

Year 9 Tennis

Lesson	Objective	Possible Activities	Equipment	Tick
1	Skill Assessment. Groundstroke development	Technique development – Into the fence/wall – developing basic action Cooperative rallies – Service line distance. Majority should now be working on adult size courts. Gradually increase distance for those that progress well. Advanced students – ball must bounce between service/baseline. Target – over and In. Rally of 3 and in – 3 successful groundstrokes, then play point out.	Rackets, transition balls, mini tennis net, cones	
2	Groundstroke development – developing topspin	Technique Development – Into fence. Use transition balls to see topspin effectively Step Back Rallies – Each successful hit means a step back. Ready position. Feeder Hitter Collector – player hits 10 cross court forehands, and 10 cross court backhands, then swaps. Vary distance upon ability Advanced students – Keep opponent outside the court by hitting good areas	Rackets, Transition balls, cones, mini nets	
3	Introduction to the Volley – forehand/backhand/ smash	Warm up – volley tennis at the net. Targets/high scores Activity – 3v3/4v4 on one court volley tennis – ball must be hit to own team mate before over. Ball can only be hit upwards. Stance, Punch, Recover. Feeder Hitter Collector – 5 balls per group. Punch volley and recover – FH/BH. Progression to mid groundstroke then volley. Rally – Baseline to net working cooperatively Competition – Attack vs defence – 3v3/4v4/5v5. Baseline hitters try to beat volleyers – no lobs allowed. Use transition balls for safety.	Rackets, Transition balls, Nets, Throw down lines	
4	Develop groundstrokes further– understand the terms Forehand, Backhand, Preparation, Contact point and Follow through.	Feeder, Hitter, Catcher: Progressions: Racket forwards and point, tip step, catch Racquet, preparation (catch the ball) Battleships: Progression – move ships further away, Backhands only Competition: Cooperative rallies – highest number, best technique prizes. Progression: forehand/backhand. Competition: Top Court	Rackets, Transition balls, cones, nets	
5	Development of the overarm serve, understand basic tie break scoring	Ball toss drills: Whole – part- whole. Teach skill, then elements, then skill. Relate to ‘pull’ technique covered in multi skills. Emphasis on placing the ball in the air, not throwing it. Racquet/hoop on the floor as a target, Then place and catch. Timing drill: Two balls – using serve motion, place ball in the air, and throw other ball and try and hit it in the air. Making the ‘Nike tick’.	Throw down lines, cones, nets	

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		<p>Serve and catch game: Start from mid court – gradually progress towards the baseline. Partner catches the ball and serves back. Progress to serve/return. Targets for more able.</p> <p>Tie Break: Introduce half court game, with correct tie break scoring. 1st serve overarm, 2nd serve underarm.</p>		
6	Ready position, Maintaining court position, Moving the opponent	<p>Rally and Recover: Each group requires 2 tennis balls. A hand feed wide is returned, followed by a hand feed to the other side and return. Discussion over ready position/early preparation. Progression to maintain a rally, with 1 feeder, and 1 hitter.</p> <p>Seeing spaces: Using cones set out at the back of each service box, feeder will serve in, and run to one of the lines. Hitter will have to return the ball into the space on the court.</p> <p>Competition: Top court, tournaments</p>	Hoops, Rackets, nets, sponge balls, throw down lines	
7	Game Play. Application of skills in competitive situation	Top Court, Davis Cup, Mini tournaments, winner stays on.		
8	Game play. Introduction to doubles	Winner stays on, Top court, differentiated pairs/courts.		