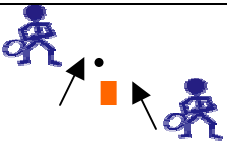
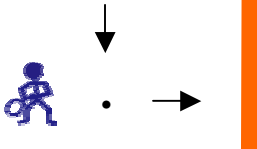
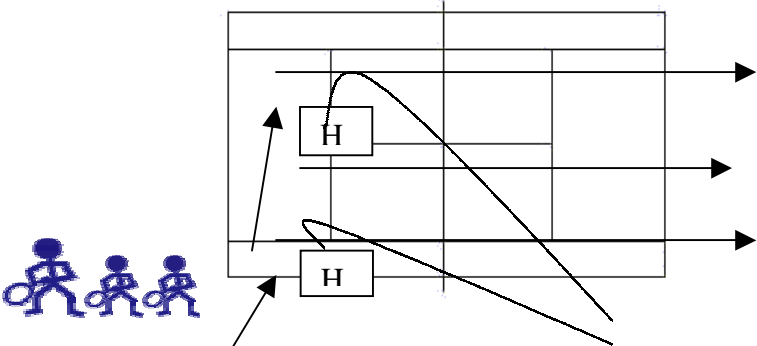


TACTICAL PROBLEM: Ball placement, spin, and positioning, and anticipating opponents response.

SKILL FOCUS: Drives

<p style="text-align: center;">Castle Game</p>	<p>Focus on:</p> <ul style="list-style-type: none"> Hitting the ball shoulder height to opponents side Place yourself opposite to midpoint Push off with outside foot
	<p>■ Aim:</p> <p>Teach students the importance of weight transfer and body placement in cutting down or increasing angles against your opponent</p> <p>EXTENSION/MODIFIERS:</p> <ul style="list-style-type: none"> Transitional Balls Grip closer to racquet head Jumping jacks to opponent when you hit the “castle.”
<p style="text-align: center;">Wall Ball</p>  <p>EXTENSION/MODIFIERS: Use regular tennis balls Allow one bounce between hitting the ball</p> <p>Reciprocal Option:</p> <p>Feedback: <i>while partner is performing above task check for:</i></p> <ul style="list-style-type: none"> Ball in hitting zone (in front of player) Load arm (get racquet back before swinging) Follow through (windshield wiper action to get spin on ball) 	<p>Focus on:</p> <ul style="list-style-type: none"> See the ball (in front of you) Bend knees Load arm Windshield wiper <p>Aim:</p> <p>Teach students to develop efficient stroke movement, and the importance of loading the arm</p> <p>Advanced students:</p> <ul style="list-style-type: none"> How many forehand/backhand in a row. Alternate from forehand to backhand, how many in a row.
<p style="text-align: center;">3-Ball Feed with Channels</p>  <p>Accuracy: -slow down speed of racquet and movements to reduce errors & focus on technique.</p>	<p>Aim:</p> <p>For students to utilize proper body placement, racquet position, spin, and control to hit to the appropriate channels.</p> <p>EXTENSION/MODIFIER</p> <p>Use transitional balls</p> <p>Vary the speed/rate at which the balls are fed:</p> <p>Have student call which channel he/she will hit to (1,2,3).</p> <p>When students are proficient, instructor calls short or long, asking players to hit to 1, 2 or 3.</p> <p>Keep score: 1 point for every channel successfully hit. Compete against another group.</p>

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Possible Culminating Game: Channel Surfing- same as 3 ball feed with channels, however, this drill will be done in 3's with students rotating in a clockwise manner.	Key Rule Students must hit to the channels indicated by the feeders. Point for each channel hit successfully.

Teaching Points

Tactic:

- Use drive placement to reduce opponents' time to respond: pressing zones.
- Use spin to add force while maintaining control of the ball.
- Open spaces to be attacked by hitting to pressing zones.
- Gain time to position self by reducing opponent's ability to return the ball quickly.
- Manipulating channels to allow more time to respond to return shot

Skill:

Forehand drive

- 1) In prep phases split-step just before ball struck
- 2) Push-off back foot transferring weight forward.
- 3) Transfer weight forward to aid in force production. Brush over ball (like a windshield wiper) to apply topspin.
- 4) Recovery back into the court for next shot.

Backhand drive

- 5) As with forehand, make sure have backhand grip. Load legs with split step prep.
- 6) Explode forward to reach for ball.
- 7) Stretch and contact ball in hitting zone in front of you. Use brushing action to apply topspin.
- 8) Recover back into court

Tactical Problem:

1. Where to place the ball so it is difficult for your opponent to make an effective return (getting a short ball)?
2. **Understanding the relationship between: Space, Force, Time, Spin (hitting to pressing zones).**

ON THE BALL

Drives (Groundstroke & Backhand)

Hitting zone (Racquet head placement at contact)

Applying Topspin









OFF THE BALL

Split-step (Load legs)

Push-Off (weight transfer)

Recovery (After the ball is hit)

SKILL PHASES

	
1) Split-step prep	2) Weight back foot
	
3) Shift forward	4) Recover into court
	
5) Split-step prep	6) Weight push off back foot
	
7) Shift forward and stretch	8) Recover back into court

Imagery cues

SPLIT – SHIFT, as soon as opponent hits ball

HOME BASE- Usually the middle of the court.

LOAD WRIST to increase force production time

BRUSH- to create topspin.

Topic: Hitting to channels to get a short ball, hitting pressing zones, positioning and use of spin.

Objectives:

Cognitive:

Students will be able to successfully identify correct behaviour in their performance and in the performance of others through use of task cards and reciprocal teaching activities. An understanding of the tactical elements of tennis will be developed.

Affective:

Students will work with their peers, establishing effective communication skills through meaningful interactions. Students will experience success in a positive learning environment that accommodates different skill levels.

Psychomotor:

Students will develop skills such as: consistent and proper forehand/backhand technique, appropriate body placement and weight transfer, and use of spin.

Social:

Students will work together in pairs and in teams, playing games and giving feedback to each other.

Equipment: transition balls & regular balls
12 cones
raquets

CUES: Hitting zone in front
Brush for spin
Racquet head back

Warm-Up Activity: Castle Game 2 min

Purpose: Increase core temperature, work on control and body positioning in relation to opponent.

Main Activities:

Wall Ball: 3 min.

Against a wall using a transition ball, hit the ball consecutively against the wall.

Focus on: Position of racquet at contact, should be in hitting zone in front of your body.

Cock the wrist to increase racquet head speed and power.

Use brushing action to create spin.

Progression: If struggling, work on one element at a time, first hitting zone, then wrist position and finally spin.

See how many you can hit in a row.

Work on forehand drive first, then backhand, then alternate.

Task card: Use task card cues to identify proper technique, self check.

Reciprocal: In pairs, give feedback to player (see task card)

3 Ball Feed Hitting to Channels: 7 min

In 2 groups on two courts run 3 ball feed.

Aim to hit one of 3 designated channels (X).

To increase difficulty have student hit to channel called by feeder.

Cues:

Split step

Hit in front

Arm back

Windshield Wiper action

Accuracy: Teacher feed ball

...

		X	
			XX
		XXX	

Scoring: Have teams call out every successful placement (1 pt each). Have groups compete against each other.

Culminating Activity

Groups of 3, one feeder, one target person and one receiver

Receiver is fed balls and hits to the channel where target person is standing.

Target person moves from channel to channel to give receiver a target area, receiver should hit to where the target person is not.

Progression: have feeder hit a short ball so receiver can come in and volley.

Scoring: Same as above except add all of your scores together to see which group gets the most points.