

**Mini tennis Red/Orange**  
**Edlesborough Tennis Club**  
**Summer Term Course Summary**

**Course Objectives**

The goals for all players in the mini tennis red/orange lessons are in three categories as follows.

**Reception skills**

1. To send and receive the ball with and without a bounce with control.
2. To throw and catch underarm and overarm with control of speed and direction.

**Rally and scoring skills**

1. To contact the ball with a controlled racket face.
2. To develop a controlled rally of ten shots or more.
3. To develop controlled handling skill with the racket and ball.
4. To develop and controlled underarm and overarm serve.
5. To be able to score a game and tie break in singles and doubles.
6. To demonstrate a good level of sportsmanship and respect for other players.

**Ready position skills**

1. To read the direction of the ball and to recover to a good ready position.
2. To move with control and balance
3. To be able to run in all directions and stop with control.

**Week 1**

**Lesson Objective**

General assessment / Fun and games

Throwing and receiving skills

**Warm up**

Racket catches

**Main Content**

Highest rally competition

Movement skills, ball tracking etc.

**Cool down / Competition**

Game of Tag

## **Week 2**

### **Lesson Objective**

Co-ordination activities

### **Warm Up**

Video game with many different movements

### **Main Content**

Tree game, reaction skills

Racket skills with ball.

Team tennis – Bouncing the ball into service box.

### **Teaching points**

Good concentration and feet position skills

### **Cool down / Competition**

Ten lives game in pairs

## **Week 3**

### **Lesson Objective**

Ready position introduction

### **Warm up**

Copycat warm up

Piggy in the middle game, emphasis on good movement and footwork skills

### **Teaching Points**

Demonstration of good ready position

### **Cool down / Competition**

Hot potato rally game

Game of weakest link throwing.

## **Week 4**

### **Lesson Objective**

Hitting the ball on both sides of the body

### **Main Content**

Throw and receive the ball left and right

Goal keeper game

FH and BH over the net applying the same skills

### **Teaching points**

Focus on lateral movement skills

### **Cool down / Competition**

Team tennis 'Jail' game

## **Week 5**

### **Lesson Objective**

Overarm serve lesson

Target throwing and re-cap from previous lesson

Overarm serve using correct grip and court position

Step back rallies. Focus on ready position

Teaching points. Continental grip for serving, sideways position for feet, early racket preparation, contact point in front of body.

### **Cool down / Competition**

Ball roll into hoop team game

## **Week 6**

### **Lesson Objective**

Learn Point scoring

### **Warm up**

Swedish handball team game

### **Main Content**

Overarm serve to start rally points

Explanation of how to score points and how to score tie breaks to seven or ten

### **Teaching points**

Keep quality of point high and concentrate on the scoring

Showing respect for other players

### **Cool down / Competition**

Tennis gladiators

## **Week 7**

### **Lesson Objective**

To learn Doubles Tie breaks

### **Warm up**

'Mirror me' warm up and 'Bounce about'

### **Main Content**

How to score a doubles tie break and serve from the correct side

Different ways to win points

### **Teaching points**

Concentrate on the scoring and position correctly according to the score

### **Cool down / Competition**

Cross the river game

## **Week 8**

### **Lesson Objective**

To improve racket control

### **Warm up**

Video game

### **Main Content**

Service box passing

Tap up tennis using cones

Various racket skills working in pairs

### **Teaching points**

Good co-ordination and ready position, good ball control of height and speed

### **Cool down / Competition**

Caterpillar and tennis sandwich games

## **Week 9**

### **Lesson Objective**

To improve underarm throwing

### **Warm up**

Racing cars

Five pass team game

### **Main Content**

Catch tennis using underarm throw in teams of three or four

Target hoops in teams

### **Teaching points**

TP's Bend knees to aid throwing action

Turn body sideways

Recover well with hands in front

### **Cool down / competition**

Egg and spoon race

## **Week 10**

### **Lesson Objective**

To improve contact point and stance for groundstrokes

### **Warm up**

Jumping jacks

### **Main Content**

Radars catches tennis in pairs

### **Teaching Points**

Adjust stride for different distances

Tracking the ball both sides

Good recovery

### **Cool down / Competition**

Throw and catch highest rally

## **Week 11**

### **Lesson Objective**

To improve overarm service technique

Follow the leader

Rats and Rabbits

### **Main Content**

Overarm server game with demonstration

### **Teaching points**

Set up sideways

Good arm separation

Hit to correct court area

Good throwing action

### **Cool down / Competition**

Football gladiators

Serve and catch in pairs

## **Week 12**

### **Lesson Objective**

To improve contact point and body position

### **Warm up**

Dynamic stretches

Explosion relays

Cross the river with throwdown lines

Floor Tennis, first to five points

### **Teaching Points**

Correct grip Push ball without too much swing

Contact point in correct front position

### **Cool down / Competition**

Floor tennis

Tramline rolling game

Shuttle run exercise

## **Week 13**

### **Lesson Objective**

Competition week in teams of 3-4

### **Warm up**

Follow the coach

### **Main Content**

Counting skills in teams for all the exercises;

Cone ladder, catch tennis, bounce about, Floor tennis, Tap ups

### **Teaching Points**

Work as a team and be respectful to all players

### **Cool down / Competition**

Tie break team tennis games

Tidy up your room game

## **Week 14**

### **Lesson Objective**

Fun games week

### **Warm up**

Football gladiators

### **Main Content**

Ghosts, Jai, Cross the River

Team relays with cone rows

Player chooses their favourite games from previous weeks

### **Cool down / Competition**

Running race, Hockey racket racing