

Public Tennis Red Ball Pilot Lesson Plan #4

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 FOCUS. Who can tell me what that means? How does focus help us learn to rally?
Tennis words: Review the names of the court lines.

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 rally essentials including cooperating with partners/teammates to keep the ball in play. Hitting UP vs. hitting OUT. Gradually learning to hit OUT as we have success with **repetition**. (Demonstrate)
- Review/Play: "Triangles" (last week's activity)
 - Groups of 3 working together to toss, hit and catch successfully. 2 tossers in mid court or at service line, about 8 ft apart. 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.
- Play: "Code Breaker"
 - Code breaker games use colored spots as opportunities for exploring patterns of play.
 - Four spots is a good starting point, with two spots on either side of the net as bounce targets in front of four players (or two more advanced players). Coach calls out a 3 or 4 spot pattern (e.g. "red red blue blue") and players play the ball over the net and to the spots. Initially, to learn the game, throw and catch to the spots is recommended. When transitioning to hitting with racquets (or a combination of throwing and hitting), the intro ball should be either struck by a coach or underhand thrown by a player.
 - Most fun when all courts have the same colored spot layout and lead coach calls out the same pattern for all courts. First players to successfully complete a pattern yell "code break" or "we broke the code"!

Step 4: Review & Cheer

Demonstrate rally with **footwork and focus**.
CHEER: "FOCUS for longer rallies."