



LESSON PLAN 2

60
minutes

Burn
600+
calories

Tennis
inspired
workout

Number of participants: 6-12

Standard: Intermediate to advanced

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

WARM UP

Name	Purpose	Description	Minutes
Shuttles	Heart Raiser	Participants jog the width of the court and back again. Add in lots of variations; side step, backwards, skip, lunges, high knees, high jump, torso twists etc. Top tips; make sure there is space between participants. Keep pace light and show good demos.	2-3
Racket pass	Dynamic stretch	Participants stand back to back, 1 step apart. They hold arms out straight in front and pass racket to each other with a full torso twist. Go both directions. Participants then stretch up high and pass the racket to each other above their heads and then stretch low and pass between legs. Top tips; make sure participants can feel the muscles being stretched. Vary the passes to stretch out more muscle groups.	2-3
Popcorn Tennis	Co-ordination	Rallying in the service boxes with short swings. Get players to alternate shots like doubles table tennis. Top tips; Place a cone down to run around after shot. Progress to half volleys and volleys if better players.	3-4

DRILL BASED

Name	Purpose	Description	Minutes
3 ball across	Cardio Zone Drill	Participants work their way across the baseline with 3 shots fed from instructor. After 3rd shot player runs around the court and joins back of line. Add in ladders or exercises for larger numbers and stagger starting positions. Top tips; Feeding pattern is 1, 2 1, 3 2 1, repeat. Feed 3rd ball in to sideline, 2nd ball to centre marker and 1st ball to other sideline.	5
Serve & volley	Cardio Zone Drill	Participants in 2 single file lines on baseline facing the net. Instructor stands on T on the opposite side of the net. Participants hit a serve, run to the net and hit a volley fed by the instructor. After the volley, move off to the side of the court, run down the ladder and join the back of the opposite queue. Top tips; Make the volley feed appropriate to the level of the participants. Vary feeds (smash, stretch volley, low volley). 2 baskets for this exercise – use one as a safety marker to keep waiting players out of the way of the server.	5
Lob retrieval	Cardio Zone Drill	4 participants on each net post. Instructor feeds a lob to first participant who then runs it down, lobs it back and then joins the opposite net post. Instructor then feeds second lob to the first participant at the other net post. Repeat. Top tips; Make sure participants know it is their turn before you feed by pointing at them with your racket or shouting their name. Make sure feed is appropriate to participant; they should get there but on stretch. SAFETY POINT: Insist player lobs the shot back to avoid hitting next player.	5



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GAME BASED

Name	Purpose	Description	Minutes
Non Stop Doubles	Cardio Zone Game	Participants pair up. Half the pairs stand one side of the net post other pairs other side of the net post, instructor in between the pairs. Instructor lob feeds in ball and first two pairs run on to court and play out the point. Winning pair stay on losing pair come off and are replaced with waiting pair. First pair to win 3 consecutive points. Top tips; Feed the ball to the pair that win the point but make it very tough.	8
Switch	Cardio Zone Game	Participants pair up. Half of the pairs at one baseline and half at opposite baseline. 1st two pair start on the baseline, waiting pairs behind them (keep way back). Instructor feeds the ball in and participants have to switch sides with each other after every ball is hit. First pair to win 11 points. Top tips; Instructor can play in if odd number. Make it cooperative with less able tennis players – first pair to get a rally of 10.	8
Star Wars	Cardio Zone Game	2 teams start at each end of the court. Player 1 plays against player 1. If player 1 from Team 1 wins they stay on and are joined by player 2. As Team 2 lost the point player 1 would go off and player 2 would come on. The object of the game is for a team to get all players on court and then win the point. Top tips; Keep waiting pair's right back and moving at all times.	8

COOL DOWN

Name	Purpose	Description	Minutes
Up & Over	Lower heart rate	Participants work in pairs. Standing close to the net they volley rally whilst working their way across the court. When they get to the end of the court they move back to serviceline and lob volley their way back (over the heads of the other players). Top tips; Remove racket for less experienced players and do exercise as throw and catch – underarm and overarm.	5
Golf	Lower heart rate	Participants work in pairs and stand facing each other but on either side of the court (width – behind sideline). Place a ball on the floor and use racket to putt the ball. If ball stops in the tramline that pair score a point. First pair to win 3 points. Top tips; Encourage participants to static stretch while their partner is putting.	5