



SET TWO

ACTIVITY CARDS

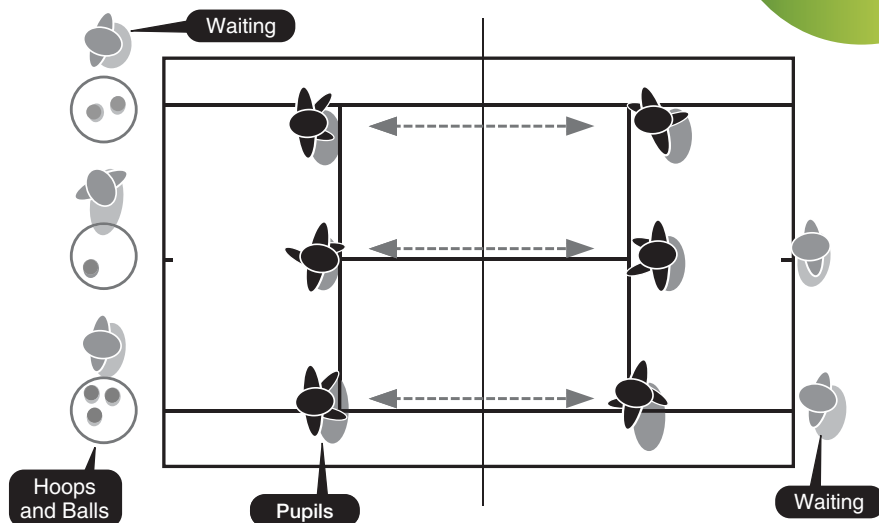
SET TWO



ABCs

**4+ PUPILS, 4+ RACKETS,
2+ HOOPS, 3 BALLS PER HOOP**

ABCs RACKET WARM UP



RACING RALLIES

Teams rally on half/third of a court in service boxes. At one end, just behind the baseline, there is a team hoop with 3 balls inside

- Pupils start on the service line
- On 'go' Pupil 1 gets a ball from their hoop and returns to the service line to rally
- When the team gets a rally of 10, Pupil 1 takes the ball and puts it in another team's hoop
- Pupil 1 then gets another ball from their hoop and starts again
- The winning team is the first one to have no balls in their hoop

EASIER

- Use orange / green balls
- Rally to 5

HARDER

- Hit only backhand

TIPS

Teams rally on half/third of a court in service boxes. At one end, just behind the baseline,

- You can have more than 2 in a team by rotating the pupils between rallies or shots
- After 3 minutes, if there is no winner then the game stops and the team with least balls in their hoop wins

RACKET WARM UP: RACING RALLIES

ORGANISATION AND SAFETY

- Spacing between teams
- Loose balls

KEY ELEMENTS COVERED

- Warm up
- Pulse raising
- Mobilisation
- Stretching muscle groups
- Forehand
- Backhand
- Movement around the court
- Hit to partner

LEARNING OUTCOMES

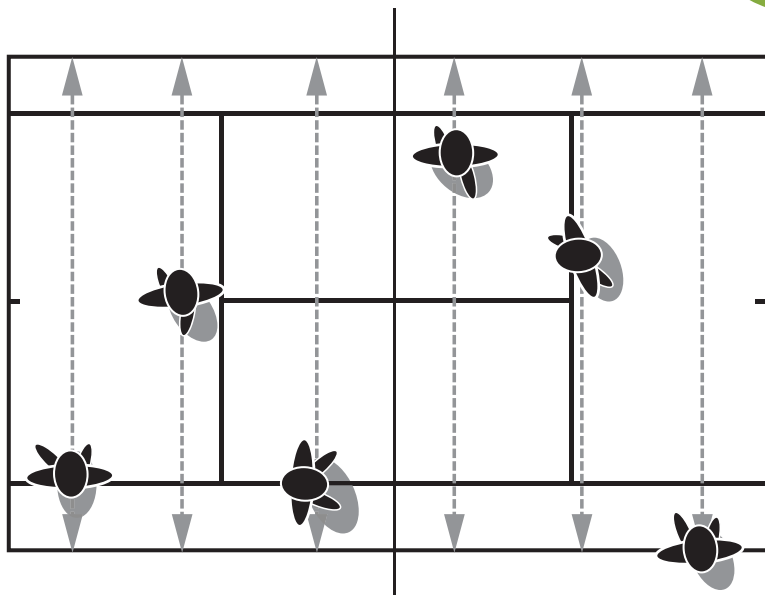
- Carry out warm up routines safely
- Hit the ball with reasonable consistency and accuracy in cooperative rallies

SCORING

- As per explanation

EVALUATION

- Why are you warming up?
- What components of fitness has this focused on?



WIDTHS

Do each of the following movements for 2 widths of the court - 1 forwards and 1 backwards or facing the net if you're moving sideways

- Jog
- Jog with arms circling
- Sidestepping
- Jog sideways with legs crossing over
- Jog kicking heels up at back
- Jog lifting knees up
- Slow long strides
- Spring steps taking alternate elbow to opposite knee

TIPS

- Keep your balance by leaning forwards slightly when jogging backwards
- Do a split step at each end

RACKET WARM UP: WIDTHS

ORGANISATION AND SAFETY

- Spacing between pupils

KEY ELEMENTS COVERED

- Warm up
- Pulse raising
- Increasing pace
- Dynamic stretching

LEARNING OUTCOMES

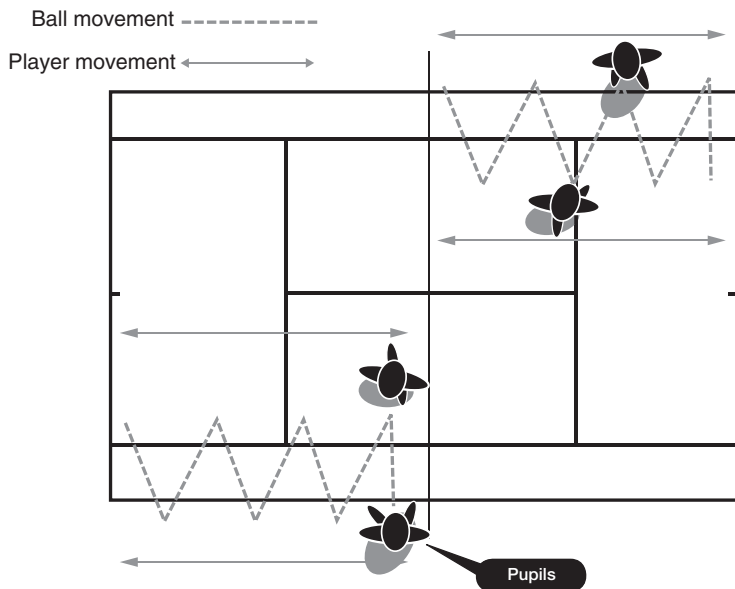
- Carry out warm up routines safely
- Awareness of court lines
- Learning about in and out

SCORING

- Not applicable, there is a need for quality work

EVALUATION

- Why are you warming up?
- What components of fitness has this focused on?



RACING RALLIES

Facing each other, sidestep lengths of the half-court doing one or more of the following:

- Bounce a ball to each other
- Throw a ball to each other
- Kick a ball to each other
- Doing a coordinated sequence of high fives
- Hand volley the ball to each other

EASIER

- Throw the ball
- Roll a ball to each other

HARDER

- Bounce, kick or throw 2 balls
- 1 pupil repeatedly changes direction of movement

TIPS

- Keep your head up to watch your partner as well as the ball
- Have a balanced base and light footwork

WARM UP: PARALLELS

ORGANISATION AND SAFETY

- Loose balls

KEY ELEMENTS COVERED

- Warm up
- Pulse raising
- Ball sense
- Hand eye coordination
- Hand foot coordination

LEARNING OUTCOMES

- Carry out warm up routines safely
- Awareness of court lines
- Learning about in and out
- Kinaesthetic awareness

SCORING

- Not applicable, there is a need for quality work

EVALUATION

- Why are you warming up?
- What components of fitness has this focused on?

2 PUPILS, 1 BALL

COORDINATION



2 TOUCH TENNIS

Standing 1m apart, hit the ball to each other. Each pupil has to do 2 touches, one with a hand and one with another part of the body

EASIER

- Do both hits with hand or hands

HARDER

- Don't use hands for either of the hits
- Use 2 balls

TIPS

- Keep knees bent with a wide base to help you stay balanced and ready to move

COORDINATION: 2 TOUCH TENNIS

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Coordination of whole body
- Balls sense
- Movement
- Balance
- Ready position
- Focus on the ball
- Recovery

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

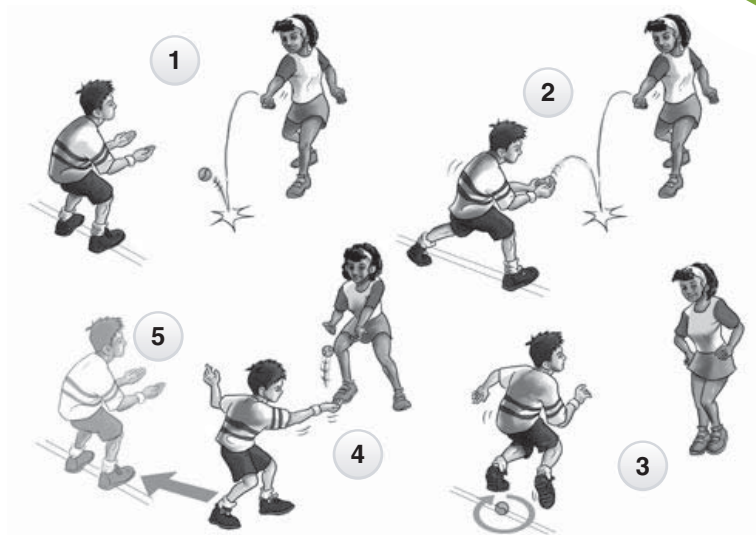
SCORING

- 6 touches = 1 point
- 12 touches = 2 points
- 20 touches = 5 points

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

**4+ PUPILS, 4+ RACKETS,
2+ HOOPS, 3 BALLS PER HOOP**



MOVE, CATCH & LAP

Pupil 1 stands on the baseline ready to move. Pupil 2 stands 2-3 steps away facing pupil 1 and with a ball

- Pupil 2 throws the ball to a space so that pupil 1 moves to catch it after one bounce.
- Pupil 1 puts the ball on the ground, does a fast footwork lap of the ball, picks it up, throws it back to pupil 2 who does the same
- Change over after 5 throws

EASIER

- Catch and throw without running round the ball.

HARDER

- Hop around the ball, each time on a different foot
- Throw the ball wider to each other

TIPS

- Stay facing forwards when lapping the ball
- Head should be up and still when moving round the ball
- Catch with body behind the ball rather than to the side

COORDINATION: MOVE, CATCH AND LAP

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls
- Standing on the balls

KEY ELEMENTS COVERED

- Coordination
- Movement
- Ready Position
- Footwork
- Recovery
- Ball sense
- Balance

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

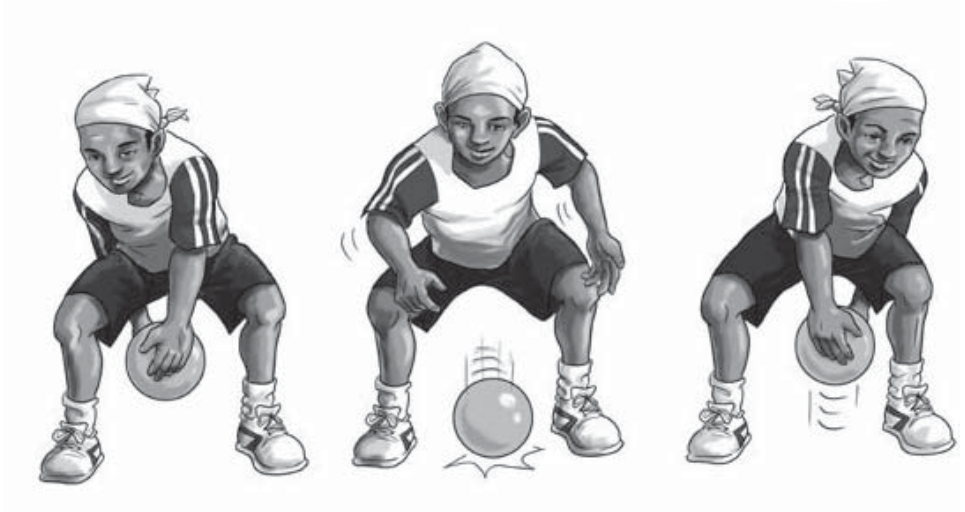
- How many can you do in 30 seconds?
- How many sets of 5 can you and your partner do in 1 minute?

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

1 PUPIL, 1 LARGE BALL (E.G. FOOTBALL)

COORDINATION



QUICK HANDS

Stand with feet wide apart and the ball on the floor between your feet

- Bend your knees and put both hands on the ball with one hand in front of your legs and the other hand behind your legs. Pick the ball up then let it drop, change your hands around and catch it after the bounce

EASIER

- Keep the ball on the ground and move hands to touch it

HARDER

- Catch it before the bounce
- Use a tennis ball

TIPS

- Keep knees bent and your back straight

COORDINATION: THE GORILLA

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls
- Standing on the balls

KEY ELEMENTS COVERED

- Coordination
- Reaction to the ball
- Balance
- Ready position
- Stance

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

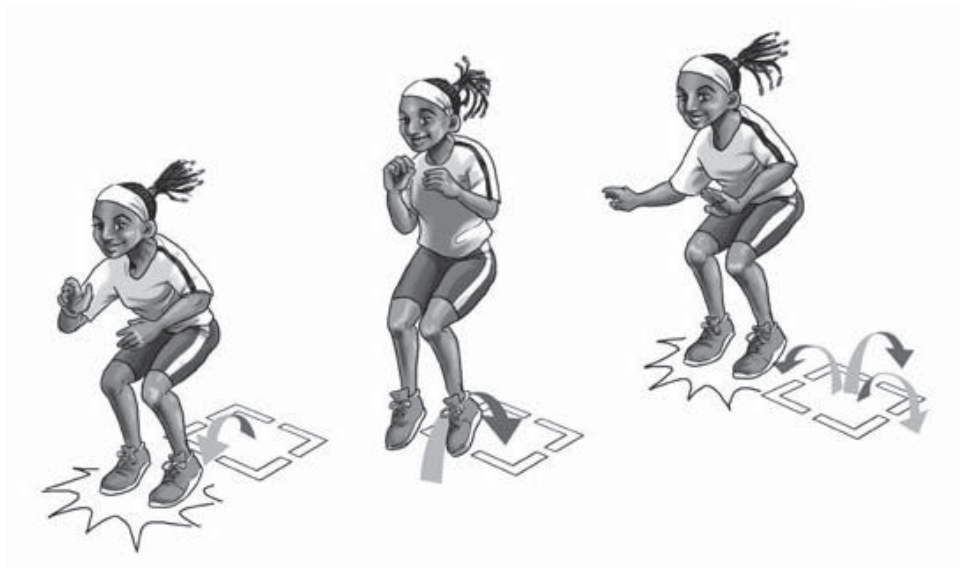
SCORING

- How many can you do in 30 seconds?

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

**1 PUPIL, 1 SQUARE MADE USING
THROW DOWN LINES OR CONES
(2-3 SHOES LENGTH FOR EACH SIDE)**



THE SQUARE

Start inside the square

- Jump 2-footed across each line of the square in turn and back in again, going twice round clockwise. Always keep your feet pointing towards the front

EASIER

- Step across each line, one foot at a time, until confident with the routine

HARDER

- Time two circuits of the square and try to beat your time the next go

TIPS

- Land and jump off the balls of your feet
- Keep your balance and try not to look down

COORDINATION: THE SQUARE

ORGANISATION AND SAFETY

- Jumping backwards, keep weight forwards

KEY ELEMENTS COVERED

- Coordination
- Balance
- Ready Position
- Agility
- Fast footwork
- Strength/plyometrics

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

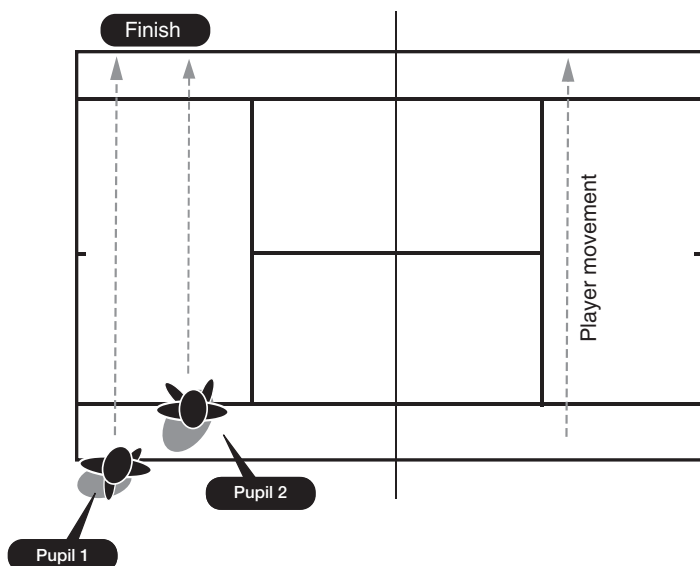
SCORING

- How many can you do in 30 seconds?
- How many sets of 5 can you and your partner do in 1 minute?

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

2 PUPILS



CATCH ME IF YOU CAN

Facing forwards across the court, Pupil 1 starts 1m behind and to the side of pupil 2. Agree on a finish point about 10m away

- Pupil 1 sprints for the finish line when ready
- Pupil 2 sprints off on seeing Pupil 1 run past
- Race for the finish and see who wins
- Take turns and count your wins

HARDER

- Start in the press-up position, sitting cross-legged or lying down

TIPS

- Concentrate on accelerating over your first 3 steps. Get to your maximum stride length as soon as possible
- Walk back to the start to recover

SPEED & AGILITY: CATCH ME IF YOU CAN

ORGANISATION AND SAFETY

- Spacing between pupils

KEY ELEMENTS COVERED

- Speed and agility
- Speed of reaction
- Peripheral vision
- Ready Position
- Anticipation

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

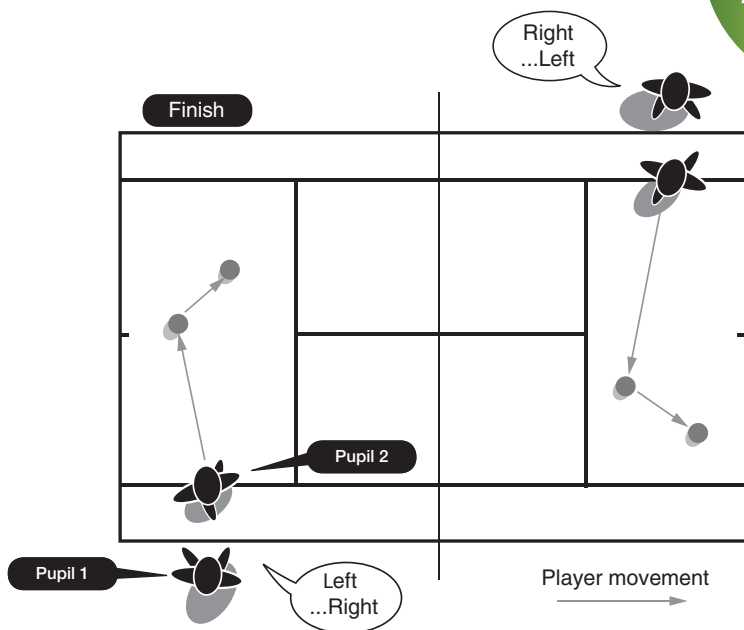
SCORING

- 1 point to pupil 2 if they reach the finish line first
- 2 point to pupil 1 if they reach the finish line first

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

2 PUPILS, 2 BALLS



EVERY WHICH WAY

Pupil 1 stands with 2 balls behind Pupil 2, who stands facing across the court ready to run:

- Pupil 1 rolls the 2 balls past Pupil 2 (could be through the legs)
- Pupil 2 runs after the balls preparing to pick them up
- Pupil 1 calls out 'Right, Left' or 'Left, Right' indicating the order in which to pick the balls up

EASIER

- Roll 1 ball

HARDER

- Roll 3 balls and shout in any order 'Right, Middle, Left'
- Pupil 1 picks up balls in opposite order to that given by Pupil 2

TIPS

- Roll the ball at a challenging pace – not too quick, not too slow
- Call out immediately after the roll action

SPEED & AGILITY: EVERY WHICH WAY

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Speed and agility
- Speed of reaction
- Peripheral vision
- Ready Position
- Anticipation
- Balance
- Accuracy to feed to partner

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

- 1 point per ball picked up

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

2 PUPILS, 2 MARKERS, 1 BALL

SPEED & AGILITY



GR8

Start in the centre of the 2 markers

- Run around the 2 cones in a figure of 8, facing forwards at all times.
- Go 3 times round as fast as you can
- Next time go the other way round

EASIER

- Walk the figure of 8 and gradually build up speed

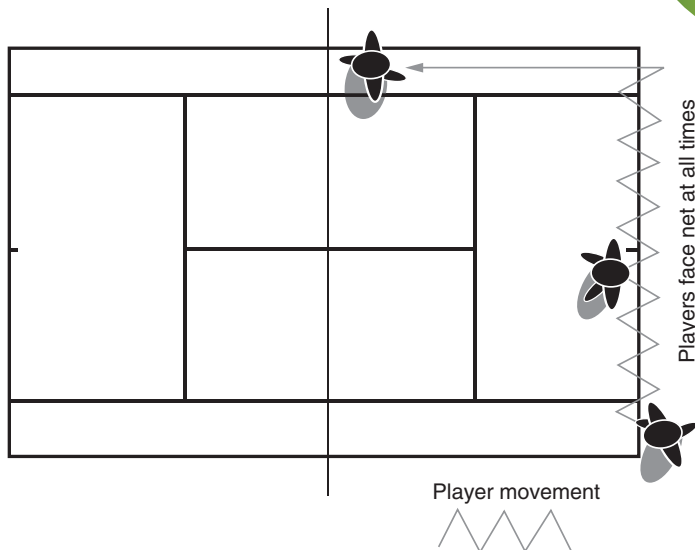
HARDER

- A 2nd pupil throws and catches a ball with the moving pupil
- Move one cone forward so the figure of 8 is done diagonally

TIPS

- Stay low and use your arms to help you
- Keep on the balls of your feet

1 PUPIL



THE DOG LEG

Start at the centre mark of the baseline, facing the net

- Move sideways along the line doing fast steps forwards and backwards over the line (2 feet in front, 2 feet behind)
- When you reach the sideline, sprint forwards to the net
- Jog slowly back to the beginning

EASIER

- Walk through the dog leg and gradually increase the speed

HARDER

- 2 pupil race - start in the centre of the baseline, Pupil 1 goes left, Pupil 2 goes right then sprint to the net

TIPS

- Take small, fast steps slightly leaning forwards for balance
- When you get to the other tramline, blast out with two big strides to cover a good distance straight away

SPEED & AGILITY: THE DOG LEG

ORGANISATION AND SAFETY

- Spacing between pupils
- Backwards movement, keep weight forwards

KEY ELEMENTS COVERED

- Speed and agility
- Footwork
- Reaction
- Balance
- Body weight transfer

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

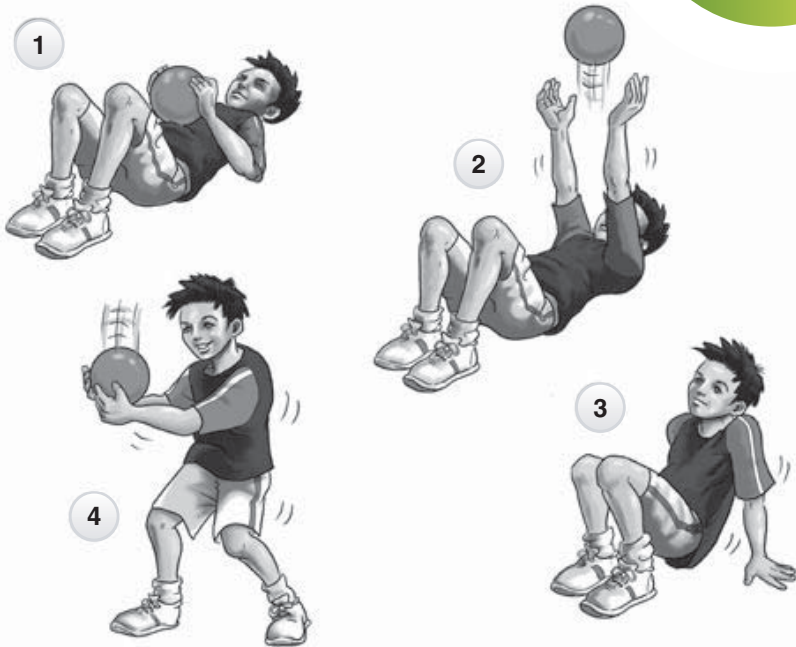
SCORING

- Team based scoring, which team finishes first
- How many times can the team do the exercise in a minute?

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

1 PUPIL, 1 LARGE BALL



LAUNCH

Start lying on the ground with the ball on your chest.

- Push the ball up with 2 hands from your chest
- Stand and catch it before it bounces

EASIER

- Let the ball bounce before you catch it

HARDER

- Get up without using hands

TIPS

- Practise throwing the ball high and straight before trying to stand up

ORGANISATION AND SAFETY

- Loose balls
- Pupils losing balance

KEY ELEMENTS COVERED

- Strength
- Balance
- Spatial awareness
- Speed and coordination of limb movement

LEARNING OUTCOMES

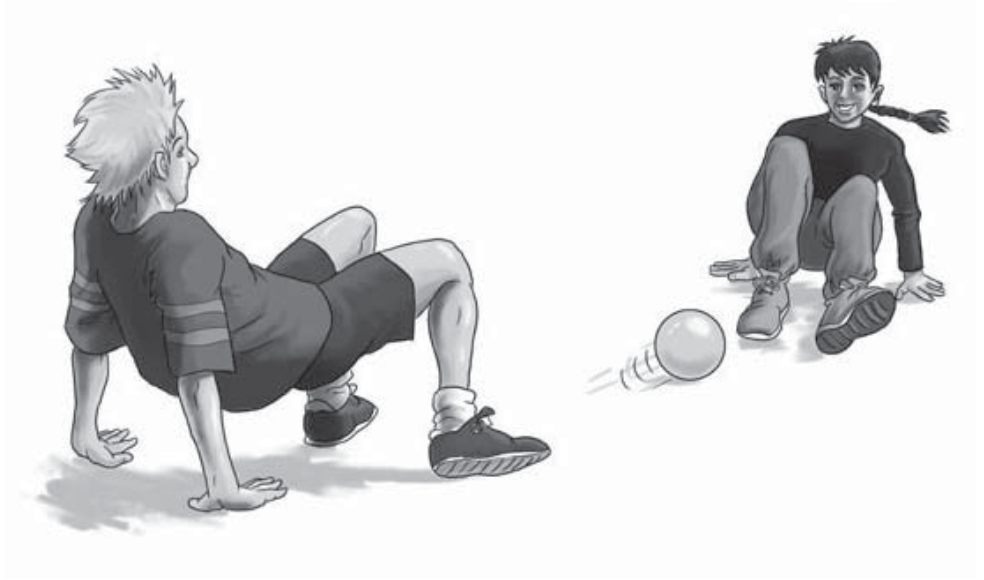
- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

- 1 point if you catch the ball after the bounce
- 3 points if you catch the ball before it bounces

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?



LOBSTER KICKSTER

Get into the 'lobster' position, as above

- Kick a ball to each other
- Gradually start to move each other about and keep the lobster position

EASIER

- In lobster position, move along the baseline without a ball

HARDER

- Play 3 v 3 football game with 2 goals, all pupils in the lobster position

TIPS

- Do this for short bursts of 30-60 seconds, then rest and go again
- Focus on keeping the muscles around the trunk firm

STRENGTH: LOBSTER KICKSTER

ORGANISATION AND SAFETY

- Spacing between pupils
- Pupils falling over

KEY ELEMENTS COVERED

- Strength
- Coordination of whole body
- Movement

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

- 1 point per successful pass
- How many passes can you and your partner make in 1 minute
- Play points against each other

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

ABCs

ABCs

STRENGTH

**2 PUPILS, 1 BALL, 1 SQUARE MADE
USING THROW DOWN LINES OR CONES
(2-3 SHOES LENGTH FOR EACH SIDE)**



PRESS UP TENNIS

Both pupils get onto hands and feet in a press up position, facing each other.

- Throw and catch the ball to each other letting it bounce in the square

EASIER

- Do the press up on knees

HARDER

- Play points. The square is in.

TIPS

- Nothing to mark out a square? Play over a line on the court
- Keep a good press up position – don't let your back drop down

STRENGTH: PRESS UP TENNIS

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Strength
- Coordination
- Feeding accurately with a partner
- Weight transfer

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

- How long a rally can you and your partner get?
- Play points against each other

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

2 PUPILS, 1 LARGE BALL (E.G. FOOTBALL)

STRENGTH



SLAM DUNK

- Pupil 1 throws the ball down onto the floor so that it bounces up high
- Pupil 2 jumps high to catch it and immediately throws it down hard for pupil 1 to jump for
- Keep alternating for 5 jumps each then rest

EASIER

- Bounce the ball lower

HARDER

- Team Version. Stand in a circle, Pupil 1 in the middle throws the ball down, and then goes back to the circle; the next pupil moves in, jumps and catches. Move round the circle

TIPS

- Get your own head out of the way when you bounce the ball
- Sink low to help you drive up high when jumping
- Use your arms to help you jump up as high as you can

STRENGTH: SLAM DUNK

ORGANISATION AND SAFETY

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Strength
- Coordination
- Ready position
- Jumping

LEARNING OUTCOMES

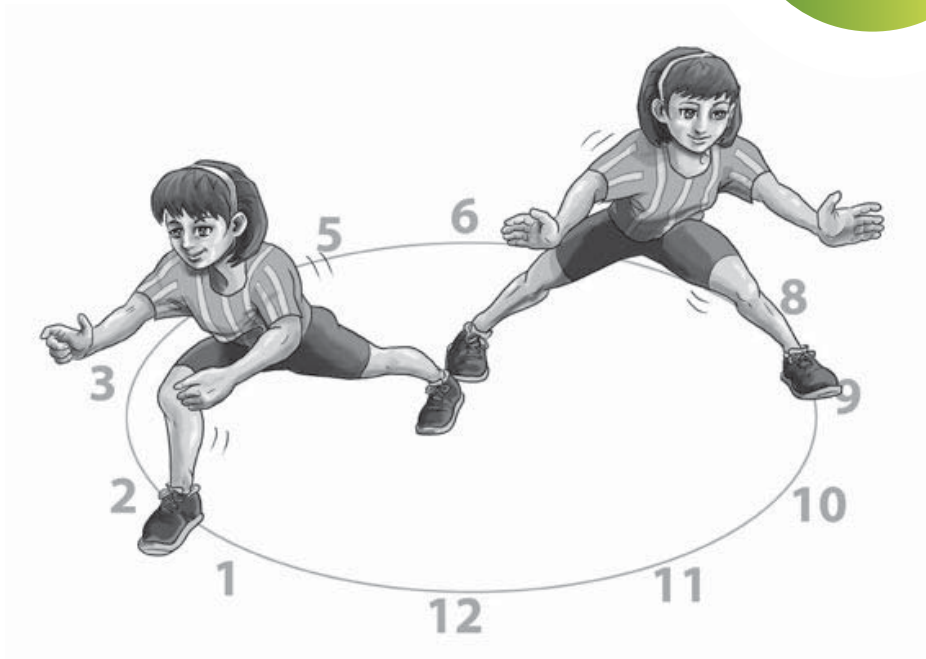
- Identify areas of fitness most needed in the game
- Develop kinaesthetic awareness

SCORING

- How many times can you and your partner do this in a minute?

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?



CLOCK IT

Jog very slowly for 2 minutes then...

Stand still imagining you're in the middle of a clock face; nominate 1 pupil to be the caller.

- Caller calls any number between 1 and 12
- Pupils take a long stride (lunge) towards that number on the imaginary clock face, hold the position for a few seconds then go back to the centre. Do this for 6 numbers
- Repeat stretching upper body by pointing arms

QUALITY POINTS

- Keep facing the same way so that sometimes you stretch backwards
- Hold each position for at least 5 seconds – feel that you are stretching the muscles in all the positions

COOL DOWN: CLOCK IT

ORGANISATION AND SAFETY

- Spacing between pupils

KEY ELEMENTS COVERED

- Cool down
- Stretching

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Carry out cool down routines safely

SCORING

- No scoring

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

COOL DOWN



LAPS

Do each of the following, moving in a lap round a court:

- Jog just above walking pace
- Jog with arm circles
- Jog with alternate twists to R and L, holding each twist
- Long strides; holding each stride for a few seconds
- Walk and hug your knee for 2 seconds with each step
- Stand and circle your hips 10 times one way then 10 times the other, shake your hands, wrists, legs and ankles

QUALITY POINTS

- Keep the cool down going until your breathing has returned to normal

COOL DOWN: LAPS

ORGANISATION AND SAFETY

- Spacing between pupils

KEY ELEMENTS COVERED

- Cool down
- Stretching

LEARNING OUTCOMES

- Identify areas of fitness most needed in the game
- Carry out cool down routines safely

SCORING

- No scoring

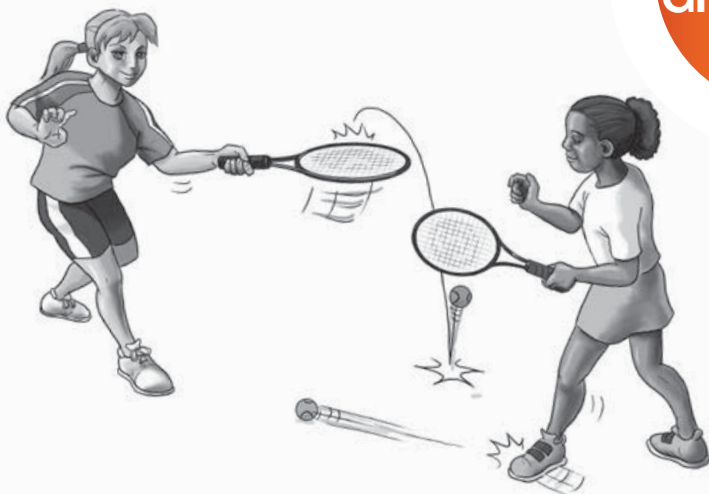
EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

2 PUPILS, 2 RACKETS, 2 BALLS

TRICKS AIR & GROUNDIES



AIR & GROUNDIES

Pupils start facing each other, 4m apart

- Pupil 1 kicks one ball along the floor to Pupil 2. At the same time Pupil 2 hits the other ball to Pupil 1 using a racket. The 'hit' ball must bounce once before being hit back. Keep both balls moving.
- Count: 1 each time the air ball is hit. Stop counting when either of the balls is missed or when the air ball bounces twice.

EASIER

- For the hit, push the ball along the floor

HARDER

- Kick with alternate feet
- Hit with alternate hands

COMPETITIVE

Count 1 each time the air ball is hit. Stop counting when either of the balls is missed or when the air ball bounces twice

TIPS

- Synchronise with your partner so that you each contact a ball at the same time.

ORGANISATION

- Spacing between pairs
- Loose balls

KEY ELEMENTS COVERED

- Movement around the court
- Balls sense
- Forehand
- Backhand
- Hit to partner
- Co-operation with partner to achieve mutual success
- Keep the ball in play

LEARNING OUTCOMES

- Hit the ball with reasonable consistency and accuracy in cooperative rallies

SCORING

- Up to 5 = 1 pt
- Up to 10 = 2 pts
- Up to 15 = 3 pts etc
- Devise your own scoring with a group or your partner

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

EDGIE UPPIES



EDGIE UPPIES

- Hit the ball upwards using only the edge of your racket
- Count: 1 for every edge. If you miss, start counting again from 1

EASIER

- Hit alternatively with strings and edge
- Hold racket further up the handle

HARDER

- Hold racket further down the handle
- Alternate between an edgie and heading the ball

COMPETITIVE

Count 1 for every edgie. If you miss, start counting again from 1

TIPS

- Use a chopper grip
- Aim not to move around too much

ORGANISATION

- Spacing between pupils
- Loose balls
- Miss hits

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Ball skills
- Balance
- Racket control
- Grips

LEARNING OUTCOMES

- Develop kinaesthetic awareness

SCORING

- Up to 2 = 1 pt
- Up to 3 = 2 pts
- Up to 4 = 3 pts etc
- Who can get to 5?

EVALUATION

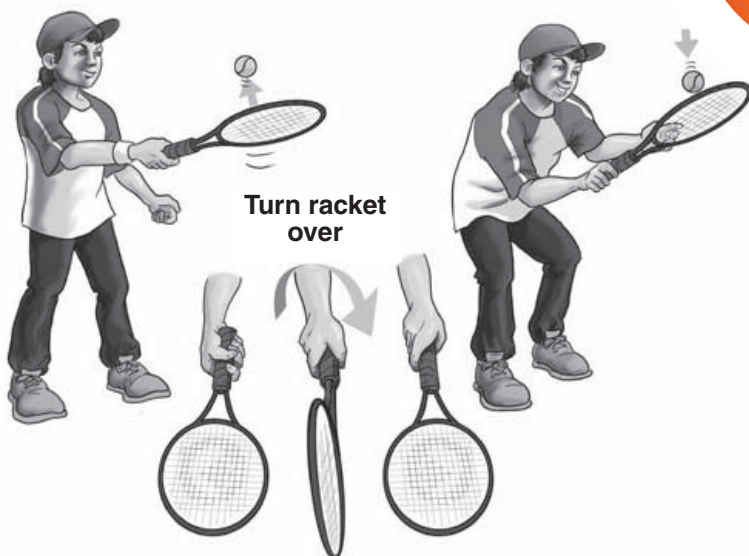
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

TWISTED CRADLE



TWISTED CRADLE

Hold the racket with a ball resting on the strings.

- Gently swing the racket upwards so the ball goes in the air. Quickly turn the racket over and catch the ball on the other side, without it bouncing on the strings.
- Count: 1 for each successful cradle completed in a row. Keep counting until you lose control of the ball.

EASIER

- Remove the twist
- Throw ball with hand and catch with racket

HARDER

- Spin the racket twice
- Catch behind your back

TIPS

- Start low before sending the ball up
- Reach up with the racket to catch the ball and cushion it down, to stop it bouncing off the strings

TRICKS: TWISTED CRADLE

ORGANISATION

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Ball skills
- Balance
- Racket control
- Grips

LEARNING OUTCOMES

- Developing racket face control
- Develop kinaesthetic awareness

SCORING

- Controlling the ball with no “bobbling” on the backhand 15 pts
- Controlling the ball with no “bobbling” on the forehand 10 pts
- Controlling the ball with some “bobbling” on the backhand 10 pts
- Controlling the ball but some “bobbling” on the forehand 5pts
- Who can get to 50 points?

EVALUATION

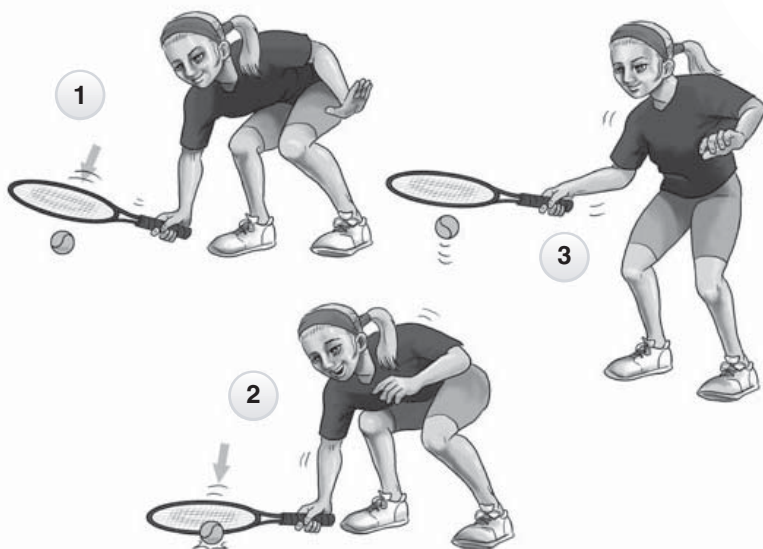
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

YO-YO



YO-YO

Start with the ball on the ground

- Use the racket to bounce the ball up to waist height and then squash it back down again
- Count: 1 for each complete sequence up and down. Stop counting if you fail to bounce the ball up or lose control

EASIER

- Bounce down as normal; pick up by sandwiching ball between racket and foot

HARDER

- Bounce the ball to waist height in only 2 hits

TIPS

- Make the first hit of the ball snappy; and quickly move the racket up
- Bend the knees not the back

ORGANISATION

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Ball skills
- Balance
- Racket control
- Grips

LEARNING OUTCOMES

- Developing racket face control
- Develop kinaesthetic awareness

SCORING

- Manage to control the ball down to the floor = 2pts
- Control the ball from the floor up to waist height = 5pts
- Both of above in one go = 10 pts

EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 2 BALLS

TRICKS

DOUBLE DOWN



DOUBLE DOWN

- Using both hands, continually bounce 2 tennis balls down to the floor. Aim to have both balls hitting the ground at the same time
- Count: As the balls hit the floor count 1, 2, 3 etc. Stop counting when you lose control of either ball

EASIER

- Bounce down 1 ball with alternate hands

HARDER

- Use different size balls
- Use one racket and one hand
- Use 2 rackets

TIPS

- Start by bouncing one ball, then add the 2nd ball once in a rhythm

ORGANISATION

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Balance
- Weight transfer
- Movement

LEARNING OUTCOMES

- Developing peripheral vision
- Develop kinaesthetic awareness

SCORING

- Time based, how many in 30 seconds

EVALUATION

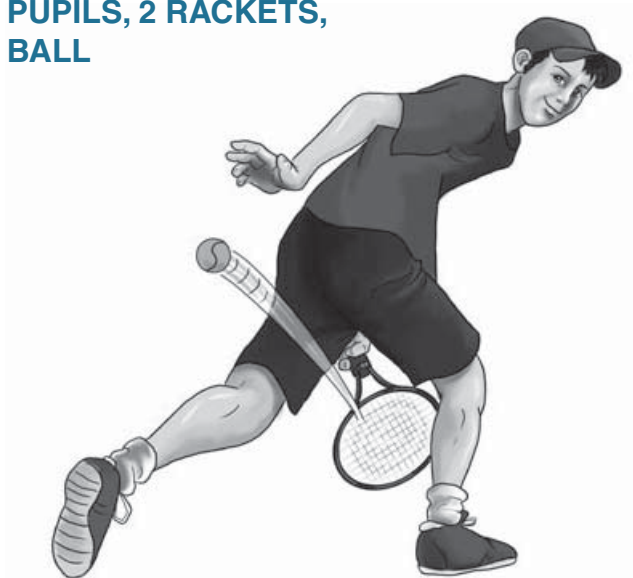
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

**2 PUPILS, 2 RACKETS,
1 BALL**

TRICKS

**THROUGH
THE LEGS**



THROUGH THE LEGS

With one pupil at each end of the court

- Pupil 1 starts at the net facing forwards to Pupil 2, who is on the baseline
- Pupil 2 feeds a slow, looping lob over Pupil 1's head - aiming for the centre of the baseline
- Pupil 1 turns, runs to the lob and - with back to the net - hits the ball through their legs
- Pupils take turns to hit 10 'Back Passes' each
- Score: 2 for a 'Through the Legs' shot that lands in the court, and 1 if it lands out but clears the net

EASIER

- Stand closer to each other

HARDER

- Feed faster topspin lobs

QUALITY POINTS

- Use a backhand grip to hit through the legs
- Before hitting the shot - position feet wide apart with the ball in the centre
- At contact - flick the wrist to lift the ball up

TRICKS: THROUGH THE LEGS

ORGANISATION

- Spacing between pupils
- Loose balls
- Pupils hitting themselves

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Balance
- Weight transfer
- Movement around the court
- Grip
- Forehand

LEARNING OUTCOMES

- Develop reaction to moving ball trajectory and balance
- Develop kinaesthetic awareness

SCORING

- Make contact with the ball = 2pts
- Make the ball travel towards the net = 5 pts
- Get the ball over the net = 50 pts

EVALUATION

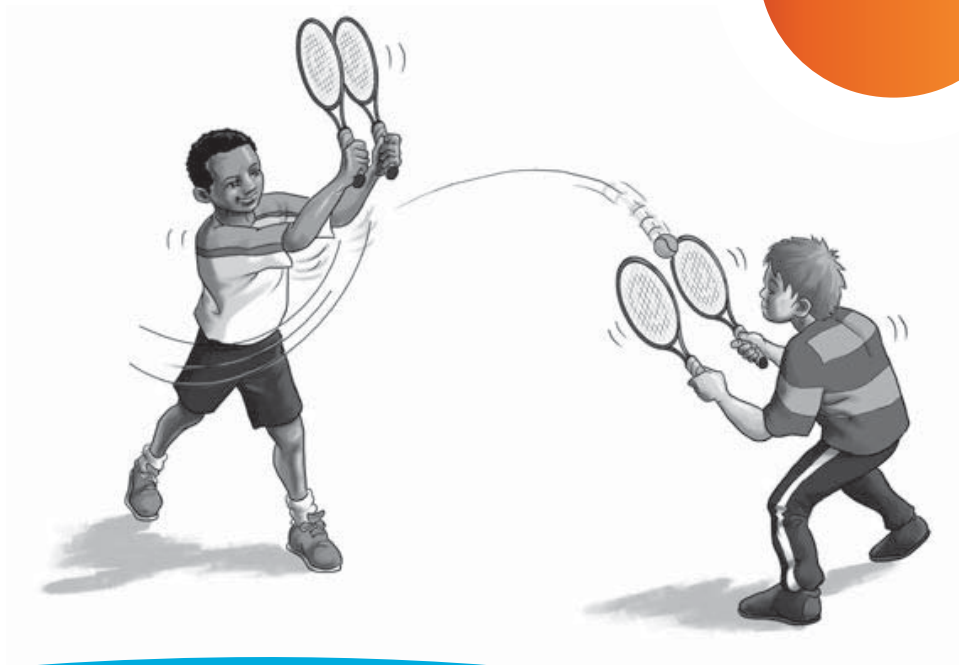
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

**2 PUPILS, 4 RACKETS,
1 BALL**

TRICKS

CHOPSTIX



CHOPSTIX

Pupils stand 5m apart with a racket in each hand

- Pupil 1 holds the ball between both rackets then uses the rackets to throw the ball
- Pupil 2 catches the ball by sandwiching it between both rackets and throws it back
- Count: 1 for each catch. Stop counting when the ball is dropped

EASIER

- Allow the ball to bounce

HARDER

- 2 pairs - each pupil has one racket. Each pair throws and catches the ball together, using a racket each.

TIPS

- Use key words 'throw', and 'catch' to help timing

ORGANISATION

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Stance
- Ready position
- Forehand
- Backhand
- Action
- Grip
- Weight transfer
- Ball sense

LEARNING OUTCOMES

- Smooth movement pattern to develop consistent swing path

SCORING

- Rally of 5 = 2 pts
- Rally of 10 = 5 pts

EVALUATION

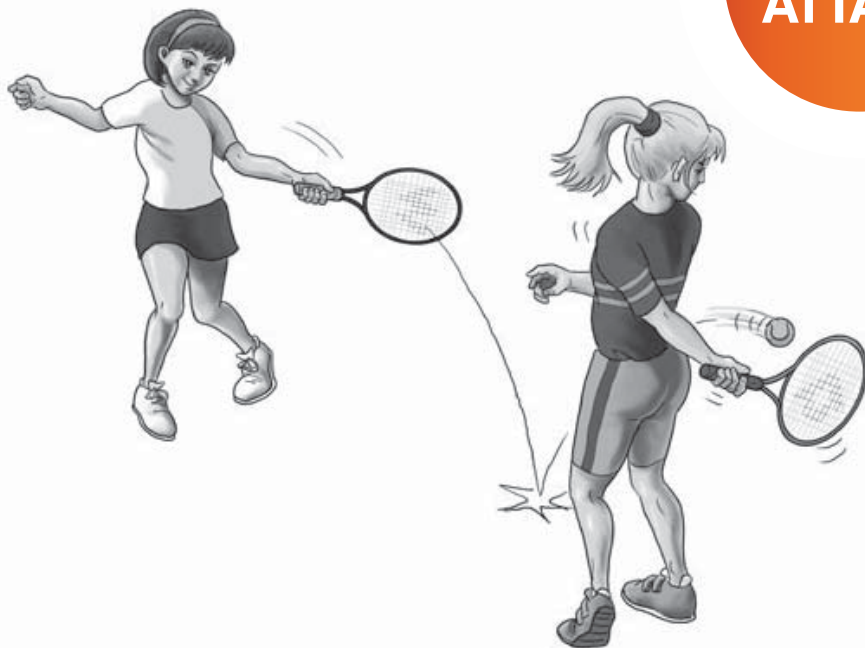
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

2 PUPILS, 2 RACKETS, 1 BALL

TRICKS

BACK ATTACK



BACK ATTACK

Pupils stand 5m apart

- Rally a ball with partner hitting every other shot with the racket round the back of your body
- The ball bounces once between hits
- Count: 1 for each shot played. Stop counting when the ball bounces twice between shots

EASIER

- Rally normally and only hit the easier balls 'round the back'

HARDER

- Hit every shot 'round the back'

TIPS

- When hitting 'round the back' - move your body to the side of the ball
- Keep the racket head up when 'round the back'

ORGANISATION

- Spacing between pupils
- Loose balls
- Pupils hitting themselves

KEY ELEMENTS COVERED

- Grip
- Stance
- Balance
- Throw to a partner
- Racket face angle

LEARNING OUTCOMES

- Develop awareness of decision making
- Develop kinaesthetic awareness

SCORING

- Make contact = 2 pts
- Ball back to partner = 10 pts

EVALUATION

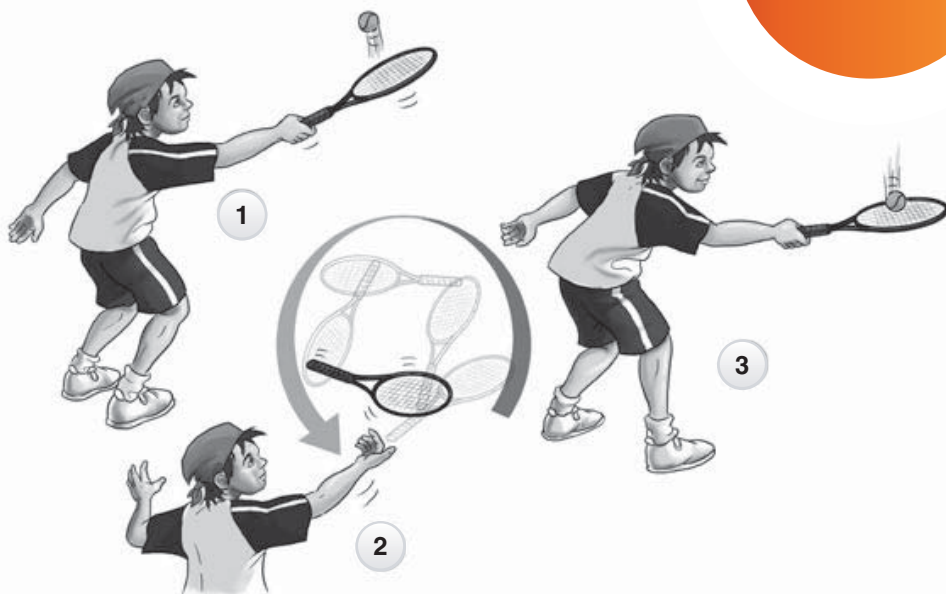
- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

COLOSSAL CATCH



COLOSSAL CATCH

Start with 1 ball resting on the racket face

- Flick the ball high into the air in one movement
- Then toss the racket 360° and catch the ball back down on the strings
- Count: 1 for each ball you catch

EASIER

- Just rotate the racket without using a ball to catch

HARDER

- Do the same with 2 balls at once

TIPS

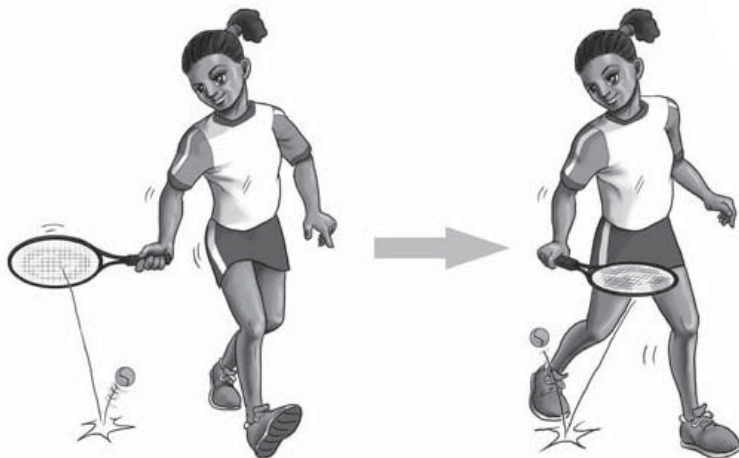
- Flick the balls high but straight to give time to toss the racket

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

WALK THE DOG



WALK THE DOG

With the racket low and by your side

- Walk or jog while bouncing the ball slightly forwards then slightly backwards
- Keep the ball moving in time with your pace
- Time: how long you can keep the ball moving under control
- Or Count: 1 for every hit

EASIER

- Move the ball backwards and forwards while standing still
- Or tap the ball down trailing behind

HARDER

- Race pupils over a set distance, enforcing the back and forth motion of the ball

COMPETITIVE

Time you and see how long you can keep the ball moving under control.

TIPS

- Relax the wrist slightly so you can move the ball back and forth easily
- Keep the racket low by your side

TRICKS: WALK THE DOG

ORGANISATION

- Spacing between pupils
- Loose balls

KEY ELEMENTS COVERED

- Hand eye coordination
- Balls sense
- Balance
- Weight transfer
- Movement around the court
- Grip
- Racket control

LEARNING OUTCOMES

- Hitting the ball with reasonable consistency, accuracy and control
- Control the ball whilst moving

SCORING

- Time based, how many in 30 seconds
- How far in 30 seconds

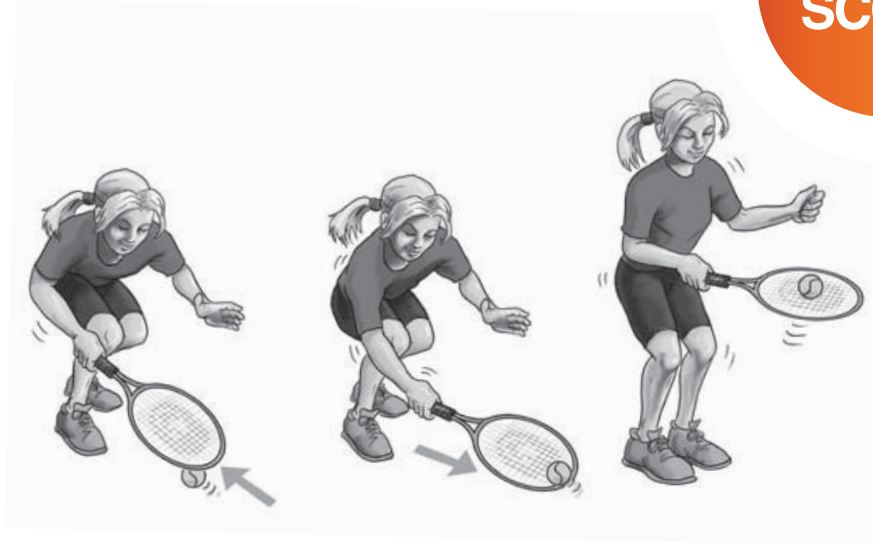
EVALUATION

- How effective were you in this skill?
- What do you feel you did well?
- What did you learn?
- What would you like to develop further?

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS THE SCOOP



THE SCOOP

Put your ball on the ground and stand 1m behind it

- With the racket - roll the ball backwards slightly and scoop it up onto the racket strings
- Don't let the ball bounce on the strings or fall off the racket
- Count: 1 for each scoop. Stop counting when you fail to complete the scoop

EASIER

- Flick a ball up from the floor against a wall or fence and catch before it bounces

HARDER

- Scoop and catch 2 balls at once

COMPETITIVE

Count 1 for each scoop. Stop counting when you fail to complete the scoop

TIPS

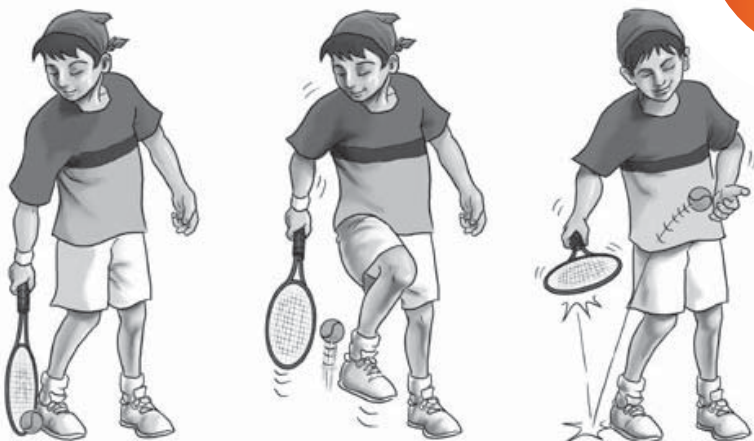
- Use one fluid motion from rolling the ball back to scooping
- On the scoop - hold the racket as close to 90° to the ground as possible

TRICKS

1 PUPIL, 1 RACKET, 1 BALL

TRICKS

FOOT FLICKS



FOOT FLICKS

Put the ball on the ground and stand with a foot alongside it

- Use the foot and racket together and flick the ball up into the air in one movement
- Hit the ball down to the floor then catch it when it bounces up again
- Count: 1 for each successful foot flick in a row. Stop counting when you fail to catch the ball

EASIER

- Position each foot at opposite sides of the ball, flick the ball up and catch it

HARDER

- Catch the ball straight from the flick - without hitting it down
- Flick the ball up, head it, then catch it

COMPETITIVE

Count 1 for each successful foot flick in a row. Stop counting when you fail to catch the ball

TIPS

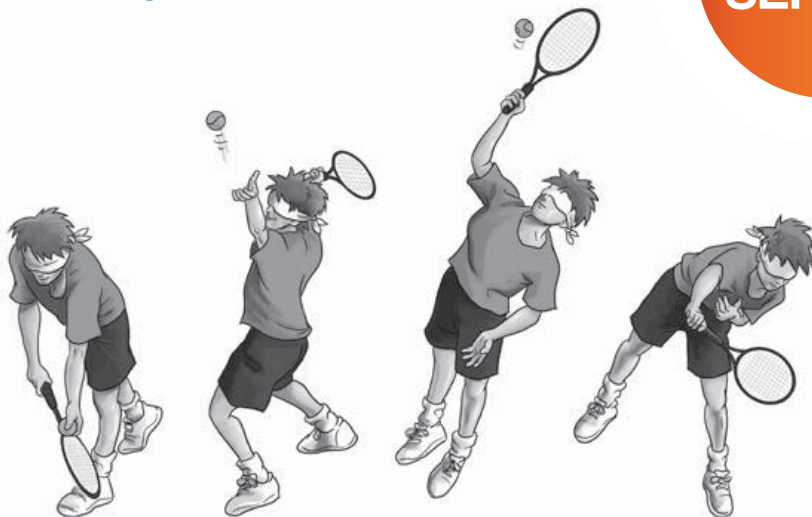
- Bring the foot and the racket up snappily together

TRICKS

**2 PUPILS, 1 RACKET, 2+ BALLS,
1 BLINDFOLD**

TRICKS

**NO SENSE
SERVING**



NO SENSE SERVING (HARD)

Hit 5 serves to each service box whilst blindfolded

- Work in 2s, one pupil makes sure server is safe and watches where the serve lands

EASIER

- Serve with one eye closed

COMPETITIVE

Count 1 for every ball you connect with and 2 for serves you connect with that land in

TIPS

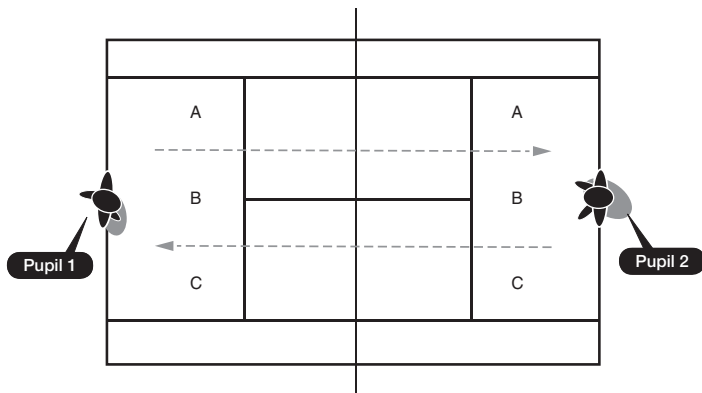
- No blindfold? Use a long sock, t-shirt, headband – or any other safe device to cover the eyes! Alternatively serve with eyes shut
- Hit a few serves without the blindfold before starting
- When blindfolded think about timing and rhythm

DRILLS

GAME SITUATION: BOTH BACK

TACTICAL INTENTION: TRADING

STRATEGY: CONSISTENCY, GETTING THE BALL OVER AND IN, MAINLY FOCUSING ON MOVING OPPONENT BY CONTROLLING DIRECTION



DRILLS

BOTH BACK

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction
- Play the ball deep by aiming higher over the net

LINKS TO SET 1 ACTIVITY CARDS

Seeing Spaces, Rally & Recover, Radar Tennis, Home Base, Floor Tennis.

ORGANISATION

Pupils

- 2 pupils - as per diagram, using a yellow tennis ball
- 3 pupils - 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - 2 at each end rotating after each rally (Remember to swap opponents!)
- 5 pupils - 3 at one end, 2 at the other. Rotate after each rally
- 6 pupils - 3 at each end. Rotate one end after each rally and the other end stay on for 2 rallies

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils

CO-OPERATIVE

- Divide court into 3 areas: A, B and C (see picture)
- Pupil 1 feeds the ball in underarm from the baseline and trades cross court (A-C or C-A)
- Pupil 2 rallies down the line (A-A or C-C)
- Pupils aim for their longest trade

COMPETITIVE

- Trade of 4 P1 hits cross court & P2 hits down the line and play out the point

COURT CONTROLLING

- Bonus points awarded if you use space effectively and move your opponent outside the tramline

HARDER TO EASIER DRILLS: BOTH BACK

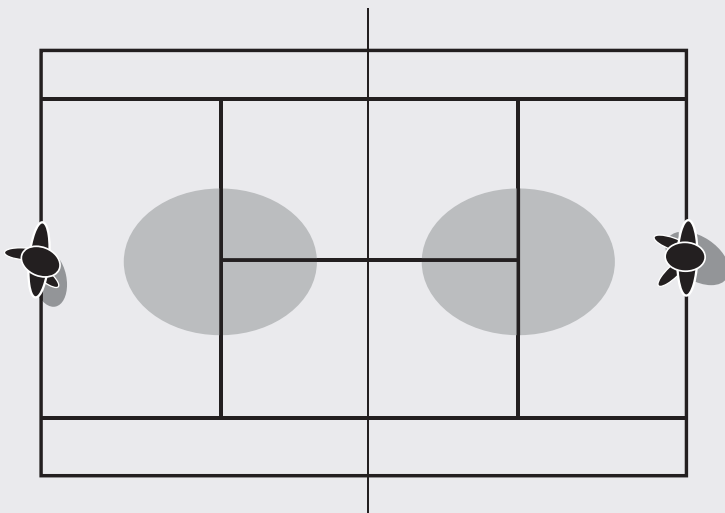
HARDER PRACTICE

- The practices above but ball must land behind the service line
- BLACK Hole – pupils lose point if ball goes in the black hole (see picture)
- Differentiation – only one pupil has the black hole

EASIER PRACTICE

All practices can be made easier by using green, orange or red balls.

- Pupils trade B-B only using the forehand/backhand/alternate shots
- Pupils trade and the ball may bounce anywhere inside the court area
- Pupils trade and the ball may bounce twice inside the court area
- P1 feeds and P2 hits (anywhere or to a target area, A, B or C)
- Both pupils throw and catch

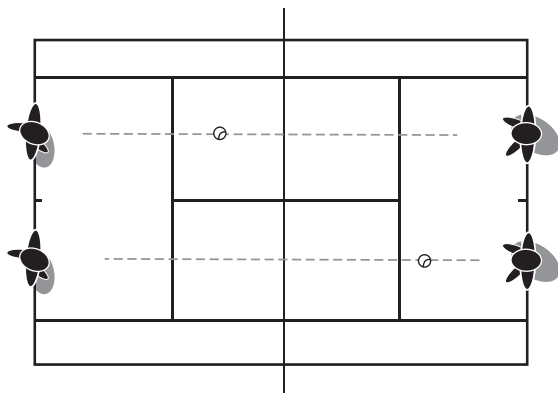


DRILLS

GAME SITUATION: BOTH BACK

TACTICAL INTENTION: TRADING

STRATEGY: CONSISTENCY, GETTING THE BALL OVER AND IN, MAINLY FOCUSING ON MOVING OPPONENT BY CONTROLLING DIRECTION



DRILLS

BOTH BACK

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction
- Play the ball deep by aiming higher over the net

LINKS TO SET 1 ACTIVITY CARDS

Tap up Tennis, Target Tennis, Step Back Rallies, Floor Tennis, Rally 1,2,3, Home Base, Rally and Recover.

ORGANISATION

PUPILS

- 2 pupils - working on one half of the court, using a yellow ball
- 3 pupils - working on half a court. 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - as per diagram
- 5 pupils - as per diagram with 5th pupil at the side of the court skipping. All pupils rotate one place to the left at the end of the rally
- 6 pupils - two groups of 3. 1 pupil by themselves the other 2 at the other end, the 2 pupils rotate after each rally
- 8 pupils - as per diagram with a waiting pupil behind each hitter, rotate after each rally

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils

CO-OPERATIVE

- P1 feeds ball underarm to P2 and counts length of the trade
- Using half the court including the tramlines
- Pupils 3 & 4 trade on other half of court (see picture)

COMPETITIVE

- Trade of 4 and play out the point

COURT CONTROLLING

- P1 must keep P2 behind the baseline during the trade or points
- P1 must stay inside the baseline during the trade or points

HARDER TO EASIER DRILLS: BOTH BACK

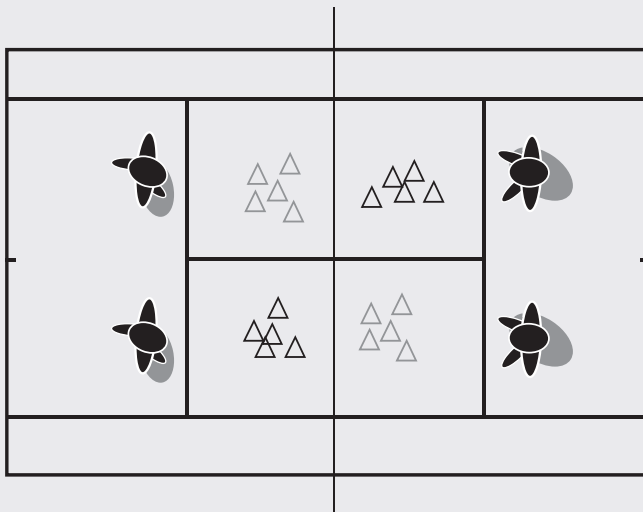
HARDER PRACTICE

- Pupils must prevent their opponent from stepping into the court area.
- One or both pupils must stay inside the baseline and take the ball early to take time away from their opponent
- Pupils must trade keeping the ball past the service line
- Differentiation - One pupil must hit past the service line, the other can hit anywhere in the court

EASIER PRACTICE

All practices can be made easier by using green, orange or red balls.

- P1 feeds ball in from baseline and the ball may bounce twice inside the court area
- Battleships - Each pupil has 5 cones placed close to the net on their half of the court. Pupils trade aiming for their opponents cones. The pupil who hits a cone wins must place it on their side of the court. The winner is the pupil with the most cones
- One pupil feeds and the other hits
- Both pupils throw and catch

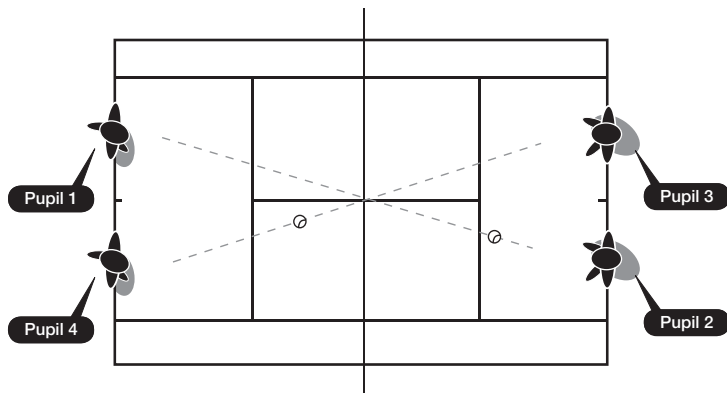


DRILLS

GAME SITUATION: BOTH BACK

TACTICAL INTENTION: TRADING

STRATEGY: CONSISTENCY, GETTING THE BALL OVER AND IN, MAINLY FOCUSING ON MOVING OPPONENT BY CONTROLLING DIRECTION



DRILLS

BOTH BACK

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction
- Play the ball deep by aiming higher over the net

LINKS TO SET 1 ACTIVITY CARDS

Tap up Tennis, Target Tennis, Step Back Rallies, Floor Tennis, Home Base, Rally 1-2-3, Rally and Recover

ORGANISATION

PUPILS

- 2 pupils - working on one half of the court, using a yellow ball
- 3 pupils - working on half a court. 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - as per diagram
- 5 pupils - as per diagram with 5th pupil at the side of the court skipping. All pupils rotate one place to the left at the end of the rally
- 6 pupils - two groups of 3. 1 pupil by themselves the other 2 at the other end, the 2 pupils rotate after each rally
- 8 pupils - as per diagram with a waiting pupil behind each hitter, rotate after each rally

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils
- If the ball goes into the wrong half, leave it

CO-OPERATIVE

- P1 feeds ball underarm to P2 and trades cross court counting the length of the trade
- Using half the court excluding the tramlines, (see picture), pupils trade cross court and must only hit forehands/backhands and must recover to relevant area

COMPETITIVE

- Trade of 4 and play out the point

COURT CONTROLLING

- P1 hits a short angle shot to move P2. P1's 2nd shot is deep cross court played back behind P2

HARDER TO EASIER DRILLS: BOTH BACK

HARDER PRACTICE

- Pupils must make their opponent step outside the doubles tramlines
- One or both pupils must stay inside the baseline and take the ball early to take time away from their opponent
- Pupils must trade keeping the ball past the service line
- Differentiation - One pupil must hit past the service line, the other can hit anywhere in the court

EASIER PRACTICE

All practices can be made easier by using green, orange or red balls.

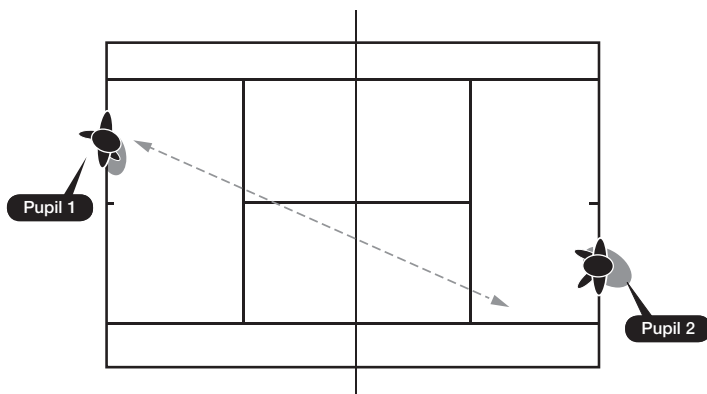
- P1 the ball in from the baseline and rallies cross court with P2
- P1 feeds ball in from baseline and the ball may bounce twice inside the court area
- One pupil feeds and the other hits
- Both pupils throw and catch

DRILLS

GAME SITUATION: WHEN APPROACHING THE NET

TACTICAL INTENTION: BUILDING

STRATEGY: BUILDING BY MOVING THE OPPONENT AND TAKING TIME AWAY



DRILLS

APPROACHING THE NET

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction

LINKS TO SET 1 ACTIVITY CARDS

React 'n' Volley,
Up and Volley

ORGANISATION

PUPILS

- 2 pupils - as per diagram, using a yellow ball
- 3 pupils - 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - 2 at each end rotating after each rally (remember to swap opponents!)
- 5 pupils - 3 at one end, 2 at the other. Rotate after each rally
- 6 pupils - 3 at each end. Rotate one end after each rally and the other end stay on for 2 rallies

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils

CO-OPERATIVE

- P1 feeds short ball to P2
- P2 approaches down the line and P1 returns so that P2 can volley
- Pupil 1 feeds the ball in short from the baseline and P2 hits an approach down the line and follows the line to volley (see picture)

COMPETITIVE

- P1 feeds short ball to P2
- P2 hits approach and plays out the point
- The point may be won either on the approach or subsequent volleys

COURT CONTROLLING

- P1 feeds short ball to P2
- P1 stays in same position and P2 hits approach to the space OR P1 recovers towards middle and P2 hits the approach back to where feed came from

HARDER TO EASIER DRILLS: APPROACHING THE NET

HARDER PRACTICE

- Pupils trade from the baseline and choose which ball to approach on
- The approach shot must land in the back third of the court
- Pupils must use their strength to play to the opponent's weakness i.e. forehand approach down the line to backhand
- Differentiation - One pupil must hit the approach past the service line, the other pupil may hit the approach anywhere in the court

EASIER PRACTICE

All practices can be made easier by using green, orange or red balls.

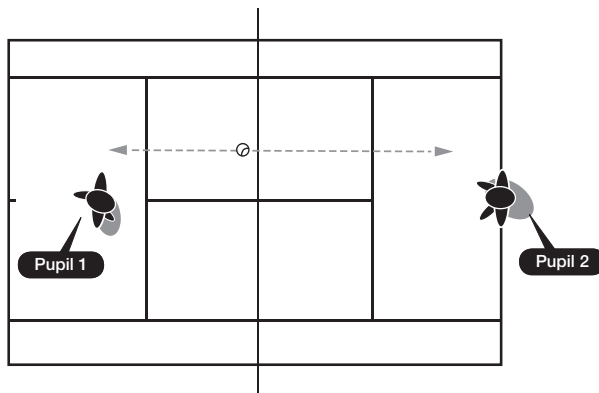
- P1 feeds ball in from baseline to P2 who is at the net and volleys it back
- P2 starts at the net. Feeds ball in to be hit by P1 and then volleys
- P2 shadows an approach shot and moves in. P1 hand feeds a volley

DRILLS

GAME SITUATION: WHEN OPPONENT IS APPROACHING THE NET

TACTICAL INTENTION: NEUTRALIZING

STRATEGY: USE TIME AND SPACE EFFECTIVELY



DRILLS

OPPONENT APPROACHING OR AT THE NET

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction of passing shot
- Changing path of the racket (more low to high)/ angle to play lob

ORGANISATION

PUPILS

- 2 pupils - as per diagram, using a yellow ball
- 3 pupils - 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - 2 at each end rotating after each rally (remember to swap opponents!)
- 5 pupils - 3 at one end, 2 at the other. Rotate after each rally
- 6 pupils - 3 at each end. Rotate one end after each rally and the other end stay on for 2 rallies

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils

CO-OPERATIVE

- Pupil 2 starts halfway between service line and baseline, feeds the ball in deep to P1 who hits a passing shot or lob (see picture)
- Pupils have 10 turns as P1 to hit 5 lobs and 5 passing shots
- Change roles

COMPETITIVE

- P2 feeds and approaches
- Pupils play out the point

COURT CONTROLLING

- P2 feeds, P1 must either use spin to dip the ball at the incoming volleyer's feet or to hit it over their head with a lob

HARDER TO EASIER DRILLS: APPROACHING THE NET

HARDER PRACTICE

- Pupils trade and choose when to approach so that the opponent must hit an attacking lob or passing shot
- P1 must hit a lob or a passing shot to a target area
- Differentiation - lobs only/passing shots only
- Forehands/backhands only

EASIER PRACTICE

All practices can be made easier by using green, orange or red balls.

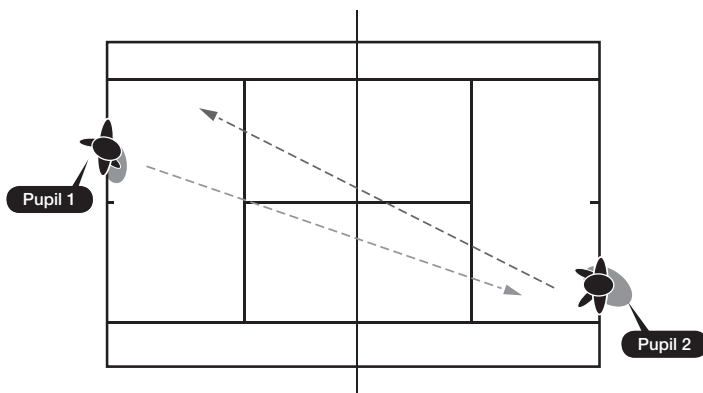
- P2 hand feeds ball from the net to P1 who can hit either a lob or a passing shot
- P1 self feeds a lob or passing shot

DRILLS

GAME SITUATION: WHEN SERVING AND RETURNING

TACTICAL INTENTION: TRADING

STRATEGY: CONSISTENCY LEADING TO USING SPACE EFFECTIVELY



DRILLS

WHEN SERVING AND RETURNING

KEY POINTS

- Control racket path in a straight line
- Stabilize wrist position with a contact point in front
- Long hitting zone to control direction of passing shot
- Changing path of the racket (more low to high)/ angle of play lob

LINKS TO SET 1 ACTIVITY CARDS

Underarm Server, Overarm Server, Return the Serve

ORGANISATION

PUPILS

- 2 pupils - as per diagram, using a yellow ball
- 3 pupils - 2 at one end, rotate after each rally, pupil at the other end stays on
- 4 pupils - 2 at each end rotating after each rally (remember to swap opponents!)
- 5 pupils - 3 at one end, 2 at the other. Rotate after each rally
- 6 pupils - 3 at each end. Rotate one end after each rally and the other end stay on for 2 rallies

SAFETY POINTS

- With more than 2 pupils use cones to mark out safe area at the back of the court for waiting pupils

CO-OPERATIVE

- Pupil 1 serves to Pupil 2 who returns the ball cross court (see picture)
- P1 serves to P2 who returns the ball
- P1 hits a 2nd shot to P2. Trade ends. Repeat with P2 as server

COMPETITIVE

- P1 serves to P2 to play out the point

COURT CONTROLLING

- Server - Use spin or power for placement and pace to take your opponent wide or off the back of the court
- Returner - 1st serve: down the middle and deep to cut off angles. 2nd Serve: step inside the baseline and take the ball early to take away server's time

EASIER PRACTICE

SERVING:

- RETURNING:

- Return anywhere
- Returner has to stop the ball with their racquet
- Returner can then feed another ball in for the rally

SERVING:

- Split service box into 3 areas (see picture)
- Pupil must hit serves either to A, B or C
- Server must move opponent outside tramlines (see picture)
- Server must serve to either the opponent's forehand or backhand

RETURNING:

- Returner must return to designated target area (see picture)
- Returner must return to server's forehand or backhand

