



Tennis in Schools Program

Fundamentals of PLAY TENNIS

LESSON PLANS FOR PHYSICAL EDUCATION TEACHERS



Developed for the PHIT AMERICA Foundation by Carlos Salum

INTRODUCTION TO THE PLAY TENNIS PROGRAM

The PHIT AMERICA Tennis in Schools Program is for Physical Education Teachers, their Assistants, as well as Tennis Pros and Parents collaborating with them.

- **The program is based on PLAY TENNIS**, an adaptation of tennis fundamentals that contemplates the variety of skill levels, playing areas, equipment available and safety required when teaching movement in school.
- **The program includes Six Fundamental Lessons** to guide Elementary School students through the progressions of all tennis strokes within an intuitive, game-focused approach.
- **The design of the Lesson Plan is based on the successful teaching of PLAY TENNIS in schools around the world for over 40 years** in countries such as the United States, Germany, England, Scotland, Sweden, Norway, France, Spain, Italy, Argentina and Mexico.

KEY PROGRAM GOALS

- **To develop the students' General Athletic Skills through PLAY TENNIS in a school setting**
- To invite students to master Basic Tennis Skills so they choose to practice on their own
- To provide a process that allows students to understand how to play creatively with few resources
- To prepare the students to choose After School Tennis as a path to playing Tennis for life

PROGRAM FUNDAMENTALS

- **PLAY TENNIS curriculum for Elementary School students (Six Fundamental Lessons)**
- Program Level: Elementary Schools
- Ideal size class: Minimum 4 students – Maximum 24 students
- Taught by PE Teachers, Teachers, Parents and Tennis Pros
- Estimated Lesson Duration: 40 minutes
- Environment: Tennis court, Gym or any suitable space where a tennis ball can rebound and accommodates the number of students in the class
- Pathway: Micro-tasking (small bites of information, progressions, short activities), Gamification (engaging games, easy scoring), Mentoring (short, clear and practical information, positive challenges, encouragement) and Rewards (prizes for engagement and achievement).

DESCRIPTION OF THE SIX PLAY TENNIS LESSONS

The overall description of the Six Lessons (color-coded for differentiation) is as follows:

LESSONS	TOPICS	OBJECTIVES	OUTCOMES
Lesson 1	HANDS & EYES Pre-Tennis	Visual Focus Hand-eye Coordination Spatial Orientation	Individual to Cooperation Improve Object Tracking Manage Playing Space Area Improve Reaction Time
Lesson 2	FUNDAMENTALS Pre-Tennis PLAY TENNIS	Review Visual Focus Volley Basic Forehand Basic Backhand	Cooperation with Partner Define Point of Contact Define Grips Basic Ball Control
Lesson 3	CONTROL FIRST PLAY TENNIS	Volley Forehand Backhand Skill Challenges	Cooperation to Opposition Improved Ball Control Strength Control Build Confidence (Service) Challenge Core Skills
Lesson 4	THREE DIMENSIONS PLAY TENNIS Instant Competition	Groundstrokes Review Skill Challenges Mini-Service motion Competition Games	Cooperation and Opposition Ball Control and Direction Shots Height and Depth Mini-Service motion control Station Gaming
Lesson 5	EXPLORATIONS PLAY TENNIS Instant Competition	All Strokes Review Group Challenges Competition Games Full Service (optional) Scoring Types	Opposition Station Gaming for Points Explore Tactical Variations Full Service motion control Individual/Group Scoring
Lesson 6	CHALLENGES PLAY TENNIS Instant Competition	All Strokes Review Space Challenges Competition Games Tie-Breakers	Opposition Review All Technique (Cues) Integrate Tactical Overview Learn Tie-Break Scoring How to Continue Playing

The Six Fundamental Lessons are described in full detail [\[here\]](#)

A blank Lesson Plan for handwritten notes is available [\[here\]](#)

THE SIX FUNDAMENTAL PLAY TENNIS LESSONS

LESSON 1

Lesson 1 – Pre-Tennis

Grade Level: Elementary School

Learning Outcomes:

- Individual to Cooperation
- Improve Object Tracking
- Manage Playing Space Area
- Improve Reaction Time

Equipment Needed:

- Option 1: Balloons and plastic bags - Option 2: A slow ball (foam ball, large rubber or beach ball)
- Each student has a tennis racquet or paddle
- Wall, rebounders, targets
- Cones, string, rope, height obstacles

Safety Considerations:

- Ask students to create a personal space of 4 x 4 steps around themselves

Lesson Topic: HANDS AND EYES

Lesson Length: 40 minutes

Lesson Objectives:

- Visual Focus
- Hand-eye Coordination
- Spatial Orientation

Warm-up

Duration: 5 – 7 minutes

Group and Equipment Organization:

- Students work individually

Skills and Activity Progression:

OPTION 1 - LOW-SKILL GAMES (Best for Indoors): Using balloons and plastic bags [\[See here\]](#)

OPTION 2 - THROW AND CATCH

- Objective: throw and catch a ball
- Instrument: a slow ball (foam ball, large rubber or beach ball)

THROW and CATCH ALONE:

Organization: each student alone, anywhere in the playing area

Exercises:

1. Bounce the ball against the ground and catch it with one or two hands (10 times)
2. Throw the ball up in the air and catch it one or two hands (10 times)
3. Bounce the ball against the ground and catch it with either hand (10 times)
4. Throw the ball up in the air and catch it with either hand (10 times)
5. Walk or run and bounce the ball against the ground and catch it with one hand (10 times)
6. Walk or run and throw the ball in the air and catch it with one hand (10 times)

REBOUND and CATCH ALONE:

Organization: each student alone, facing a wall or rebounder. They can catch with either hand.

Exercises:

1. Throw the ball against the wall, let it bounce on the ground and catch it in the air (10 times)
2. Throw the ball against the wall and catch it in the air (10 times)
3. Throw the ball against the ground close to the wall and catch it in the air after hitting the wall (10 times)
4. Mark targets on the wall, throw the ball against them and catch it in the air (10 times)
5. Throw the ball against the wall from different distances. Catch the ball in the air or after one bounce (10 times)

THROW and CATCH IN PAIRS:

Organization: Two students collaborate, anywhere in the playing area

Exercises:

1. Throw the ball to each other and catch it in the air with one or two hands in front of the body (10 times)
2. Bounce the ball against the ground so the partner catches it with two hands in front of the body (10 times)
3. Walking or running, bounce the ball against the ground and catch it in the air with one or two hands, alternating throws to each other (10 times)

THROW and CATCH IN PAIRS (MULTI-BOUNCE)

Organization: Two students collaborate, anywhere in the playing area

Exercise:

- Player A tosses the ball up high in the air and calls out “one, two or three” so Player B catches the ball after the announced number of bounces. Next, Player B tosses the ball and calls the bounces. (10 times)
- *Remind students to toss it high enough to give the other player time to move and catch, especially when using multiple bounces.*

THROW and CATCH IN GROUPS:

Organization: Divide the class in groups: a student feeder standing in front of a line of 5 to 7 students

Exercises:

- The student feeder bounces the ball on the ground to the first student in line. This student catches the ball with two hands in front of the body, throws the ball back in the air to the student feeder, runs behind him/her and goes to the back of the line of students. (10 times)
- *NOTE: The student feeder must only bounce the ball when there are at least two students in front of him/her, to sustain the rhythm of the game.*

Teaching Cues:

- Challenge students with “Who can...?”
- Encourage students to catch the ball in front of their bodies (in the line of sight)

Activity 1

Duration: 5 minutes

Group and Equipment Organization:

- Students work in pairs and as a group

Skills and Activity Progression:**HANDS AND BALL**

- Objective: strike a ball with the hand only
- Instrument: each student has a slow ball or a tennis ball

HAND TAPS ALONE:

Organization: each student alone, anywhere in the playing area

Exercises:

1. Bounce the ball against the ground with one hand repeatedly (10 times) and then with the other one (10 times)
2. Bounce the ball against the ground and within a hoop or target with the dominant hand (10 times), then switch to the other hand (10 times)
3. Bounce the ball against the ground alternating hands without interruption for 20 times total
4. Bounce the ball against the ground with either hand while running, jumping forward or backwards, with both feet together, etc. (20 times total)

HAND TAPS IN PAIRS:

Organization: Two players collaborating, anywhere in the playing area

Exercises:

1. Bounce the ball against the ground with the dominant hand (10 times)
2. Bounce the ball against the ground alternating the right and left hand (10 times)
3. Bounce the ball against the ground with either hand while running, jumping forward or backwards, with both feet together, etc. (10 times)
4. Bounce the ball against the ground alternating hands without interruption for 20 times total

HAND TAPS WITH OBSTACLES:

Organization: Two players collaborating, anywhere in the playing area

1. The students bounce the ball on the ground and tap it with their hand, keeping the rally going for 20 times with only 3 mistakes allowed
2. The students continue the rally but moving in different ways (on one leg, moving backwards, jumping with both feet together, climbing and descending from a bench, etc.) for 20 times with only 3 mistakes allowed
3. Variation: The students put obstacles between them (cones, dead zone, bench, net, string, etc.) and continue the rally over the obstacles (or slalom through them) for 20 times with only 3 mistakes allowed

HAND TAPS IN GROUPS:

Organization: Teams of 2 to 4 students with obstacles (or a dead zone) in front of each team.

1. Team A throws the ball to Team B bouncing it on the ground and around the obstacles. Team B catches the ball bounces it back. (10 times)
2. Team A throws the ball to Team B around and over the obstacles and Team B returns it. (10 times)
3. Tennis with bouncing ball: the Teams return the ball to the opposite side after the second bounce of the ball an over the obstacle. They count to 7 (first to 7 wins) and change serve every two points.

Teaching Cues:

- Encourage students to catch the ball in front of their bodies (in the line of sight)
- The 3 mistakes allowed are an objective rather than a sanction (overlook the number of mistakes)

Activity 2

Duration: 10 minutes

Group and Equipment Organization:

- Students work individually, each student has a racquet or paddle

Skills and Activity Progression:**BALL CONTROL WITH A RACQUET:****Roll Around the Racquet:**

Objective: Control of racquet face and ball

Exercise:

- The players should place the ball on the racquet lace and then roll the ball around the frame of the racquet without the ball falling off. They can roll it clockwise five times and then counterclockwise five times. Afterwards, they can roll the ball once clockwise, followed by a counterclockwise roll, aiming for 10 rolls total.
- Variation: challenge students to do it with their non-dominant hand.

Sleeping Ball

Objective: Control of racquet face and ball

Exercise:

- Have your students balance a ball on the strings of their racquet and walk around randomly.
- While walking around, have them stop, drop the ball off the racquet, let it bounce and catch the ball back on the racquet. Students may have to use their hands to trap the ball on the strings.
- After several successful catches, challenge them to practice to just use the racquet face and let the ball rest on the strings without falling. The ball is now “sleeping” on their strings.
- Challenge them to have 5 successful catches with only 3 mistakes allowed. You can then reduce the mistakes allowed to 2 and later to only 1.

Tap-Ups:

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Step 1: Players must tap the ball up in the air with the racquet, let the ball bounce on the ground and tap it again in the air (10 times in a row). Repeat for 10 more times.
- Step 2: Players must tap the ball up in the air with the racquet without it falling to the ground (10 times in a row). Repeat for 10 more times.

Tap downs:

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Players must hit the ball down to the ground with the racquet by walking around in a circle, first forward, then backwards (10 in a row, each direction)

Teaching Cues:

- Teach the forehand (palm) and backhand grips (knuckles)

Activity 3

Duration: 8 minutes

Group and Equipment Organization:

- Two players collaborating
- Each player requires a racquet and a ball

Skills and Activity Progression:**OPTION 1: Hot Ball pass**

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Players A and B hold their racquets facing up. Player A balances a Hot Ball (tennis ball, beanbag, large paper ball or foam ball on the strings). The object becomes “The Hot Ball.” Starting with Player A to Player B, they try passing the Hot Ball back and forth from one racquet to the other. After 10 successful trials, they move back two steps, so they have to make a gentle toss to get the Hot Ball from one racquet to the other.

OPTION 1: Pancake Catch

Objective: Control of the racquet face

Exercise:

- Player A taps the ball up to Player B, who tries to catch the ball on the racquet strings without it falling to the ground. At the beginning, they can use their free hand. Go for 5 successful catches in a row. After, they must catch the ball on the strings without the free hand. Go for 5 successful catches in a row. As they begin to have success, they can start to throw the ball higher, aiming for 10 catches in a row.

Archery

Objective: Control of the racquet face

Exercise:

- Player A holds the racquet frame with both hands, like a steering wheel, looking through forward through the strings (like a caged animal). The strings are the target for Player B.
- Player B stands 5 steps away from Player A, drops a ball, taps it and tries to reach Player A's strings with 5 consecutive attempts. Player A can move the arms to the right, left or up (but not the feet) to help Player B score, always keeping the racquet in front of the face.
- Afterwards, they switch roles and Player B has 5 attempts. Together, they try to score 10 solid hits.

Teaching Cues:

- Emphasize collaboration in tapping the ball, not hitting. The objective is ball control with continuity.

Activity 4

Duration: 8 minutes

Group and Equipment Organization:

- Teams collaborating – Each team requires a racquet and a ball

Skills and Activity Progression:**Tap downs Relay:**

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Divide the group into teams of minimum 4 players each and line them up on one side of the playing area from where they can run forward unobstructed.
- The first player in each team runs with the racquet tapping down the ball on the ground and touches the other end of the playing area. From there the player taps the ball to the next person waiting in line and runs back to the end of the line. The first team that successfully completes this exercise with all players lined up are the winners.

Variation: Tap-Ups Relay:

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Divide the group into teams of minimum 4 players each and line them up on one side of the playing area from where they can run forward unobstructed.
- The first player in each team runs with the racquet tapping the ball up on the strings and touches the other end of the playing area. From there the player taps the ball to the next person waiting in line and runs back to the end of the line. The first team that successfully completes this exercise with all players lined up are the winners.

Teaching Cues:

- Remind students of the grips and point of contact

CLOSING:

Duration: 2 minutes

Questions: Where's the point of contact? What's the forehand grip? What's the backhand grip?

How to Practice on Your Own: Tap ups, Tap downs, Wall ups, Roll around the racquet, Rallies

Challenge: Can you tap 20 hits against the wall or with someone else with only 2 mistakes?

Promote the Next Lesson: We are going to learn the Forehand, Backhand and Volleys

LESSON 2

Lesson 2 – Pre-Tennis – PLAY TENNIS

Grade Level: Elementary School

Learning Outcomes:

- Cooperation with Partner
- Define Point of Contact
- Define Grips
- Basic Ball Control

Equipment Needed:

- Balls, racquets, nets/obstacles, string, lines, cones, hoops, targets

Safety Considerations:

- Individual tasks: Ask students to create a personal space of 4 x 4 steps around themselves
- In pairs: personal space of 8 x 8 steps
- Group tasks: each team plays in a space of 16 x 16 steps

Review Progressions and Video: Volley, Forehand and Backhand progressions.

Lesson Topic: FUNDAMENTALS

Lesson Length: 40 minutes

Lesson Objectives:

- Review Visual Focus
- Volleys
- Basic Forehand
- Basic Backhand

Warm-up

Duration: 5 minutes

Group and Equipment Organization:

- Students working individually
- Each student has a racquet and a ball

Skills and Activity Progression:

TAP-UPS: "We tap up the ball on the spot and moving"

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- The ball bounces off the racquet and goes up to eye level, less high, higher, a little higher each time, the highest possible (10 times)
- Add all or any the following variations, always tapping the ball up on the racquet:
 1. follow another student: walking, running, on one foot, jumping with both feet together.
 2. follow a path on the ground (lines, ropes ...);
 3. follow a slalom course: benches, beam, hoops
 4. go up and down steps or benches: moving forward, backward.

TAP DOWNS: "We bounce the ball on the ground"

Objective: Hand-eye coordination and racquet dexterity

Exercise:

- Players must tap the ball down to the ground with the forehand (10 times), then the backhand (10 times); and then the teacher challenges them to continue with these variations:
 - on the spot by turning on oneself, advancing, retreating, chasing each other
 - following a line;
 - as high as possible, as close possible from the ground, as quickly as possible

STOP and GO: "We juggle and react to signals"

Objective: Hand-eye coordination and racquet dexterity

Exercise:

Students walk separately from each other while the ball rebounds on the forehand side of the racquet.

- At the 1st signal from the teacher: we tap the ball on the backhand side.
- At the 2nd signal: we stop walking but the ball still bounces on the racquet.
- At the 3rd signal: the ball comes to rest on the racquet and we sit down on the floor.

Teaching Cues:

- Remind students of the cues for forehand (palm) and backhand grip (knuckles)
- Emphasize looking at the seams or shade on the ball while performing the tasks

Activity 1

Duration: 5 minutes

Group and Equipment Organization:

- Students first individually, then as a group – Ensure safe space
- Each student has a racquet and a ball

Skills and Activity Progression:**BALANCE and ADAPT: "The waiters' race"**

Objective: Control of racquet face and ball

Exercise:

- The teacher lines up the students on one side of the playing area, next to each other. Each student holds a racquet with a ball on the strings.
- On the teacher's signal, the students must go as fast as possible from one playing area to another. The ball always remains on top of the racquet and is always bouncing.
- At a second signal, the students stop, take a turn around themselves and kneel. .

Variations: The teacher can then introduce any or all of these variations:

1. Students travel the distance in as few steps as possible;
2. Students cover the distance in as few ball bounces as possible;
3. Students create an obstacles course and sort them out
4. Pairs of two players run together with one ball: at a signal, Player A taps the ball to Player B – they exchange the ball after 5 to 10 bounces on their own racquets.

OPTIONAL: BALANCE and CHALLENGE: "Play cat"

Objective: Control of racquet face and ball under pressure

Exercise:

- Divide the students in teams of 4 to 6. Each team plays on a limited area of 26 x 26 feet (approximately 8 x 8 steps)
- All the students tap the ball up on their racquet. One of them is the cat and must try to gently touch the other students' arm (only) without letting his ball fall off the racquet. Whoever loses control of the ball becomes the cat.
- After 3 changes of cat, everyone puts their free hand behind their back and the "cat" intimidates everyone without touching them. Whoever loses control of the ball leaves the game for a moment.

Teaching Cues:

- Emphasize racquet and ball control rather than speed
- Promote the students' creativity by letting them add variations if space and time are available

Activity 2

Duration: 10 minutes

Group and Equipment Organization:

- Students work in pairs, collaborating with each other by feeding and catching balls.
- Show the clock face diagram with all the tennis strokes' contact points, or demonstrate them.
- Alternative: Use the BJK Eye Coach to help students identify the point of contact in the clock face.
- Students can grip the racquets from the middle of the shaft and later progress to the grip.
- Start the progressions with large and light balls (foam, paper, beach ball) or balloons. If the students show success, reduce the size of the ball after one or two rounds of progressions. Otherwise, continue with large balls.
- Students play over an obstacle (a net) or a space that separates them to allow for the bounce of the ball.

Skills and Activity Progression:

- Explain the position of the Volleys, the Forehand and the Backhand in the clock face diagram.

NEW SKILL: Forehand Volley Progression (grip: palm)

Objective: learn to hit the forehand volley through the contact point at 10:00 or 2:00

Exercise:

- **Step 1:** Player A feeds a ball and Player B stops the ball with the open palm of the hand "like a policeman stopping traffic" at 10:00 if right-handed or at 2:00 if left-handed. After 5 balls, switch roles.
- **Step 2:** Player B places the palm of the hand near the throat of the racquet and grips it comfortably, not tight – and shows the racquet to Player A in the 10:00 or 2:00 position to volley. Player A feeds a ball to that target and Player B gently taps the ball back. After 5 balls, they switch roles.
- **Step 3:** Player B takes the racquet by the middle (shaft), "as if shaking hands with the racquet" and shows the racquet to Player A in the 10:00 or 2:00 position to volley. Player A feeds a ball and Player B meets the ball in front of the face and body, tapping the ball above the net. They repeat the drill 10 times. They switch roles and Player B feeds-and-catches the ball for 10 times.

NEW SKILL: Backhand Volley Progression (grip: knuckles)

Objective: learn to hit the backhand volley through the contact point

Exercise:

- **Step 1:** Player A feeds a ball and Player B stops the ball with the thumb "as if you were ringing a doorbell" at 2:00 if right-handed or at 10:00 if left-handed.
- **Step 2:** Player B places the thumb behind the shaft of the racquet with index knuckle higher than the other knuckles ("The index knuckle is the King or Queen; the others are its subjects") - and shows the strings to Player A. The free hand can be behind the strings to fix the point of contact. Player A feeds a ball to that target and Player B gently taps the ball back. After 5 balls, they switch roles.
- **Step 3:** Player B takes the racquet close to the grip (or by the grip) "as if shaking hands with the racquet" and shows the racquet to Player A in the 10:00 or 2:00 position to volley. Player A feeds a ball and Player B meets the ball in front of the face and body, tapping the ball above the net. They repeat the drill 10 times. They switch roles and Player B feeds-and-catches the ball for 10 times.

NEW SKILL: Tap-Forehand Progression:

- **Step 1:** Player B uses a forehand grip (palm) and shows Player A the forehand volley as a target. Player A feeds bounces and taps the ball to the volley target. Player B taps the ball back 5 times in a row and then they switch roles. Player A taps 5 forehand volleys.
- **Step 2:** Player B lowers the racquet at the height of the pocket and locate the contact point for the forehand, in front the body at 3:00 if right-handed or at 9:00 if left-handed. Player A feeds the ball and Player B taps it back so Player A can catch it. They repeat the drill for 5 times. They switch roles and Player B feeds-and-catches the ball for 5 times.
- **Step 3:** Both players tap their forehands, stop the ball at the point of contact, let the ball bounce and tap it back, trying to keep a rally for 10 straight shots with only 3 mistakes.

NEW SKILL: Tap-Forehand/Backhand Progression:

- **Step 1:** Player B uses a backhand grip (knuckles) and shows Player A the backhand volley as a target. Player A feeds bounces and taps the ball with a forehand to the volley target. Player B taps the ball back 5 times in a row and then they switch roles. Player A taps 5 forehand volleys.
- **Step 2:** Player B lowers the racquet at the height of the pocket and locate the contact point for the backhand, in front the body at 0:00 if right-handed or at 3:00 if left-handed. Player A feeds the ball with a forehand and Player B taps it back so Player A can catch it. They repeat the drill for 5 times. They switch roles and Player B feeds-and-catches the ball for 5 times.

- **Step 3:** Both players alternate tapping forehands and backhand (forehand to backhand/forehand to backhand), stopping the ball at the point of contact, letting the ball bounce and tapping it back, trying to keep a rally for 10 straight shots with only 3 mistakes.

Teaching Cues:

- Demonstrate how to feed balls underhand, from low (thigh height) to high (chest height). Show them to aim to their peers' racquet across the net.
- Show the Grip Change: You change grips from forehand to backhand (and vice versa) to hit one stroke or the other with the thumb and index of your free hand.
- Focus on the Contact Point: remind students where to meet the ball on the clock face image.

Activity 3

Duration: 8 minutes

Group and Equipment Organization:

- Two students collaborate with each other in safe space (at least 8 x 8 steps)
- Each student has a racquet and a ball

Skills and Activity Progression:

Target Ball:

Objective: Hand-eye coordination and racquet control

Exercise:

- Divide the group into pairs. The students place one ball on the ground as a target. The students then hold a little "bump" rally tapping the ball up in the air and trying to make it land on the ball on the ground. The rally continues without interruption, even if the ball bounces twice or irregularly. The winner is the student who first hits the target 5 times.

Two Target Ball:

Objective: Controlled rally with targets (marks on the ground, balls, cones, cardboard, etc.)

Exercise:

- Students place a target in front of each other. The targets are 5 steps apart from each other. Students rally trying to hit their opponent's target with forehands and backhands. Whoever hits the target 5 times wins.
- Variation: play the same game over the net or over an obstacle, or by placing the targets at 7 steps away. The winner is the one that hits the opponent's target 5 times.

Teaching Cues:

- Emphasize the point of contact and collaboration in tapping the ball with continuity

Activity 4

Duration: 8 minutes

Group and Equipment Organization:

- The teacher can choose an option or organize two game stations, depending on time and space

Skills and Activity Progression:

OPTION 1: Alone against all

Objective: Control of racquet face and ball

Exercise:

- Divide the group into teams of 4 to 6 players. Player A throws the ball with the racquet over the elastic, rope or obstacle. A group of 4 to 6 players are goalkeepers,
- Each teams plays in a limited area of (16 x 16 steps). Place an elastic, line or rope above one side of the area. The obstacle can also be a fence or a "dead zone" where the ball must not bounce.
- Player A obtains a number of points equal to the number of rebounds inside the playing area;
- The goalkeeper players must immobilize the ball on their racquet to neutralize Player's A shot. They can use their free hand to do so, but they can get double points for using just the strings.

- Player A makes 5 throws in a row and then switches places with one of the goalkeeper players. They all keep their own score to compare after the first group rotation.

OPTION 2: The chain

Objective: Control of racquet face and ball

Exercise:

- Equipment: A basket or box containing 10 balls. Divide the group into teams of 4 to 6 players, each in a zone of the playing area. Each team has a safe space of 16 x 16 steps.
- Player A sends the ball to Player B who must control it with the racquet and pass it on to the next player without using the hand. The number of rebounds on the ground is unlimited, but the ball is lost as soon as it rolls over the ground.
- The last player of the chain immobilizes the ball on the racquet and places it in a basket or box at the end.
- Variation: the teacher can organize several teams competing simultaneously and ask each one to count the total number of rebounds on the ground or the number of balls sent to each basket. The competition can run by time as well, to speed up the passes.

Teaching Cues:

- The transition between immobilizing the ball and starting the bounces is the key to the game
- The ball is live as long as it doesn't roll, but the teacher can limit the number of bounces

CLOSING:

Duration: 2 minutes

Questions: What's the volley's contact point? What are the forehand and backhand contact point?

Practice on Your Own: Practice forehands and backhands against the wall or over an obstacle

Challenge: Who can tap 20 forehands and backhands in a row with only 1 mistake allowed?

Promote the Next Lesson: We will practice to hit with control and height

LESSON 3

Lesson 3 – PLAY TENNIS

Grade Level: Elementary School

Learning Outcomes:

- Cooperation to Opposition
- Improved Ball Control
- Strength Control
- Build Confidence
- Challenge Core Skills

Equipment Needed:

- Balls, racquets, nets/obstacles, string, lines, cones, hoops, targets

Safety Considerations:

- Individual tasks: Ask students to create a personal space of 4 x 4 steps around themselves
- In pairs: personal space of 8 x 8 steps
- Group tasks: each team plays in a space of 16 x 16 steps

Review Progressions and Video: Volleys, Forehand and Backhand progressions

Lesson Topic: CONTROL FIRST

Lesson Length: 40 minutes

Lesson Objectives:

- Volleys
- Forehand
- Backhand
- Skill Challenges

Warm-up

Duration: 5 minutes

Group and Equipment Organization:

- Students work in pairs in a safe area of 8 x 6 steps
- Each player has a racquet or paddle and a ball

Skills and Activity Progression:

OPTION 1: Feed and Catch with Variations

Objective: control of the groundstrokes with a relaxed swing

Exercise:

- Player A feeds the ball to Player B by hand. Player B hits the ball after the bounce. Player A must catch the ball.
- **Step 1:** Player A must take a step back after each throw, up to 5 steps (one step per throw). Player B must hit when the ball is high after the bounce. Switch roles after 5 hits.
- **Step 2:** Player A must catch the ball **before** the bounce with both hands in front of the body. Player B must have a long exhalation with the follow-through of the stroke, saying “Yessss...” Switch roles after 5 hits.
- **Step 3:** Player A must feed the ball to the forehand of Player B, then to the backhand. Player B must try to hit the ball as soon as possible, even trying to volley it off the air. Switch roles after 5 hits.

OPTION 2: BJK Eye Coach Practice

Objective: Practice eye focus and full swing groundstrokes

Exercise: Each student hits 2 forehands and 2 backhands in succession, changing grips, breathing out as they follow-through and finish the stroke up at eye level.

Teaching Cues:

- Catching at different heights to calculate trajectories and establishing the contact point in front
- Relaxation of the stroke’s swing through long exhalation

Activity 1

Duration: 5 minutes

Group and Equipment Organization:

- Two players collaborating in undefined safe space
- Each player has a racquet and a ball

Skills and Activity Progression:**SKILLS REVIEW: The Forbidden Zones**

Objective: Hand-eye coordination and stroke precision

Two students with racquets and tennis balls. Both players determine a zone in front of them where the ball must not bounce. Neither the ball nor the player must enter the Forbidden Zone.

- **Step 1:** The students rally with forehands and backhands trying to avoid the Forbidden Zone for 20 strokes in a row, with just 3 mistakes allowed.
- **Step 2:** Player A starts the rally with a forehand that must land inside the Forbidden Zone. They continue the rally even if the ball does not hit the zone. They rally counting 10 strokes in a row, switching who starts the rally. Only 3 mistakes are allowed.

Teaching Cues:

- Emphasize hitting the ball up and adjusting the feet to the bounce of the ball to hit the ball at the point of contact in front of the body

Activity 2

Duration: 10 minutes

Group and Equipment Organization:

- Two players collaborating in undefined safe space
- Each player has a racquet and a ball

Skills and Activity Progression:**BALL CONTROL WITH VARIETY: “Choose 2” Creative Rallies**

Objective: Increase ball control with volleys and groundstrokes with creativity and versatility

Exercise:

- Challenge your students to be creative with their rallies, collaborating in pairs. They can combine forehands, backhands and volleys in any sequence in a safe space (delimited). Examples: Both students hit the ball high in the air, low and just over the net, standing on one foot, hitting all balls with two hands on the racquet, hitting with only one hand on the racquet or skipping to get into position for the hit.
- Before starting the Creative Rallies, both must agree on a sequence of 2 challenges: first, second and third – and the challenges they will attempt. After those 2, they can create 2 more.
- Give them a target of hitting at least 6 balls in a row per creative rally and they must keep the ball in play as long as possible. You can allow two bounces on the ground for a while, and then only just one bounce.

Teaching Cues:

- Emphasize declaring or announcing the challenges to each other to be clear about the task.
- Ask each pair to monitor the safety and success rate of the performances.

Activity 3

Duration: 8 minutes

Group and Equipment Organization:

- Students working in pairs. Hoops or targets on the ground.

Skills and Activity Progression:**Target Practice (Forehands and Backhands, plus Volleys)**

Objective: Stroke precision, direction of the ball and graduation of the stroke's strength

Requirements: 2 lines or targets (hoops) on the ground

Exercise:

- Each player must send the ball as close as possible to the opponent's line or hoop with either forehands or backhands. They aim to rally for 10 straight shots with only 3 mistakes allowed.
- Variation: After they rally for 3 shots in a row, either player can anticipate to hit volleys and try to hit the opponent's target. The rally must continue uninterrupted for as long as possible.

Teaching Cues:

- Monitor the precision of the shots in relation to the hoops.
- Remind students to make small adjusting steps to increase the precision of their shots

Activity 4

Duration: 8 minutes

Group and Equipment Organization:

- Teams of 4 to 8 players each per each playing area. They can stand anywhere in the area.
- Each player has a racquet. One to three balls per game.

Skills and Activity Progression:**Volleyball Tennis (4 to 8 students per area) – Variation: 2 students per team (doubles)**

Objective: Control of groundstrokes and collaboration

Exercise:

- The ball must be passed among 3 players of the same team before going over the net.
- Teams win the point when the ball bounces twice in the opposite side. They can play to 11, 15 or 21 points.

Teaching Cues:

- Encourage the use of forehand and backhand grips. Focusing on the point of contact allows for better precision.
- Manage safe distribution of players per area.

CLOSING:

Duration: 2 minutes

Questions: What helped you control the racquet and the ball today? How did exhaling long help you?**Practice on Your Own:** Get together and practice The Forbidden Zone exercise, then play points**Challenge:** Can you hit 10 forehands and backhands against the wall without missing?**Promote the Next Lesson:** We will learn the service next time

LESSON 4

Lesson 4 – PLAY TENNIS/Instant Competition

Grade Level: Elementary School

Learning Outcomes:

- Cooperation and Opposition
- Ball Control and Direction
- Shots Height and Depth
- Mini-Service Motion (Half Serve)
- Station Gaming

Equipment Needed:

- Racquets, balls, targets, hoops, lines, cones

Safety Considerations:

- Delimit the playing areas with lines or dead zones

Review Progressions and Video: Mini-Service progression

Lesson Topic: THREE DIMENSIONS

Lesson Length: 40 minutes

Lesson Objectives:

- Groundstrokes Review
- Skill Challenges
- Mini-Service motion control
- Competition Games

Warm-up

Duration: 5 minutes

Group and Equipment Organization:

- Option 1: BJK Eye Coach or use of a wall or fence to perform a similar backswing loop task
- Option 2: Divide the group in teams and mark the area of separation between opposing teams

Skills and Activity Progression:

OPTION 1: BJK Eye Coach Game

Objective: Full forehand and backhand swing practice (backswing loop).

Exercise:

- Two players collaborating with the BJK Eye Coach as a tool. Each player has a racquet
- Player A faces the Eye Coach and Player B places the racquet with the arm extended at pocket height. Player A swings over and below Player B's racquet and hits the ball on the Eye Coach, returning to the ready position. Player A hits the ball 5 times in a row and they switch roles.

OPTION 2: Hand Tennis (4 to 8 players per team):

Objective: Hand-eye coordination and learn tennis scoring

Equipment: Students play as a team game and without racquets.

Exercise:

- One player throws the ball from behind a designated line, net or dead zone area and the opposing team must catch the ball after one bounce. Students then throw the ball back across the net and the rally develops.
- If the ball is caught before it bounces, they may throw the ball overarm if it is caught after one bounce, they must throw it under-arm. The ball may only bounce once. Score as in tennis: 0-0; 15-0; 30-0; 40-0; Deuce (win by two point difference) and Game – or up to 7, 11 or 15 points.

Teaching Cues:

- Encourage catching the ball with one or two hands at the point of contact (clock face image)
- Show students how to throw over and under arm

Activity 1

Duration: 5 minutes

Group and Equipment Organization:

- Students work in pairs with a ball or object they can throw overhead to targets
- Targets on the ground

Skills and Activity Progression:**Introduction to the Mini-Service progression: Javelin:**

Objective: To intuitively develop the pronation motion for the service

Equipment: A ball or any object that can be thrown safely overhead and targets on the wall or ground

Exercise:

- **Step 1:** Place targets on the wall, fence or ground at a distance of at least 8 steps from line.
- **Step 2:** The teacher demonstrates the arm throwing action by standing sideways and holding the ball or safe object up high, bringing the arm besides the ear, showing the thumb pointing down, throwing the ball overhead and showing the thumb pointing down again. **Teaching cues:** “Thumb down – Throw – Thumb down”
- **Step 3:** Line up students sideways in relation to a wall, fence, net or the playing area. Ask students to stand sideways and hold the ball besides their ear and check if the thumb is down. Then they imitate throwing the ball overhead and check that their thumb is down.
- **Step 4:** The students try to hit a target in front of them without moving their front foot (they can lift the heel of their back foot). If they don't reach the target, they should stand where their ball landed and throw overhead from there. Whoever hits the targets 5 times wins.
Variation: line-up the students facing each other and they throw the ball to each other, checking the position of each other's thumbs in each throw.

Teaching Cues:

- Demonstrate the “Thumb down – Throw – Thumb down” pronation
- The students try to hit a target in front of them without moving their front foot (they can lift the heel of their back foot).

Activity 2

Duration: 10 minutes

Group and Equipment Organization:

- Students working in pairs within a safe area of 8 x 6 steps
- Place targets

Skills and Activity Progression:**NEW SKILL: Mini (Half) Service Progression for the Students:**

1. Line up the students facing a wall or a fence with a racquet and a ball
2. Ask students to grip the racquet and hammer the ball with the edge of the racquet
3. Ask students to extend their racquet arm forward towards 12:00 o'clock on a clock face
4. Ask students to toss up a ball to 12 o'clock and tap it lightly (5 times)
5. Ask students to stand sideways, tap the ball to 12 o'clock to face the wall while lifting their back heel.
6. Pair up students facing each other a minimum of 8 steps, with or without a net in-between
7. Player A feeds the ball to Player B, who taps the ball at 12:00 o'clock and catches the ball. Player B feeds the ball to Player B who taps the ball at 12:00 o'clock.
8. Player B stands sideways and taps his/her back with the racquet. He or she points up with the free hand. Player A feeds the ball and Player B stops the ball at 12:0'clock.
9. Then, Player B tosses up the ball and taps back at 12:00 o'clock back to Player A, who does the same motion.
10. After 10 successful taps to each other, both players add the follow-through of their mini-serve on the opposite leg (like a curtsy), with their knuckles facing outward. They practice the mini-serve for 10 more taps.

Mini-Service Practice Games:**OPTION 1: Bullseye:**

Objective: Accuracy of Mini-Service

Equipment: Hoops (or targets). Each player requires a racquet and at least one ball.

Exercise:

- Suspend the hoops or targets above the net or lay them on the court. You can also draw targets or stick them on a wall or fence.
- Divide the students in teams according to the number of targets. Students hit a Mini-Serve into the "bullseye" trying to hit the target. They count the hits and the winner is the first to get 5 hits.

OPTION 2: Moving Target Practice:

Objective: Mini-Service review and accuracy

Equipment: Two balls and one racquet per player

Exercise:

- Place several targets in the playing area, on the ground, on the perimeter (walls, fence) and also baskets and receptacles at different heights. Divide the students in teams of two.
- The players on each team take it in turns to hit an assigned target with a Mini (Half) Serve. They have two tries each and they move to another target. The first team to hit 5 targets wins. The game played by time as well.

Teaching Cues:

- Forehand Grip or Hammer the Ball with the racquet edge
- Extend your racquet arm forward towards 12:00 o'clock
- Tap the ball at 12:00 o'clock
- Tap your back and tap the ball at 12:00 o'clock
- Tap your back and tap the ball at 12:00 o'clock and follow-through on the opposite leg

Activity 3

Duration: 8 minutes

Group and Equipment Organization:

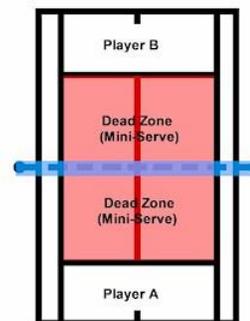
- Line up the students in pairs, separated by at least 8 steps, with an obstacle or dead zone in-between. If possible, mark a dividing line in the dead zone (see diagram below).

Skills and Activity Progression:**Mini-Serve and Return of Serve**

Objective: Coordinate the Mini-Service with a response and explore height/depth variations

Exercise:

- **STEP 1:** Player A serves a Mini-Serve into the dead zone and Player B returns the ball with a forehand or backhand anywhere. They keep the rally going for 10 shots with only 3 mistakes allowed. They switch serves and continue the rally. (Allow two bounces if the rallies are too short)
- **STEP 2:** Player A serves a Mini-Serve into the dead zone and Player B returns it, but afterwards both players must avoid the dead zone at all costs. They play points switching serves every point up to 7 or 11 points.

**Teaching Cues:**

- Check the toss height on the Mini-Serves.
- Allow two bounces if the rallies are too short.
- Encourage hitting high, deep balls on Step 2 and adjusting the footwork to find the contact point.

Activity 4

Duration: 8 minutes

Group and Equipment Organization:

- Two or more teams. All players require a racquet and each team requires one ball and spares
- Ensure sufficient separation between the teams, so they can run on a straight line

Skills and Activity Progression:**Tap and Bounce Serve Race:**

Objective: Hand-eye coordination, racquet dexterity and control of groundstrokes

Exercise:

- Divide the class into two or more teams and line them up at the end of the playing area.
- Place a marker dividing the playing area into two equal halves.
- The first player (Player A) in each team runs to the opposite end of the playing area, touches it and returns to the middle marker tapping-and-bouncing the ball on the ground. Player A must stop by the marker and hit a controlled Mini-Serve to the next person waiting in line in their team. The next player must catch the ball and then repeat the exercise.
- The team that successfully completes the exercise with all players lined up after Player A are the winners. If time allows it, they can play several rounds.

Teaching Cues:

- Ask students to run on a straight line while tapping and bouncing the ball
- If they lose control of the ball, they must pick it up and continue on a straight line (for safety)
- Each team must have at least two spare balls in case the Mini-Serves go out of bounds

CLOSING:

Duration: 2 minutes

Questions: What are the keys for Mini-Serve success?**Practice on Your Own:** Practice Mini-Serves with targets and play for points in a small area or court**Challenge:** Try to hit at least 5 Mini-Serves out of 10 into a target or into a large box**Promote the Next Lesson:** Next time, we will practice the Serve and play games for points

LESSON 5

Lesson 5 - PLAY TENNIS/Instant Competition

Grade Level: Elementary School

Learning Outcomes:

- Active Opposition
- Station Gaming for Points
- Explore Tactical Variations
- Full Service motion (optional)
- Learn Tennis Scoring

Equipment Needed: Racquets, balls, targets, hoops, cones, drawings, lines, boxes, tape, ties.

Safety Considerations: Pay attention to the play area dimensions suggested for each Activity

Review Progressions and Video: Mini-Service and Full Service Motion

Lesson Topic: EXPLORATIONS

Lesson Length: 40 minutes

Lesson Objectives:

- All Strokes Review
- Full Service motion (optional)
- Group Challenges
- Competition Games
- Scoring Types

Warm-up

Duration: 5 minutes

Group and Equipment Organization:

- Students play in groups of 6 in safe areas to run on a straight line without obstacles

Skills and Activity Progression:

OPTION 1: The simple merry-go-round

Objective: ball control, precision and running

Exercise:

- A student alone (Player 1) faces across the net a group of five students, numbered from 2 to 6.
- Start of the game: Player 2 taps the ball and goes to back of the line, in the last position.
- Player 1 (alone) returns the ball, which is returned by Player 3, who goes to the back of the line. Any player hitting in line who loses the point stands aside for a moment, which forces the remaining players to play faster rotations.
- The last remaining player becomes Player 1 and a new rotation starts.

OPTION 2: The double merry-go-round

Objective: ball control, precision and running

Exercise:

Same playing principle as the simple merry-go-round but two teams clash.

- Two teams of 5 to 6 players each facing each other across the net.
- Player 1 has a line of players behind him or her.
- Player 1 on Team A taps the ball to Player 1 of Team B across the net and goes to the back of the line. Any player hitting in line who loses the point stands aside for a moment, which forces the remaining players to play faster rotations.
- The last remaining player becomes Player 1 and a new rotation starts.

Teaching Cues:

- **Control:** show students how to run, stop and tap the ball, instead of overrunning and hitting
- **Emphasize tapping the ball at the point of contact in front of the body, not behind it**

Activity 1 Duration: 5 minutes**Group and Equipment Organization:****Skills and Activity Progression:****REVIEW OF THE MINI-SERVE:****Mini-Serve and Return of Serve**

Objective: Coordinate the Mini-Service with a response

Exercise:

- Line up the students in pairs, separated by at least 8 steps, with an optional obstacle or dead zone in-between.
- Player A serves a Mini-Serve and Player B returns the ball with a forehand or backhand. Player A serves 5 times and then they switch roles. The return must bounce in front of Player A.
- If space allows it, both players step back 2 steps and continue to serve 5 times each with forehand and backhand returns. The precision of the return is important, so Player A can catch the ball.

SERVICE GAME: Service Pinball:

Objective: Control of the direction of the Mini-serves

Equipment: Each player with a racquet or one racquet per team, 4 balls per team. Place targets on walls, fences, floor (hoops, cones, drawings, lines, boxes).

Exercise:

- Pair up students and assign a target to each pair, 8 steps away from them.
- The students take turns to serve their ball and hit the target. The goal is precision, force or speed do not count. After 5 attempts each, they can rotate in order as indicated by the teacher or they can trade targets with other pairs. The first pair to reach 10 target hits wins.

Teaching Cues:

- Emphasize a relaxed toss on the service motion to reach up with the racquet arm fully extended

Activity 2 Duration: 10 minutes**Group and Equipment Organization:****Skills and Activity Progression:**

(OPTIONAL) The PE Teacher can decide if the class has the coordination level to try this progression. If they continue with Mini-Serves, they will eventually coordinate both arms simultaneously for a complete motion.

OPTIONAL NEW SKILL: FULL SERVICE MOTION Progression:**Full Service Progression:**

- **Coordination of both arms on the Full Service:**
 - 1) **Down Together, Up Together:** Stand sideways, your feet separated at shoulder width. The toes are parallel to each other and point "like an arrow" to the target on the other side of the net. Point with your racquet to the other side of the net. Drop both arms together and raise them together ("down together, up together").
 - 2) **Up Together and Catch:** Hold a ball in your free hand. Drop both arms together and raise them together. As you raise them, release the ball and catch it with your free hand. (Don't hit it yet).
 - 3) **Up Together, Tap and Finish:** Hold a ball in your free hand. Drop both arms together and raise them together. As you raise them, release the ball and hit it gently with the racquet upward, finishing the serve on the opposite leg, knuckles facing upward. *Breathe out with the follow-through.* Make sure you finish the serve in balance (not falling over or to the sides).

Beat the Croc [Mini-serves or Full Serves]:

Objective: Service accuracy and scoring

Equipment: Two teams of 2 students facing each other in pairs. The teams are distanced 12 steps from each other, with an obstacle or a dead zone in-between them (where the crocodile lives). Each player has a racquet and a ball.

Exercise:

- **Step 1:** Students serve the ball to the player in front of them, catching the ball and serving back (5 times each). The goal is to avoid the dead zone where the croc lives.
- **Step 2:** Students serve the ball to the player across from them, catching the ball and serving back (5 times each)
- **Step 3:** Students switch partners and serve across from each other and returning the ball with a forehand (5 times each). The team that played both the serve and the return avoiding the dead zone scores a point. The team that scores 5 clean points wins. They can restart the count until they obtain the desired score.

Teaching Cues:

- The students can serve Mini-serves or Full Motion Serves, no restrictions.
- If they are serving Full Serves, emphasize control of the ball (no power or speed)

Activity 3

Duration: 8 minutes

Group and Equipment Organization:

- Pair up students, each one has a racquet and balls
- The playing area has a minimum of 8 x 6 steps with an obstacle or dead zone in the middle
- If available, organize playing areas of 14 x 7 steps for better control of Mini-serves and Full serves
- If possible, mark the perimeter of each playing area with lines or tape, including a net or dead zone
- Students serve as they wish, keep their own score and resolve any dispute by replaying the point
- Each player serves 2 points and has 2 chances to get the ball in with the serve

Skills and Activity Progression:**INSTANT COMPETITION: Playing singles matches with challenges**

Objective: to engage in competition (active opposition) and practice scoring

Exercise:

NOTE: The students can serve as they wish: Mini-serves or Full serves (underhand if too difficult) The teacher can organize singles matches to 5 or 7 points between pair of students, alternating servers. The teacher can select one, several or all of the following challenges to engage the students, depending on time and space available:

- Player A serves, Player B returns and they play out the point. Switch servers every 2 points.
- Serve, rally 3 times over the net. After, any short ball can be attacked and followed to the net.
- One player starts receiving with a 4-1 lead
- One player starts serving down 1-4
- Games without serve: put three balls in play before the point begins (encourages consistency)
- Games without serve: No points awarded for hitting winners (encourages consistency)

Variation: The challenges can be organized as stations with rotations by score or time, especially if the teacher eliminates Activity 4 to extend the playing time for singles.

Teaching Cues:

- The most important aspect is to let the students experience competition with opposition
- Monitor the success ratio and adapt the serving motions so they can play points

Activity 4

Duration: 8 minutes

Group and Equipment Organization:

- Each group of 2 players is a team.
- If available, organize playing areas of 14 x 7 steps for better control of Mini-serves and Full serves. Ideally, provide an area of 16 x 12 steps for each team.
- Mark the limits of the playing area and provide a net, line, obstacle or dead zone in the middle.
- Mark the limits of the service boxes with lines, targets or cones, so the students can give direction to their serves.

Skills and Activity Progression:**INSTANT COMPETITION: DOUBLES (Two Players at each side of the net)**

- The players can serve as they wish (Mini-serve, Full serve or underhand).
- The services can alternate every four points. Matches are played to the best of 7 or 11 points. Players can switch sides every 8 points, if depending on the orientation of the sun. They can play in a one-up/one-down formation or both players at the back depending on the configuration of the playing area.
- *In the one up/one down formation, the player at the net can actively seek to poach (intercept) the opponents' shots with volleys and overheads.*
- *In the both-back formation, the players can decide when to attack the net, or play defensively.*

Teaching Cues:

- Let students explore playing with a teammate and find their positioning in the playing area
- Encourage them to intercept high balls with volleys and attack short balls by going to the net

CLOSING:

Duration: 2 minutes

Questions: What helps you control the direction and force of the serve?**Practice on Your Own:** Practice full service motions and aim to targets on the wall or the ground**Challenge:** Play short matches with someone else on small courts, serving every two points**Promote the Next Lesson:** We will play more competitive games and challenges for points

LESSON 6

Lesson 6 - PLAY TENNIS/Instant Competition

Grade Level: Elementary School

Learning Outcomes:

- All Strokes Review
- Space Challenges
- Competition Games
- Learn Tie-Breakers (optional)

Equipment Needed: Balls, racquets, nets/obstacles, string, lines, cones, hoops, targets

Safety Considerations:

- Students mark the playing areas as suggested in each Activity (16 x 16), (14 x 17) or (16 x 12)

Lesson Topic: CHALLENGES

Lesson Length: 40 minutes

Lesson Objectives:

- Opposition
- Review All Technique (Essential Cues)
- Integrate Tactical Overview
- Learn Tie-Break Scoring (optional)
- How to Continue Playing

Warm-up

Duration: 5 minutes

Group and Equipment Organization:

Skills and Activity Progression:

BALL DIRECTION: Four by Four

Objective: Ball control and direction

Exercise:

- Divide the class into teams of 4 students. Each team marks a safe area of at least 16 x 16 steps, divided in 4 quadrants (with targets, hoops, cones, etc.). Each quadrant has a student inside it.
- A student taps the ball to any quadrant and the student inside it keeps the rally going by aiming at another quadrant. They try to reach 20 taps with only 3 mistakes allowed. The first team to complete 20 taps first wins.
- Variation: Play by time. The team that has the most taps wins.

Teaching Cues:

- Students can tap the ball with forehands and backhands changing grips
- Variation: allow two bounces and/or two taps to keep the continuity of the game

Activity 1

Duration: 5 minutes

Group and Equipment Organization:

- Students play in pairs. Each player has a racquet a ball
- The students mark the playing areas and segments with flat targets or chalk

Skills and Activity Progression:

INSTANT COMPETITION: Intentional Space Challenges

Objective: Accuracy of shots and design of alternative target areas

Exercise:

- The pairs of students divide the court into 2 segments and each segment has a different point score. The segments can be of any size within the playing area and are marked by flat targets or writing with chalk.
- The students rally and try to score points by hitting each target and adding the points. If they volley and hit the target, it counts double. The winner is the student with the most points after the time expires.

Teaching Cues:

- Remind students to add the scores as they hit the targets.

