

# Public Tennis Red Ball Pilot Lesson Plan #5

## 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 and tennis word is FOOTWORK. Who can tell me what that means?

## Step 2: WarmUp

Reinforcing the footwork theme ... Demonstrate ready stance (flex knees, balance, lower center of gravity), demonstrate split step, demonstrate side shuffle left and right. Work these techniques into a follow-the-leader warmup drill. For example, call out "Ready! Split step! Shuffle right! Shuffle left!" etc.)

## Step 3: Skills, Activities, Games

### Skills and Games

- Safety before starting! Emphasis on safety (pick up stray balls, careful with racquets/swings, spacing, etc.).
- Divide players among 3 or 4 portable net courts. During the activities below, rotate players so they get to work with new players and new coaches periodically.
- Work on footwork with no racquets by creating a drill with a rapid flow of players entering the playing area (one at a time), then call out, "ready stance" ... "split" ... "shuffle right" (and catch a ball just out of reach), then "shuffle left" (and catch a ball just out of reach). Then, do the same drill with racquets – try to get a racquet on balls which are just out of reach.
- Review/Play: "Triangles" and/or "Code Breaker" (see lesson plans for last 2 weeks)
- Team Competition: Compete with drop hit (or underhand toss by player or coach) to start each point
  - THIS IS THE MAIN ACTIVITY TODAY
  - Play small area singles, then doubles, numbers-permitting
  - Understand basic fundamentals of competing ... consistency, moving opponent, footwork(!), etc.
  - Rotate opponents, focus on fun, *fair competition (not on results)*

## Step 4: Review & Cheer

CHEER: "Win with your FEET" (footwork)