

Public Tennis Red Ball Pilot Lesson Plan #3

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 SPORTSMANSHIP. Who can tell me what that means? Examples?
Today's tennis words are "IN" and "OUT" (in-play and out-of-play). Explore (briefly!) playing areas, lines, in/out, line calls, and how good sportsmanship matters and makes tennis more fun!

Step 2: WarmUp

Coaches choice of warmup. Simon Says, Obstacle Course, balloon/beach ball air tennis, etc... 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 Sessions 1 and 2.
 - 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 (in-a-row) games as you go which reinforce keeping the ball in-play.
- Review the Serve from Session 2.
 - Serve progression notes
 - Underhand toss to service box as needed to visualize shape, landing zone.
 - Self-toss/assisted toss as needed.
 - Serve to catcher, then serve to hitter.
- Colored Spot-directed Play: "Triangles"
 - Triangles is a group of 3 working together to toss, hit and catch successfully. There are 2 tossers in mid court or at service line, about 8 ft apart. There is 1 hitter mid court or at service line on the opposite side of the net. Tossers toss underhand to hitters forehand side, making the ball bounce half way between hitter and the net (use spots as bounce targets), and the hitter hits the ball to the other tosser. Rotate positions every few minutes
 - (Same as above, except all players use racquets)
 - Use colors of spots to remind players where to toss/hit. This will serve as preparation for "code breaker" games involving colored spot-directed patterns of play next week.

Team Cooperative Co-opetition (Fun!!)

- Triangles (in a row) with partners/competing against other teams for high score (rotate partners within team).

Step 4: Review & Cheer

SPORTSMANSHIP makes Tennis fun!