

Tennis – Backhand & Forehand

Keywords

Forehand

Attack	Smash
Ground Strokes	Volley
Rally	Baseline
Service	Disguise
Return	Topspin
Coordination	Slice



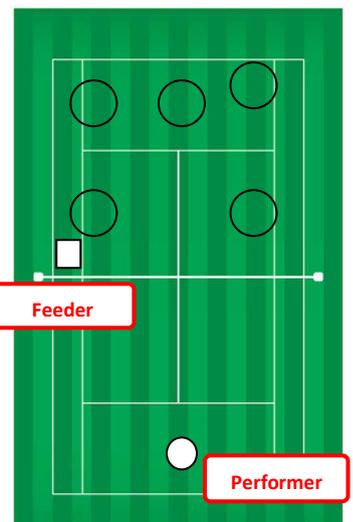
Can you think of anymore?



Teaching Points

- Take racket back early
- Make smooth connection between backswing and forward swing, stepping into the shot
- Swing racket from low to high, through hitting area slightly forward of leading hip
- Firm grip
- Return to ready position

Backhand



10 ball accuracy drill:

Set up a feeder and 5 hoops on one side of a court to aim at. The performer has 10 balls fed to them and must use the hoops as targets.

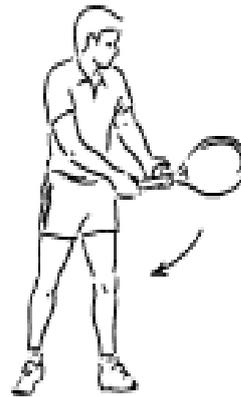
Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike ball?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

Tennis – Serves

Keywords

Attack	Smash
Ground Strokes	Volley
Rally	Baseline
Service	Disguise
Return	Topspin
Coordination	Slice

Can you think of anymore?



Preparation

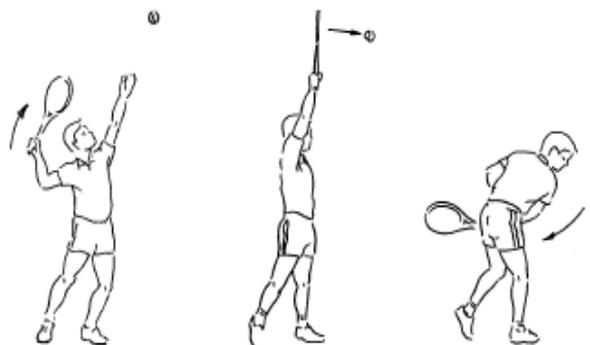
- The ball must be hit by the server before it touches the ground.
- The ball must be hit from a specific place - behind the baseline.

Ball Toss



- Hitting the ball as high above the head as possible.
- Starting the racket and ball together; The ball is placed at the front of the body and the racket moving back behind the body so that it can be thrown at the ball. (Split)

Strike



- Racket and ball meet at the highest point of the throw. As timing improves incorporate a jump.
- Angle of ball trajectory must be downward avoiding the net but landing inside the opponent's service box.

Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike ball?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

Tennis – Volleys

Keywords

Attack	Smash
Ground Strokes	Volley
Rally	Baseline
Service	Disguise
Return	Topspin
Coordination	Slice

Can you think of anymore?



Teaching Points

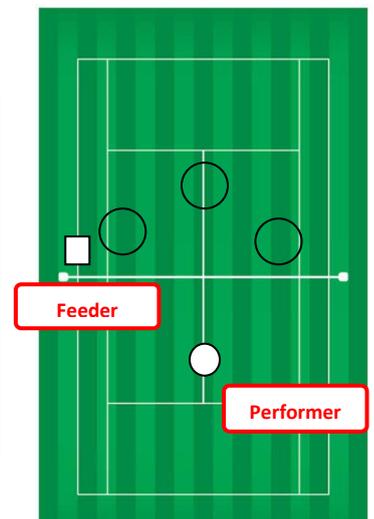
- Take racket back early
- Make smooth connection between short backswing and forward swing, stepping into the shot
- Firm grip
- 'Punch' the racket through the ball angling the shot downwards



This shot can be performed on the forehand or backhand side.

Volley Practice Drill

Set up a feeder and 3 hoops on one side of a court to aim at. The performer has 10 balls fed to them and must use the VOLLEY shot to hit the targets.



Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike ball?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game