



LESSON PLAN 1

60 minutes

Burn 600+ calories

Tennis inspired workout

Number of participants: 6-12

Standard: Beginners to advanced

Equipment: Large trolley of orange balls, heart rate monitors, music, agility ladders, cones, spare rackets

WARM UP

Name	Purpose	Description	Minutes
Run the Lines	Heart Raiser	Participants jog down the tramline, backwards to the service line, sideways to the T, forward to net, back to T, sideways to other tramline, forward to net, then turn and sprint to baseline. Repeat circuit. Top tips; make sure there is space between participants and they are facing the net throughout the whole run. Keep head up and use small steps to stay balanced.	2-3
Shadow Swings	Dynamic stretch	Participants face the net and find a space on the court. Instructor demos swings for participants to shadow. Top tips; make sure there is space between participants and they are facing the net. Shadow a range of shots to stretch most muscle groups (groundstrokes, low volleys, smashes etc).	2-3
Buddy throw	Co-ordination	In pairs and facing each other a couple of meters apart, participants side step across the court throwing a ball to each other and bouncing to each other on the way back. Top tips; Use both halves of the court so pairs don't run in to each other. Add in a second ball to make harder.	2-3

DRILL BASED

Name	Purpose	Description	Minutes
Mid-court crusher	Cardio Zone Drill	Participants in 2 single file lines on baseline facing the net. Instructor stands in between the 2 lines, facing the participants a few metres inside the court. Instructor hand feeds to the first 2 participants at the same time. Participants hit the ball, sprint to the net, tap the net with their racket, move off to the side of the court, run down the ladder and join the back of the opposite queue. Top tips; Only feed once the participants in front have moved off the court. With larger numbers stagger starting position to avoid standing around. Vary feeds (get participants to hit the ball before it bounces etc). Make it competitive by awarding a point to the team that touches the net first.	5
Approach & volley	Cardio Zone Drill	Participants in 2 single file lines on baseline facing the net. Instructor feeds from the T on the opposite side of the net. Instructor feeds an approach shot to both participants who hit it and then run to the net for a volley. They then move off to the side of the court, run down the ladder and join the back of the opposite queue. Top tips; Feed approach shots and volleys in quick succession. Mix up the second feed to get participants hitting drive volleys or smashes. Keep your head up to avoid being tagged!	5
Drop shot retrieval	Cardio Zone Drill	4 participants on the corner of one baseline and the other 4 on the other corner of the same baseline. Instructor feeds from the other side of the net on the T. Instructor feeds a drop shot for the 1st participant of the first line who has to run diagonally to retrieve the drop shot. After the shot the participant moves off the court, down the ladder and joins the back of the opposite line. Instructor then feeds a drop shot to the other half of the court for the 1st participant of the second line. Top tips; Make sure participants know it is their turn before you feed by pointing at them with your racket or shouting their name. Feed by hand or racket but make sure feed is appropriate to participant; they should get there but on stretch.	5



LESSON PLAN 1

60
minutes

Burn
600+
calories

Tennis
inspired
workout

Number of participants: 6-12

Standard: Beginners to advanced

Equipment: Large trolley of orange balls, heart rate monitors, music, agility ladders, cones, spare rackets

GAME BASED

Name	Purpose	Description	Minutes
Triples	Cardio Zone Game	2 teams of 4 either side of the net. 1 at the net, 2 on the baseline and 1 waiting at the back of the court (diamond formation). Instructor feeds a ball in and the point is played out (player at the back of the court is not in the point), 3 against 3. Participants rotate 1 position after the point finishes. First team to 11 points. Top tips; Get the incoming players to touch the net before you feed the ball in. Keep player at the back moving. Vary feeds.	8
21's	Cardio Zone Game	4 pairs, 2 at each end. 1st pair starts on the baseline, waiting pair behind them. Instructor feeds the ball in and the point is played out. As soon as the point is finished both pairs run to the opposite end of the court and the instructor feeds a ball in to the next 2 pairs. First pair to win 21 points. Top tips; Keep waiting pair's right back and moving at all times. Get players to high 5 each other as they pass at the net. Award 3 points to a pair for hitting a winner. Make cooperative with beginners – first 2 pairs to get to a rally of 6 get a point.	8
Charge!	Cardio Zone Game	4 pairs, 3 challenging pairs at one end of the court and 1 champion pair at the other end. When coach feeds (from the challenger's baseline in between the pair) the 1st challenging pair charge to the net and the point is played out. Champ pair not allowed to lob. If challengers win they take the champs place. If they lose they move to the back of the challenging pair queue. Instructor should lob feed as soon as the point is won and new challengers should charge the net as soon as the ball is fed. Top tips; Keep waiting pair's right back and moving at all times. Timing of the lob feed is important. Make it challenging but achievable for players.	8

COOL DOWN

Name	Purpose	Description	Minutes
Team Serve	Lower heart rate	2 teams of 4 players. Both teams start on the baseline, one on deuce side one on ad side. Ball cart is placed in between the 2 teams and a pile of 20 cones is placed by the cart. Players take it in turns to hit a serve. If it goes over and in the team are awarded a cone. When all cones are gone the team with the most win. Top tips; Keep waiting players back but no need to keep moving. Play a couple of sets from both sides.	5
Volleyball	Lower heart rate	2 teams of 4 players either side of the net, spread out in the singles court. Instructor feeds a ball in and the point is played out. Ball is not allowed to bounce. Ball must be hit over the net within 3 shots. Same player can't hit the ball twice in a row. Ball must not be hit downwards. First team to 7 points. Top tips; Whilst this is a less active cool down make sure players are alert as it requires explosive movement.	5