

Year 8 Tennis

Lesson	Objective	Possible Activities	Equipment	Tick
1	Skill Assessment. Hand eye coordination development. Groundstroke Development	<p>Racket Skills: Keepy ups, floor bounces. Progressions: do it without moving feet, on the move around a court, change balls with a partner.</p> <p>Racket skills races</p> <p>Cone Tennis – Cones set up in a square – rally with a partner with ball always bouncing in the square. Progress to Rally between cones – make smaller as they get better. Progress to Mini net – Racket on net to start.</p>	Rackets, transition balls, mini tennis net, cones	
2	Develop groundstroke technique. Focus on contact point and body position Teach forehands and backhands as the same technique	<p>Tennis Hockey. Pupils use the racquet to push the ball along the floor to each other. Progressions: Through cones, races, backhands, goalkeeper.</p> <p>Feeding game – Rackets on the floor 2 steps away from the net. Underarm feed, target to hit the racquet(teaching them to feed first!). Progression – 1 feeder, 1 hitter trying to hit racquet on floor with a groundstroke. Initially start from contact point in front of body. FH and BH.</p> <p>Feeder, Hitter, Collector. Vary lengths for differing abilities.</p>	Rackets, Transition balls, cones, mini nets	
3	Beginning the point – underarm serving. Understanding how to win a point	<p>Server and Catcher: Using throw down lines as service point, pupils serve across net. Move line back with 5 successful serve. Aim – back of the court</p> <p>Cooperative step back rallies: Beginning with underarm serve. Progressions: increase distance, forehand/backhand, competition.</p> <p>Competition: Pupils begin with an underarm serve, and play the point out. Progressions: King of the court, Top Court. Smaller courts for less able.</p>	Rackets, Transition balls, Nets, Throw down lines	
4	Develop groundstroke's – understand the terms Forehand, Backhand, Preparation, Contact point and Follow through.	<p>Feeder, Hitter, Catcher: Progressions: Racket forwards and point, tip step, catch Racquet, preparation (catch the ball)</p> <p>Battleships: Progression – move ships further away, Backhands only</p> <p>Competition: Cooperative rallies – highest number, best technique prizes. Progression: forehand/backhand.</p> <p>Competition: Top Court</p>	Rackets, Transition balls, cones, nets	

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5	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 throw down lines 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>	Throw down lines, cones, nets	
6	Development of the overarm serve, understand basic tie break scoring	<p>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.</p> <p>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’.</p> <p>Serve and catch game: Start from mid court – gradually progress towards the baseline. Partner catches the ball and serves back.</p> <p>Tie Break: Introduce half court game, with correct tie break scoring. Court mini 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.		