

01

Module:
**ACT OUT
YOUR PASSION**

Learning Outcome:

To improve young people's ability to articulate their own strengths.

Key Words:

Strengths, Individuality

Equipment Needed:

None required



Activity:

One person in the group (selected at random) stands in the middle of the circle and acts out something they are good at. Each successive person acts out the previous acts and adds their own.

Serves Coaching Tips:

Ask the group informal questions:

- How difficult was it to remember all the acts?
- For those waiting how did you feel?

Link these informal questions to a discussion about knowing your strengths and articulating them.

TOP TIP:

Repeat the game and add a new rule each time; for example do it without speaking.

Module: **3 TEE TENNIS**

02

Learning Outcome:

To empower young people to translate their strengths into a set of values which develop an individual's attitude to change and growth

Key Words:

Strengths, Values

Equipment Needed:



Cones



Balls



Rackets



Activity:

Divide the group into 2 teams (one attacking and one defending). They must decide on a team name that represents their values as a group. One attacking player comes forward and hits each tennis ball off the tee (cone) and then runs between two markers, 1 point for each run. As soon as all 3 balls have been hit, 3 defenders run to pick up 1 tennis ball and 1 cone and place it back to its original starting point. Once all the attacking team have had a turn, the teams swap over. The team with the most points win.

Serves Coaching Tips:

Ask the group informal questions:

- What tactics did you use?
- Why did you pick your team name?

Link these informal questions to formal questions about:

- Why are values important in life?
- Where do our values come from?

TOP TIP:

When attacking players hit the 3 tennis balls off the tee ask them to use the forehand, backhand and freestyle one hit to encourage tennis shots. Vary the shuttle runs i.e. side steps.

Module: **THE ELIMINATOR CHALLENGE**

03

Learning Outcome:

To increase young people's ability to work as an individual and as a team

Key Words:

Teamwork, Ability, Confidence

Equipment Needed:



Cones



Balls



Rackets



Tennis
Nets



Activity:

Divide the group into two teams and select a captain. Each team completes the tennis eliminator challenge; half the team take on tennis endurance drills and the other half one by one complete an obstacle course. If a player drops the ball in an endurance test the player doing the obstacle course starts again. The first team to complete the challenge wins.

Serves Coaching Tips:

Ask the group informal questions:

- Why did you split the team in this way?
- Would you do anything different next time?

Link these informal questions to a discussion about strengths as an individual and strengths as a team and using them to achieve a goal.

TOP TIP:

At the start of the challenge ask each of the captains a quiz question, whoever answers correctly gains a 10 second head start.

04

Module: **TARGETS**

Learning Outcome:

To improve young people's ability to identify skills in themselves that need development

Key Words:

Skills, Targets

Equipment Needed:



Cones



Balls



Rackets



Tennis
Nets



Buckets



Activity:

Layout targets on one side of the tennis court. Young people work in pairs, they each have three balls to hit the ball over the net and hit the targets. There are different points for each target. Play a few times and encourage the group to beat their scores.

Serves Coaching Tips:

Ask the group informal questions:

- Which targets were most difficult?
- How did you adjust?

Link these informal questions to a discussion about identifying ways to achieve more difficult targets in life.

TOP TIP:

Add the Tennis Bucket Challenge; divide the group into two teams (different colour tennis balls for each team), the team with the most balls in the bucket wins!

05

Module: **CROSS THE RIVER**

Learning Outcome:

To increase young people's ability to focus on small goals to achieve immediate success

Key Words:

Focus, Goals, Success

Equipment Needed:



Buckets



Balls



Throw Down
Lines



Activity:

Divide the group into teams and ask the group to select a captain. Using throw down lines, young people must work together in teams to get across the river without touching the floor. They must also transfer a tennis racket and a tennis ball to the other side without dropping it. If anything or anyone touches the ground, the team starts again. First team that crosses the river wins.

Serves Coaching Tips:

Ask the group informal questions:

- Did you have a strategy?
- Did everyone agree the strategy?

Link these informal questions to formal questions about goalsetting:

- How do you plan your own goals?
- What can help you achieve your goals for quicker success?

TOP TIP:

Challenge the group by introducing the non-verbal rule in the game, only the captain can speak.

Module:
**FREESTYLE
CHALLENGE**

06

Learning Outcome:

To increase young people's ability to commit to a task until completed

Key Words:

Teamwork, Commitment, Focus

Equipment Needed:

None required



Activity:

Divide the group into teams, each team develops a freestyle trick shot. Each team member should contribute a freestyle trick and encouraging them to work as a team but also focus on their own contribution.

Serves Coaching Tips:

Ask the group informal questions:

- How do you feel the performance went?
- Was everyone involved?

Link these informal questions to a discussion about focus and practice.

TOP TIP:

Invite the teams to select a song/piece of music for their performance that represents them as a team. Video their trick shots!

07

Module: **DISTRACTION**

Learning Outcome:

To improve young people's ability to react to tougher challenges

Key Words:

Reaction, Listening, Thinking

Equipment Needed:



Balls



Rackets



Activity:

Ask the group to line up on the baseline, the coach give instructions of tennis shots and young people demonstrate the opposite shot, for example when the coach says 'forehand' the young people do a backhand or when the coach says 'volley' the young people do a slice.

Serves Coaching Tips:

Ask the group informal questions:

- How easily were you distracted?
- Did you react too quickly?

Link these informal questions to a discussion about thinking before reacting and how this can help us in life.

TOP TIP:

Invite young people to take the coaches place and add distraction suggestions to challenge the group further.

08

Module: **RANKING UP**

Learning Outcome:

To increase young people's understanding on how to build on small targets to develop bigger goals

Key Words:

Hard work, Determination, Commitment

Equipment Needed:



Cones



Balls
(2 colours)



Rackets



Tennis
Nets



Activity:

Young people work in pairs, and must clear two serves into target zones, starting with large target zones as Novak Djokovic, then harder target zones as they move to Roger Federer, to Rafael Nadal and then to Andy Murray.

This continues for the allotted time or until everyone becomes Andy Murray.

Serves Coaching Tips:

Ask the group informal questions:

- How many shots did it take to get to be Andy Murray?
- How easily did you move through the zones?

Link these informal questions to a discussion about doing the basics well and developing them into bigger goals.

TOP TIP:

Introduce the 'ace off'. In teams young people have 60 seconds to score as many aces in a target zone. The team that scores the most wins.

09

Module: **MAGIC RALLY**

Learning Outcome:

To develop young people's ability to celebrate success by reflecting on their journey of development and discuss continued commitment

Key Words:

Success, Journey, Commitment

Equipment Needed:



Balls



Rackets



Tennis
Nets



Activity:

The coach must position themselves at one end of the court and ask the young people to work in pairs and rally to a set score. The first group to do so shout the magic word decided by the group such as 'Champion'. Everyone then moves one place to the left apart from the coach who will eventually rally with every young person.

Serves Coaching Tips:

The coach asks each individual during their rally:

- Something new they are going to start doing?
- Something they are going to keep doing?
- Something they are going to stop doing?

TOP TIP:

Encourage the group to play magic rally both cooperatively and competitively to bring out discussions about the value of individual success and team effort.