

Public Tennis Red Ball Pilot Lesson Plan #2

Introduction

Welcome, nametags, greet, engage, informal warm-up. Not idle!
Parents welcome to stay close, see what we're doing, so they can reinforce and practice.
Coach intros. Lets' go!

Step 1: Theme, Vocabulary

Today's theme is DETERMINATION. Who can tell me what that means? Examples?
Today's tennis word is "Volley". To volley a ball means to strike it before it bounces (and make it land over the net and in play!). We will learn how to volley today!

Step 2: WarmUp

Coaches choice of warmup. Simon Says, Obstacle Course, ... whatever works!
Make it quick – 10 minutes max.

Step 3: Skills, Activities, Games

Skills and Games

- Safety before starting! Emphasis on safety (pickup stray balls, careful with racquets/swings, spacing, etc.):
- Review the IRP (Instant Rally Progression) Sequence from Session #1.
 - At each step in the IRP, take time to stop, demo, re-start each partner activity.
 - Remember to rotate partners frequently, and present activities in order of increasing challenge/difficulty.
 - Construct informal/instant goal-oriented games as you go which reinforce keeping the ball in-play.
 - See Session #1 Lesson Plan for a breakdown/steps.
- Introduce the Volley -- Cooperative Partner Tossing Volleys
 - Use dots for where players stand and where to aim (each player stands about 4 ft from the net on a dot, add a dot halfway between the player and the net as a target).
 - Player A underhand tosses to the dominant side shoulder level of Player B, Player B taps/blocks/volleys the ball back, trying to make the ball land on the dot and Player A catches it.
 - Switch roles every 1.5-2.5 minutes and do multiple rounds (can rotate partners).
- Time-permitting, introduce the serve in a similar manner to the volley with one partner serving to other who is catching and switch roles, (and rotate partners!).
 - Introduction to the serve: In tennis games, each point begins with a serve. The serve must go over the net and bounce in the correct service box on the other side. (simplified for now)

Team Cooperative Co-opetition (Fun!!)

- With whole class as one team, build up scores in X number of minutes -- add up all the successful rally sequences of partners; set achievable goals, rotate partners.
- Make sure players are successful and **feel successful** as they complete the session

Step 4: Review & Cheer

A little ... **DETERMINATION!** ... goes a long way