

Resources:

Balls, rackets, cones

KS2

Lesson 1

Objectives:

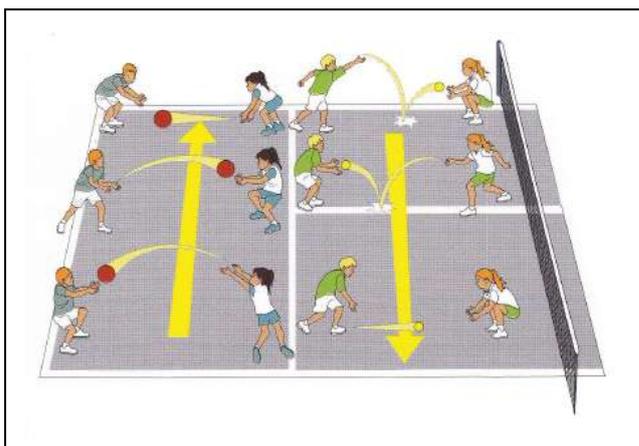
WALT – We are learning to read the path of the ball and react by turning to forehand and backhand sides.

WILF – What I’m looking for is to be able to adjust your feet from ready to forehand/backhand feet to anticipate the path of the ball.

TIB – This is because judging the path of the ball allows you make contact with the ball with a controlled racket face.

Activities	Coaching Points
<p>Warm Up: Agility</p> <ul style="list-style-type: none"> • Stop/Start – Using a restricted area children travel in different directions, heads up & on balls of feet. Upon command children stop in ready position. • Ext – travelling in different ways, backwards, sideways, bouncing, hopping etc. • Ext – include balancing a ball on hand, bouncing a ball low and high 	<p>Ready position</p> <p>Feet pointing forwards Shoulder width apart Knees bent Shoulders rolled back</p>
<p>Activity 1: Ball control Bounce About (balls) Pupils bounce a ball in a basketball dribble style. Move by walking, jogging, sidestepping or walking backwards keeping control of the ball Variations</p> <ul style="list-style-type: none"> • Change direction on command • Bounce ball at different heights • Introduce a racket to bounce the ball 	<p>Keep body height the same not bobbing up and down Bounce the ball at round waist height Watch ball and be aware of spaces Control racket with a steady wrist</p>
<p>Activity 2: Ready feet High, Middle, Low (balls) Players move sideways facing each other 1m apart and throw a ball to each other. First throw the ball from above the head (high), then from the waist height (middle) then roll the ball (low). Upon command then change direction. Variations</p> <ul style="list-style-type: none"> • No bounces • Moving forwards and backwards • Throw with 2 hands on ball rotating the body • One hand catching and throwing • Non-dominant hand. 	<p>Get ready with feet apart and hands ready Work out movement of other player and send the ball ahead Catch the ball in front of body</p>

<p>Game 1: Rolling into forehand feet Roll and racket return (ball, racket) In pairs, player 1 rolls the ball along the floor to one side of player 2 who is in the ready position with a racket. Player 2 stops the ball on the appropriate forehand or backhand side with racket face behind the ball then pushes it back. Player 1 catches the ball and repeats for 5 goes. Encourage using 2 hands on the backhand side Variations</p> <ul style="list-style-type: none"> • Player 2 pushes the ball without stopping it 	<p>Put favourite hand at the bottom of the grip Get ready between pushes Bend at the knees and waist to get low Contact the ball out in front Push the ball don't swing at it.</p>
<p>Game 2: Ready and forehand feet Floor tennis (cones, balls, rackets) In pairs both players have rackets and push the ball along the floor to each other between 2 cones (2m apart) Variations</p> <ul style="list-style-type: none"> • In rally both players push alternate forehand and backhand shots • Stop the ball with foot then push it back. • Set the cones wider for more movement • Set the cones narrower for accuracy. <p>Competition</p> <ul style="list-style-type: none"> • Count how many pushes in one rally and remember best score • For every six shots you win a cone. Collect cones for 2 minutes • Race to do 10 in a row. 	
<p>Q. How quickly can you tell which direction the ball is moving?</p>	
<p>Cool down: Introduction of racket skills Tap up tennis (rackets and ball) Working individually in a defined area tap the ball up in the air each time, let it bounce and tap it up again. Keep repeating 1 bounce, 1 tap up. Variations</p> <ul style="list-style-type: none"> • In 2s alternative tap ups into the same area moving out of each others way. 	<p>Get ready to move with feet apart and eyes watching the ball. Control the racket, keep it flat and move it smoothly Contact the ball at a relaxed distance from the body Tap up at head height Bend knees as the ball falls</p>
<p>Success Criteria: I can:</p> <ol style="list-style-type: none"> 1. Change my feet from a ready position into a forehand or backhand position. 2. Adjust my feet to anticipate the path of a ball into a position to return it 3. Complete a rally of more than 10 returns some of which are forehand and backhand shots. 	<p>Main Coaching Points Ready position Forehand/backhand feet Anticipating the path of the ball</p>



High, Middle, Low
Bouncing and rolling ball
whilst moving up and down
the court

