



HIGH ENERGY FITNESS

SESSION PLANS:
Activity Cards



INTRODUCTION

Cardio Tennis is a high energy fitness session combining tennis with cardiovascular exercise. It can be delivered as part of curriculum lessons or as an enrichment activity or both as there is plenty of content.

Cardio Tennis participation within the community is predominantly females and the resources have been written with a female audience in mind.

We've created 6 session plans based on tactical themes to help colleges deliver Cardio Tennis. The 6 Cardio Tennis themes are:

- Baseline Warrior
- Get Into Win
- Got It Covered
- Serve and Return
- Working Together
- Putting it All Together

Colleges can select the drills and activities that best suit their students, the time and space available and adapt the plans accordingly.

Each session follows the same structure: a Warm Up, then an introduction of the theme and key tennis shots, Drills, followed by Conditioned Points, and a Cool Down to finish.



INTRODUCTION (continued)

There are 4 core components to Cardio Tennis:

1:

USE LOW COMPRESSION BALLS

This allows students of all abilities to achieve success. If delivering on a full tennis court Orange or Green balls are recommended. If delivering on a Red or Badminton court, Red or Sponge balls are recommended.

2:

MONITOR HEART RATES

Cardio Tennis is designed to improve both fitness and tennis skills and therefore students should be working within their cardio zone of 65% to 85% of their maximum heart rate. It's recommended that this is introduced right at the very start of the scheme of work so that students know how many beats per minute they should be aiming to work at during the lesson. Build in regular heart rate checks throughout each lesson, so students can adjust their work rate accordingly. This can be done either manually or through wearable technology.

3:

INCLUDE SIDELINE ACTIVITIES

We've worked with a Strength and Conditioning expert to design the body conditioning activities. Utilise the sideline activities to optimise the rotation through the circuit for each drill, ensuring that all students are active all of the time. Optimum numbers are 10-12 students per court; there will need to be at least 5 students per court for the drills to work. Rotations through the drills and the number of sideline activities there are, can be adapted based on the number of students you have per court or in the class as a whole.

4:

ALWAYS HAVE MUSIC PLAYING

This creates the atmosphere of a group exercise session and keeps energy levels high. Make sure the playlist is upbeat and appealing to the students.

The session plans are written with a large number of participants in mind and therefore students are feeding the ball to each other and the rotations factor this in.

Where participation numbers are smaller teachers could do all the feeding and students rotate between hitting and the sideline activities.

With high energy delivery and the emphasis on fitness, Cardio Tennis is an excellent way to engage a wide range of students.



SESSION



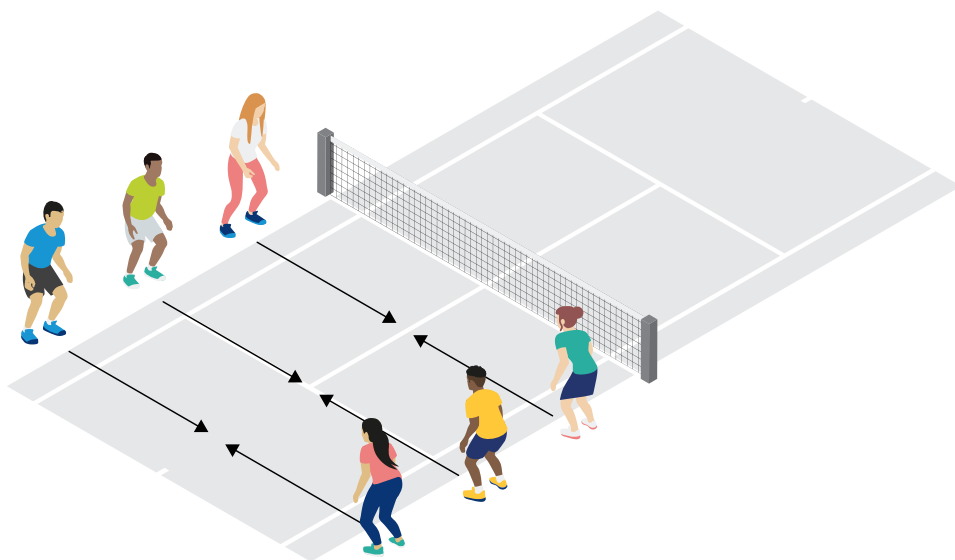
BASELINE WARRIOR

Session Plan: Activity Cards

WARM UP

Groundstroke shadows and footwork:

- Students line up along the tramlines facing in to the court.
- Students jog to centre line and back.
- Students side step to centre line and back to tram line.
- Students skip forwards and back.
- Repeat the above several times.



Dynamic stretches:

- Students walk to the centre line and back performing hip flexor internal and external rotations (open and close the gate).
- Students walk to centre line and back performing heel kicks.
- Students move to the centre line and back performing lunges.

Students shadow groundstrokes:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Racket path - low to high.
- Contact the ball in front and to the side of the shoes.
- Forehand: Contact on the dominant side of the body.
- Backhand: Two hands on the racket grip, with the dominant hand at the bottom. Contact on non-dominant side of the body.

TEACHING POINTS:

Side step:

- Wide base
- Stay low
- Keep a gap between the shoes

Skipping:

- Power up with the arms
- Long air time

Hip flexor rotations:

- Keep the knee at hip height

Walking heel kicks:

- Knee pointing down

Walking lunges:

- Knees at 90°
- Back straight
- Rotate over front leg

SIDELINE ACTIVITIES

SIDELINE ACTIVITY

TEACHING POINTS

TO MAKE IT EASIER

Plank with alternating hand taps

- Place hands directly under shoulders
- Place the racket in between the hands
- Brace the core
- Alternate hand taps onto the racket strings
- Keep the hips still

- **Put the knees down**

Forehands and backhands

- Start with a wide base with shoes wider than shoulders
- Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip
- Pivot and bend both knees low as if turning to hit a forehand
- Swing the arms back into a low position
- Drive up with the legs and swing the arms from the low to a high position
- Pivot and bend both knees low as if turning to hit a backhand
- Swing the arms back into a low position
- Drive up with the legs and swing the arms from the low to a high position

- **Swing the arms back without bending and pivoting the legs**

Split squats / backward lunge with side rotation

- Start in a lunge with both knees bent at 90°
- Hold the racket with one hand at the head and one hand at the grip
- Keep the chest up
- Rotate the arms to the side over the front leg
- Jump and swap legs so the other leg is forward and rotate the arms

- **Step in and out of the lunge position instead of jumping**

Skaters

- Hold racket with one hand on the grip
- Leap from side to side, lifting and bending the non-landing leg behind
- Keep the chest up
- Push knee out wide
- Swing the arms to help power and balance

- **Step from side to side**


DRILL

8 Baller

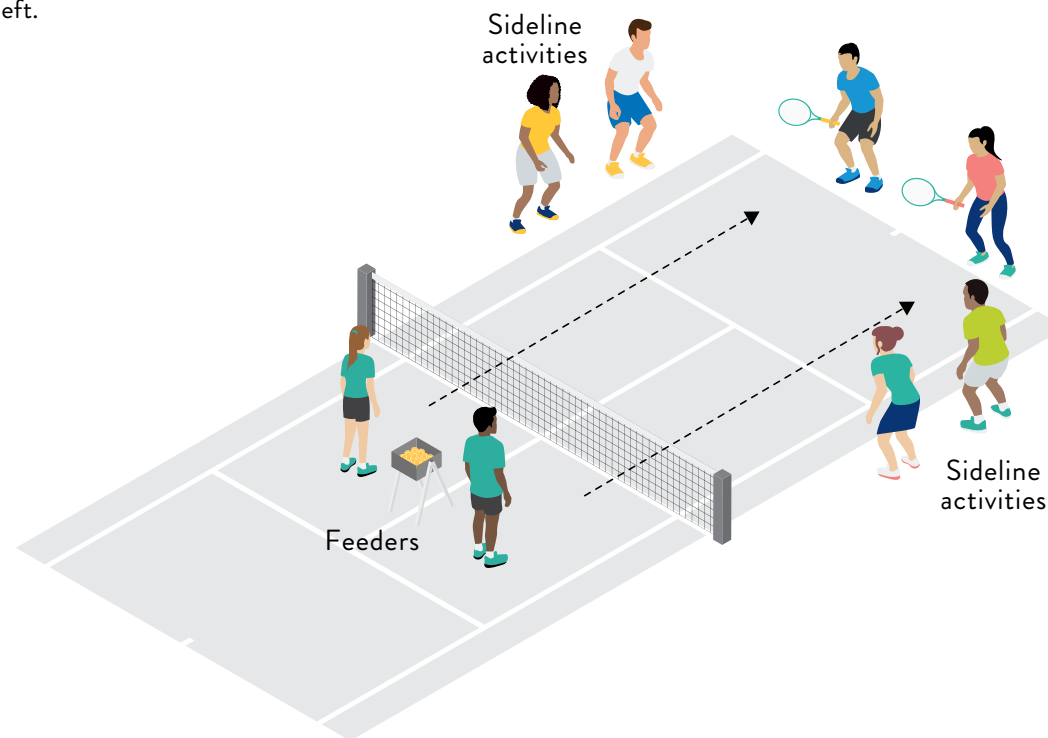
How to Play:

- 2 students start on the baseline as hitters; 1 on the right side and 1 on the left side.
- 2 students start on the opposite side of the net as the feeders; 1 on the right and 1 on the left.
- Feeders hand feed a sequence of 8 balls to the hitter opposite them.
- As students hit the ball they shout the number (1-8).
- Hitters must return towards centre of baseline between shots.
- Feeds can be varied e.g. narrow, wide.
- After 8 balls the hitters run to the net and all students rotate clockwise to the next position / activity.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Groundstrokes:

- Recover back to the baseline after each shot.

Feeders:

- Make feeds challenging but achievable by controlling the speed and position of the ball.
- Give the hitter time to recover between feeds.

DRILL

Baseline chase

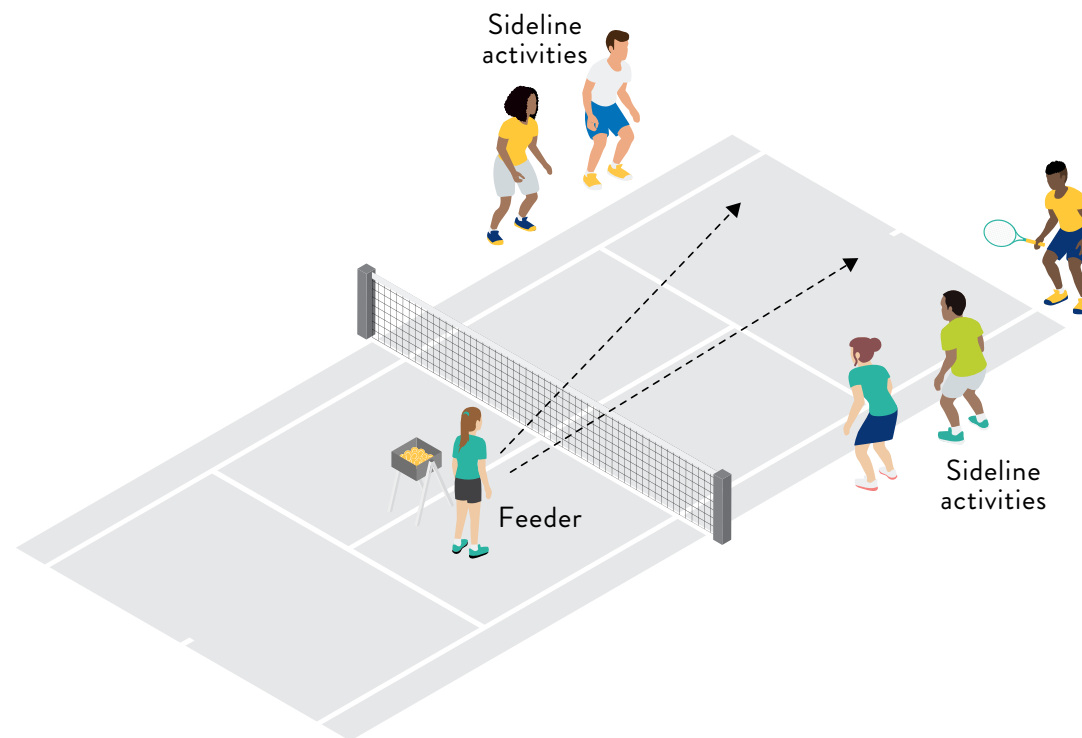
How to Play:

- 1 student starts as a feeder; 1 student starts as the hitter in the left hand tramlines.
- Feeder hand feeds the first ball towards the middle of the baseline, then feeds the second ball towards the tramline.
- Student chases both balls along the baseline then exits court.
- All students rotate round to the next position / activity in an anticlockwise direction.
- Swap and perform the same drill starting in the right hand corner of the court, and rotating in a clockwise direction.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Feeders:

- Make feeds challenging but achievable by controlling the speed and position of the ball.


CONDITIONED POINTS

Doubles charge

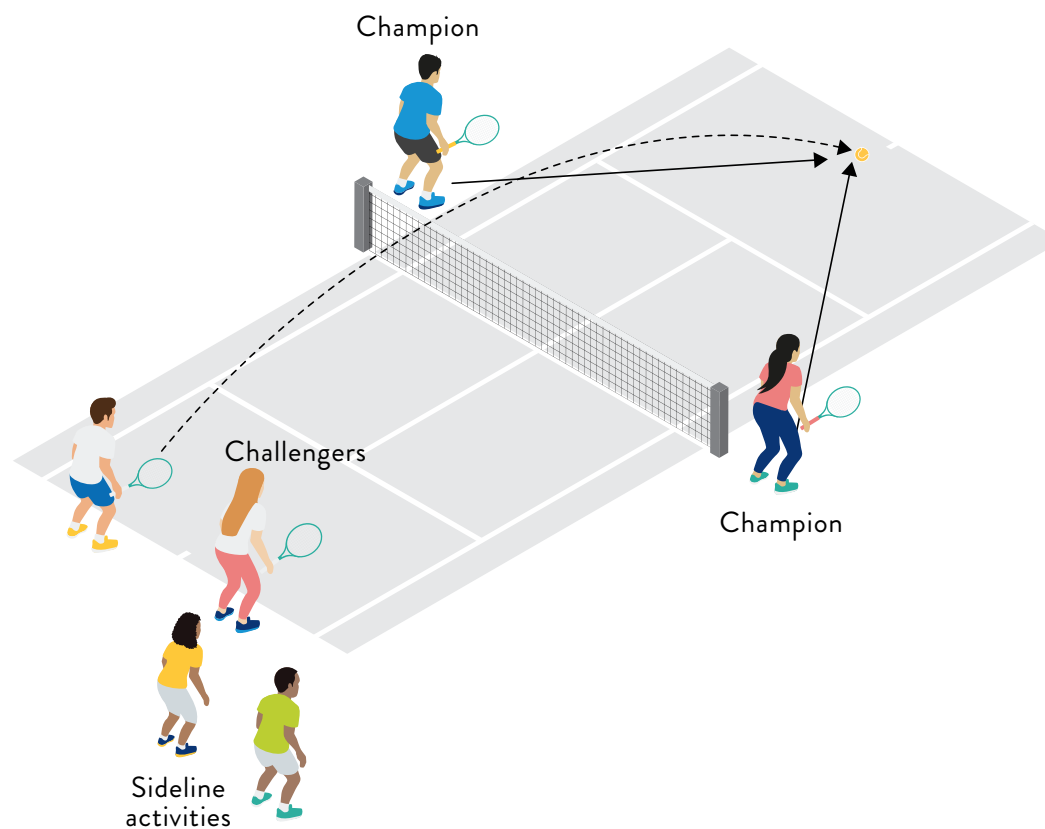
How to Play:

- Students work in pairs as a doubles team; 1 pair start as champion.
- Champions start either side of the net at the net posts.
- Challengers feed a loopy ball into champions side, (where there are no students).
- Champions charge to retrieve the ball and play the point out.
- If the challengers win the point, they become the champions.
- If the champions win the point, they return to the net posts for the next point against a new pair of challengers.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Feed the ball high to give the champions enough time to get to the ball.




CONDITIONED POINTS

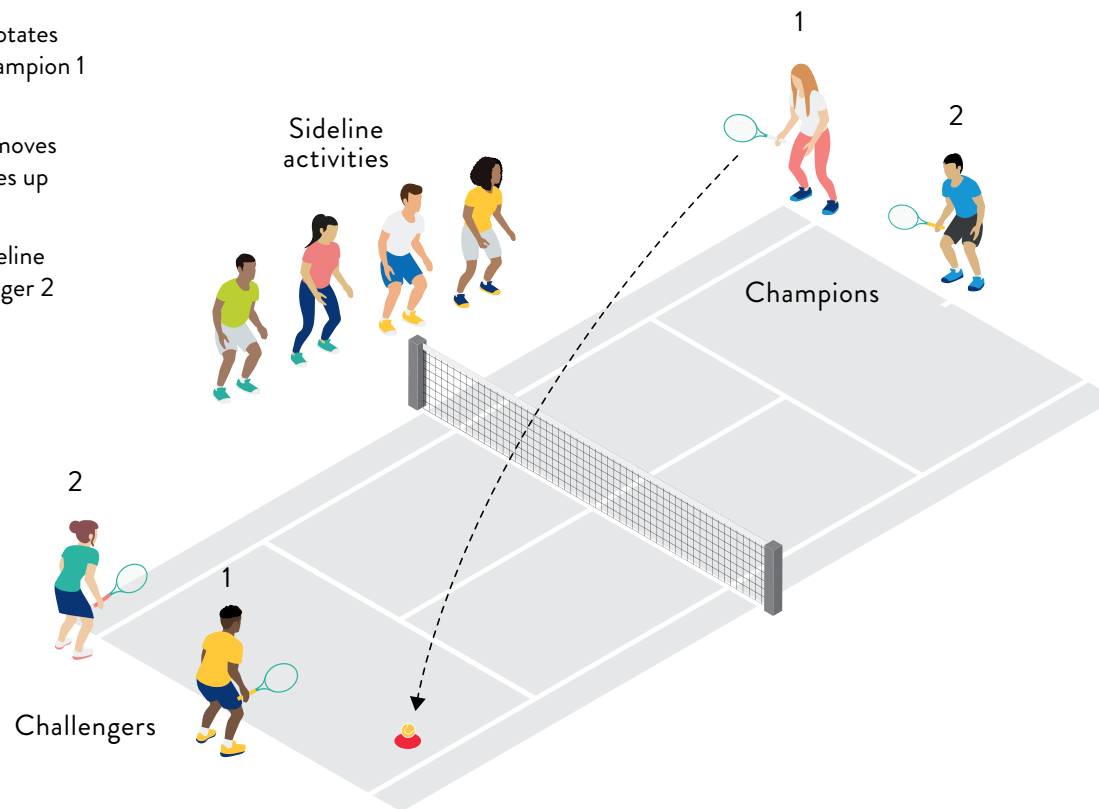
Doubles chase

How to Play:

- Students start in pairs as a doubles team. 1 pair start as champions and 1 pair start as challengers.
- Pairs start with 1 student in the middle of the baseline and their partner on the baseline in the tramlines.
- Champion 1 feeds a wide crosscourt ball into play for challenger 1 to hit.
- Point is played out as doubles pair.
- When a point is won / lost, the students rotate 1 place.
- If challengers win, challenger 1 rotates to becomes champion 2, and champion 1 lines up as a challenger.
- If challengers lose, challenger 1 moves through side line activity and lines up as challenger.
- Waiting challengers perform sideline activities and rotate in as challenger 2 when it is their turn.

Equipment:

-  Low compression tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS:

- Work as a team to cover the court.

SESSION 2

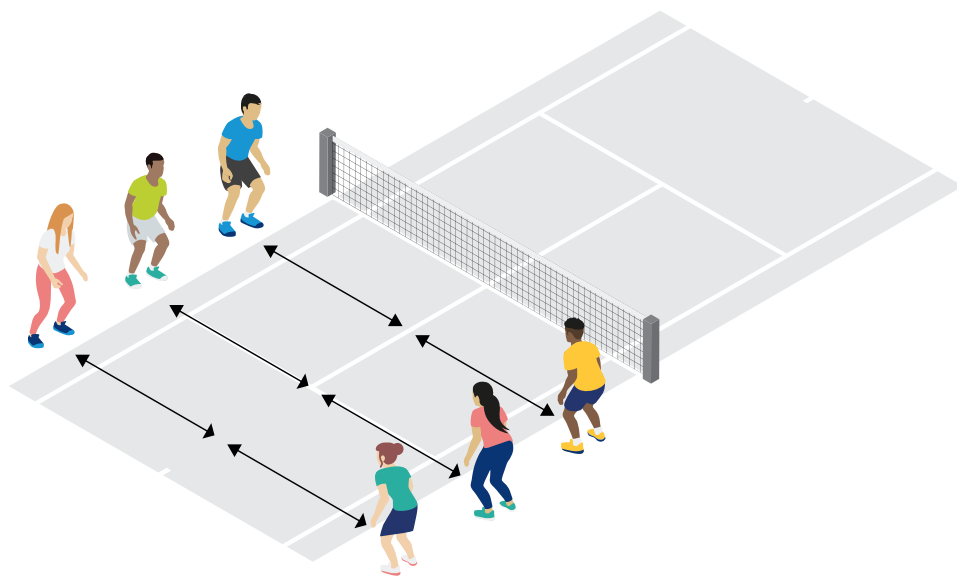
GET IN TO WIN

Session Plan: Activity Cards

WARM UP

Approach and volley shadows and footwork:

- Students line up along the tramlines facing in to the court.
- Students jog to centre line and back.
- Students sidestep to centre line and back to tram line.
- Students skip forwards and back.
- Repeat the above several times.



Dynamic stretches:

- Students walk to the centre line and back performing hip flexor internal and external rotations (open and close the gate).
- Students walk to centre line and back performing heel kicks.
- Students move to the centre line and back performing lunges.

Students shadow volleys:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Racket path – tap (no swing).
- Contact the ball in front and to the side of the shoes.
- Keep the racket head above wrist height.
- Bend the knees for low balls.
- Forehand Volley: Contact on the dominant side of the body.
- Backhand Volley: Two hands on the racket grip (where possible), with the dominant hand at the bottom.
- Contact on the non-dominant side of the body.

TEACHING POINTS:

Side Step:

- Wide base
- Stay low
- Keep a gap between the shoes

Skipping:

- Power up with the arms
- Long air time

Hip flexor rotations:

- Keep the knee at hip height

Walking heel kicks:

- Knee pointing down

Walking lunges:

- Knees at 90°
- Back straight
- Rotate over front leg

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Alternate foot cone taps	<ul style="list-style-type: none"> Place a cone in a central position in front of the shoes Tap the cone with alternate feet Stay light on the balls of the feet 	<ul style="list-style-type: none"> Perform slower
Plank alternating knee to elbow	<ul style="list-style-type: none"> Place hands directly under shoulders Place the racket in between hands Brace the core Bring one knee forwards to the elbow on the same side of the body Straighten the knee back Bring the same knee forwards to the opposite elbow Straighten the knee back and put the foot down Swap legs and do the same on the other side 	<ul style="list-style-type: none"> Put one knee down
Mountain Climbers	<ul style="list-style-type: none"> Place hands directly under shoulders Place racket in between hands Pump one knee up towards the chest, then straighten it back out and put the foot down Pump the other knee up towards the chest, then straighten it back out and put the foot down Keep hips down 	<ul style="list-style-type: none"> Perform slower Place one foot in towards the chest, then the other, then step the first foot back out, followed by the other foot
Skaters	<ul style="list-style-type: none"> Place elbows directly under shoulders Twist to one side and raise the lifted arm straight up Stack the shoulders Twist back into the central position Twist to the other side and raise the other arm straight up Move the shoulders and hips at the same time Move slowly with control 	<ul style="list-style-type: none"> Put the knees down


DRILL

Midcourt crusher

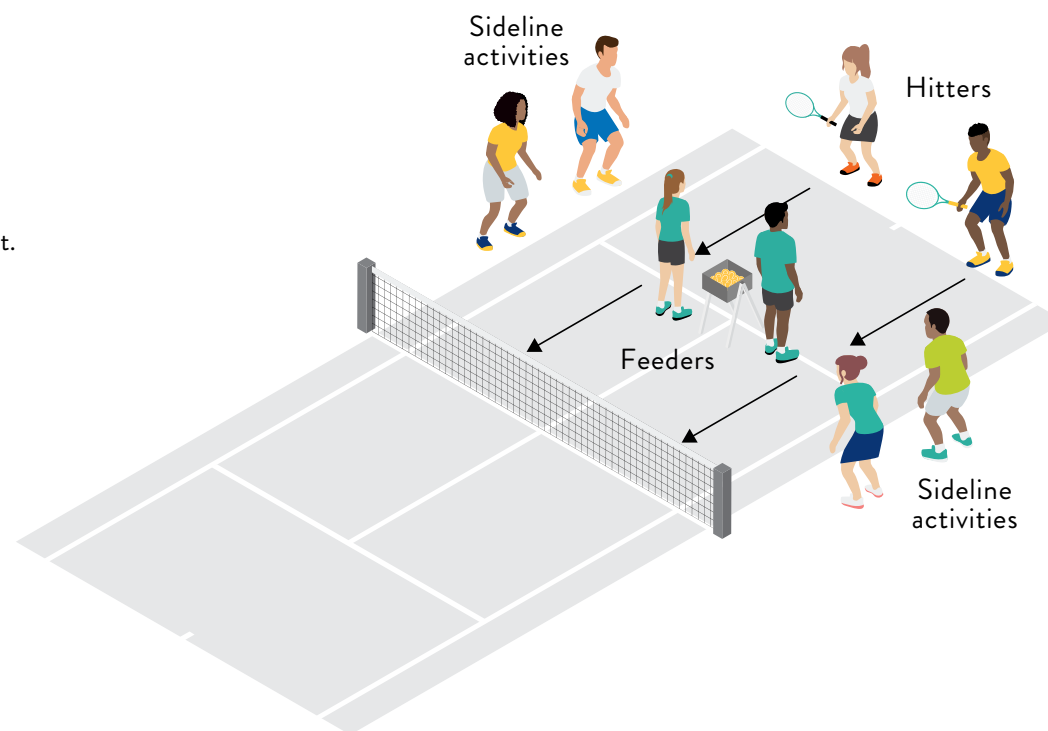
How to Play:

- 2 students start on the baseline as hitters, 1 on the right hand side and 1 on the left hand side.
- 2 students start as feeders on the service line “T”.
- Feeders hand feed 2 balls to the hitter on their side. Feeders throw the first ball high to land approx. half way between the baseline and service line. The hitters move forward to hit an aggressive approach shot.
- The feeders hand feed a second ball to land on the service line. The hitters move further forwards to hit a second approach shot.
- Hitters sprint to touch the net, then move into the role of feeder on their side of the court.
- Feeders move to the sideline activities. Students at the end of the sideline activities crossover to the baseline on the other half of the court and become the hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Increase speed of swing to generate power.

Feeders:

- Feed to the outside shot i.e. forehand on right hand side of court, backhand on left hand side of court for right handers.
- Throw the ball high to give hitters enough time to move to the ball.



DRILL

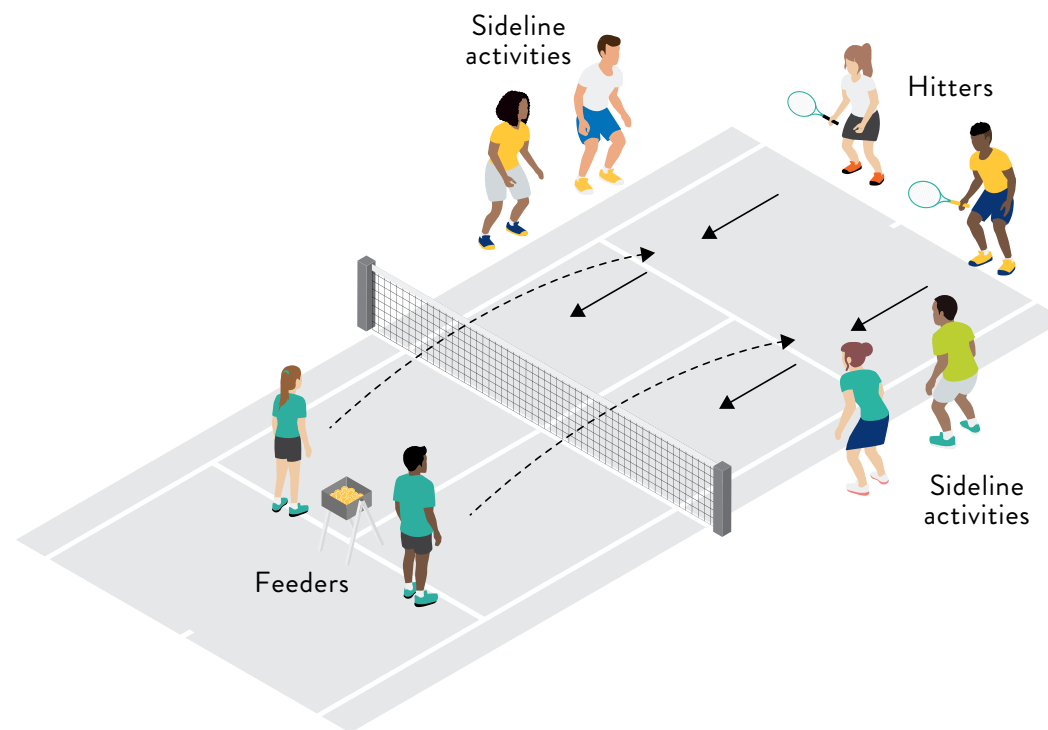
Approach volley

How to Play:

- 2 students start as hitters on the baseline, 1 on the right side and 1 on the left.
- Feeders hand feed an approach shot to the hitter, followed by a challenging volley.
- Hitters sprint around the net and become feeders.
- Feeders move to the sideline activities. Students at the end of the sideline activities crossover to the baseline on the other half of the court and become the hitters.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

Feeders:

- Throw to the outside shot i.e. forehand on right hand side of court, backhand on left hand side of court for right handers.
- Throw the ball high to give hitters enough time to move to the ball.


CONDITIONED POINTS

Capture the net


How to Play:

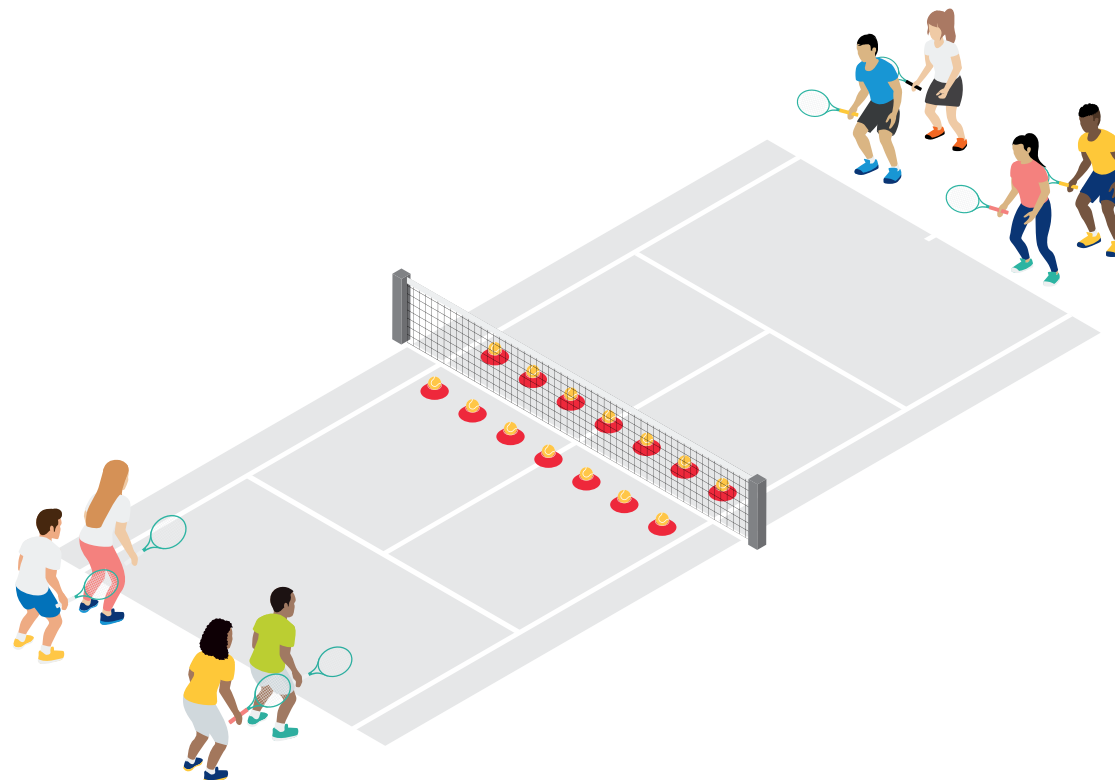
- Organise students into 2 teams, students work in pairs.
- Place 8 balls on top of cones, (close to the net) on each side of the net.
- 1 pair feeds first ball and point is played out.
- Both pairs come off court and next pair from both teams comes on.
- The pair from the team who won the previous point sprint to the net and 1 student takes a ball from a cone and feeds it in.
- Point is played out against other team who are on the baseline.
- First team to clear all 8 balls are the winners.
- All other team members perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets

 Cones



TEACHING POINTS:

- The ball must be fed cooperatively.

CONDITIONED POINTS

Doubles tap the net

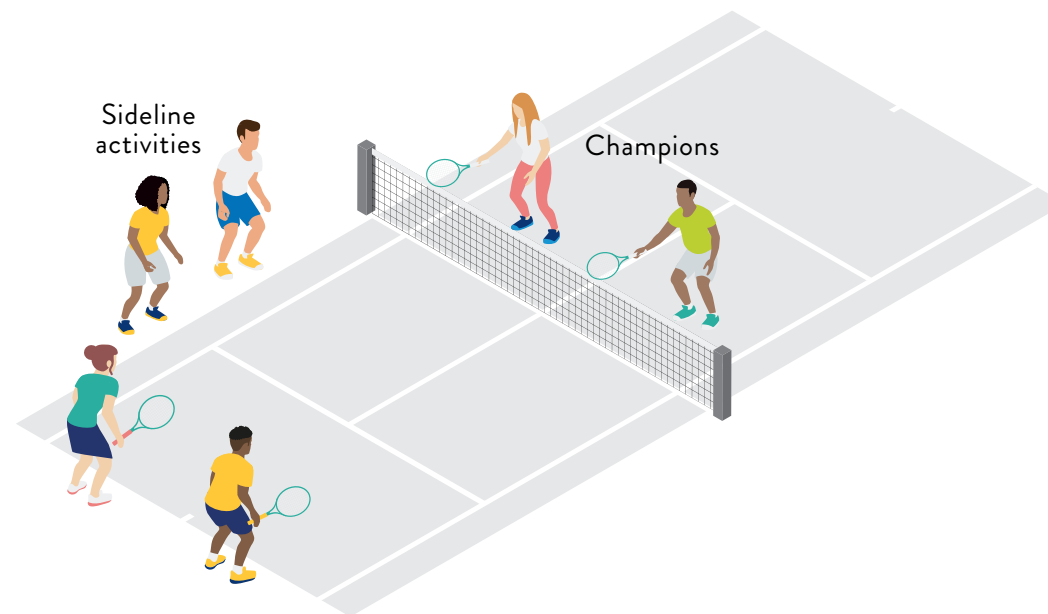
How to Play:

- Students work in pairs. 1 pair start as champions with rackets touching the net.
- Challengers start on the opposite baseline.
- Champions feed a ball into play and the point is played out.
- If challengers win, they replace champions remembering to start with rackets touching net.
- If challengers lose they perform sideline activities and next challengers play against the champions.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The ball must be fed cooperatively and be returned for the point to become live.

SESSION 3

GOT IT COVERED


Session Plan: Activity Cards

WARM UP

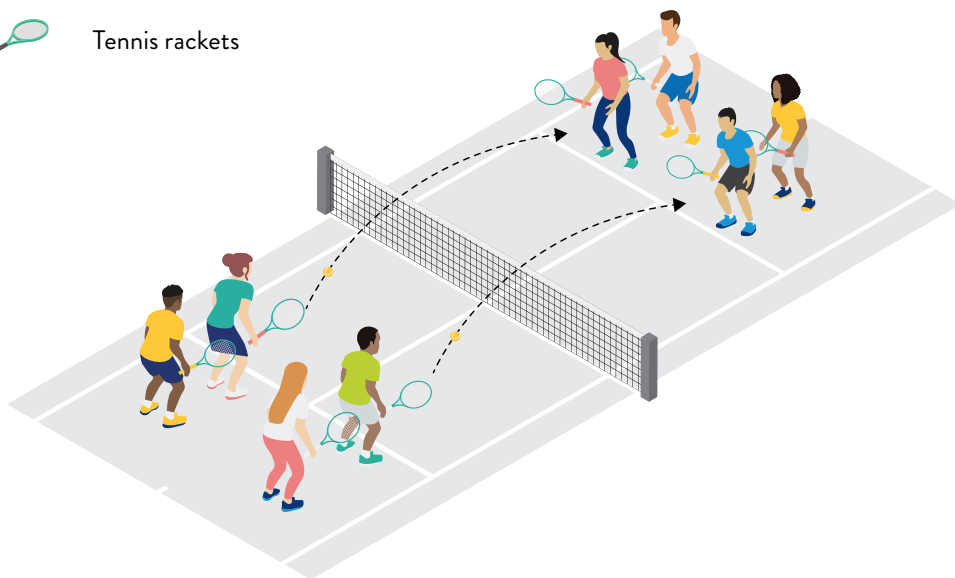
Pop corn tennis:

- Students rally in service boxes, keeping the ball going cooperatively.
- Students alternate with their partner, hitting one shot and then peeling off to the side.

Equipment:

 Low compression tennis balls

 Tennis rackets



Students shadow smashes and lobs:

Smash:

- Track the incoming ball with non-dominant hand pointing at the ball.
- Adapt to the incoming ball with the body and racket.
- Stand side on.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

Lob:

- Play a forehand or backhand groundstroke with the strings pointing up to lift the ball high.

TEACHING POINTS:

- Adapt to the incoming ball with the body and racket.
- Recover back to a central position.
- Work cooperatively as a team.

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Squat jumps	<ul style="list-style-type: none"> • Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position 	<ul style="list-style-type: none"> • Perform squats without the jump
Squat, shoulder press and side bend	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip, in line with the chest • Start with shoes shoulder width apart • Squat down and push back up • Shoulder press the arms straight up • Bend to one side and return to central position • Repeat the whole sequence, bending to the other side 	<ul style="list-style-type: none"> • Stay higher in the squat
Overhead extension and twist	<ul style="list-style-type: none"> • Hold the racket above head height, with one hand at the head of the racket and one hand at the bottom of the grip • Lean back into an extension • Twist to one side • Return to straight central position • Repeat the sequence twisting to the other side 	<ul style="list-style-type: none"> • Reduce the twist
Side sit up	<ul style="list-style-type: none"> • Lay with both shoulders on the floor and knees pointing to one side • Hold the racket with hands overlapped on the grip • Crunch lifting the shoulders off the floor and sliding the racket down the legs • Eyes looking straight up • Brace the core • Change sides and repeat 	<ul style="list-style-type: none"> • Keep the shoulders closer to the floor

DRILL


Approach volley smash

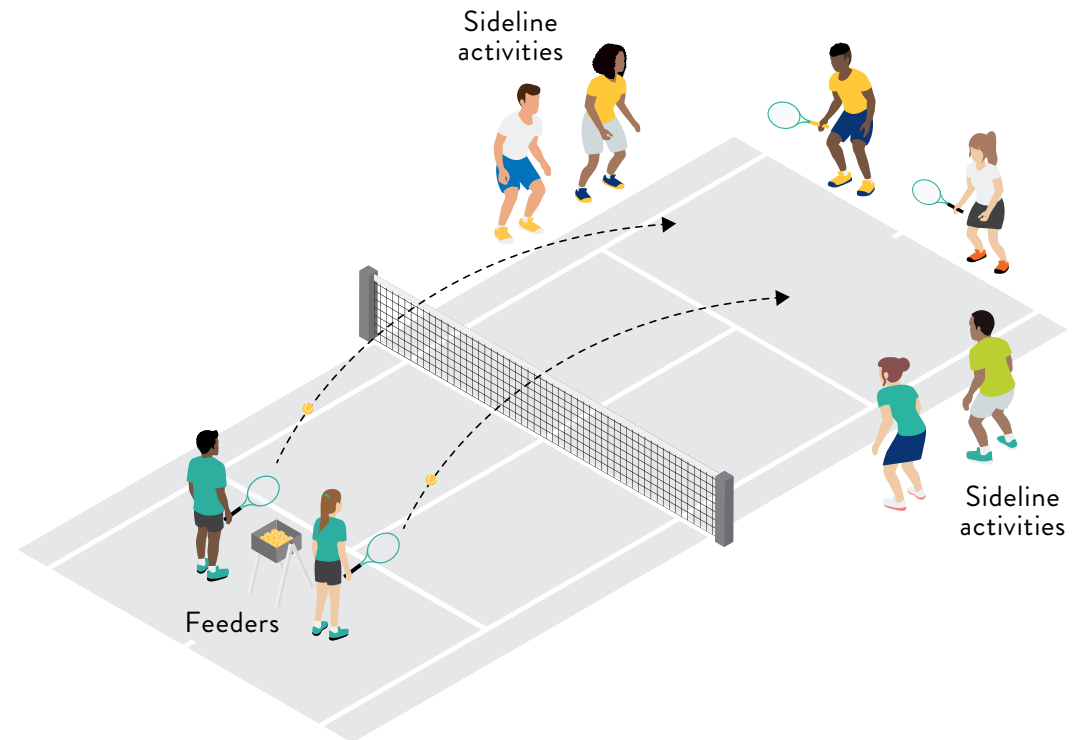
How to Play:

- 2 students start as hitters on the baseline, 1 on the right and 1 on the left.
- 2 students start as feeders on the other side of the net, 1 on the right and 1 on the left.
- Feeders feed 3 balls to the hitter directly opposite them: approach shot, volley and a smash.
- The hitter then sprints around the net to become the feeder.
- The feeders move to the sideline activities. The students at the end of the sideline activities move onto the court into the hitting position.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Turn side on and sidestep back into position (don't run backwards).
- Move quickly into the next position for the next ball.

Feeders:

- Give the hitters time to move into position before feeding.
- For the smash, feed the ball high to allow hitters to contact above the head.


DRILL

Ball rush

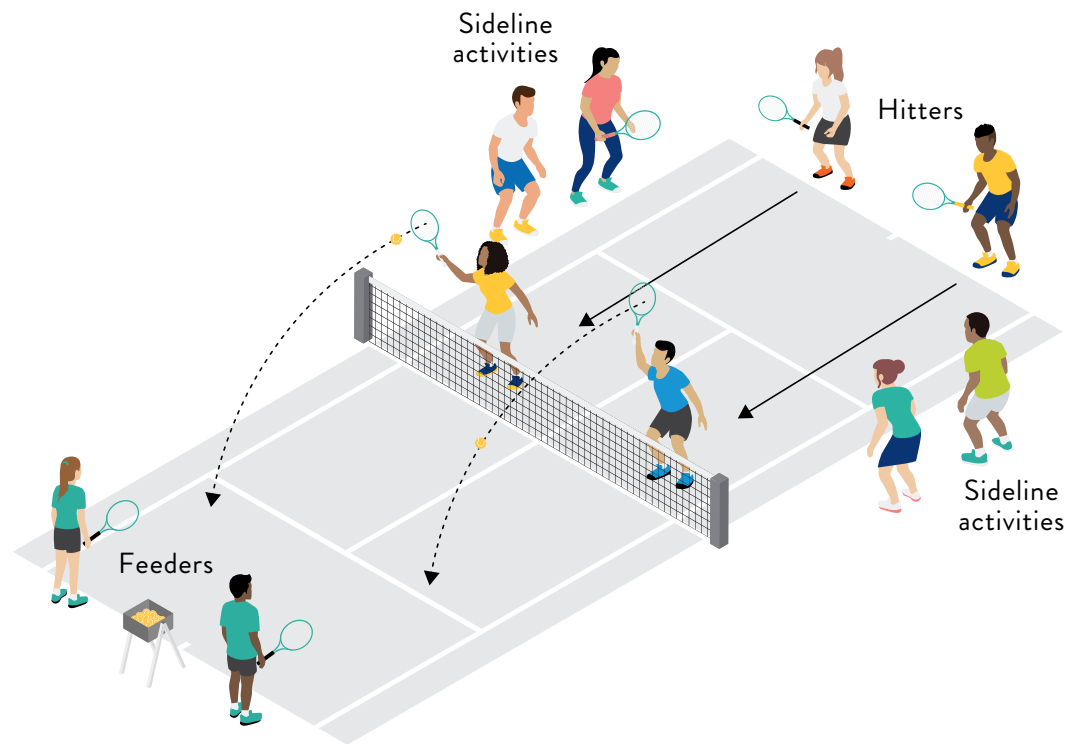
How to Play:

- 2 students start as hitters on the baseline, 1 on the right and 1 on the left.
- 2 students start as feeders on the other side of the net, 1 on the right and 1 on the left.
- Hitters sprint to the net, touch it with their racket and shout “go.”
- Feeders hit a lifted ball for the hitter to smash.
- Feeders then hit a second ball for the hitter to volley.
- Hitters sprint around the net to become the feeders.
- The feeders move to the sideline activities. The students at the end of the sideline activities move onto the court into the hitting position.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Turn side on and sidestep back into position

Feeders:

- Give the hitters time to move into position before feeding.
- For the smash, feed the ball high to allow hitters to contact above the head.



CONDITIONED POINTS

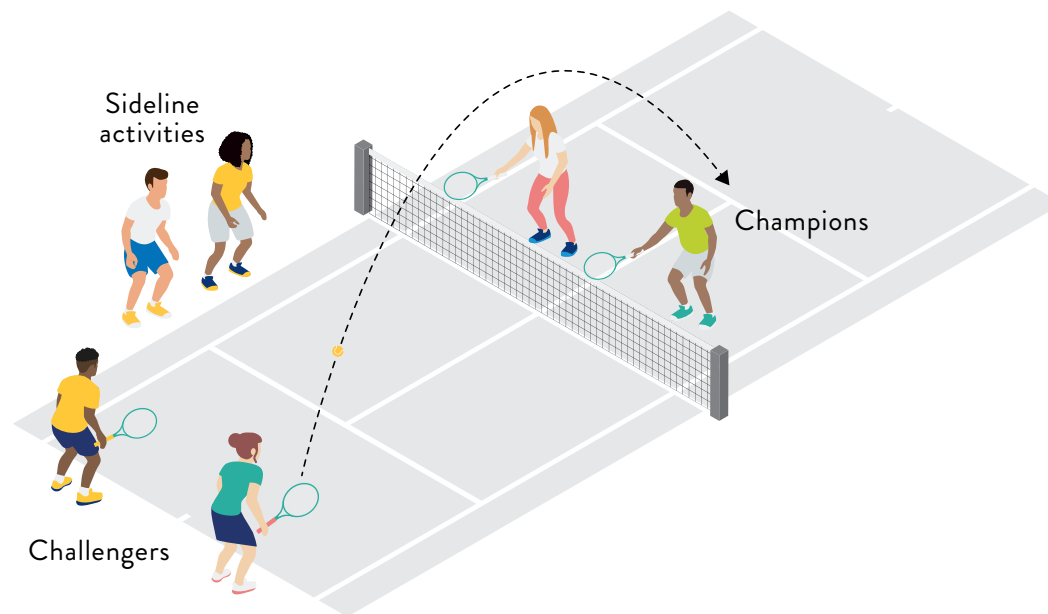
Defend the smash

How to Play:

- Students work in doubles pairs.
- 1 pair start as champions with both students starting with their rackets touching the net.
- Challengers start on the baseline.
- Challengers feed in a lifted ball to start the point and the point is played out.
- If the challengers win, they become the champions.
- If the challengers lose they perform the sideline activities and the next challengers come onto the court to play.
- When students aren't hitting.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

- The feed should be cooperative for the champions to be able to smash.


CONDITIONED POINTS

Magic roundabout

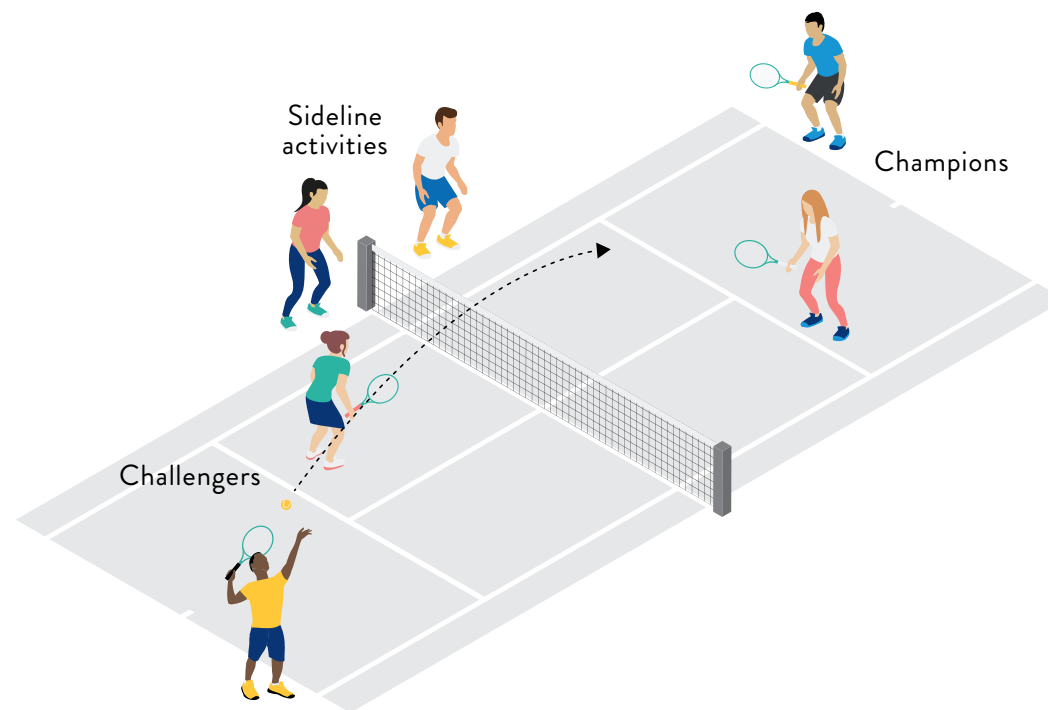
How to Play:

- 4 students start on court in standard doubles formation.
- The challenger on the right serves the ball in to start the point.
- Students are competing as a team but rotate individually.
- If the challengers win, all students move round 1 space anticlockwise, whereby the student who served moves round to become a champion.
- If the champions win, they run to the outside tramlines and back into position. While the challengers rotate 1 place. The challenger who started on left moves to the right to serve, and a student performing sideline activities moves into the left side challenger position.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Work as a pair to cover the court.

SESSION

4

SERVE RETURN

Session Plan: Activity Cards

WARM UP

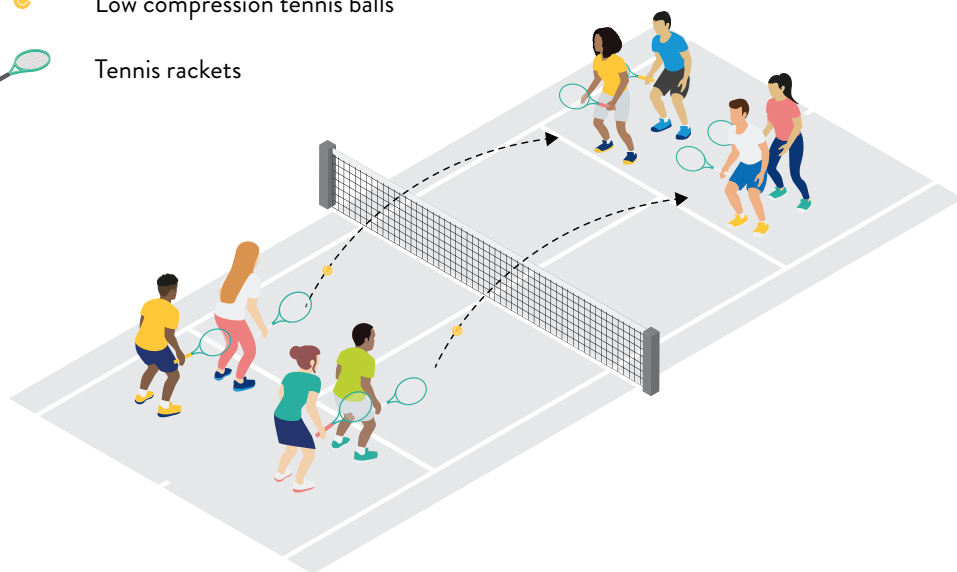
Bump & catch:

- Students rally in service boxes, keeping the ball going co-operatively.
- Student 1 bump serves the ball into play and student 2 returns it.
- Student 1 catches the ball and both students switch sides of the court, student 2 becomes the server.
- Add a third shot, student 1 volleys ball back for student 2 to catch, both students switch sides of the court.
- Add a fourth shot, student 2 volleys the ball back for student 1 to catch, both students switch sides of the court.

Equipment:

 Low compression tennis balls

 Tennis rackets



Students shadow the serve:

Serve:

- Stand side on.
- Hold the ball with the palm facing upwards in the non-dominant hand.
- Toss the ball up with the non-dominant hand.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

TEACHING POINTS:

Bump Serve:

- Contact the ball above head height.

Return:

- Let the ball bounce then hit a groundstroke.

Volley:

- Move forward to a volleying position near the net.

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Twist jumps	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip • Keep shoulders facing forwards • Jump and turn hips to one side • Jump and turn hips to the other side 	<ul style="list-style-type: none"> • Jump back to a central position before twisting to the other side
Squat jumps	<ul style="list-style-type: none"> • Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position 	<ul style="list-style-type: none"> • Perform squats without the jump
Squat, shoulder press and side bend	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip, in line with the chest • Start with shoes shoulder width apart • Squat down and push back up • Shoulder press the arms straight up • Bend to one side and return to central position • Repeat the whole sequence, bending to the other side 	<ul style="list-style-type: none"> • Stay higher in the squat
Quarter single leg squat	<ul style="list-style-type: none"> • Bend one knee into a quarter squat position • Lift the other leg up and balance • Leap onto the other shoe landing in a quarter squat and holding the balance • Keep the chest up • Push the landing knee out towards the little toe 	<ul style="list-style-type: none"> • Quarter squat then step from one side to the other




DRILL

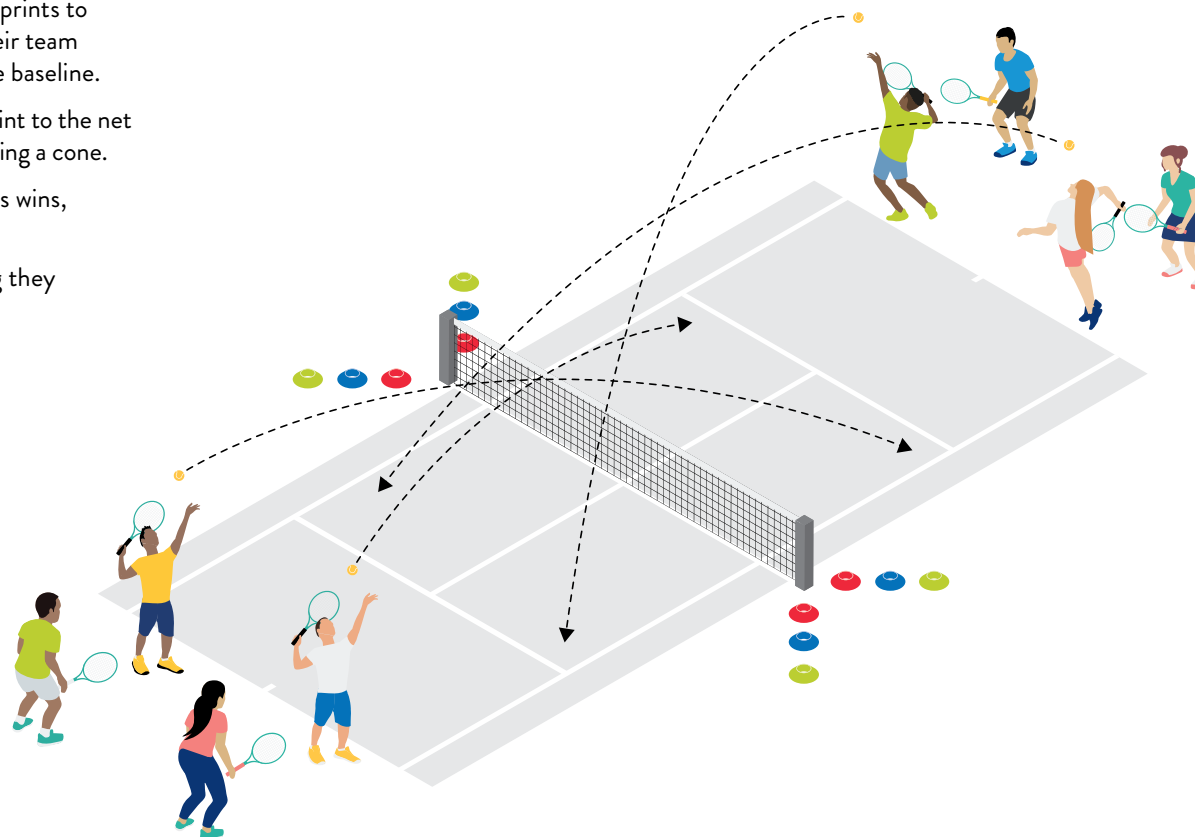
Team service

How to Play:

- Students are divided into 4 teams per court.
- The first student from each team stands behind the baseline ready to serve into the diagonally opposite service box.
- A set of cones is placed next to the net post for each team.
- The first student from each team serves cross court.
- If the serve is in, the server sprints to the net post, collects 1 of their team cones and sprints back to the baseline.
- If the serve goes out they sprint to the net post and back without collecting a cone.
- First team to collect all cones wins, (or timed if taking too long).
- When students aren't hitting they perform sideline activities.

Equipment:

-  Low compression tennis balls
-  Tennis rackets
-  Cones



TEACHING POINTS:

- Contact the ball above head height.


DRILL

Hit & run

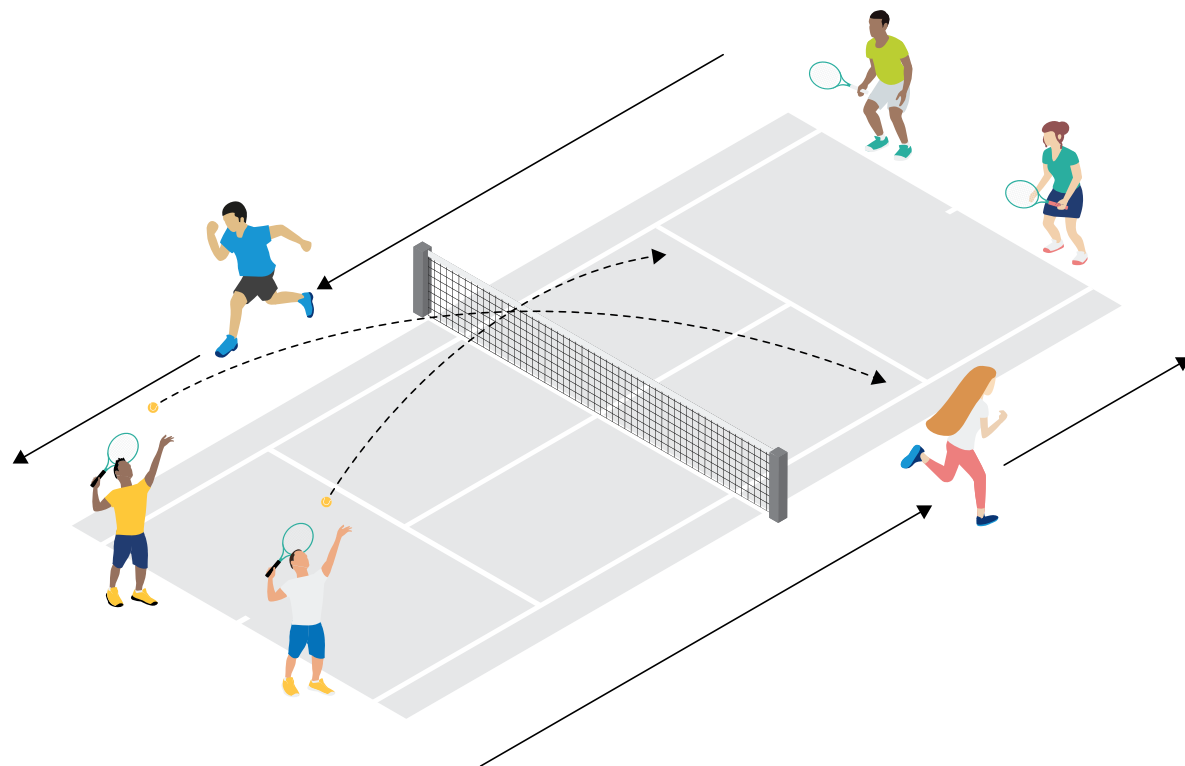
How to Play:

- Students are divided into 2 teams per court: servers and returners.
- 2 servers start on the baseline, 1 on the right hand side and 1 on the left hand side.
2 returners start on the other side of the net, 1 on the right and 1 on the left.
- Server 1 (right hand side) serves diagonally to returner 1, then sprints straight down the right side of the court to the other side of the net to become a returner.
- Returner 1 hits the return cross court then sprints straight down the right side of their net to become a server.
- Server 2 and returner 2 (left hand side of the court) follow straight after.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Servers:

- Contact the ball above head height.

Returns:

- Adapt to the incoming ball with the body and racket.


CONDITIONED POINTS

Serve & volley

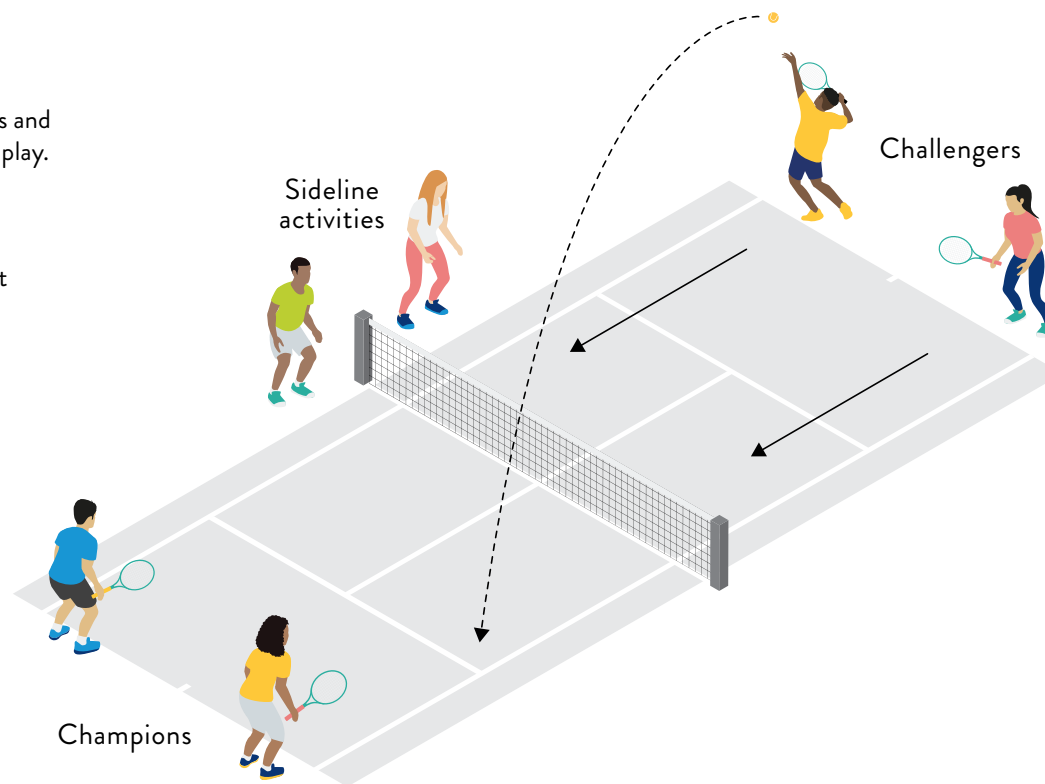
How to Play:

- Students work in doubles pairs. 2 pairs start on court with all 4 students at the baseline.
- A challenger serves the ball to the diagonally opposite service box and both challengers run to the net (regardless of whether the serve is in or out).
- Champions do not return the serve. Champions feed a ball for the challengers to volley and the point is now live.
- If the challengers win they become the champions.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.
- When challengers return to the court to serve they change the server.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Serve and use the momentum of the action to run to the net.

CONDITIONED POINTS

Return to sender

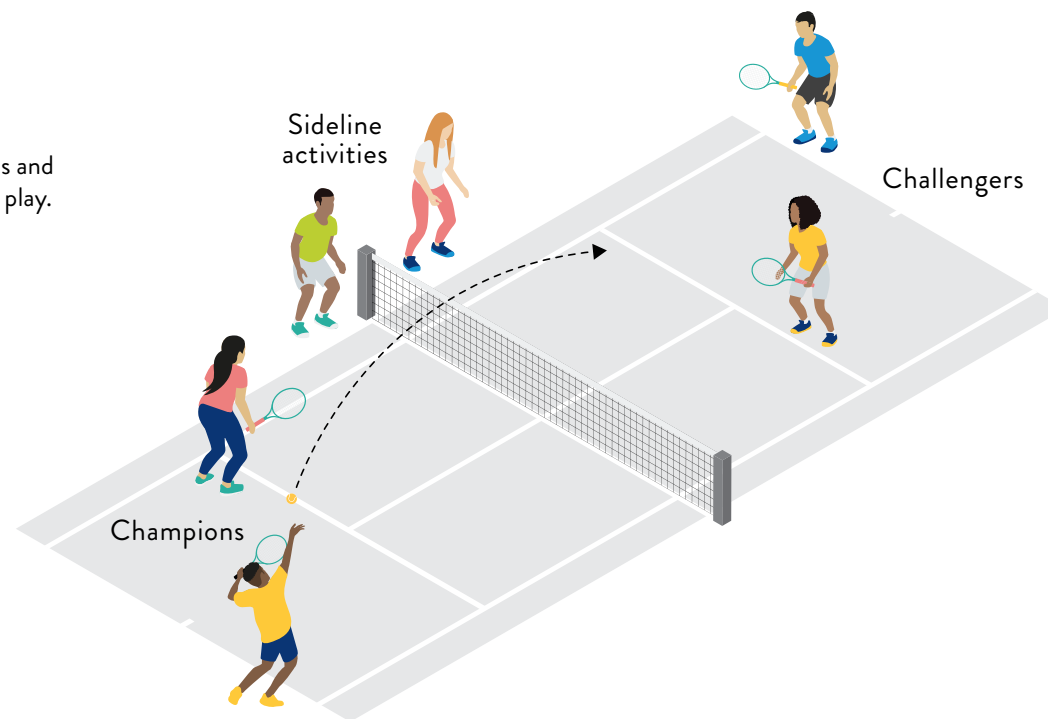
How to Play:

- Students work in doubles pairs. 2 pairs start on court in 1 up and 1 back formation.
- Champions serve to start the point, with challengers receiving.
- Once the challengers have returned the ball they cannot let the ball bounce on their side.
- Champions are not allowed to lob.
- If the challengers win, they become the champions.
- Champions alternate serving from right and left side, and alternate serving within the pair.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Return and use the momentum of the action to run to the net.

SESSION 5

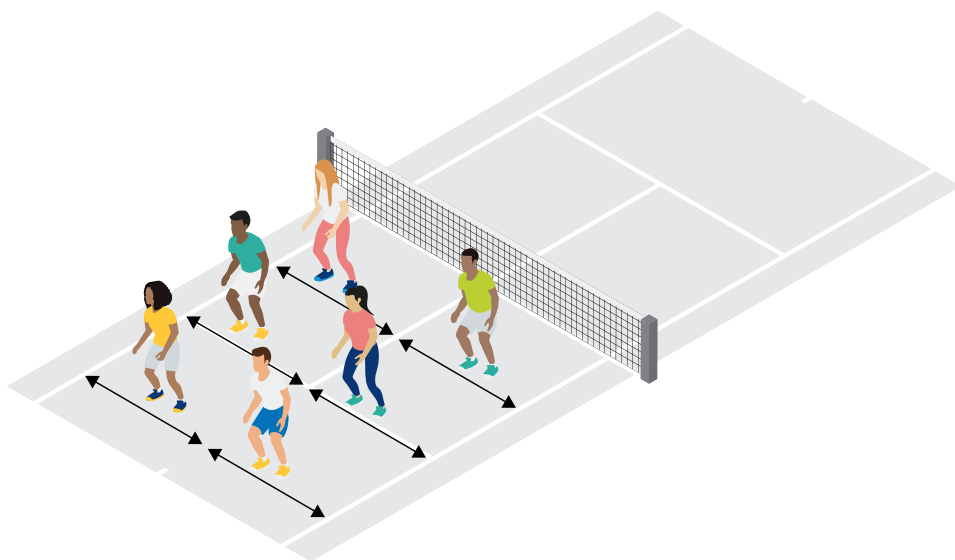
WORKING TOGETHER

Session Plan: Activity Cards

WARM UP

All shot shadows and footwork

- Students line up along the tramlines facing in to the court.
- Students jog to centre line and back.
- Students sidestep to centre line and back to tram line.
- Students skip forwards and back.
- Repeat the above several times.



Dynamic stretches:

- Students walk to the centre line and back performing hip flexor internal and external rotations (open and close the gate).
- Students walk to centre line and back performing heel kicks.
- Students move to the centre line and back performing lunges.

Students shadow all shots:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Recover to a central position after each shot.

Groundstrokes:

- Racket path - low to high.
- Contact the ball in front and to the side of the shoes.
- Two hands on the racket grip for a backhand.

Volleys:

- Keep the racket head above wrist height.
- Racket path – tap (no swing).
- Contact the ball in front and to the side of the shoes.
- Keep the racket head above wrist height.
- Bend the knees for low balls.

Smash:

- Track the incoming ball with non-dominant hand pointing at the ball.
- Adapt to the incoming ball with the body and racket.
- Stand side on.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

TEACHING POINTS:

Side Step:

- Wide base
- Stay low
- Keep a gap between the shoes

Skipping:

- Power up with the arms
- Long air time

Hip flexor rotations:

- Keep the knee at hip height

Walking heel kicks:

- Knee pointing down

Walking lunges:

- Knees at 90°
- Back straight
- Rotate over front leg

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Squat jumps	<ul style="list-style-type: none"> • Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position 	<ul style="list-style-type: none"> • Perform squats without the jump
Ski jumps	<ul style="list-style-type: none"> • Start with the shoes together • Jump sideways back and forth over an imaginary line 	<ul style="list-style-type: none"> • Perform slower
Shuffles	<ul style="list-style-type: none"> • Start with the shoes staggered, one forward and one back • Keep the chest up • Pump the arms • Shuffle the shoes swapping front and back 	<ul style="list-style-type: none"> • Step one foot back and forward again, and repeat with the other foot
Lateral lunges	<ul style="list-style-type: none"> • Start in a central standing position • Keep the chest up • Step out to one side • Bend the knee and push it out • Load weight over the bent knee • Push back into a central position • Repeat on the other side 	<ul style="list-style-type: none"> • Take a smaller step to the side, but ensure that weight does not go beyond the knee


DRILL

Team cover the net

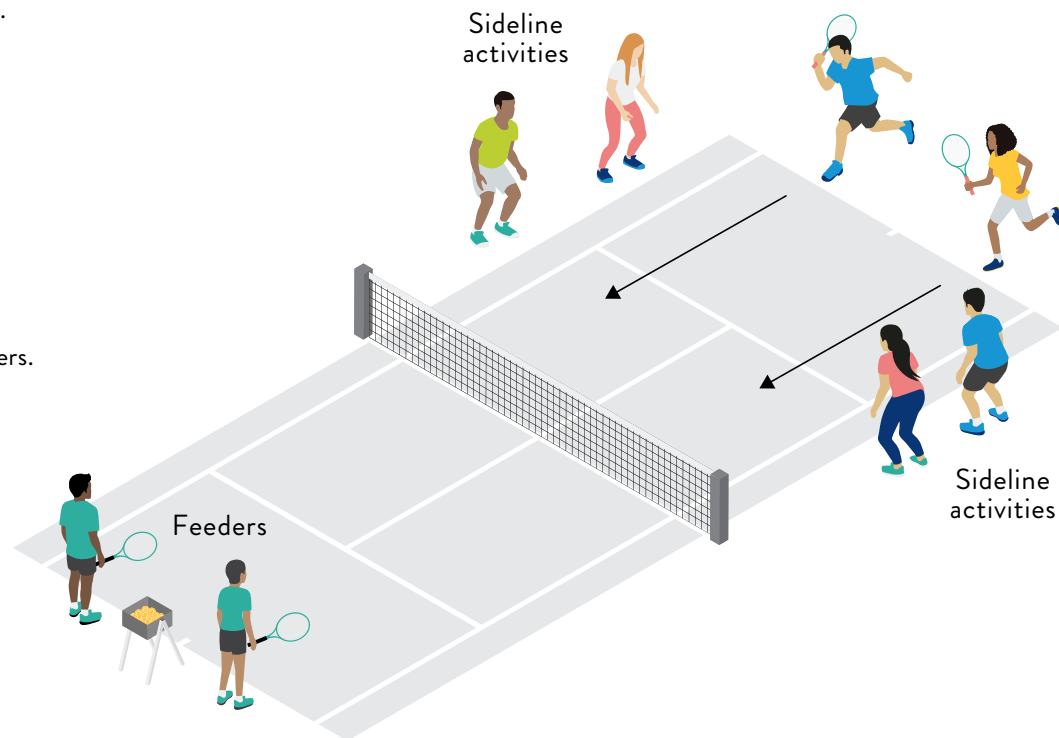
How to Play:

- Students work in doubles pairs.
- 1 pair start on the baseline as hitters and 1 pair start on the other side of the net as feeders.
- The feeders shout “go” and the hitters run to the net and touch the net with their rackets.
- The feeders take it in turns to feed 6 balls for the hitters to volley. The feeds should be rapid, with the next ball fed instantly after the hitter has played a volley.
- The balls can be fed to either hitter.
- The hitters work together to cover each other, constantly moving, as if attached.
- After the 6 balls the hitters sprint around the net to become feeders. Feeders move to the sideline activities.
- Students at the end of the sideline activities move onto the court to become the next hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Move together as if attached, in order to cover the court.
- React quickly to adapt to the incoming ball.

Feeders:

- Decide quickly where to feed the ball.
- Make feeds challenging but achievable by controlling the speed and position of the ball.


DRILL

Partner charge

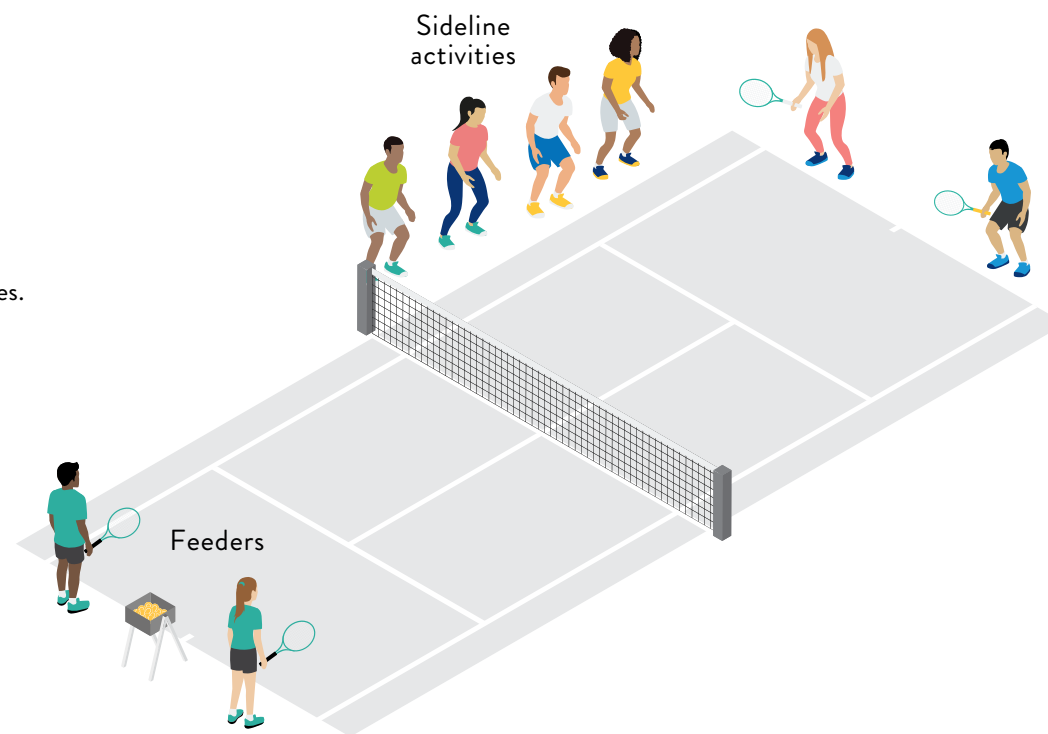
How to Play:

- Students work in doubles pairs.
- 1 pair start on the baseline as hitters and 1 pair start on the other side of the net as feeders.
- The feeders take it in turns to feed 6 balls for the hitters.
- The first and second ball should be fed to the baseline for the hitters to play groundstrokes.
- The third ball is fed to the service line; the hitters play an approach shot and move forward into a net position.
- The fourth and fifth balls are fed for the hitters to volley.
- The sixth ball should be fed high for the hitters to smash.
- The sequence is groundstroke – groundstroke – mid-court approach shot – volley – volley – smash.
- After the 6 balls the hitters sprint around the net to become feeders. Feeders move to the sideline activities.
- Students at the end of the sideline activities move onto the court to become the next hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Move together in order to cover the court.
- Call who will hit each ball.

Feeders:

- Give the hitters time to recover between each feed.
- Make feeds challenging but achievable.

CONDITIONED POINTS

Cross court team chase

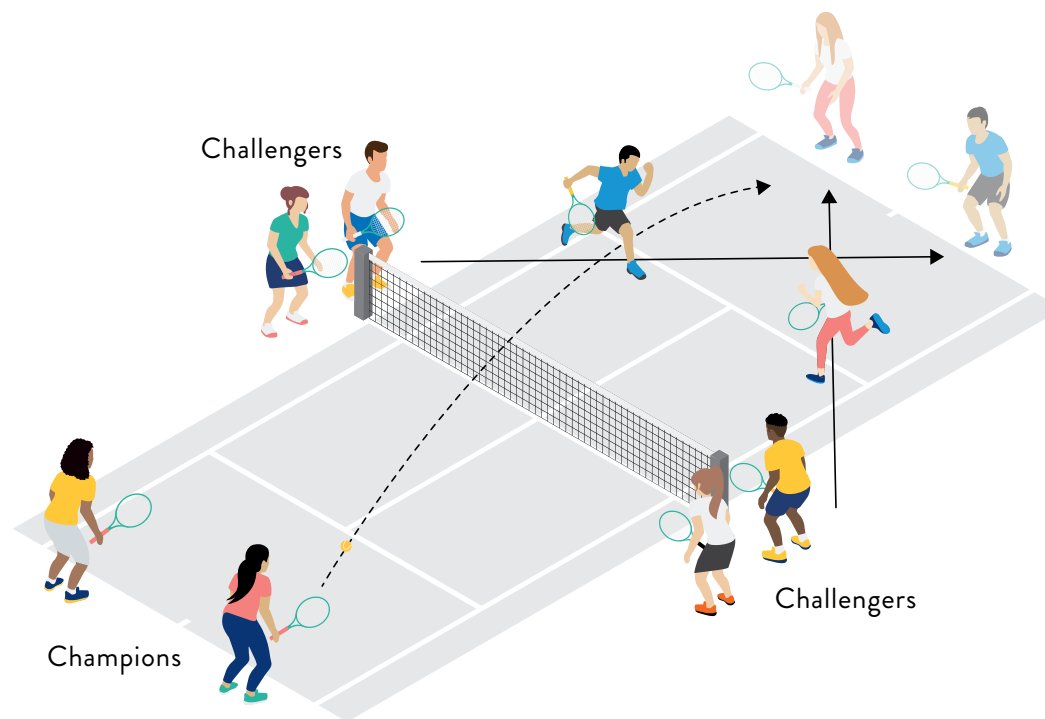
How to Play:

- Students work in doubles pairs.
- 1 pair start as champions.
- Challengers start with 1 student at the right net post and 1 student at the left net post.
- The champions feed a cross court lob into play. The challengers chase the ball, return it and then the point becomes live.
- If challengers win they sprint round and become champions.
- If the challengers lose they swap sides and perform the sideline activities and the next challengers come onto the court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Feed the ball cross court making sure it is challenging but achievable.


CONDITIONED POINTS

Bedlam

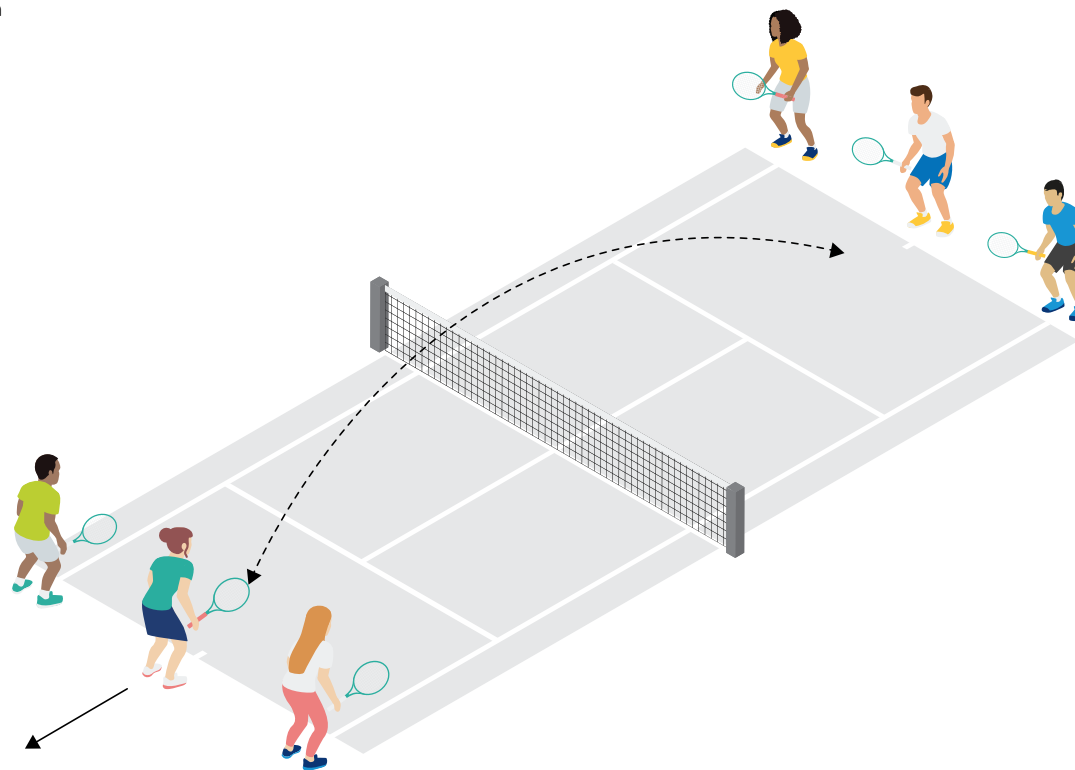
How to Play:

- Split students into 2 teams per court, with approx. 3 students per team.
- 1 team feeds the ball into play and the point is played out.
- As soon as a student hits the ball, they must turn and run to the back wall / fence, touch it then quickly get back on court - this is whilst point is being played out.
- All students work as a team to cover spaces left as students run on and off court.
- If there are too many students to safely start on the court; students should perform sideline activities and swap on / off after each point.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The feed should be cooperative to start the point.
- Move to cover spaces.
- Communicate clearly as a team.

SESSION

6


PUTTING IT ALL TOGETHER
Session Plan: Activity Cards

WARM UP

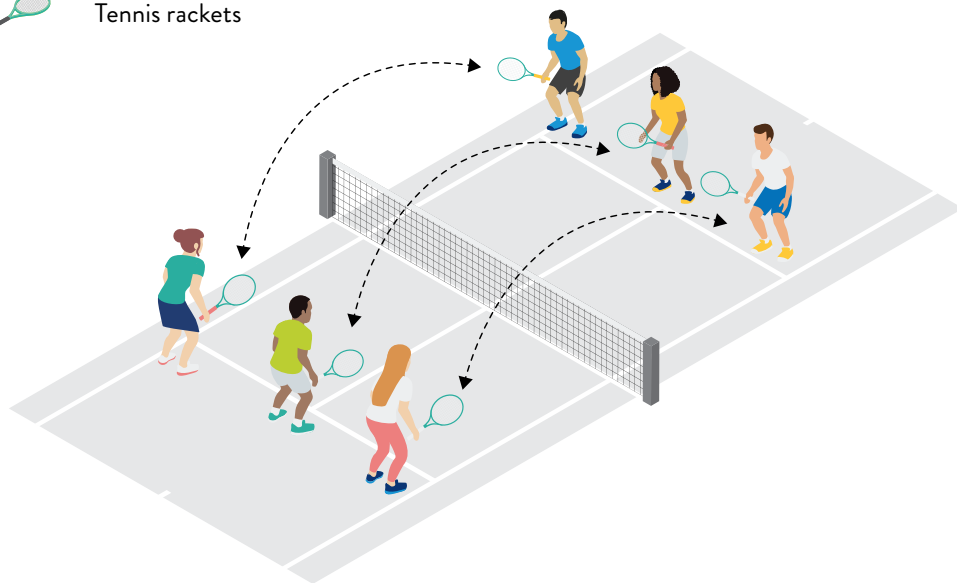
Push & Pull:

- Students rally co-operatively in service boxes.
- Students start the rally with a gentle overarm throw.
- Progress rally with student 1 moving to the net to volley.
- Student 2 then moves forward to the net to volley, student 1 moves back.
- Try to keep the same ball in play.

Equipment:

 Low compression tennis balls

 Tennis rackets



Students shadow all shots:

- Start in the ready position.
- Adapt to the incoming ball with the body and racket.
- Recover to a central position after each shot.

Groundstrokes:

- Racket path - low to high.
- Contact the ball in front and to the side of the shoes.
- Two hands on the racket grip for a backhand.

Volleys:

- Keep the racket head above wrist height.
- Racket path – tap (no swing).
- Contact the ball in front and to the side of the shoes.
- Keep the racket head above wrist height.
- Bend the knees for low balls.

Smash:

- Track the incoming ball with non-dominant hand pointing at the ball.
- Adapt to the incoming ball with the body and racket.
- Stand side on.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

TEACHING POINTS:

- Contact the ball gently in order to control the ball.
- Keep moving in order to raise the heart rate and prepare for exercise.

SIDELINE ACTIVITIES

**PUTTING IT
ALL TOGETHER**

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Plank with alternating hand taps	<ul style="list-style-type: none"> Place hands directly under shoulders Place the racket in between the hands Brace the core Alternate hand taps onto the racket strings Keep the hips still 	<ul style="list-style-type: none"> Put the knees down
Forehands and backhands	<ul style="list-style-type: none"> Start with a wide base with shoes wider than shoulders Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip Pivot and bend both knees low as if turning to hit a forehand Swing the arms back into a low position Drive up with the legs and swing the arms from the low to a high position Pivot and bend both knees low as if turning to hit a backhand Swing the arms back into a low position Drive up with the legs and swing the arms from the low to a high position 	<ul style="list-style-type: none"> Swing the arms back without bending and pivoting the legs
Skaters	<ul style="list-style-type: none"> Hold racket with one hand on the grip Leap from side to side, lifting and bending the non-landing leg behind Keep the chest up Push knee out wide Swing the arms to help power and balance 	<ul style="list-style-type: none"> Step from side to side
Jumping jacks	<ul style="list-style-type: none"> Start with shoes shoulder width apart Jump both shoes out wide, bending the knees Jump both shoes back into being shoulder width apart Swing the arms up and down in time with the jumps 	<ul style="list-style-type: none"> Tap the shoes out to side one at a time


DRILL

Musical chairs

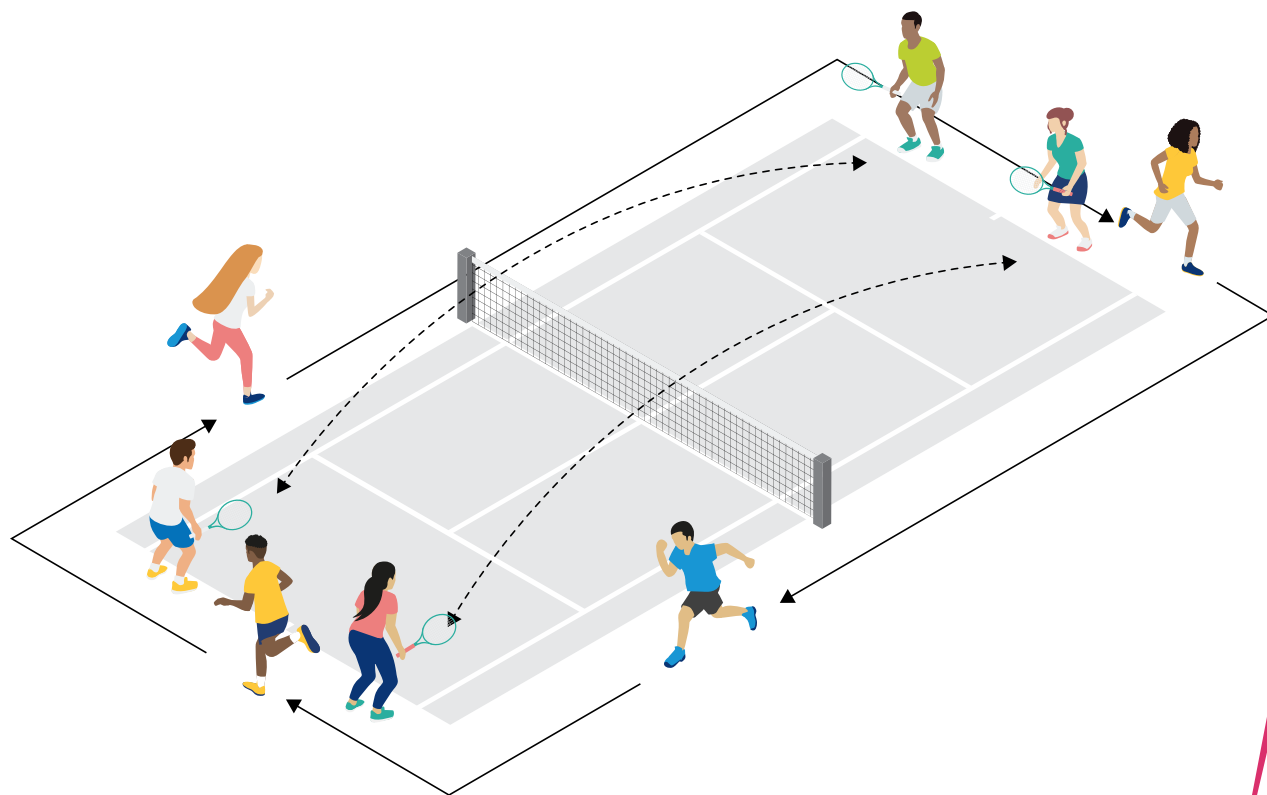
How to Play:

- 4 students start on court playing half court singles.
- The remaining students spread out around the outside of the court and jog in clockwise direction.
- When a hitter makes an error, the closest jogger takes their place.
- If jogger has gone past the hitter, they cannot turn around.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- Jog at a safe distance away from the hitters.

DRILL

Partner switch

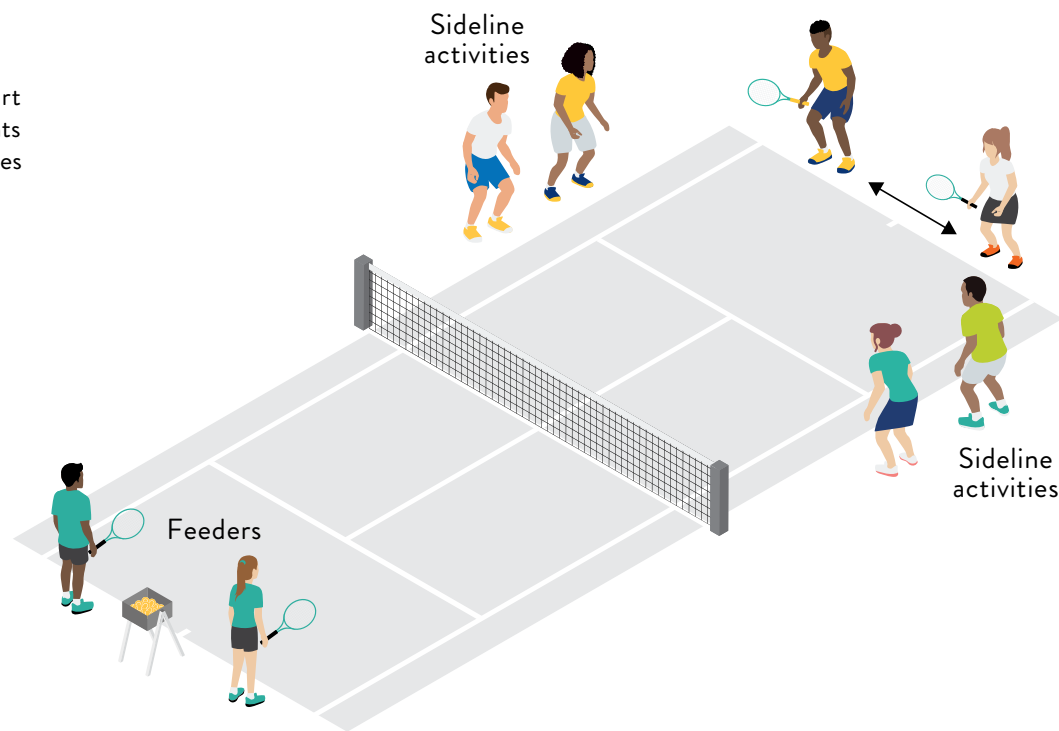
How to Play:

- Students work in doubles pairs.
- 1 pair start on the baseline as hitters and 1 pair start on the other side of the net as feeders.
- The feeders take it in turns to hit 3 balls (6 in total) to the opposite baseline. The ball may go towards either hitter.
- After each hit, the hitters have to switch sides.
- After the 6 balls all students move round in a clockwise direction. The feeders and hitters move off court to perform sideline activities. Students who were performing sideline activities become the feeders or hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Communicate to ensure moving safely past each other.

Feeders:

- Give the hitters time to recover between each feed.
- Make feeds challenging but achievable.



CONDITIONED POINTS

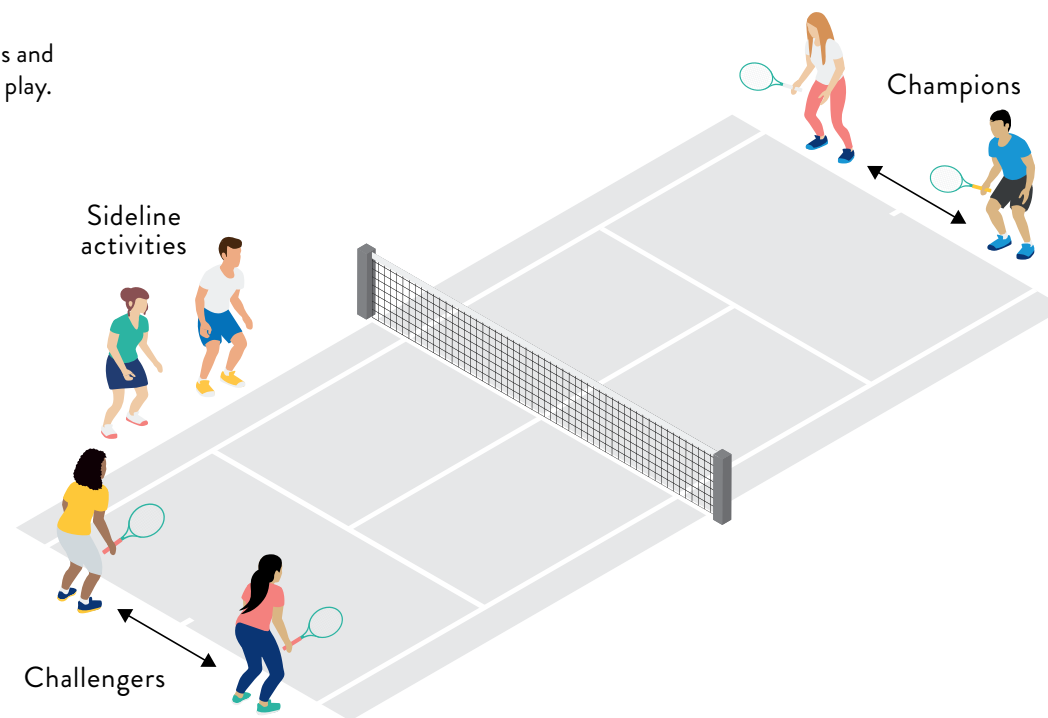
Turbo Switch

How to Play:

- Students work in doubles pairs.
- 1 pair start as champions on the baseline and 1 pair start as challengers on the opposite baseline.
- The champions feed a ball in and the point is played out.
- Students switch sides with their partner every time one of them hits the ball.
- If challengers win, they become champions.
- If the champions win, the losing challengers move to sideline activities and next challengers come onto court to play.
- When students aren't hitting they perform sideline activities.

Equipment:

-  Low compression tennis balls
-  Tennis rackets



TEACHING POINTS:

- The feed should be cooperative to start the point.


CONDITIONED POINTS

Triples

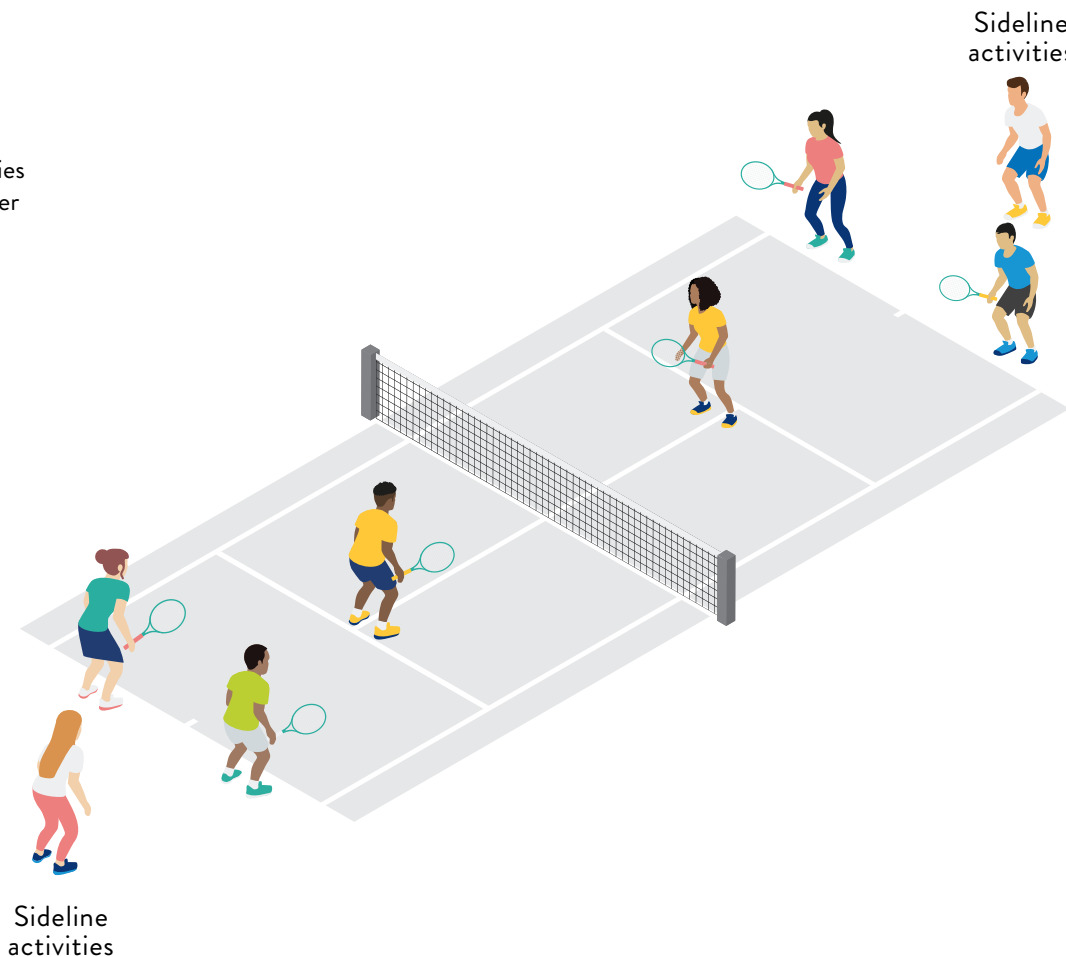
How to Play:

- Students work in teams of 3, with 2 teams per court.
- Teams stand with 1 student at the net and 2 students on the baseline.
- A student feeds the ball in and the point is played out. Any student may hit the ball.
- All students rotate 1 position after each point.
- First team to 7 points wins.
- Students performing sideline activities may rotate in after each point or after the game has been won or after a set period of time.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

- The feed should be cooperative to start the point.
- Move to cover spaces.
- Communicate clearly as a team.

WHEELCHAIR / SEATED SIDELINE ACTIVITIES

SIDELINE ACTIVITIES

**WHEELCHAIR /
SEATED ACTIVITIES**

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Circles	<ul style="list-style-type: none"> • Start with arms stretched straight out to the side, fingers straight and palms facing the floor • Rotate the arms forward making small circles • After 10 reps change direction and circle the arms backwards for 10 reps 	<ul style="list-style-type: none"> • Make bigger circles • Circle one arm at a time
Forehands and backhands	<ul style="list-style-type: none"> • Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip • Swing the arms back into a low position on the forehand side (hands remain in the same position holding the racket) • From the low position swing up and forwards to the front of the body • Swing the arms back into a low position on the backhand side and then drive the arms forward to the front position 	<ul style="list-style-type: none"> • Keep the arms at shoulder height (i.e. do not swing the arms into a low position)
Seated alternate arm swings	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Move the arms back and forth in a running style 	<ul style="list-style-type: none"> • Move the arms slower • Wrists remain in a low position
Shadow boxing	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Place hands in a fist slightly in front of the chin • Jab the hands straight forward (alternating hands) as if hitting a boxing bag. Perform 10 with each hand. • Hook the arms as if hitting the side of a boxing bag (alternating arms). Perform 10 with each arm. • Repeat the sequence with 10 jabs and 10 hooks 	<ul style="list-style-type: none"> • Perform one arm at a time • Perform just jabs or just hooks

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Bent arm lateral raises	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Tuck elbows to the side of the body • Place hands in a fist • Lift both elbows upwards and outwards, to shoulder height • Lower back to the starting position 	<ul style="list-style-type: none"> • Perform one arm at a time • Reduce the height that the elbows are lifted
Side stretch	<ul style="list-style-type: none"> • Sit in a tall seated position, with shoulders back • Place arms to the side of the chair and reach to the centre hub of the wheel • Keep the arms and fingers straight • Lean to the right side and reach the fingers to the towards the wheel rim • Keep the back on the back rest • Hold the stretch for 10 seconds • Slowly rise back to the central position • Repeat to the left side 	<ul style="list-style-type: none"> • Reduce the length of the stretch
Resistance band exercises - seated row	<ul style="list-style-type: none"> • Place the band around the net post at shoulder height • Position the chair facing the net post in a central position • Hold the band with arms straight in front • Pull back with both arms until the elbows touch the back of seat • Keep the elbows tucked in and close to the body as they pull backwards • Release forwards and repeat 	<ul style="list-style-type: none"> • Use a lighter band for less resistance

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Resistance band exercises - biceps curl	<ul style="list-style-type: none"> • Place the band around the bottom of the net post • Position the chair facing the net post, slightly to the left • Hold the band in the right hand with the arm straight and palm facing upwards • Keep the right elbow close to the body • Bend the elbow raising the right hand towards the right shoulder • Straighten the elbow lowering the right hand back down • Repeat on the left side 	<ul style="list-style-type: none"> • Use a lighter band for less resistance
Resistance band exercises - triceps curl	<ul style="list-style-type: none"> • Place the band around the bottom of the net post • Position the chair with the back to the net post (so the band is behind the back) • Hold the band in the right hand, with the hand touching the back on the neck and the elbow high • Pull the band upwards straightening the arm so the hand is high above the shoulder • Bend the elbow so that the hand returns to the back of the neck • Repeat on the left side 	<ul style="list-style-type: none"> • Use a lighter band for less resistance

SIDELINE ACTIVITY**TEACHING POINTS****TO MAKE IT EASIER****Resistance band exercises - internal and external rotations**

- Place the band around the net post at waist height
- Position the chair to the right of the net post
- Hold the band with the left hand, with the left elbow against the side of the body and bent at a 90° angle
- Rotate the left arm across the middle of the body towards the right hip, keeping the elbow against the side of the body (internal)
- Release back to the left side and repeat the action
- Change to hold the band in the right hand keeping the chair in the same position
- Start with the hand by the left hip
- Keep the right elbow into the side of the body and pull the band from the left hip out to the right side as far as possible (external)
- Rotate back and repeat the action
- Turn the chair 180° so that the net post is now to the right side
- Repeat the actions as above now working on the right arm internal rotation and left arm external rotation

- **Use a lighter band for less resistance**

Resistance band exercises - lateral raises

- Place the band under the chair foot plate
- Sit in a tall seated position, with shoulders back
- Tuck elbows to the side of the body
- Place hands in a fist
- Lift both elbows upwards and outwards, to shoulder height
- Lower back to the starting position

- **Use a lighter band for less resistance**

SIDELINE ACTIVITY**TEACHING POINTS****TO MAKE IT EASIER****Resistance band exercises - front raises**

- Place the band under the chair foot plate
- Sit in a tall seated position, with shoulders back
- Tuck elbows to the side of the body
- Place hands in a fist with thumbs facing up
- Move fists upwards towards the shoulders in a slow rhythmic motion
- Move both arms together
- Lower fists back down
- Repeat sequence

- **Use a lighter band for less resistance**



Bands can be attached to a fence or another stationary object rather than a net post



LTA

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