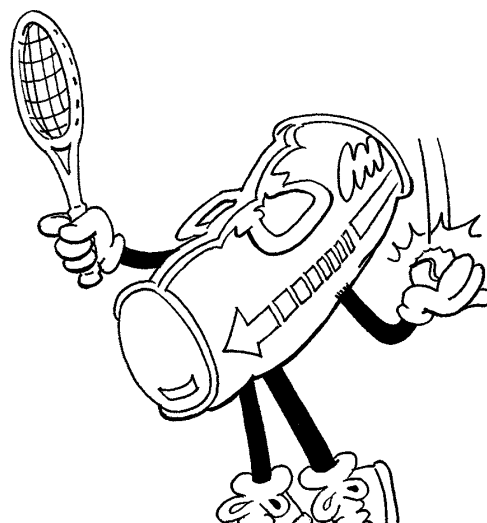


THE FOREHAND

Lesson 2: Warm-up

Before starting the session it is important that the overall area is checked to ensure that the court surface is free from objects or spillages which could cause injuries.

All equipment not needed in the session should be stored safely away from the playing area.



AIM

You should explain to pupils that in this lesson they will be learning how to play a forehand stroke.

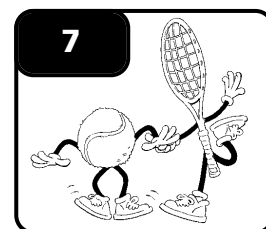
WARM-UP

Racquets and nets game

1. Allocate the pupils into two teams, either the 'Racquets' or the 'Nets.'
2. Ask the two teams to stand 1 metre apart with their backs to each other.
3. Each person should have a member of the opposite team standing behind them.
4. Explain that when you call out 'racquets', the pupils in the Racquets team have to run to a set target without being tagged by their opponent from the Nets team.
5. Explain that when you call out 'nets', the pupils in the Nets team have to run to a set target without being tagged by pupils from the Racquets team.
6. You can call out either team as many or as few times as you wish.
7. The set target should be placed about twenty metres from the starting position, and can take the form of a long rope, throw-down lines or a line marking already on the court.
8. For safety reasons the 'tag' should simply be a tap on the pupil's shoulder.
9. When all pupils have reached the target the game can be re-started.
10. To add a competitive element, points can be awarded for each successful tag.

Before starting this warm-up, emphasise to pupils the need for sensible behaviour when running so that they do not cause any accidents. Repeat the exercise until you feel that the pupils are suitably warmed up.

(5 minutes)



FOREHAND GRIP

Before the pupil starts to hit with the forehand you should demonstrate the correct grip.

- The forehand grip can be found simply by placing the racquet on the floor and picking it up with the dominant hand.
- The knuckle should be at the back of the grip to allow the pupil to hit through the ball.
- There are a number of different grips on the forehand side: the Continental, Eastern, Semi-Western and Western. These are based on how 'extreme' a player's grip is.
- Using the method of picking the racquet up off the floor, the pupils will probably find themselves holding the racquet between an Eastern and a Semi-Western grip, which is ideal for starting to learn the stroke.



(5–7 minutes)

FOREHAND STROKE

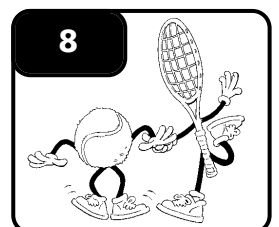
1. Give the pupils a racquet and a ball each.
2. Ask them to find a suitable place on the court with enough space to practise the skills.
3. Using the forehand grip the pupils should practise a variety of skills on their own, such as bouncing the ball on the racquet, bouncing the ball on the floor, bouncing the ball using both sides of the racquet and hitting the ball up to different heights.
4. When the pupils are familiar with hitting the ball using this type of grip, ask them to form pairs.
5. At this point the main teaching points of the forehand should be highlighted.
6. Ask pupils to stand about 5 metres apart from their partners. One person will feed the ball underarm and the other will play a forehand shot for their partner to catch.
7. Each pupil will have 10 shots each. To make the exercise progressive, the person playing the forehand can move back a step after each successful shot.
8. Once the pupils have learnt to hit the shot, targets can be introduced, for example hoops, so that they can get used to hitting to a particular part of the court. One person will feed underarm and the other will try to hit the ball into the hoop. If they are successful they get one point. Pupils who show a particular aptitude at this point should be set more demanding challenges such as having to stand further back when aiming for the target.
9. The pupils should remain in pairs. It is important that pupils of similar ability are paired together so that they continue to progress. Using only the forehand shot the pupils should practise rallying the ball to each other. The emphasis is on control and hitting the ball accurately rather than power.
10. The same exercise can be done using the net so that the pupils can develop more shape on the shot and practise hitting the ball with a little more height.

Key Teaching Points:

1. Stand in the position shown in photo 1.
2. Get the racquet back early.
3. Hit the ball out in front of your body.
4. Try to follow through with the racquet.



(25–30 minutes)



Conditioned Game: Catch

- The pupils should stand in a line, one behind the other at the back of the court.
- You should feed the ball to the pupil at the front of the line.
- This pupil has to hit a forehand shot over the net and into the court.
- If they miss or if you catch their shot, they have to place their racquet down and join the teacher on the other side of the court as a catcher. They can return to the hitting line by catching another pupil's shot.
- If a pupil hits a successful shot they go to the back of the line and wait for their next attempt.
- The pupil who stands alone at the end and hits a winning shot is declared the winner of the game.

It is important to note that for safety reasons the person about to play the shot should be standing several metres in front of the rest of the line. A throw-down line or cone could be used for the group to stand behind. This game can be repeated if appropriate.

(10 minutes)

COOL DOWN

At the end of the session ask the pupils to go on a light jog around the court. The jog could incorporate some side steps, crossover steps and knee raises.

(5 minutes)

SUMMARY

The summary should emphasise which skills the pupils have learnt and how they feel they have developed those skills.

(5 minutes)

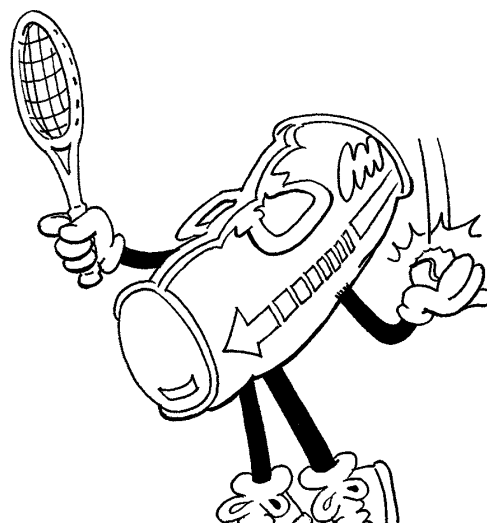
Using the table provided in Appendix 1, indicate those pupils who have worked successfully through these exercises, demonstrating good forehand strokes, the right attitude and good progress.

THE BACKHAND

Lesson 3: Warm-up

Before starting the session it is important that the overall area is checked to ensure that the court surface is free from objects or spillages which could cause injuries.

All equipment not needed in the session should be stored safely away from the playing area.



AIM

You should explain to pupils that in this lesson they will be learning to play a backhand stroke.

WARM-UP

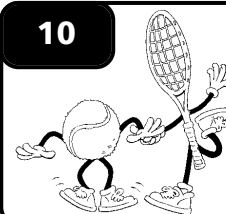
Warm up 1: mirror game

1. Put pupils into pairs of similar standards in terms of fitness.
2. Ask each pair to find a suitable space on the court in order to move around effectively.
3. One pupil has to move sideways across the court, and their partner has to shadow their every move as though they are a mirror image of each other.
4. The pupil who dictates the movement can move only left and right, not forwards and backwards.
5. Pupils should take it in turns to lead, with the aim being to tire out their partner and force them to change direction and make quick adjustment steps.

Warm up 2: beat the pass game

1. Put pupils into groups of 6–8.
2. Ask pupils to stand in a circle, 1 metre apart from the person on either side of them.
3. One pupil in each group is given a tennis ball and another pupil is nominated to run around the outside of the circle.
4. The aim of the game is for the team to pass the ball all the way around the circle before the player running, returns to their original position.
5. Each pupil is given one attempt at completing the circuit before the ball has been passed around.

(5–10 minutes)



THE BACKHAND

Lesson 3: Grip & stroke

BACKHAND GRIP

Before the pupil starts to hit with the backhand you should demonstrate the correct grip.

- Before the pupils start to hit with the backhand there should be a demonstration of the grip.
- There are two types of backhand, a single-handed backhand and a two-handed backhand. Both shots have their advantages but for beginner players the two-handed backhand provides more control and stability.
- For the two-handed backhand the dominant hand of the pupil should be placed at the bottom of the grip as though they were 'shaking hands' with the racquet. The non-dominant hand should be placed at the top of the grip as though the pupil was playing a forehand shot with their non-dominant hand.
- There should not be a gap between the hands on the two-handed backhand grip.



(7 minutes)

BACKHAND STROKE

1. The main teaching points of the two-handed backhand should be highlighted. (5 minutes)
2. Put the pupils into pairs.
3. They should find a suitable place on the court so that they have enough space to practise the shot and they should stand about 5 metres apart.
4. One pupil should feed underarm to the backhand side and the other should play a backhand shot for their partner to catch.
5. They should have ten shots each, with the emphasis on control and technique.
6. To progress the drill, pupils who are able to consistently throw the ball and hit the shot consistently can move further apart to allow them to hit with more controlled power.
7. Once the pupils have demonstrated their skills effectively on the backhand shot a net can be introduced.
8. The drill will be exactly the same but the net should encourage more shape on the shot and more emphasis on technique.
9. If the pupils are successful at hitting the backhand over the net they should progress to rallying the ball to each other using only the backhand shot. This will encourage control and good footwork as they have to move to bring the backhand shot into play.



Key Teaching Points

1. Stand in the position shown in picture 2.
2. Turn the shoulders early and bring the racquet back in preparation for the shot.
3. Start with the racquet below the oncoming ball.
4. Make contact with the ball in front of the body.
5. Continue the follow through after contact with the ball has been made.



(20-30 minutes)

