

# Productive and Fun “Meaningful” Tennis Learning Environment

## Coach/Teacher

Creative, Engaging, Fresh  
Goal-oriented  
Seamless Games & Skills  
Optimal Challenge/Difficulty  
Progressions

**Vary the Environment  
(to Optimize the Challenge):**

- Racquet Size
- Ball Type, Size & Speed
- Size of Playing Area
- Coach/Athlete Positions
- Player Interaction
- Ball Speed, Height, Spin
- Targets
- Activities: Goals & Games

## Athlete/Student

**Engaged, having Fun  
Productively Challenged**

Adapting  
Discovering  
Problem-Solving  
Sensing, Feeling, Aware  
Open to Learning  
Interacting

*Smiling! “Tennis is **my** sport!”*

## More like...

Goal-oriented Activities  
Seamless Games and Drills  
Hinting, Guiding  
Facilitating Awareness  
Drawing Out, Q&A  
Simple, Visual, Memorable

## Less like...

Overly-Repetitive  
Mechanical  
Feeding Lines, Waiting  
Over-Teaching, Wordy  
Overly-Technical Instruction

## Greatest Challenges of Teaching (diverse) Groups

Presenting all athletes with optimal challenges  
Being inclusive in the face of diverse ability & experience