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**Teaching Tennis with Station Descriptions**

**A progression for teaching tennis games for beginners:**

These tennis games are designed to teach the basics of tennis and develop important skills such as footwork, coordination, court sense and even tactics. At the same time, these games are enjoyable and interactive, enhancing the chance that these beginners stick with the sport until such time that they are proficient enough to play actual matches.

**Progression of learning to hit the ball:**

* Learning to hit the ball
* Learning to hit the ball over the net
* Learning to hit the ball over the net with direction
* Learning to hit the ball over the net with direction and depth
* Learning consistency in rallying
* Learning variety and control of spin, depth and trajectory
* Learning to hit with power

It’s essential that fun and enjoyment are at the center of learning for any child who is introduced to the game, and one key area that ensures kids have a fun time in their tennis development is through tennis drills and games.

**8 TENNIS STATION DESCRIPTIONS**

**1. Racquet and Ball Handling:**

Partner Bean Bag/Ball Pass. Students work with a partner or small group and toss a beanbag (or foam ball) back and forth and catch it with racquet. Begin 4 to 6 ft. apart. For each successful catch, students can back up a step.

**2. Racquet and Ball Handling:**

\_ Tap Downs—try and bounce the ball down at waist level

\_ Bump Ups—try and bounce the ball up eye level without letting the ball touch the ground

\_ Edgies—try and dribble the ball down at waist level using the edge of the tennis racquet

\_ Self-Rallies—Alternate bumping the ball off the racquet and off the ground

\_ Invent a Bounce— Students attempt different ways to dribble or bump the ball. This can

be choreographed to music.

**3. Forehand - Wall Rallies:**

Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall.

Rallies can be done individually, in pairs, or in teams.

**4. Partner Rallies over Line - Backhand:**

Partners work together with a line or jump rope between them to serve as an imaginary

net. They bump and bounce the ball back and forth over the backhand. To start the rally,

students should start close, match up the racquet faces, and take two steps back. Have

students try and set the “world record” for longest rally.

**5. Forehand and Backhand in Combination**

Ready Position and Catch. One student is the tosser and the other student is in ready

position with the racquet. The tosser will toss the beanbag or foam ball to one side or the

other of the student in ready position. Their goal is to catch it on the racquet (forehand or

backhand side) and learn to move into position rather than reaching for the ball. Switch

positions after 4 tosses.

**6. Toss, Volley, and Catch:**

Using a foam ball, one partner tosses to the forehand or backhand side of their partner.

The partner volleys it back to their partner who catches it. Begin with partners three steps

apart. Change roles after 6 tosses.

**7. Serve and Trap:**

Students serve the ball at the wall and trap the rebounding ball on the racquet strings.

Students should hit the ball under control in order to successfully trap the ball. This

activity can also be done with partners serving and trapping the ball to each other.

**8. Mini Tennis:**

Students rally and play over makeshift or portable nets incorporating the different skills they learned from each of the stations.