

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