



Innovative and Inclusive grassroots tennis training program

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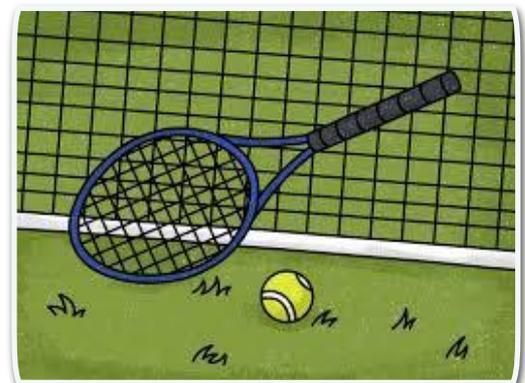


Introduction

Tennis is a fun and exciting sport that can provide numerous physical and mental benefits for kids. In this introduction, we will explore the importance of tennis and physical education trainings, including the skills and techniques involved, the health benefits of playing tennis, and how kids can develop their athleticism and sportsmanship through the sport. Besides tennis trainings, strength and conditioning trainings has been a huge part of the elite game for generations. The main purpose of the program is to increase the people playing tennis around the world. Tennis is an amazing sport for kids and grownups as it allows everyone to express themselves individually and as a part of a team.



Tennis is a sport for life. The study shows that tennis players in middle age are in a better health condition than the people who doesn't play tennis. The teachers at school doesn't need to choose specific tennis techniques but to apply fun games which are going help them to develop coordination, have fun during practice and keep them entertained in the activity.



But why Mini- tennis?

Because mini- tennis is the best way to present the sport in the elementary school. Mini- tennis gives a perfect opportunity to discover talents at a young age. It offers a unique opportunity to make more kids to play tennis. It is entertaining and simple at this age and after a successful training it brings joy and happiness to the kid and soon or later helps building up a confidence.





The goal of these fun lessons and practice sessions is to help children coming to play tennis for the first time, to learn the basic skills and principles of the game and enjoy the experience of hitting balls back and forth, even if this is not always over a net.

Tennis is a widely accessible sport that can be practiced on various surfaces and courts, including those found in school fields and local recreational centers. With its adaptable nature, tennis can be enjoyed by people of all ages and skill levels, promoting physical fitness and social interaction. Many schools provide tennis facilities, allowing students to engage in training sessions that enhance their skills while fostering teamwork and sportsmanship.



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Generally, in tennis at school we are aiming:

- to enjoy participating

- to help the kids learn how to cooperate with

Training program for school tennis at the age of 6-9
(Mini-Red Tennis)

To be an effective Mini Red coach, the lesson should last an hour. At the end of Red, coaches should increase the session time to one-and-a-half hours to allow time for quality A-B-C training (agility, balance and

- to play safely and take care of the

- to help them develop physically, mentally,

- to receive a variety of fun physical

co-ordination) and competition. Because the children are young, which limits their ability to work in pairs, the ratio should ideally be 1:4 (one coach to four children). Coaches should focus on competitions being team based at RED level. Research shows that children respond best in group situations. Competitions can be as regular as possible - remember that children like competing! Try to include competition into every lesson.





Lesson 1. Receiving and sending forehands

1) **Warm up-** Cups and cones

Scatter a number of cones facing up and a number of cones facing down around the court. Half of the group turn the cones facing up down, and the other half vice versa.

2) **Balance-** Around the clock

Children form a line side by side, facing the coach. With two feet together they jump from 12 o'clock to 3 o'clock then back to 12 o'clock. Then jump 12 - 6, and back to 12 o'clock.

Then 12 - 9, and back to 12 o'clock. Finally jump from 12 all the way around to 12 (360 jump landing back on two feet, perfectly balanced).

3) **Sending and receiving-** Floor rally

In pairs children roll a ball to a partner. They stop it, roll it back (introduce targets - through cones etc.) stop it with the right hand, send it back with the left, stop it with the foot, send it back with the hand etc.

4) **Sending and receiving-** Tennis floor rally

In pairs, children pass a ball off their racket along the floor. Their partner squashes it with their racket, then sends it back.

Main part

Sending and receiving forehand

- Coach rolls 4-6 balls, child squashes the ball with their racket, sends it back to the coach.
- Coach rolls 4-6 balls, child stops the ball with their racket, showing that they change the face of the racket when it comes on different sides of the body.
- Coach rolls 4-6 balls, child hits one diagonally towards one cone and one straight towards another cone.

Receiving / hitting & movement

- Coach feeds 4 balls. First ball - hit after one bounce, second - roll through child's legs, third - kick with their foot, fourth - squash the ball with the racket and hit it back to the coach.
- Coach progresses each child in the area they think will most benefit the individual.



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Sending and receiving

Coach places 6 different colored cones around one half of a mini red court and one hoop on the middle of the baseline. Placed on each cone is a ball. The child starts inside the hoop facing the cones, when the coach calls out a color the child runs towards that cone and hits the ball off towards the net, then runs back inside the hoop (always facing the net), then repeats but the coach calls out a different colored cone.

Fun Games/competition

Burger race

In teams of 3-4, children make a TENNIS BURGER by each having a racket and one cone, placing them all on top of each other. Children work as a team by walking to the other side of the court making sure the cones don't come out of the burger. If they fall off, they rebuild the burger.

Lesson 2. Receiving and striking on forehands

1) **Warm up- Magpies**

Each child places their racket on the ground in a space with 4 balls on the strings ('magpie's nest'). Coach shouts, 'Fly magpies!' Children go to another magpie's nest, steal a ball, bring it back to their nest. Magpies can only steal one ball at a time, and are not allowed to defend their nest. Winner is the magpie who has the most balls on their racket at the end.

2) **Ball skills - sending & receiving- Trampoline catch**

Coach places 15-20 rackets around the courts. Each child stands behind a racket with a ball. Coach shouts 'Go!' Each child drops the ball onto the strings of the racket and catches without a second bounce. If they successfully catch, they move to another racket and repeat. If they fail to catch the ball they keep trying until they do. The winner is the first child to do the exercise on 5 different rackets.

3) **Racket skills- Leaning towers**

In pairs, children hold their rackets up close to one another with one finger on the handle of the racket. One of the two players shouts 'Let go!' They both let go of their own rackets and catch their partner's before it hits the ground.



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4) **Handling/ control skills- *Last POG standing***

Children balance a cone (POG) on a racket, then walk around the court. If the POG falls off they are out of the game. The winner is the one who can keep their POG on the racket the longest. Coaches distract players by rolling balls towards the player forcing them to change direction quickly.

Main Part

Sending & receiving forehand

- Coach stands in front of the net and rolls 4-6 balls. The child squashes the ball with their racket, then sends it back to the coach.
- Coach rolls 4-6 balls. The child hits the ball towards the net without a squash.
- Coaches rolls 4-6 balls. The child squashes the ball, then picks it up and hits it over the net.

Hitting and striking forehand

- Coach feeds 4-6 balls. The child shouts 'bounce' when the ball bounces and then hits the ball with their racket.
- Coach feeds 4-6 balls. The child shouts 'hit' when they hit the ball.
- Coach feeds 4-6 balls. The child shouts 'bounce' when it bounces and 'hit' when they hit the ball.

Co-ordination & development of throwing actions

- Child lies on their back, feet towards the net and tries to throw 5 balls over the net. (The only way they will get them over is with an overarm throw.)
- Repeat but sitting down near the net.
- Repeat again but standing up near the net and slowly moving back.

Fun Games/competition

Hit the coach

All the children are on one side of the net with all the balls - the coach is on the other side. Children throw the balls (OVERARM with sponge balls/ UNDERARM with outdoor red balls) towards the coach. If a child hits the coach they come and join the coach trying to dodge the balls.



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Lesson 3. Sending and receiving backhands

1) Warm up- Bean warm up

a) Children enact to different 'beans' shouted by the coach.
Jumping bean = everybody jumps high. Chili bean = pretend to be cold by shivering. Lean bean = stretch tall. Runner bean = sprint fast around the court. Broad bean = raise arms and stretch to one side of the body. Mexican bean = really fast Mexican waves with both hands. Dead bean = fall on the floor, curl up in a ball.

2) Handling/control skills- Hot air balloons (indoors)

Each child stands at one side of court with a balloon in hand. Coach shouts 'Go'. The children race to see who can hit their balloon from one side to the other using their hands (no carrying allowed). Then R-hand or one tap, L-hand on the next; or clap hands between hits; or use hands on first tap, feet on the next.

3) Racket skills- Rover the dog

Each child has a 'dog' (tennis ball). Take the dog for a walk around the court, slowly, keeping it close to the racket. If the coach shouts 'naughty dog, the children hit the ball away, and find someone else's ball. If the coach shouts 'bedtime,' the children must stop walking the dog, sit down, put the ball on the strings and keep it still.

Main Part

Sending & receiving backhands

- Children tap a balloon up with the palm of their hand, then the back of their hand (understanding F. hands & B-hands).
- With a partner, rally one balloon backwards and forwards using only the back of their hand.
- Coach throws a balloon to each child. They hit it back with the racket using two hands on the backhand side.

Sending & receiving backhands

- Coach rolls 4-6 balls. The child squashes the ball with their racket, then sends it back to the coach.
- Coach rolls 4-6 balls.
The child shows that they change the face of the racket when it comes to different sides of the body.



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c) Coach rolls 4-6 balls. The child hits one diagonally and one straight towards 2 cones.

Serving overarm (balloons)

- Children tap a balloon up in the air above their heads using the tips of their fingers.
- Throw balloon in the air and high five the balloon with the racket hand.
- Throw the balloon in the air and hit it with the racket above the head.

Fun Games/competition

Tidy your room

In two teams, one on each side of the net. Coach scatters buckets of balls on both sides of the net. Coach shouts 'Tidy your room!' The children throw all the balls onto the other side's court. Throws must be overarm. The winning team is the one with the least balls on their side of the net at the end.

Lesson 4. Receiving and striking backhands

1) **Warm up-** Remote controller

Children all become VIDEOS and find a space facing the coach, who now becomes the REMOTE CONTROLLER. Coach shouts Play = they jump on the spot, 'Fast forward' = move forwards, 'Rewind' = move back, 'Freeze' = stand still.

2) **Ball skills / throwing and catching-** Demolition racket

In pairs children stand their rackets up on their handles in front of their belly buttons. One at a time, they throw a ball (underarm first, then overarm) towards the other child's racket.

If they knock it over, they get a point. If not, the other child catches the ball after a bounce and does the same.

3) **Racket skills-** Human tunnel

In teams of 3. Two children have a racket; the third child gets on their hands and knees to make a tunnel through their body.

The two children with the rackets pass the ball along the floor to each other through the tunnel. After 4 successful passes the children change places. If children are finding it too easy, they can move further away from the tunnel.



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Main Part

Sending and receiving: Hit or squash

Children in turn are fed 4-6 balls on their backhand and aim to hit each ball after one bounce. If they succeed, they get fed the next ball. If they miss, they chase after it, squash it with the racket and hit it to the net.

Underarm serving: PODS

- Children line up and do underarm serves close to the net. After they get 3 over, they move two big steps back.
- On the coach's side of the net there are POGS (cones) scattered around. If a ball hits a POG the child who served it can claim the POG. The child with the most POGS at the end is the winner.

Hitting and striking backhand

- Coach feeds 4-6 balls. The child shouts 'bounce' as the ball bounces, and then hits the ball.
- Coach feeds 4-6 balls. The child shouts 'hit' when they hit the ball.
- Coach feeds 4-6 balls. The child shouts 'bounce' when it bounces and 'hit' when they hit the ball.

Fun Games/competition

Around the galaxy

Children line up in two queues on two different courts. Coach on each court feeds a ball to each child one at a time. They must hit the balls. Once hit, they run around the back of the court, then join the back of the next court's queue. Harder: if children don't hit it over the net they are out of the game. Even harder: hit it over the net and into the court!

Lesson 5. Rallying- forehands

1) Warm up- tail tag

The coach nominates 2 or 3 children as TAIL CATCHERS. All the rest of the class have to put a velcro™ tag rugby belt around their waist. Tail catchers don't have a tail. The class runs around the courts avoiding TAIL CATCHERS who are trying to steal their tails. If their tail is stolen they then become a TAIL CATCHER.



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2) **Ball skills-throwing & catching- Line catch**

Children get one ball, drop the ball onto a line of the tennis court, then catch it after one bounce. Once they have hit the line, they do it again on a different line. Then repeat but throw the ball up - it must hit the line 5 times before they can move on to a new line.

3) **Racket skills- Crocodile hunt**

Coach scatters 25+ cones around the court which become CROCODILES. Each child has one ball and one racket.

They dribble around the crocodiles. If the ball at any stage hits one of the sleeping crocodiles, that child is out of the game.

Main Part

Big ball catch

- Coach throws a big ball to each child over the net: they catch it with two hands, then throw it back over the net.
- After each catch, they clap their hands twice (this makes the child get back into a ready position).
- Try and move the child from side to side

Overarm throws

- Each child stands in one hoop and throws a ball overarm through another hoop which the coach holds up.
The ball must land over the net.
- Move the child and the hoop further away from the net.

Forehand rallying

The coach feeds 3 balls to each child. They rally each for as long as they can add up their total rally scores.

Fun Games/competition

Tag tennis

Same as the warm up, but each child has a racket in their hand with a Chinese hat (cone) placed on the strings of the racket. (If the group is advanced, they can use a tennis ball instead of a Chinese hat). They move around the court controlling the hat/ball but avoiding the TAIL CATCHERS. Tail catchers try and steal the children's tails



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but also control a hat/ ball on their own strings. If a child's hat or ball falls off the strings, they pick it up and stand still for 5 seconds as a penalty for failing to control. They can then continue to avoid the tail catchers.

Lesson 6. Forehand rallying with movement

1) **Warm up- Concentration game**

Children line up on the baseline then walk around a Mini Red court, one behind each other. Children respond to three commands only. 'GO' = keep walking, 'CAUTION' = crouch down, 'STOP' = stand still. If a child gets a command wrong they are out of the game. Last person in is the winner. Once children get good at this game (or for a Mini Orange version) the coach should try to catch the children out by using commands that are similar to those above such as MOVE, PAUSE or STAND STILL.

2) **Balancing skills- Mad hatter**

Children in two teams, one team each side of the net. Each child has a HAT (cone) placed on their head with a ball sat on top of the HAT. Coach shouts 'MAD HATTER'. Children run to the net and flick their ball from their HAT, over the net and into the opposite team's court. Children continue collecting balls, putting them on their HAT and flicking them over.

3) **Ball skills / throwing and catching- Circle catch**

Each child has one ball and sits down in a space. They throw the ball up and catch it without moving or leaning. Then they make a circle with their legs while sitting down, throw the ball up, letting it bounce in between their legs once, then catch the ball with two hands.

Main Part

Forehand and movement

- a) Coach feeds 4-6 forehands. The child hits after one bounce. After they have hit all their balls they skip around the court.
- b) Repeat above but instead of skipping they have to
 - sidestep
 - crab walk (hands & feet moving backwards)
 - hop- run through ladders.



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Forehand rallying

- a) Coach feeds each child a ball. They keep the ball in play by rallying. Each time a ball goes over the net and in they get 1 point. The first child to 20 points wins. Make the child shout out their score.
- b) Play the same rallying game as above but each time the ball is missed completely their score goes back to zero and they start again.

Sending & receiving: big ball catch

- a) Coach throws a big ball (volleyball) over the net to each child. The child catches the ball with two hands after a bounce, then sends it back.
- b) Coach places a hoop on the middle of the baseline. A child stands in the hoop. Repeat the above game but using a Mini Red tennis ball. The coach doesn't throw the ball until the child is back inside the hoop.

Fun Games/competition

Bombs away

Make 2 teams. Team 1 stands behind one tramline, team 2 behind the other. Each team has a basket of balls and gets ready to fire. A beachball/ balloon is placed in the middle of the court. The coach shouts 'BOMBS AWAY!'. The children throw their balls (overarm) aiming to knock the beachball/ balloon into the opposite team's tramline. Children are not allowed to come past their own tramline.

Lesson 7. Start a forehand rally with an underarm serve

1) Warm up- Copy coach

Children all stand on the baseline and face the coach. The coach has 2 balls (one in each hand). If the coach holds up both balls the children move on the spot. If the coach brings both balls together (touching) the children freeze. If the coach holds 1 ball out to the side the children move in that direction and if they hold the other ball out to the side the children move in that direction. If the coach throws the 2 balls up in the air the children run around the court and join the baseline before the coach can pick up the balls.

2) Ball skills / catching- Popcorn catch

The coach stands with their back turned to all of the children who each have a cone in their hand. When the coach shouts 'popcorn' the coach throws 4-6 balls over their head towards the children. Each child tries to catch one of the balls in their cone with or without a bounce. Allow the children



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to become the throwers as well. (They will love watching the rest of the group chasing after the balls they threw.)

3) **Racket skills- *Shapes and numbers***

Children stand in a space with their racket in their hand. The coach shouts out a shape such as a circle. Each child draws an imaginary circle with their racket. The coach can also shout out numbers such as 8 for the children to draw. To make it more difficult have each child place a cone on their strings and then create shapes and numbers.

Main Part

Understanding between forehands & backhands / floor rallies

- Coach rolls 2 balls to each child's forehand. They shout 'forehand' as they squash the ball, then hit it back. Then the coach rolls two balls to their backhands.
- Coach repeats the above drill but the child now runs out to the ball and hits while it is still moving.
- Coach feeds randomly but the children have to continue to call what shot they are hitting.

Sandwich catch

- Coach rolls a ball along the floor to each child one at a time. They trap the ball with their non-dominant hand on the racket.
- Then the coach introduces several bounces, they attempt the same exercise.
- Finally, the child catches the ball on the strings with the hand after one bounce. Using a cone to help catch the ball on the strings is a good idea to start with.

Rally challenge

Each child does an underarm serve and then rallies with the coach for as long as they can. If they fail to get their underarm serve over the net they do an overarm throw to begin the rally.

Fun Games/competition

Spider's web

Children stand in a queue one behind each other on their court. The coach feeds four balls to each player. If the child is able to hit all four balls (doesn't matter where they go) then they can put a cone in their team's 'web' la hoop placed at the side of their



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team's court). If they fail to hit all four balls they join the back of the queue. To make this game more difficult children hit all four balls and they must land over the net. Finally to make it super-hard children have to hit all four balls over the net and land in the court. Team with the most cones in their web at the end are the winners.

Lesson 8. Competition week

Set up

Coach divides the group into 2 teams, e.g. YELLOW and BLUE. Every part of the lesson is competitive, with points being scored for the team. Coach will need a scoreboard or a scorepad. The winners are the team with the most points at the end of the lesson. Allow 1 hour for the competition.

Competition 1- Dodgeball

Each child stands on the sideline of a Mini Red court.

When the coach shouts 'go' they all run to the sideline of the next Mini Red court. But as they run the coach will be rolling the balls towards the players' legs, and if hit they are out of the game. The last child to be in the game without being hit is the winner and awarded with 10 points for their team. Play 3 games.

Competition 2- Tennis skittles

The coach stands 10 - 15 rackets up on their handles on one court (BLUE team's court) and 10-15 on the next court (YELLOW team's court). One at a time a child from each of the teams moves towards the net and throws the ball overarm towards the rackets. If they knock one over, they go and get it which equals 5 points for their team. If they miss, they go to the back of the queue and wait for their next turn.

Competition 3- Obstacle course

The coach makes an obstacle course with 4 cones and then a goal. (Use two rackets standing up on their handles). The yellow team have a course and the blue team have their own course. Each child has to dribble a ball along the floor around the cones and then shoot the ball into the goal. Each child has 4 goes. Each time they score a goal they get 5 points for their team.

Competition 4- Hitting

a) The children are split up into 3 or 4 separate courts with a coach/ assistant on each court. Each child is fed 6 balls. Every time they make contact with the ball they get a point for their team. (Doesn't have to go over the net or into the court). Each child has 3 or 4 turns.



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b) Same as above but the children only get a point if they make contact and it goes over the net (but doesn't have to land in the court). Each child has 3 or 4 turns.

c) Same as previous exercise but children only score a point for their team if they make contact with the ball, it travels over the net and lands in the court. Each child has 3 or 4 turns (depending on time).

Competition 5- *Rallying*

The children are split up into 3 or 4 separate courts with a coach/assistant on each court. One at a time each child rallies with the coach for as long as they can but only have one ball to rally with, so if they make a mistake they go to the back of the next court's queue. They remember the best rally score they got in the 5 minutes of the competition, because that will be the number of points they earned for their team.



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Part 2

Lesson 1. Forehand technique and serving into court

1) Warm up- Dodgeball

Children all stand together on a straight line. When the coach shouts 'Dodgeball!' the children run to another designated straight line. As the children are running, the coach and the assistant will roll balls towards the children's legs. If hit, they are out of the game and become throwers themselves.

2) Ball skills- Backboard rally

In pairs, one child turns their back to the other child. Player 1 has a ball and throws the ball towards player 2's back. They let it bounce off and catch it after one bounce (with two hands -then one - with a clap then catch etc). Then swap over after 3-4 catches. As a harder variation on this game get the children to do it continuously: throw - catch - spin around, then the other child throws - catches - then turns around etc.

3) Racket skills/handling skills- Scarecrow pass

In 3's: two children have rackets and one child becomes a 'Scarecrow', standing still with their legs apart and arms out.

The two children pass the ball from each other's racket through a different part of the scarecrow's body i.e. under the R-arm, over the L-arm, through the legs, around the R-leg. If the ball falls off the racket at any time then that child becomes the scarecrow.

Main Part

Sending and receiving forehand

- The coach feeds 4-6 balls to the first child, they shout 'Back' when they take the racket back, then hit the ball.
- Coach feeds 4-6 balls, the child shouts 'bounce' when it bounces, then hit the ball.
- Coach feeds 4-6 balls the child shouts 'hit' when they
- See if the children can say all three things together
'BACK- BOUNCE- HIT'

Underarm action



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- a) Each child hits two underarm serves over the net towards the coach. The first underarm serve starts with a drop feed hitting the floor. The second drop feed is not allowed to hit the floor.
- b) Children play points against the coach but start with an underarm serve from the baseline.

Overarm throws: skittles

Children get into two teams on one side of the net. On the other side of the net the coach hands up 10/12 rackets. When the coach shouts 'Go!' the children (one at a time) throw a ball from RED baseline overarm and try and knock down the skittles (rackets). If they knock a skittle down they can go on and get that skittle for their team.

Fun Games/competition

Tennis dodgeball

Children stand in two queues on one Mini Red court. One at a time from each queue they hit 3/4 balls, run around the outside of the court (not bumping into each other on the way round) and join the back of the opposite queue. As the children are running around the court the assistant rolls balls towards the children who dodge, because if they get hit by one of the balls they are out of the game. As a nice variation to this game, children can become throwers if they get hit.

Lesson 2. Backhand technique and overarm serve

1) **Warm up- Rally-attack-defend**

Children find a space in the court and when the coach shouts 'Rally' they jog around the court slowly dodging everyone else. When the coach shouts 'Defend' they jog slowly on the spot in a ready position with their arms out in front of them.

When the coach shouts 'Attack' the children sprint around the court as fast as they can, dodging all the other children.

2) **Ball skills- Human net**

Children in 3's: one child lies on the floor looking up, the other two children do a throwing rally over the body. The children who are throwing let the ball bounce once and catch with one/ two hands. The child who is on the floor uses their arms to try and intercept the ball encouraging the throwers to send it in with an arc over the body to avoid being caught). After a rally challenge with the group, children swap places.

3) **Racket skills/handling skills- Relay races**



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In teams of 3/4. Coach sets up a relay race course. First child dribbles the ball along the floor with their racket before passing it to their next team member and so on. Then do a race with the children having to balance the ball on their strings; then hitting it up; then hitting the ball on alternate sides of the racket.

Main Part

Technical: backhand

- Coach feeds 4- 6 balls to the backhand of the first child, who shouts 'back' when they take the racket back, and then hits the ball.
- Coach feeds 4-6 balls, the child shouts 'bounce' when it bounces, and then hits it back.
- Coach feeds 4- 6 balls, the child shouts 'hit' when they hit the ball.
- See if the children can say all three things in sequence, BACK - BOUNCE - HIT.

Points: Score-pad

Children in 4s: 2 children play first to 5 or 7 points (tie break scoring). The other two children become scorers (one for each player). The scorers have 5/7 cones each next to the court. Each time a child gets a point the scorer turns the cone the other way round. The first child to have all their cones turned over is the winner.

Serving overarm: Ball toss

Each child gets two balls and puts their racket under their non-dominant arm.

- they throw the first ball overarm
- hey pretend to do a serve with their racket
- they throw the second ball up and hit a serve.

All three actions should look the same.

Fun Games/competition

In or out?

Coach scatters dozens of balls in and around each of the three courts. 3/4 children are assigned a court. When the coach shouts 'Go', they clear up all the balls they think are in and leave the ones they think are out. There will be two winning teams to this game: firstly the children who got it right, and secondly those who got their balls in the quickest.



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Lesson 3. Technical shape on forehand and return of a serve

1) Warm up- Swim fishes, swim

One child (the SHARK) stands out in front of the group with a ball. When the coach shouts 'Swim fishes, swim', the rest of the group (the fishes) have to attempt to run past the shark inside a limited area, without the shark touching them with the ball. The 'fishes' who can get past the shark then run back to the original start on the same command, with the shark again attempting to touch them. Any children touched stand in the place where touched, hold their hands out to the side and become 'sea enemies'. They stand still but can touch others still not caught, and so it gives those still in the game a difficult task. Last one touched is the winner.

2) Racket skills- Pieces of 8

Each pirate gets three balls. Pirates put two balls on the floor a short distance away from each other and dribble the third ball using a racket in a figure of 8 pattern between the other two balls, always facing forwards. Children could use their R-hand, L-hand, both hands on the racket.

Main Part

Technical: F-hand

- Coach feeds 4-6 balls to first player, who says 'BIG NOSE' at the end of the shot (elbow & belly button facing the coach make the 'big nose').
- Coach rallies with the player but stops the rally every time they don't show a BIG NOSE.
- BIG NOSE challenge: each child has one minute to rally with the coach. Every time they do a big nose with perfect balance they get one point. See who can be the BIG NOSE champion!

Receiving skills: Trap catch

- Coach feeds a ball to a child, who lets it bounce once and then catches it on the strings of the racket with one hand.
- Repeat the above exercise but children must balance on one leg and catch.
- Repeat exercise a), but see if children can see the back of their strings as they catch the ball (encouraging the children to hit the ball earlier).



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Serve & return

- a) In pairs children serve overarm from the Mini Red baseline over the net. Their partner catches the ball on their racket after one bounce. After 3 successful hits & catches the children swap places.
- b) Children play points. The server wins a point if they get the ball in and the receiver cannot catch it after one bounce. If the server double faults they lose a point.

Fun Games/competition

Tennis golf

Children spread evenly along the baselines of all of the courts. They each do an overarm serve diagonally into the correct service box so if the class were using 3 courts that would be 12 service boxes in total). When successful, children move to a different baseline position and serve again. The winner is the child who completes serves into each service box the quickest.

Lesson 4. Technical shape on backhand and overarm serving stance

1) Warm up- Snakes alive (indoors only)

Children all lie on their fronts. One child is nominated as the snake. When the coach shouts 'Snakes alive' the snake crawls along the floor trying to tag everyone. If the snake tags, that person also becomes a snake and tries to tag the rest of the group. Last child untagged is the winner. (Play this game on one Mini Red court, depending on the size of the class.)

2) Footwork skills- Two taps

Each child has a ball which they place on the floor and tap with the sole of their foot - the ball should hardly move. Tap it twice with the right foot, then twice with the left foot. Then tap it alternately between R & L feet. Same as above but use the inside of their feet, then the outside and finally their toes.

3) Racket skills- Six taps

Each child taps the ball once with the left foot, once with the right foot, once with the left hand, once with the right hand, once with the racket in the left hand and once with the racket in the right hand. Once they have got the hang of this game, speed it up or become the chief by shouting randomly which tap you want the child to do.



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Main Part

Technical: Double handed backhand

- Coach feeds 4-6 balls to the first player who shows a BIG NOSE at the end of the shot (elbow & belly button facing the coach).
- Coach rallies with the player but stops the rally every time they don't show a BIG NOSE.
- BIG NOSE challenge: each child has one minute to rally with the coach. Every time they do a big nose with perfect balance they get one point. See who can be the BIG NOSE champion!

Overarm serves

- Each child serves overarm from inside a hoop which the coach has placed on the Mini Red baseline. The child only wins a point if they can stay inside the hoop until the ball has landed on the other side of the court.
- Children then play points against the coach who will only return the ball in play if the child can stay inside the hoop until the ball has landed on the other side of the court.

Finding spaces (discovering tactics): DANGER ZONE

- Coach divides each side of the court into four boxes. 2 children at a time play tie breaks against one another. The children put a cone in one of the boxes so it becomes a 'Danger Zone'. Every time the ball lands in that zone (unless it's the serve) the player who hit it automatically loses the point.
- Play 3/4 tie breaks so the coach can change the 'Danger Zones' around.

Fun Games/competition

Human Scoreboard

The coach picks four players to play a game of doubles (maybe the ones who worked the hardest or got the balls in the quickest). The other children are evenly split to become human scoreboards for each team. They sit down at the side of the court; each time their team wins a point one of the children on their human scoreboard can stand up. When one team can get all the children on their scoreboard to stand up they are the winning team.



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Lesson 5. Overarm serve and moving opponent around – 1

1) Warm up- Island sharks

Coach scatters spots (or hoops) across one mini red court, jumping distance apart. Children stand on spots/ in hoops. There should be more spots than children. Coach nominates an island shark who has to jump from spot to spot trying to catch the other children before they jump to another spot/hoop. If at any time a child falls off the spot/hoop, or is tagged by the island shark they are out of the game.

2) Receiving skills- Body pass

In pairs the children stand facing each other, one on the baseline, the other on the service line. Children roll a ball to each other but stop it with different parts of their body on the line. L-knee/ R-knee, L-foot/ R-foot, L-elbow/ R- elbow, R-hand/ L-hand, both hands, bottom. Children try to stop the ball exactly on the line.

3) Racket skills- Racket pass

Children repeat the game above but this time using rackets, once again trying to stop the ball dead on the line. Racket in the right hand, racket in the left hand, racket in both hands, racket through the legs, through the legs facing backwards, racket around the side of the body, racket handle etc.

Main Part

Technical: Serve (Rhythm & ball toss)

a) Children have two balls, one in each hand. They begin by throwing the ball up in the air from their non-dominant hand, and then throwing the other ball over the top from their dominant hand (this throw has to be overarm).

b) Children then practice their serves with a racket but the coach tells the children there is an imaginary clock up above them and they try to hit the ball at 12 o'clock every time. The children call out what 'time' they thought they made contact with the ball.

Swingball

Swingball is the game with a sponge ball on the end of a rope which swings in a circle around a post.

a) Coach sets up a swingball rally game where each child hits the ball as many times as possible in 30 secs.

b) Children play swingball in pairs where each player hits one at a time.



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Finding spaces (discovering tactics)

Goal posts

Coach places two poles near to each other in the middle of a Mini Tennis court. One at a time the children hit the ball into the court. If the ball is hit between the poles that child loses the point for runs around the court). After every minute, move the poles further away from each other, and closer to the outside tramline to make it more difficult for the children to hit the ball down the middle of the court.

Fun Games/competition

Shout out

Children play tie break singles against each other (two playing - two shouting). The two players who are shouting sit down quietly next to the court but as soon as the ball is out, they leap into the air and shout 'OUT' as loud as they can. Then swap the players over. It is important that by the end of mini red children are able to tell the difference between the ball being in and out.

Lesson 6. Overarm serve and moving opponent around – 2

1) Warm up- Rally drivers

Children stand in a space holding their racket with both hands on its head (like a steering wheel). When the coach shouts 'race' children run around the court pretending to drive a car. Whichever way they turn the wheel they have to run in that direction. If the coach shouts 'garage' children run and touch the net. Coach shouts 'pit stop' and the children sit down as fast as they can.

2) Ball skills- Anticipation ball drop

In pairs, one child holds a ball in each hand. They drop one of the balls which their partner has to catch after one bounce.

Once they have caught it they run around the child's body and catch the next ball which is dropped before it bounces.

3) Footwork skills- Touch control

Each child places two tennis balls down on the floor. They tap the top of each ball with the toes (alternating between their right and left feet). Variation: tap twice with right foot, once with left foot.



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Main Part

Statues

Children rally one at a time with a coach. If they can hit 4 balls in a row over and in the coach becomes a statue and stands still. The coach can still hit the ball back but cannot move their feet to run for the ball

Bermuda Triangle

Children rally with the coach one at a time. On the coaches' side of the net there is a triangle marked out in the middle of the court. If at any time the ball lands in the triangle the player loses their go. As the lesson develops make the triangle larger making it more difficult for the children to rally.

Serve

- a) Children practice their overarm serves diagonally.
- b) Children play points against the coach doing an overarm serve from the baseline, underarm serve for the second serve.
- c) Same as above, overarm serve for the first serve but an overarm throw for the second serve.
- d) Same as above, overarm serve for the first serve and overarm serve for the second serve.

Fun Games/competition

Charge

Coach nominates a champion pair. The rest of the children pair up as challengers lined up in a queue. One at a time, challenger pairs feed a ball into the champion pair but after the ball is fed the challenger pair shout 'charge' and both run to the net to play a volley. If successful they are the new champions.

Lesson 7. Ready position on volleying and rallying

1) Warm up- Tunnel chase

In groups of 3/4. Each team stands in a row one behind each other. When the coach shouts 'Race' the child at the back has to crawl through their team mates legs and when they reach the front sprint to a cone, sprint back to the front of the queue which is when the next player crawls etc. The winning team is the one where every team-mate has raced and is sat down in a straight line one behind each other.

2) Rhythm warm up- Crazy clapping



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In pairs, children a) clap their own hands b) then clap their partners hands c) clap their own hands d) right hand to partners right hand e) clap their own hands and finally f) clap left hand to partners left hand before repeating the drill again. Once children have mastered this fun warm up encourage them to do it with speed and movement or even in teams of 3 if you're feeling ambitious.

3) **Ball skills- *Asteroid catch***

Children each have a big ball (volleyball) and find a space.

They throw the ball into the air and catch at their waist height after one bounce. Then repeat but catch at shoulder height, head, then finally above head. Then they repeat but instead of catching the ball in front of their body they catch at the side.

Repeating as above.

Main Part

Volleying

a) Each child sits down in front of the net (two at a time). The coach feeds a ball slowly over the net towards each child they hit the ball back over the net with a volley. By sitting down it encourages them to keep the racket head up.

b) Then repeat but children get onto their knees.

c) Finally standing on their feet.

Battleships

The coach places 3 large cones (BATTLESHIPS) in each back corner of a mini tennis court - so there are 3 on the right of the coach and 3 on the left of the coach. Placed on each battleship is a ball. Each child comes in one at a time and hits or rallies 6 balls, if they manage to hit the BATTLESHIP so that the ball falls off they can knock that BATTLESHIP over to the ground. At the end of 7 minutes see which child has demolished the most battleships.

Rallying (movement)

a) Each child hits two shots against the coach then rotates out to let the next player in to hit two shots etc.

The coach stands at the net and volleys the balls back at the children to allow the children less time to prepare encouraging better movement. The idea of the drill is to keep the same ball going for as long as possible.

b) Then do the drill but players rally for as long as possible until they make a mistake and then the next child comes in.



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Fun Games/competition

Ghosts

In two queues children come in one at a time to hit the ball over the net. Once they do this they run round the outside of the court and join the back of the opposite queue. However if they miss their shot they put their racket down and join the coach's side of the net where they become ghosts. Ghosts try to tag the other children's knees after they have hit their shot and are trying to run around the court to join the back of the opposite queue. If the ghosts tag their knees they get their racket and join in the game again but the player who was tagged becomes a GHOST.

Lesson 8. Competition week

Set up

Coach divides the group into 2 teams, e.g. YELLOW and BLUE. Every part of the lesson is competitive, with points being scored for the team. Coach will need a scoreboard or a scorepad. The winners are the team with the most points at the end of the lesson.

Allow 1 h 30 min for the competition.

Competition 1- Warm Up

Each child stands in a space on the court and jumps two footed - SIDE TO SIDE. Over a line once they have done 15 jumps they move to a different line, do 15 jumps again and finally another 15 jumps over a different line. The children that finish first and second score 10 points for their team.

Competition 2- Throwing rally

Children get a partner from the same team and stand opposite each other over the net. They throw the ball backwards and forwards over the net always letting the ball bounce once. Once they throw the ball over 6 times they get one goal. At the end of 3 minutes the coach will add the amount of goals each pair scored onto each team's total.

Competition 3- Tap up rallies

Children stand in a space on the court. The first child to do

- 15 tap ups with a bounce gets 10 points for their team.
- 15 tap ups without a bounce gets 10 points for their team.
- 15 tap ups hitting both sides of the racket with, then without a bounce gets 10 points for their team.
- 15 drop the ball, hit the ball, catch it on the strings gets 10 points for their team.



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Competition 4- Black hole

Children play singles tiebreaks (first to 7 points). Each Mini Red court is divided into 4 squares. No player is allowed to hit to the same square twice in a row. If they do they lose the point automatically.

Competition 5- Tie breaks

Children play match tiebreaks (first to 10 points) against children from another team each serving for two points.

If the score is 10-4 player one gets 10 points for their team and player two gets 4 points for their team.



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Training program for school tennis at the age of 10-12 (Mini-Orange Tennis)

Lessons at Mini ORANGE level should ideally be 1 h 30 min long. This is sufficient time for the children to receive quality A-B-C training but also allow time for tactical and technical training.

1 h 30 min will also give time for the coach to organize mini competitions and leave valuable time to use the Mini Tennis awards. As the children are a little older and more able in Mini Tennis ORANGE they can begin to work more independently, so an ideal ratio would be 1:6/ 1:8 on two tennis courts. Coaches can have larger groups, but more assistants and extra courts are a must if you wish to deliver a quality program. The plans provided are based on a 1: 8 ratio (one coach with 8 pupils) on two courts.

Children score using match tie breaks - first to ten points. One tie break can be played in a coaching situation but in a tournament coaches may wish to play best of 3 tie breaks or first to 4 games (tennis scoring i.e. 15-0, 30-30). Once again competition should be brought to every lesson but additional competitions are a must for every club program both, intra and inter (against other clubs/centers). At Mini ORANGE level, competitions can be run in a team based way, or individually, but coaches should start to introduce doubles in competition also, as the children love playing with a partner and it is the game that a lot of children will grow up wanting to play.



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Lesson 1. Preparation and follow-through on forehand

1) **Warm up- *Space invaders***

Children line up on PLANET BASELINE as INTERGALACTIC SPACE INVADERS. They move along the baseline sidestepping until they reach the end. They take one large step towards the net, then sidestep to the other sideline and continue doing this until they reach the PLANET NET. The coach will be on the other side of the court firing SPACE CRATERS (balls), and if at any time the player gets hit by a SPACE CRATER they have to go all the way back to the start (Planet Baseline).

2) **Agility/ movement- *Top 2 bottom***

Place two lines of cones running parallel to each other with 4-6 balls placed on one line of cones. Players take it in turns to pick up the balls and place them one at a time onto the other line of cones (in a zig-zag fashion). Encourage players to pick up with one hand and put it down with the other.

3) **Ball skills- *Head - shoulders - knees and toes***

Children throw a ball up, touch their head and catch the ball.

Then touch shoulders and catch the ball, then knees and finally toes. Now attempt to throw a ball up and touch head, shoulders, knees and toes and then catch the ball.

Rallying development

- In pairs over a net inside the service boxes players move their opponent around the box by playing hand tennis (players can only send the ball underarm and from the side of their body and the ball must always bounce).
- One player can now use a racket but the other must still catch the ball and then throw it over (swap over after a certain time/ points).
- Now both players can use rackets but they have to start the rally with an overarm throw with their dominant arm.
- Move back to the orange baseline and rally in pairs. They have to achieve a rally of 2 then 4/ 6/ 8/ 10. First pair to complete the drill are the winners.

Main part

Tec development: forehand

a) Coach feeds 4-6 balls to each child. They shout 'bounce' when it bounces and 'hit' when they hit the ball.



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- b) Feed 4-6 balls but players get their racket back before the ball hits their side of the court.
- c) Feed 4-6 balls, players hit the ball and finish with a BIG NOSE in a balanced position with their head and body as still as possible.

Points

2 players competing and 2 waiting. Both players start at 10-10 if player one wins the point they go to 11 and their opponent goes to 9. If they win another point they go to 12 and opponent goes to 8. If player two wins the next point it goes back to 11-9. The idea of the game is that you win so many points in a row that you get to 20-0 (swap pairs after every 2 points). Every point must start with an overarm serve.

Fun Games/competition

Caterpillar race

In groups of 4/5. Children stand next to each other with their rackets out in front of their body. The person who is at the back of the line has a ball on their strings. When the coach shouts 'go' the player with the ball passes it onto the 2nd player's strings and runs to the front of the queue. The 2nd player then passes the ball to the 3rd player's strings and runs to the front of the queue. The winning team is the one who can successfully caterpillar their team and its ball from one end of the court to the other.

Lesson 2. Preparation and follow- through on backhand

1) Warm up- Snake

6/8 pupils stand in a straight line forming a tunnel one behind each other). The coach rolls balls along the floor side to side. Players have to make sure that the balls go through their legs, if they don't they are out of the game.

2) Agility/ movement- Top 2 bottom mayhem

Coach places two lines of cones running parallel to each other with 4-6 balls placed on one line of cones. Players take it in turns to pick up the balls and place them one at a time onto the other line of cones (in a zig-zag fashion). Any time the coach says 'back' or 'up' they have to change the direction they were going and do the drill in the opposite direction.

3) Control skills- Around the world



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TODOROVIĆ



In teams of no more than 6, children form a circle and pass a ball around the circle from player to player via their rackets. If the ball falls off one child's racket that child has to go on to one knee, another mistake = 2 knees, another mistake = sitting down and another they are out of the game. All players work cooperatively.

Rallying development- *Dinky tennis*

Children play points inside two service boxes but start every point by placing the ball onto the top of the net and rolling it either on to the opponent's side of the net or their own. Players are not allowed to volley.

- a) Players rally inside the service boxes & demonstrate control by letting the ball bounce once, hitting the ball in the air, letting it bounce near to their body and then hitting it back over the net for their partner to repeat.
- b) Have one player doing the hit up - hit over and partner rallying conventionally after one bounce.
- a) Then repeat from the Orange baseline.

Main part

Tec development: backhand

- a) Coach feeds 4-6 balls to a child. They shout 'bounce' when it bounces and 'hit' when they hit the ball.
- b) Feed 4-6 balls, players get their racket back before the ball hits their side of the court.
- c) Feed 4-6 balls, players hit the ball and finish with high elbows (big nose) for double handers. High and down the court for single handers with the head and body as still as possible.

Points (discovering tactics)

In pairs children each get a rally of 3 shots and then play out a point. Rotate pairs after two points/ attempts at playing two points. The winner is the first to 11/15, depending on time. Players should rotate around to play against other opponents. Variations could include hitting higher rallies before the point is alive. Starting with a serve, hitting over a lower net/ higher net (relating to ability).

Fun Games/competition

Bump

In pairs in half a court. Each half court as its very own target score which the pairs have to achieve by rallying without making any mistakes. If achieved, the pair



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immediately shouts 'BUMP', this enables the pair to knock down the pair on the above court and attempt that courts rally target. The winning pair are the ones who reach the top court and achieve that highest target score before being 'bumped down' by a challenging pair.

Lesson 3. Forehand balance and positioning on the return of serve

1) **Warm up-***Tongue murder*

The coach nominates three murderers from the group and two detectives. All of the children move around the court responding to commands from the coach, 'hop', 'skip', 'knees up etc. Murderers have to poke their tongues out at the rest of the group and their victims drop down on the floor. Detectives have to spot murderers and shout 1 accuse' where upon murderers will be dead and out of the game. Coach should swap roles of detectives and murderers.

2) **Speed work-***Rats and rabbits*

Divide the children into two groups, 'rats' and 'rabbits'. The two groups stand in two straight lines. If the coach shouts 'rats' they turn and run to a line but the rabbits chase after the rats and tag them before they reach their target. If the coach shouts rabbits the rats attempt to tag the rabbits before they reach their target. As a variation coaches should get the children to sit down or even mix the rats and rabbits queue up to confuse the children!

3) **Ball skills**

In pairs, children discover as many ways to send the ball to each other. Rolling, underarm throwing, overarm throwing, heading the ball, kicking the ball, around their waist, through their legs, off a wall, cricket bowling, encourage the children to be creative.

Rallying development- *Rotation rally*

In 3's inside two service boxes. One player is always hitting and the other two are rotating between shots but only have one racket. So before the ball comes back they pass the racket to each other and move out of the way. When players get to a rally of 10, swap the players around.

- Move back to orange baseline and repeat but now the pair working together have a racket each and have to hit two shots in a row before rotating out.



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Main part

Tec developments forehand & balance

- a) Repeat previous two lessons technical work.
- b) Coach feeds 4-6 balls to each child. They pose at the end of each shot for 3 seconds keeping their whole body perfectly still in the BIG NOSE position.
- c) Children rally with the coach. At the point of contact players shout 'balance' and stay still for 2 seconds. The coach may need to delay the rally by hitting the ball up and then over on their side to allow time for the child to balance for 2 seconds.

Serve & return

Half of the group serve from the orange baseline and the other half become catchers. The servers do an overarm serve diagonally into the box which their partner catches after one bounce, throws back diagonally overarm for development of service technique). After 5 successful serves and catches, players swap over.

Fun Games/competition

King/ queen of the mountain

In pairs children play matches (orange scoring) on half a court. After a certain time or one player gets to a certain amount of points the coach stops the matches. Winning players will move up half a court and losing players will drop down half a court. If a player loses at the bottom court they stay. If a player wins at the top court they stay.

Lesson 4. Backhand balance and maintaining good posture

1) **Warm up- *Dynamic stretcher***

Children stand in one tramline, run to the next tramline then run backwards. Then they sidestep with every third step changing the way their body faces - karaoke stepping (cross overs), fast feet steps, skipping, high knees, bum kicks, little lunges, arm circles etc. Make sure each exercise is done forwards and backwards to increase co-ordination.

2) **Ball & movement skills**

Repeat the exercises above but with every movement they do each child throws a ball up and catches it.



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3) Racket skills

Repeat the exercises above but with a ball balanced on a racket. Then repeat the exercises but doing tap ups with the racket.

4) Balance- *Walking the plank*

Each child stands on one leg then touches the ground with a finger without losing their balance. After 5 times they repeat the drill on the other leg. In pairs, one player balances on one leg while the other child becomes a pirate and attempts to knock their partner off balance. Pirates can never touch their partner but can make noises to put them off, run really close around their body, roll balls around their feet. Children will create lots of different ways to throw their partner off balance.

Rallying development

Children rally in pairs inside the service boxes. Both players hit two ground-strokes followed by two volleys etc. Then have one player hitting two volleys followed by two ground-strokes while their partner does the opposite.

Then repeat from the orange baseline but hitting 3 ground-strokes followed by 3 volleys.

Main part

Tec development: backhand & balance

- Repeat previous two lessons technical work.
- Coach feeds 4-6 balls to each child. They pose at the end of the shot for 3 seconds keeping their whole body perfectly still.
- Children rally with the coach. At the point of contact children shout 'balance' and stay still for 2 seconds. The coach may need to delay the rally by hitting the ball up and then over on their side to allow time for the player to balance for 2 seconds.

Points: maintaining good court position

- Players warm up their serves.
- 2 children play a tie break on the orange court, after each shot they hit they run inside a recovery area before their opponent contacts the next shot. The recovery zone is a square box inside the back half of the tennis court and one also near the net. Coaches should adjust the size of the box to suit the ability of the group.



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Fun games/competition

Dead buried skeleton

Children line up one behind each other on the baseline. One at a time they hit a ball over the net then join the back of the queue. If they fail to get it in they lose a life - 'dead'. If they fail again - 'buried'. If they fail again they become a 'skeleton'. Skeletons put their racket down and join the coach's side of the net. If a skeleton catches the ball the child goes back into the game with one life (buried) and joins the back of the queue.

Lesson 5. Complete action and rhythm on the serve

1) **Warm up- Take off**

This game needs two teams and two courts. In between the two courts the coach puts down a cone (launch pad). Each team are either side of this launch pad. The idea of the game is to throw the racket (ball) from the launch pad to team-mates so it can get back to ground control (team's tramline). Teammates pass the racket only with an overarm throw and are not allowed to move with the racket in their hand. So team-mates have to find spaces in order to get the ball back as quickly as possible to ground control and avoid interception from the other team. To score a point, teams have to place the ball in their tramline and not throw it in. After each point the ball is put back to the launch pad and the game begins again.

2) **Footwork & movement skills- Piranhas chase**

In pairs in a service box with three 'Piranhas' (balls) in the middle. The children have to keep all three balls moving inside the service box by rolling the top of the balls in lies outer.

the box they stop and start again.

Children cannot touch the same ball twice in succession.

3) **Balance- Island hopping**

Coach places throw-down spots across the court. Children jump from one spot to another, landing perfectly balanced.

Then each child jumps from two legs but lands on one and vice versa. Make children pose on one leg for 5 seconds when they land to demonstrate good balance.



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Rallying development- Consistency - levels

In pairs children rally inside the service boxes. To achieve LEVEL 2 they have to get a rally of two shots, if they do they play the point out. They then achieve LEVEL 3 (rally of 3) and once again play the point out. Children just continue to achieve the highest LEVEL possible in the time they have. At the end of the game there should be a winning pair with the highest LEVEL and individual score for points won. The start of each new level should begin with a co-operative overarm serve or an overarm throw.

Then repeat from the orange baseline but against a different

Main part

Tec development: Rhythm on serve

Coach gets children to stand on the baseline in the serving stance. They have to copy the coach.

- Children pretend to slice off their toes with the racket then bring it back to the ready position.
- Then pretend to slice off their toes and get the racket into a tick position.
- Finally they pretend to slice off their toes, get into the tick position and pretend to throw the racket up and give it a really High Five
- Then repeat these stages with the ball.

Badminton matches

- Children warm up their serve & returns.
- Children play singles tie breaks against one another (everybody plays everybody). They can only score a point if they are serving. If they win a point when their opponent is serving they earn the right to serve.
- A variation on this is to award the return of server 2 points if they win, to encourage the server to hold serve.

Fun Games/competition

Lord of the rings

Each court has a 'lord of the rings' (champion) and several 'hobbits' (challengers). Hobbits play a point against the lords one at a time. If the hobbit wins the point they receive one ring (cone). If the hobbit can win 3 rings in a row then they cross the realm and become the new lord of the rings. If the hobbits collect only one or two



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rings and lose the next point they lose all of their rings and start again. When a hobbit or a lord loses they change courts.

Lesson 6. To introduce split step

1) Warm up- Fortress catch

Coaches divides the class into 3 teams. Each team has their own fortress (hoop). Coach places one or two hoppers of balls in the middle of all the fortresses. When the coach shouts

go one child from each team runs towards the hopper, collects a ball from inside the hopper and throws the ball overarm back towards their team's fortress. If their team-mate catches the ball, while standing inside their fortress (hoop) without a bounce and with two hands they can put it in their fortress. If they fail to catch the ball they leave it on the floor. Each child takes it in turns to run to the hopper and throw back to the fortress.

2) Sending & receiving skills- Crazy catching

In pairs, children throw the ball up in the air for each other to catch. Then change to a bounce pass, then bounce pass with side-to-side movement. Introduce two balls, with one player throwing up and the other throwing down with a bounce pass. Four balls - with one player throwing their two balls up and their partner throwing two balls down. Finally for a real challenge have both players throw one ball up and one ball down simultaneously but each ball has to be caught.

3) Racket & ball skills- Feed/hit/catch

In teams of 3. One child is the hitter, one child the feeder and the third the catcher. The idea of the game is the thrower leads the ball underarm which the hitter lets bounce and then his over the thrower's head for the catcher to catch the ball clear no bounces. Once they have done this successfully 5

Mines they swap roles, once each child has successfully been in each role the game is finished.

Rallying development- Tracking the ball

In pairs, children rally inside the service boxes saying 'T' when the ball lands on their side of the court. Then introduce '2' when they hit the ball followed by '3' when the ball lands on their opponents side of the court and finally '4' when their opponent hits the ball. This game works best when one child is doing it and after a short period of time swap over.



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Main part

Tec development: Split step

- The coach feeds 4-6 balls to each child, just as the coach strikes the ball they have to shout 'split and do a little jump in the air, land, and hit the ball back.
- Coach rallies with each child with one ball for as long as possible. Children lose their turn if they don't demonstrate a split step at the correct time.

Serve & match play

- Children warm up their overarm serves from the ORANGE baseline serving to targets laid out by the coach.
- Children play a singles set against one another but the coach gives them a POINT NUMBER. The POINT NUMBER is the amount of points that child has to win in a row to get a game. First player to 6 games is the winner. Coaches can give a higher number to the more able children to make it more challenging.

Fun Games/competition

Wipe out

Two teams play the point against each other but the ball can bounce as many times as they wish. As soon as the ball begins to roll and stop (so it is no longer bouncing) the point is dead. The person who is nearest to the ball without keeping it alive will be WIPED OUT of the game. If the ball lands out of the court on the first bounce then that player is WIPED OUT also. Players are allowed to hit the ball a maximum of three times in a row before passing it to a team-mate or hitting it over the net. Players can return to the game one at a time if the opposite team makes a mistake.

Lesson 7. Introduce the ready position in volleying

1) Warm up- Star wars

Children stand in a space on the court and stay inside the court at all times. One child is DARTH VADER and the rest of the group are JEDI KNIGHTS. DARTH VADER runs around the court trying to tag the JEDI KNIGHTS if tagged JEDI KNIGHTS stand still with their legs open because the only way they can rejoin the game is if another JEDI KNIGHT crawls through their legs and shouts the magic password 'MAY THE FORCE BE WITH YOU'.

2) Footwork & agility skills- Loopey hoopey feet



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In pairs, one player has a hoop which they roll in a straight line for their partner to chase after, stepping in and out of the hoop with their right leg. Then swap roles. To make it really difficult the child puts their right leg through the hoop (while it is moving) and keeps it in there, so the child will have to run with a hoop between their legs.

3) **Sending & receiving skills- Hoop catch**

In groups of 3. One child in the group has a hoop and rolls it down the court. The other two children stand each side of the hoop facing each other throwing a tennis ball through the hoop whilst it is moving. With a bounce, then without a bounce.

Rallying development- Consistency

In pairs each child has a cone and places it near the net. The pair has to get a rally of 6 past the cone but still landing in the court. Once achieved they move it back 2 rackets' length.

Continue this rallying game until both rackets are near the baseline and the pairs have a limited target to rally into.

Main part

Tec development: Volleying

a) Coach feeds 4-6 balls to each child who is stood at the net volleying. Before they hit each volley they show the coach a racket head up ready position in the centre of their body. Ensure the use of the continental grip.

a) Coach feeds 4-6 balls to each child after every shot they hit they touch the BUTT of the racket against the ground. This ensures a good neutral ready position for the next volley.

Serve and match play

a) Children warm up their serves overarm from the ORANGE baseline.

b) Children play matches against one another but if they get their first serve in, their opponent can only hit cross court shots. Whereas the server can hit crosscourt or down-the-line shots. If their opponent hits the ball down the line they automatically lose the point.

However if the server faults on their first serve then their opponent can hit anywhere inside the singles court from a second serve.



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Fun Games/competition

Jail break

One team and one JAIL on each side of the net. One at a time a player from each team plays each other. The winner of the point can put their opponent into JAIL or take a player from their team out of JAIL (if applicable). The team to put all of the opposing team into JAIL wins. Coaches can feed an 'all player ball' which allows the winner to get all their players out of JAIL.

Lesson 8. Competition week

Set up

Coach divides the group into 2 teams, e.g. YELLOW and BLUE. Every part of the lesson is competitive, with points being scored for the team. Coach will need a scoreboard or a scorepad. The winners are the team with the most points at the end of the lesson.

Allow 1 h 30 min for the competition.

Competition 1- Team relay

In two teams standing one behind each other on the outside sideline of the court. Each team has a hoop next to them with 3 balls for each player. When the coach shouts go the first player picks up a ball runs and places it in court one's tramline, then runs back, picks up the next ball, runs and places it in court two's nearest tramline and back, then picks up the third ball, runs and places it in court two's furthest tramline before running back and tagging their partner who does the same. The winning team is the one to get back the quickest. 10 points for the winning team.

Competition 2- Burger race

Each team builds a tennis burger. Each child places their racket and ball on top of the next team-mates racket and ball so it looks like a big burger. Once each team have built the burger they all stand on the sideline and when the coach shouts go move the burger as a team to the other sideline and back. The team that gets back the quickest will score 10 points for their team. If at any stage the burger falls apart they stop and rebuild.

Competition 3- Rallying

Children find a partner from the same team one each side of the net. Pairs have to rally inside half of an ORANGE court (use tramlines for extra width). They have 3 minutes to get the biggest rally score they can. As soon as they make a mistake they



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have to start again. But they remember the biggest score they got in the 3 mins because this will be added in points to their team's score. The ball must bounce once on every shot.

Competition 4- Tug-of-war singles

Children play a singles match for 3 minutes against someone from another team, each child serving for two points. Both children start on 10. When a player wins a point they go up a score and their opponent goes down a score. 11-9/ 12-8/ 13-7 etc. At the end of the 3 mins whatever score they are on gets added in points to their team's score.

Competition 5- Serve and volley tie breaks

Children play singles Mini Orange matches against each other. The only time the ball is allowed to bounce is on returning the serve. After the return of serve every shot must be a volley. The winning player scores 10 points for their team



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Training program for school tennis at the age of 13-16 (GREEN TENNIS)

At GREEN level it is vital that in every lesson there is some form of competition. At this age children should begin to call their own score and lines without the help of a coach or assistant. In a tournament children should play first to 4 games (tennis scoring). For finals, coaches may wish to have a best-of-3-set match - first to 4 games in each set. Again, doubles tournaments are really popular with children of this age as they can begin to play with their friends and feel less pressure than playing individually.

Lessons at GREEN level should be ideally 1 h 30 min long. This is sufficient time for A-B-C training, technical and tactical training. It will also allow time for coaches to use the Mini Tennis awards scheme and for coaches to organize mini competitions within the lesson.

The ratio should ideally be 1:6/ 1:8 using two courts. Coaches may wish to have larger numbers but would require more assistants and extra courts to ensure a quality program is being delivered. The plans provided are based on a 1:8 ratio (one coach with eight pupils) on two courts.



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Lesson 1. Introduction to chopper grip

1) **Warm up-** Run the gauntlet

Coach places one racket near each net post on the same side of the court. One player is picked to defend both of these rackets and stands ready near the net. The other players take it in turns to run from the baseline to one of the two rackets and place a ball on the strings. But if the defender tags any part of the challenger's body they must pass the ball to another challenger.

2) **Agility and footwork-** Tornado feet

In pairs, one player rolls a ball through their partner's legs, then chases after it and runs around the ball as many times as possible before it stops. Players always face forwards as they are circling the ball. Then swap roles. If at any time a player hits the ball with their feet they must pick it up and start again.

3) **Racket skills-** Tricks

Hit the ball on all four sides and edges of the racket to see how many keepy-uppies they can do. Tennis juggling - with racket in one hand and two balls in the other, player throws one ball then hits it back to catch but before they catch with the other hand, they throw the second ball to the racket etc.

Rallying development- Consistency

In pairs, working inside two service boxes. Each pair attempts a rally of 20 shots: forehand to forehand backhand to backhand to forehand etc.

Once achieved, or after a certain amount of time, move back to the Mini Orange baseline and repeat. Then repeat from the full court baseline. Each rally must be started with an overarm throw from the Mini Orange baseline.

Main part

Introduction to chopper grip

a) Child puts their racket under their non-dominant arm with the handle sticking out in front. They pull the racket out with their dominant arm - this should be with a chopper grip.

b) With a chopper grip children hit a ball down with the edge of the racket and then with the strings and keep repeating (but not changing the grip to do this).

This is a good exercise for teaching the pronation of the wrist.



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c) Again using a chopper grip child faces the fence with their racket up in a volley ready position. They throw the ball up and hit it on the strings (without changing the grip or moving the feet) and aim to hit to three different coloured cones spaced out near the back fencing.

Crosscourt patterns

First pair starts from the centre line. One player feeds an underarm forehand anywhere crosscourt and in (right to right). Their opponent has to return anywhere crosscourt - then the point is alive and the ball can be hit anywhere inside the single court. First pair plays two points then second pair replace them and play two points, and so on. First to 11/15 then swap pairs around. If player 1 feeds in the ball crosscourt and player 2 fails to return crosscourt, the point must be replayed.

Fun Games

5-4-3-2-1

One pair starts as defending champions. Coach feeds balls into challenger pairs lined up on the other baseline behind each other. They then play a point out for the right to be champions. If they win they will have 5 seconds to run down to the other side of the court and take their place. If they lose they join the back of the queue and wait their next turn.

Lesson 2. Developing of topspin forehand

1) Warm up- Tied up

Players in pairs, sharing a tennis racket, with each player holding one end. All players stay on one side of a tennis court. The coach nominates a champion pair who also do the same but have to try and tag the remaining pairs. If they are tagged - or if the pair leaves the court - or if one player loses contact with the racket that pair is out of the game. Players will soon realize that they have to work together and stay close to one another or the racket will leave one player's hand easily and they will be out of the game.

2) Balance- Limbo

Players stand in a straight line one behind each other. The coach holds up a skipping rope or pole and one by one the players have to limbo under it. If they fall over or touch the floor with their hands they are out of the game. Each round lower the pole to make it more difficult.



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3) **Footwork & agility- Ladders**

Players step quickly through ladders laid on the ground placing both feet in each rung - sidestepping (change sides) - hop scotch one leg/two legs (change legs). Place 2/3 cones between several of the rungs and get the players to sprint through the ladder as quickly as possible but jump over the rungs with cones in.

4) **Racket skills- Penalty shoot out**

in pairs over one tramline rallying softly (no net) attempt to hit opponent's line. Every time the ball hits the line that player gets a goal. First player to 5 goals. The ball always bounces, no volleys allowed.

Rallying development- Consistency

In pairs, rallying in two service boxes: the players race to get a total of 50. Every time they make a mistake they go back 3 points. Once players have achieved this, or after a certain amount of time, move back to the Mini Orange baseline and repeat. Then repeat from the full court baseline.

Main part

Topspin development: forehand

a) Children work independently dropping a tennis ball in front of their body and hitting the ball over the net, (low to high brush).

attempting to 'wipe the writing off the ball' as they hit

b) In pairs, one child holds out their racket stationary at waist height and drops a ball in front of the racket. Their partner has to swing their racket around the stationary racket and hit the ball after one bounce. (Low to high brush.)

c) Coach puts up a rope above (and at twice the height of) the net. Players rally over the rope, encouraging a consistent arc of the ball.

Serving/ Crosscourt patterns

a) Players warm up their serves from the baseline, continuing to work on chopper grip.

b) Players start from the centre line. They feed anywhere crosscourt and in (left to left). Their opponent returns anywhere crosscourt. Then the point is alive and the ball can be hit anywhere inside the singles court. Pair 1 play two points, then the 2nd pair replace them and play two points. First to 11/15, then swap pairs around. If player 1 feeds in the ball crosscourt and player 2 fails to return crosscourt, the point must be replayed.



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Fun games/ competition

One-point championships

Quickfire game where each player in the group plays one another but for only one point. Player with the most points is the Aussie Open winner. If two players are tied at the end, they play a one-point final to decide the championship winner. Then play for the French Open, Wimbledon and finally the US Open.

Lesson 3. Developing of topspin backhand

1) **Warm up-** *Dynamic feet*

Players stand one behind each other behind the baseline facing the net. In turn they move sideways along the baseline by stepping (quickly) two feet over the baseline and then two feet behind the baseline (always facing the net). When they reach the outside tramline they sprint towards the net and then repeat moving across the baseline in the other direction.

2) **Ball skills-** *Pass the bomb*

In pairs with one ball. Player 1 must pass their ball from their left hand to their right hand and then pass it into player 2's left hand. Player 2 must then pass it into their right hand before passing it back into player 1's left hand again (players keep their hands up high to pass the ball). Once they have got the hang of this drill, do it as fast as possible.

3) **Speedwork with racket**

Players queue behind the baseline. Coach feeds a wide forehand to the first player then feeds a short backhand soon after. That player then walks off the court and joins the back of the queue. On the next round the coach will feed a wide backhand followed by a short forehand. The players try to hit every ball after one bounce. (Ensure the work rest ratio is 1:5 when working on speed drills.)

Rallying development- *Consistency*

Players rally in teams of four, one inside each service box.

Player 1 hits crosscourt to player 2 who then hits down the line to Player 3 who hits crosscourt to player 4 who finally hits back to player 1.

- Then repeat the drill from the Mini Orange baseline.



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- Then repeat the drill from the full court baseline.

Variation - Nominate a chief who is allowed to hit the ball either crosscourt or down the line but the others must continue to follow the original pattern.

Main part

Topspin development: backhand

a) Children work independently dropping a tennis ball in front of their body and hitting the ball over the net, attempting to 'wipe the writing off the ball' as they hit (low to high brush).

b) In pairs, one child holds out their racket stationary at waist height and drops a ball in front of the racket.

Their partner has to swing their racket underneath the stationary racket and hit the ball after one bounce.

(Low to high brush.)

c) Coach puts up a rope above and twice the height of the net. Players rally over the rope encouraging a consistent arc of the ball.

Serving/ Crosscourt

a) Players warm up their serves from the baseline.

Theme is ball toss.

b) In pairs, on a singles court. Player 1 hits crosscourt, then player 2 hits down the line, then player 1 moves across and hits crosscourt again (the other way now) to player 2 who hits down the line. (If all four shots are successful and go into the correct target areas that ball becomes alive and can be hit anywhere inside the singles court to play a point out.) Pairs keep rotating on and off after each point. Coach sets up a challenge to see who is the first person to 11 points.

Fun games/competition

2 wins 1

Children play mini tie breaks against one another but timed matches - 2-3 minutes for example. In order to score one point they must win two points in a row. If a player wins a point but loses the next point, neither player can claim a point because there wasn't a score of 2 in a row.



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Lesson 4. Patterns of play on forehand

1) **Warm up-** Lap of honor/Leap of faith

Players queue behind the baseline. Coach feeds a ball to each player in turn. They catch the ball after one bounce, put it on the floor, do a lap of the ball (always facing the net) then pick it up and do an overarm throw over the net before joining the back of the queue. If they fail to catch the ball after one bounce they do a lap of the court and join the back of the queue. As a variation, players place the ball down, do a two-footed jump forwards over the ball and then backwards, then throw it overarm over the net.

2) **Speed work**

Coaches places a hoop just in front of the baseline in both halves of the court. With a player standing next to each hoop on the baseline the coach shouts 'Race!' at which point the children run around their hoop (always facing the net) and then touch the baseline with their foot before sprinting to the service line. The winner is the child who reaches the service line the quickest.

3) **Racket and ball skills-** Two racket tennis

Each child has two rackets (one in each hand). Children rally inside the service boxes. They hit one shot with their left hand then one with their right. Then they hit the ball up with one racket, let the ball bounce and hit it back with the other racket. Finally they hit the ball up with one racket and volley it back with the other.

Rallying development- Spin to win

In pairs rallying inside two service boxes. One player hits slice while the other player hits topspin. Then swap roles.

Then choose one player to be the chief who can hit what type of spin they like but their opponent always hits the opposite.

So if they hit a topspin shot their partner hits slice etc.

- Then repeat the drill from the Mini Orange baseline.

- Then repeat the drill from the full court baseline.

Main part

Tactical development: patterns on forehands

Players queue behind the baseline. Coach feeds a ball crosscourt to player 1's forehand; they hit back to the coach who then volleys the ball back crosscourt to player 1. Player 1 then hits another forehand down the line into the open court.



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Serving and return

a) Players warm up their serves from the baseline.

Theme is rhythm.

b) The server serves 10 balls and the receiver returns one crosscourt and one down the line alternately. After 10 serves swap over. The server wins a point if the serve goes diagonally into the correct service box. The receiver wins a point if they hit the return in to the correct side (either down the line or crosscourt). Play first player to 25 points.

Fun games/competition

D'ingles

In pairs with a ball each. On the count of 3 both players feed their ball into court keeping both balls going. If one ball breaks down then they play the point out on the one that is still alive. If both balls break down straightaway no player wins the point and they start the point again. Remember players have to feed both balls in at exactly the same time.

Lesson 5. Patterns of play on backhands

1) Warm up- Crazy roundabout

In teams of 5 or 6, standing in a circle. They each have to basketball dribble a ball using both hands moving around the circle clockwise. When the coach shouts 'Change, - they change direction and keep dribbling. Coach shouts 'Clap', - they throw their ball up and clap 3 times before they catch. Coach shouts 'Up' - they throw the ball up in the air land slightly behind them but catch the ball thrown by the child in front. Coach shouts 'Hot dog' - each child throws the ball through their own legs and catches the ball in front of them.

2) Speed and agility

Quick draw McGraw In pairs, facing each other, each with a cone either side of them. On top of each cone is a ball and the coach must nominate one child to be CHIEF. The CHIEF has to pick up one of the balls from either the left or right side of their body. The other child watches the CHIEF closely and picks up their ball which mirrors the CHIEF'S ball before the CHIEF picks up his own. Coaches swap over CHIEFS after a short time.



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3) **Racket and ball skills- Octopus hands**

In pairs: one player feeds 2 balls in succession. The other player hits the first ball with their strings, the second ball with their handle. Then swap roles. Then three balls, first with the strings, second with the handle, third with the edge of the racket.

4) **Racket and ball skills (fun)- Chop sticks**

In pairs, each child holds their racket 'guitar style'.

They place a piece of noodle (ball) between each of the two chopsticks (handles) and carry it from one tramline to the other. If the piece of noodle drops out, players start again.

Rallying development- Bermuda triangle

In pairs playing points inside two service boxes. In the middle of each service box the coach places a triangle made out of cones or throw down lines. If at any time during the rally the ball lands inside the triangle they lose the point straight away. Then repeat from the Mini Orange baseline. Then repeat from the full court baseline.

Main part

Tactical development: patterns on backhands

Players queue behind the baseline. Coach feeds a ball crosscourt to player 1's backhand, they hit back to the coach who then volleys the ball crosscourt back to player 1. Player 1 then hits another backhand down the line into the open court, before joining the back of the queue. (Children will be practising the opposite shot from last week.)

Serve & return

a) Players warm up their serves from the baseline.

Theme is contact point.

b) They play singles against one another but if they double fault their opponent is awarded the whole game.

c) If a player doesn't return a second serve their opponent is also awarded a whole game.

Fun games/ competition

Extermination resurrection

In two teams, one on each side of net. One player from each team comes forwards and they play a point out against each other.



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Whoever loses the point will be exterminated. If exterminated they sit down inside their service box, facing the net. Two more players then come in and play the point out. If a player is exterminated they can volley the ball back into the opposition's court whilst being sat down. If they achieve this they are resurrected back into the game. But if an exterminated player goes for a volley and misses it, they have then exterminated their own player into the service box. The winning team have to get all their players resurrected and all the other team's players exterminated.

Lesson 6. Receiving skills on volleying

1) **Warm up-** Triangle football

Coach divides the class into 3 teams. Each team have their own goal to defend (use two cones). Each team passes the football to team-mates to try and score a goal, they can shoot into either of the other two teams' goals. Players defend their goals but there are no stationary goalkeepers so no one can use their hands to control the ball.

Variation: introduce a second ball - it gets fun when one half of the team are trying to score while the other half are defending their goal.

2) **Speed and agility-** Run for your life

Children all hold onto the fence with one hand. One at a time they sprint to catch the ball after one bounce when the coach feeds it softly into the service box.

3) **Speed and agility**

Repeat the exercise above but instead of catching the ball they hit it with a racket. Variation: have players hit a drop shot when they reach the ball trying to make the ball bounce at least twice inside the service boxes. This is a great exercise to train the lower body to move quickly whilst the upper body moves slowly.

Rallying development- Consistency

In pairs children try to achieve a volley rally of 2 from the net; then a groundstroke rally of 2 from the service line; followed by a groundstroke rally of 2 from the baseline. Then repeat the drill but going up to 4/6/8/10 etc.



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Main part

Technical development- Volleying

- a) Coach feeds 8 volleys to each player in turn. One volley must be a low forehand, then a high forehand, then a low backhand, lastly a high backhand. Then repeat. (Encourage all the children to keep the racket head up even on the low volleys and to change the angle of the racket to meet the flight of the incoming ball.)
- b) Coach feeds randomly, the children have to tell the coach which volley they receive e.g. a 'low forehand volley'.
- c) Coach feeds in two volleys in succession. The child hits both crosscourt but on the second volley they stay and play the point out against the coach.

Serve and match play

- a) Children warm up their serves from the baseline. Theme is keeping the feet still throughout the action.
- b) Children play singles matches against each other on a Mini Orange court but the only time the ball is allowed to bounce is on returning the serve. This will encourage the children to come in and practice their volleys.

Fun Games

Tennis volleyball

In two teams of 4/6 per team. Each has half their number of players at the net (who can only volley) and half their players at the baseline (who cannot volley). The players at the back always feed the ball in underarm (net players can't hit from the feed). Then the point is alive. After every 5 points each player rotates around one place to the right. The team with the most points at the end of the lesson are the winners.

Lesson 7. Tactical patterns on volleys

1) **Warm up- Quidditch Cup**

Children stand in a space inside the court. One player is the seeker (the one with a ball). When the game begins they run and tag another player with the Quidditch ball. Once tagged they are 'on' with the seeker. The idea is then to tag as many players on as possible by throwing the ball to each other around the court. Once there are 4 players on they cannot run more than three steps with the ball before either tagging or passing it on. The last person to be tagged is the QUIDDICH CUP winner.

2) **Dynamic balance- Leap Frogs**



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All the children line up on the baseline and leap to the net by doing big jumps, touching their hands on the ground, and then pushing off doing giant leaps.

3) Racket and ball skills

- a) In pairs, children pass a ball along the floor to each other using their feet.
- b) Children volley to each other a short distance away from each other.
- c) Put the exercises together. Rally and dribble the ball along the floor with their feet.

Rallying development- Volleying consistency

In pairs, inside the service boxes playing the LEVELS game from Orange lesson plan number 5. But in this version every shot hit has to be a volley.

Main part

Tactical development- Angled volleys

Coach feeds 8 balls to each player, one at a time, at the net for them to volley. The first set of 8 have to land past the service line but the second bounce should be out of the court beyond the baseline. The second set of 8 volleys should land inside the service boxes with the second bounce beyond the sidelines. Then encourage the players to mix it up, but the second bounce must always be out of the court otherwise they lose the rest of their turns.

Serving/Volley champions

- a) Children warm up their serves from the baseline.
Theme: slice serving.
- b) Coach nominates one champion: the rest of the group are challengers. Challengers take turns to play the point out against the champion starting with a serve. They either have to win 4 points in a row to become the champion or just one winning volley.

Fun Games/competition

Drive volley 5-4-3-2-1

Children stand in a line one behind each other these are the challengers). On the other side of the net there is a champion.

The coach feeds a loopy ball high in the air for the challenger to drive volley. Once the challenger has hit their drive volley the point is alive. If the challenger wins the



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point they will have 5 seconds to run down the other side of the court to take the champion's place before the ball is fed to the next challenger.

Lesson 8. Competition week

Set up

Coach divides the group into 2 teams, e.g. YELLOW and BLUE. Every part of the lesson is competitive, with points being scored for the team. Coach will need a scoreboard or a scorepad. The winners are the team with the most points at the end of the lesson.

Allow 1' hrs for the competition.

Competition 1- Run the gauntlet

Two rackets are placed on the floor, one next to each net post. The yellow team line up on the baseline T one behind each other. One member of the blue team starts by the net and acts as a defender. One at a time each yellow player attempts to place a ball onto one of the rackets without being tagged by the blue defender. Each time a different player from the yellow team comes in, the blue team must change the defender. Whoever is successful will win 5 points for their team. After every player from the yellow team has been, they become the defenders and the blue team have to run the gauntlet.

Competition 2- Championship point

Children get into pairs (one from each team) and play first to 5 points, one serve each. Once finished they play one championship point. The championship point can double the score they got in their mini match. So, for example, if player i won the match 5 points to 3 and went on to win the championship point they will get 10 points for their team. - Do 5/6 matches.

Competition 3- Seedings

Two teams of 6 players. Each team seeds themselves randomly 1-6. Every player from each team plays one another (so there will be 6) matches for 3 minutes each. At the end of each match, whoever is winning will earn the number of points corresponding to their individual seed number, plus their opponent's seed number. So, for example, if seed 2 from the blue team was playing seed 5 from the yellow team and won, they would score 2 points plus 5 - a total of 7 points for their team score.



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Competition 4- Short sets

Each child plays one child from the other team and plays a short set, first to 4 games. Winning child scores 10 points for their team.

Competition 5- Tag tennis



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Children play against one another (opposite teams) on as many courts possible, 2 players waiting and two players hitting. Every 4 points the pair waiting gets tagged in and continues the score. First pair to 15 points wins 15 points for their team.



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Physical conditioning through exercises

The comprehensive concepts and aspects of conditioning allow the development of children's motor skills from a very early age, and even 5-year-olds can start a targeted training process. As the field of conditioning has evolved dramatically over the years, it is no longer only associated with lifting weights and running around the stadium for hours. Teenagers can work on their coordination, learn the technique of basic motor skills (running, jumping, throwing, catching, etc.) and build a rich sports culture. The earlier a child becomes part of the training process, the more productive the development process would be at a later stage of his sports career.

Physical preparation is one of the main factors in improving technical components in tennis. The development of the spatial orientation and coordination, as well as the rhythmicity of the competitor, will play an essential role in the positioning and execution of the shot at the best possible moment. Improving strength in the lower parts of the body will lead to a significant increase in the explosive speed, which will help the speed of the ball after that the impact to be significantly.

Physical conditioning exercises can help strengthen muscles, joints, and ligaments, reducing the risk of injuries on the tennis court. Stronger muscles provide better support for joints during twisting movements or sudden stops on the court.



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1) Dead Bug

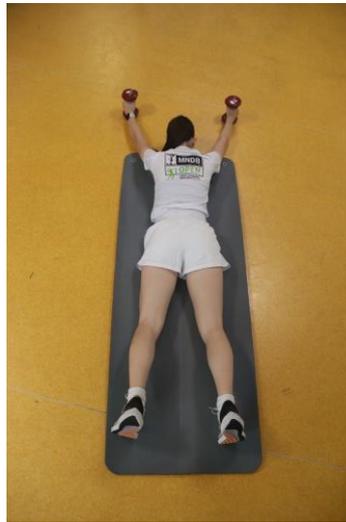
In a supine position, arms are extended toward the ceiling. Hips and knees are flexed at 90°. Slowly slide one leg forward until full extension and bring the opposite arm down toward the ground. Repeat with the other leg and arm.

Beginner: 2 sets of 8-10 repetitions, twice per week.

Intermediate: 3 sets of 10-15 repetitions, three times per week.

Advanced: 3 to 4 sets of 12-20 repetitions, four times per week.





2) Superman with shoulder circles (weighted)

In a prone position with extended arms next to the head. Bring the legs and arms up, maintaining ground contact only with the torso. Bring the arms behind the back, making a “circle”. After touching both hands, bring them back to the starting position and repeat. For increased difficulty, a pair of dumbbells is added to the exercise.

Beginner: 2 sets of 5 repetitions, twice a week.

Intermediate: 3 sets of 8 repetitions, twice per week

Advanced: 3 sets of 10 repetitions, three times per week.

3) Lat stretch

Stand in front of a wall, bend the body at 90°. Keep the spine neutral and try to bring the head as far down as possible, surpassing arm level so that the back muscles are stretched.

Beginner: 1 set of 20 second hold, twice per week.

Intermediate: 2 sets of 30 second hold, three times per week.

Advanced: 2 sets of 45 second hold, three times per week.





4) Banded Back Row

In a seated position with extended legs, attach a band to your feet. Bring the scapulas together and pull the band toward the torso. Then in a slowed and controlled manner, return to the starting position until full extension of the arms.

Beginner: 2 sets of 6-10 repetitions with light band. Twice per week

Intermediate: 3 sets of 10-12 repetitions with medium band. Three times per week.

Advanced: 3 sets of 10-15 repetitions with heavy band. Three times per week.



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5) Neck extension with a band

Attach a band to the back of the head and grab the two ends of the band with extended arms in front of the head. Bring the head back creating resistance against the band. Bring the head back slow and controlled.

Beginner: 2 sets of 5-8 repetitions with light band, once per week.

Intermediate: 2 sets of 8-10 repetitions with light band, twice per week.

Advanced: 3 sets of 10-12 repetitions with light band, three times per week.

6) Superman with shoulder circles

In a prone position with extended arms next to the head. Bring the legs and arms up, maintaining ground contact only with the torso. Bring the arms behind the back, making a “circle”. After touching both hands, bring them back to the starting position and repeat.

Beginner: 2 sets of 5 repetitions, twice a week.

Intermediate: 3 sets of 8 repetitions, twice per week

Advanced: 3 sets of 10 repetitions, three times per week.





6) Cat Cow

In a quadrupedal position, slowly flex the spine as much as possible, bringing the chin towards the chest. Then slowly extend the spine as far as possible. Try to look up in the furthest point of spine extension.

Beginner: 2 sets of 10 repetitions, three times per week.

Intermediate: 3 sets of 10 repetitions, four times per week.

Advanced: 3 sets of 15-20 repetitions, four to five times per week.



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7) Plank

In a prone position, bring the whole body up, while making ground contact with the toes of the feet and the forearms. Hold this position for a certain amount of time. Keep the abdominal muscles tight and keep the spine neutral.

Beginner: 2 sets of 30-40 seconds, three times per week.

Intermediate: 3 sets of 45-60 seconds, three times per week.

Advanced: 3 sets of 60-80 seconds, four times per week.

8) Keeling side plank with hip abduction (Banded)

Lie on the side with knee and forearm making ground contact. Bring the torso up. While holding this position, bring the upper leg up. Bring it down slowed and controlled and repeat. For increased difficulty, put a band on the thighs. Repeat on the other side.

Beginner: 2 sets of 20 seconds per side, three times per week.

Intermediate: 3 sets of 30-45 seconds per side, three times per week.

Advanced: 3 sets of 50-70 seconds per side, three times per week.





9) Quadruped reach and rotate

In a quadruped position, bring one arm below the torso and reach as far as possible, then bring the arm back and extend it toward the ceiling trying to go as far as possible again. Try to focus on rotating the spine as much as possible in both directions.

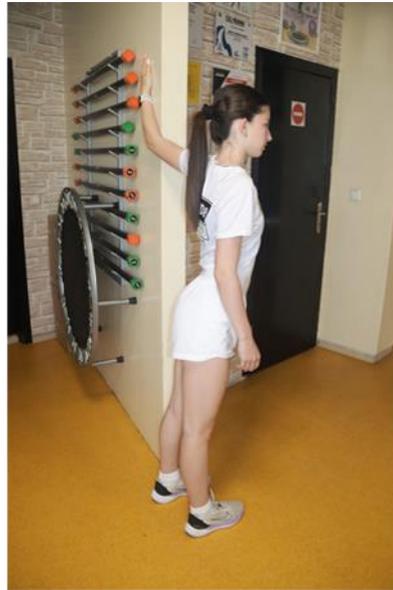
Beginner: 2 sets of 10-12 repetitions, twice per week.

Intermediate: 2 sets of 15-20 repetitions, three times per week.

Advanced: 3 sets of 15-20 repetitions, three times per week.



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10) Pectoralis stretch

Stand next to a wall and place one arm on the wall at 90° at the elbow and shoulder. Bring the body forward and rotate a little bit to the side so the pectoral muscles are stretched. Hold this position for a certain amount of time.

Beginner: 1 set of 10-15 second hold on both sides, three times per week.

Intermediate: 2 sets of 20 second hold on both sides, three times per week

Advanced: 2 sets of 30 second hold on both sides, four times per week.

11) Oblique stretch

Stand next to a fence or a Swedish wall. While standing sideways from the wall cross both legs and grab the wall with one arm below the head and one arm overhead. Bend the torso so that one side of the abdominal muscles are stretched. Hold this position for a certain amount of time.

Beginner: 1 set of 10-15 second hold on both sides, twice per week.

Intermediate. 2 sets of 20 second hold on both sides, three times per week.

Advanced: 2 sets of 30 second hold on both sides, three times per week.

These are general conditioning exercises and can be can be performed in any conditions by a child of any age



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Psychosocial benefits of playing tennis

- Tennis provides opportunities to meet new people and build up new relationships. Playing with partners or in groups encourages social connections and enhances communication skills. While tennis can be an individual sport, doubles matches and team practices require collaboration, teaching players the importance of teamwork and cooperative effort.
- For achieving your own goals the sport requires regular practices, discipline and responsibility and after hard work and dedication during trainings, comes the success in tennis. No matter how small or big it is, improving skills, and winning matches boost self-esteem and confidence.
- Tennis teaches sportsmanship and respect for opponents, officials, equipments and the rules of the game. Good sportsmanship creates a positive and supportive environment for all participants. Showing respect and sportsmanship sets a positive example for younger generation.
- Advanced players often mentor beginners, which helps develop leadership skills. Organizing games or leading practice sessions also reinforces these abilities.
- Tennis players gain valuable experience when playing in different countries. Each location presents unique challenges and opportunities for growth. They learn to adapt to different cultures, languages, time zones, climates and traditions. Facing international opponents introduces them to a wide range of new playing styles and tactics.



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Mental health benefits of playing tennis

- Regular exercise improves mood and emotional well-being. Tennis, being an enjoyable activity, can lead to greater overall happiness and life satisfaction.
- Tennis requires strategic thinking, planning, and quick decision-making, which enhance cognitive functions such as problem-solving, memory, and concentration. The focus required in the game, from tracking the ball to strategizing during play, helps improve attention span and mental focus.
- Emotional intelligence in tennis is important because it enables players to manage their emotions effectively during matches, maintaining focus and composure under pressure. It helps them stay resilient when losing points or dealing with difficult opponents, allowing for quick recovery and sustained performance.
- Regular participation in tennis provides a structured routine, which can be stabilizing and beneficial for mental health. Consistent schedules help in managing time effectively and create a sense of stability.
- Tennis requires players to stay present and focused on the game, promoting mindfulness. This practice of being in the moment can reduce anxiety and improve mental clarity.
- Regular physical activity is linked to lower rates of depression and anxiety. The skills and habits developed through tennis can help prevent mental health issues in the long term.
- Engaging in competitive sports like tennis teaches individuals to handle competitive stress and develop a healthy attitude towards competition. This mindset is valuable in various life situations.



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