over the net and into court. ▪ One end will be the “top of the tree” and at the opposite end there will be the “bottom of the tree”. ▪ Start by throwing an easy ball to the player at the top of the tree. ▪ If they make the shot they will remain at the top and if they miss they will fall all the way down to the bottom. ▪ When they move down everyone else will move up to the next cone. ▪ Encourage all players to keep alert and in ready position.

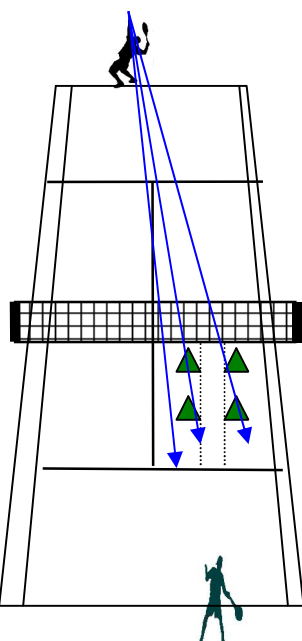
Did you know?

The #1 reason young children take tennis lessons is the coach (YOU).

How you communicate with them, have fun with them; and show how you value them determines how much they enjoy their tennis experience.

Parental influence and love of the sport are the second and third major reasons for taking lessons. Coaches need to know that the attachments they form with their young players are critical.

Week 5	45 Minutes
Intermediate	Baseline to Net
Aim	Prepare players to use volleys in a game situation; split step, volley technique, moving as a team at the net.
Footwork	<p>Scarecrow (Split Step)</p> <ul style="list-style-type: none"> • Coach stands on the service line with player on the baseline in a ready position • Coach holds their arms out to their side (like a scarecrow) with a ball in each hand. • Teach the player to step out of ready position and split step. • As the players split step drop one of the tennis balls – the player must catch on the 1st bounce.
<p>Drills</p> 	<p>Catch – Volley – Catch (over the net)</p> <p>The goal of this drill is to have the players learn how to hit volleys. They can also work on different motor skills whilst doing this by getting the students to work as a team at throwing and catching.</p> <ul style="list-style-type: none"> • Each player will find a partner. One player will start by hitting volleys while the other player will stand on the opposite side of the net and throw the ball to the volleyer. • Set up a scoring system such as awarding them a point for every time they can volley to their partner who catches the ball. • After a set period of time get the players to switch with their partner so that they have the opposite role. <p>Charger Doubles (see left)</p> <p>Teaching the players how to move towards the net and to practice making approach shots and working as a team.</p> <ul style="list-style-type: none"> • Coach begins the rally with an easy paced feed to Team A. • Team A hits an approach shot and charges to the net remembering to split step. • Team B attempts to rally the ball to Team A (coach may decide to help), who have set up position at the net. • If a rally is not started, the coach will feed in 3 – 4 volleys to Team A with each volley being rallied out. • Rotate after each round of strokes.
Games	Chimps & Champs (Doubles with approach shot to start point)

Week 5	60 minutes
Squad	Serve & Return
Aim	The serve as a weapon – start the point positively
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	Cat and Mouse <ul style="list-style-type: none"> • Cat and Mouse combines two fitness components; speed and endurance. • Designate one player to be the mouse and the rest of the group (3+) to be the cats. • The mouse will start from the left hand net post, the cats from the opposite right hand net post. • On the coach's command of "Go", the mouse and first cat in line will take off running around the entire court (no cutting corners.) • The mouse will continually run until he is caught by one of the cats, aiming for as many laps as possible. • Each cat will run one lap at a time, in a relay fashion, until they have caught up to the mouse who will eventually fatigue.
Drills  <p>"Serve Accuracy"</p>	Serve accuracy <ul style="list-style-type: none"> • Use markers to divide the service court into three equal boxes. Servers to practise serving: <ul style="list-style-type: none"> • Down the tee • Into the body • Out wide • Players take it in turns to designate the box they are serving into. • If they are successful with placing their serve, they can keep serving, selecting a different box to serve to each time. If they miss, the next player takes their turn. 3 serve tennis <p>Young players especially need to develop confidence in their serving motion. This drill helps players to be aggressive and confident in their serve.</p> <ul style="list-style-type: none"> • Server is allowed three faults before losing the point. • Encourage the serving player to go "flat out" in terms of placement and pace on the serve. • Play out each point. <p>Play 1st to 11 with the server being awarded 2 points if they serve an ace or unreturnable serve. This forces the return player to concentrate extra hard.</p> 1 serve tennis <p>Once a player has built confidence and technique on their serve they must be able to perform the serve in pressure situations. This drill practises serving under stress; and improving the strength of the 2nd serve.</p> <ul style="list-style-type: none"> • The serving player has only 1 fault before losing the point. • The coach should encourage the server to use depth and placement to the opponent's weakness as a form of attack. • Better players should be seeking to increase the spin on their 2nd serve and aim to develop a "kick" serve.
Match Play	Match situations with scoring loaded to reward serve or return