


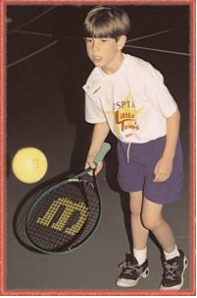



## Activity Plan for Tennis Skills




Week 1			
Activity	How many or how long	How many days	Instructions
Tennis Ball Dribbling 	5 mins/day	3 times/wk	This week you can practice dribbling the tennis ball in order to develop better ball and racquet control. With a tennis racquet in your hand, bounce a tennis ball against a hard surface. When it bounces back upwards, hit the ball back to the ground with your racquet. Repeat this drill as many times as possible without letting the tennis ball get away. If you wish, you can place a hula hoop on the ground and try to keep bouncing the tennis ball within the hula hoop circle. Hold the racquet with a forehand grip that looks like this: 

Week 2			
Activity	How many or how long	How many days	Instructions
Explosive Tennis Court Movement 	5 mins/day	3 days/wk	<p><b>To improve your ability to move quickly on the tennis court, try this jumping movement drill by:</b></p> <ol style="list-style-type: none"> <li>(1) Setting up 10 pylons or other markers in two parallel lines (about 1 metre apart). Stand at one end of the pylon line.</li> <li>(2) Bend your knees slightly and jump forwards and sideways (diagonally) from the one line of the pylons to the other line of the pylons.</li> <li>(3) As soon as you touch the ground, jump forwards and sideways back to the other line of pylons. From the starting point, you will be jumping forward and sideways to the other end of the pylons. See how many jumps it takes you to reach the other end of the pylons.</li> <li>(4) After you have made it to the end of the pylons, walk back to the starting line and take a 1 minute rest before trying this exercise again.</li> </ol> <p>If you would like to see a demonstration, check out this short video:  <a href="http://www.expert-tennis-tips.com/tennis-footwork-drill.html">http://www.expert-tennis-tips.com/tennis-footwork-drill.html</a> </p>




## Activity Plan for Tennis Skills

<p>Tennis Bump-Up</p> 	<p>5 mins/day</p>	<p>Total for the week</p>	<p>With a tennis racquet in your hand, bounce a tennis ball hard on either the pavement or a tennis court. <b>When it comes back up, get your racquet under the ball, and hit it upwards softly</b> (so that it stays near your body). Let the tennis ball drop in front of you and then try to bump it up again. See how many times you can bump it in a row. This may be slightly challenging at first, but with practice, you will develop better control of the ball.</p>
<p>Hitting Tennis Ball to Target</p> 	<p>10 minutes</p>	<p>3 days/wk</p>	<p><b>During a tennis match, it is very important to have good racquet handling skills so that the ball lands within the court.</b> This week practice hitting a tennis ball with your racquet towards a target on a wall outside (either at your house, the local community centre, or your school). This will help to improve your accuracy for when you play a game of tennis. If you can, try to hit the ball after it returns from hitting the wall (hint: it is easier to let the ball hit the ground once before hitting the ball again!). See how many times you can hit the ball in a row.</p>



## Activity Plan for Tennis Skills

Week 3			
Activity	How many or how long	How many days	Instructions
Tennis Ball Dribbling 	5 mins/day	3 times/wk	This week you can practice dribbling the tennis ball in order to develop better ball and racquet control. With a tennis racquet in your hand, bounce a tennis ball against a hard surface. <b>When it bounces back upwards, hit the ball back to the ground with your racquet.</b> Repeat this drill as many times as possible without letting the tennis ball get away. If you wish, you can place a hula hoop on the ground and try to keep bouncing the tennis ball within the hula hoop circle.
Tennis Bump-Up 	5 mins/day	Total for the week	<b>With a tennis racquet in your hand, bounce a tennis ball hard on either the pavement or a tennis court.</b> When it comes back up, get your racquet under the ball, and hit it upwards softly (so that it stays near your body). Let the tennis ball drop in front of you and then try to bump it up again. See how many times you can bump it in a row. This may be slightly challenging at first, but with practice, you will develop better control of the ball.
Explosive Tennis Jumps 	5 mins/day	Total for the week	After you have warmed up (by walking around your yard or the tennis court), <b>try this exercise to develop explosive speed for when you are playing a tennis match:</b> (1) Stand beside (about 15 cm away) a small pylon or line on the tennis court. (2) Bend your knees slight and then jump sideways with both feet over the top of the cone (or about 15 cm off the ground to the other side of the line) (3) As soon as you land on the ground, jumps over the cone (or line) back to the starting position as quickly as possible. (4) Repeat this 10 times and try to finish this exercise as quickly as possible. If you would like, you can have someone keep track of time while you are jumping and then compare it to future weeks when you do this exercise. (5) After jumping 10 times, take a 1 min. rest and try to do another set of 10 jumps. If you would like to see a demonstration, check out this website: <a href="http://www.expert-tennis-tips.com/tennis-footwork-drill-for-kids.html">http://www.expert-tennis-tips.com/tennis-footwork-drill-for-kids.html</a>


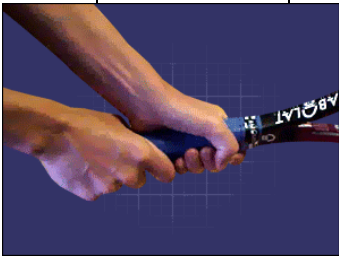

## Activity Plan for Tennis Skills

Tennis Forehand	20 mins/day	3 days/wk	<p>This week try to do the basic forehand stroke. You hit the ball with a forehand stroke when it is on your dominant hand side. Have a friend or family member to throw the ball, and let it bounce once before you hit it. Here are some tips:</p> <ol style="list-style-type: none"><li>1. Be in athletic stance when waiting for the ball to come so you can get there quickly (facing forward, feet shoulder-width apart, knees slightly bent, on your toes, eyes focused on the ball, holding your racquet properly in front of you and up) like in this picture.</li><li>2. Starting from the ready position, drive off from the legs and look to get to the ball as soon as possible. <b>As you push off, prepare by turning both your hands towards the ball.</b> This will rotate the shoulders and upper body away from the ball, storing up energy that will soon be used to create power.</li><li>3. Look to bring the racquet head back in a loop. Think of a circular type movement as you lift it up as you bring it back then drop it lower as you start to accelerate forwards.</li><li>4. The key to producing real power is to fire all your different muscles into the shot in sequence. Start from the legs, then the hips, your shoulder, arm and finally your wrist.</li><li>5. The forward swing of the racquet should be from low to high. You should be looking to make contact with the ball at around waist height. As you get more confident, have a go meeting it slightly higher. Be sure to follow through (swinging hand is by the opposite shoulder).</li></ol>
			
			

## Activity Plan for Tennis Skills

Week 4			
Activity	How many or how long	How many days	Instructions
Explosive Tennis Court Movement  	5 mins/day	3 days/wk	<p><b>To improve your ability to move quickly on the tennis court</b>, try this jumping movement drill by:</p> <ol style="list-style-type: none"> <li>(1) Setting up 10 pylons or other markers in two parallel lines (about 1 metre apart). Stand at one end of the pylon line.</li> <li>(2) Bend your knees slightly and jump forwards and sideways (diagonally) from the one line of the pylons to the other line of the pylons.</li> <li>(3) As soon as you touch the ground, jump forwards and sideways back to the other line of pylons. From the starting point, you will be jumping forward and sideways to the other end of the pylons. See how many jumps it takes you to reach the other end of the pylons.</li> <li>(4) After you have made it to the end of the pylons, walk back to the starting line and take a 1 minute rest before trying this exercise again.</li> </ol> <p>If you would like to see a demonstration, check out this short video:  <a href="http://www.expert-tennis-tips.com/tennis-footwork-drill.html">http://www.expert-tennis-tips.com/tennis-footwork-drill.html</a></p>
Tennis Bump-Up  	5 mins/day	2 days/wk	<p>With a tennis racquet in your hand, bounce a tennis ball hard on either the pavement or a tennis court. When it comes back up, get your racquet under the ball, and hit it upwards softly (so that it stays near your body). Let the tennis ball drop in front of you and then try to bump it up again. <b>See how many times you can bump it in a row.</b> This may be slightly challenging at first, but with practice, you will develop better control of the ball.</p>

## Activity Plan for Tennis Skills

<p>Tennis Partner Bump-Up</p> 	<p>10mins/day</p>	<p>2 days/wk</p>	<p>Earlier this month you practiced “bumping” the tennis ball upward (after it bounced on the ground), and then you let the ball hit the ground again. Now that you know how to bump the tennis ball by yourself, have a friend or family member stand about 5-8 metres away from you. <b>Try bumping the tennis ball forward towards your partner, so that they can catch it and throw it back to you.</b></p>
<p>Backhand</p>  	<p>20 mins</p>	<p>2 days/wk</p>	<p><b>Use a backhand swing when the ball is traveling towards your non-dominant side.</b></p> <ol style="list-style-type: none"> <li>1. First, hold the racquet with the two-handed grip (see picture on left).</li> <li>2. As you start to move turn your shoulders towards the ball, use your wrists and arms to lay the racquet head back. Keep turning until your racquet head is pointing towards the back fence and at about waist height. The further you lay the racket head back the more power you can create. You will notice that top players turn their shoulders so far that their opponent is able to read what is on the back of their shirt. Watch out - the bigger the turn, the more difficult it is to control.</li> <li>3. The key from here is to stay relaxed and feel that you are hitting through the ball with your body. If you tense up the shot will feel awkward and you'll just end up forcing the ball with your arms and create no power. The role of your arms is largely to transfer the power stored in your legs, shoulders and torso into the racquet.</li> <li>4. As you get to the ball, look to load up on the left foot (right hander) and then transfer your weight forwards onto your right just before you hit. Don't step across with your right foot as this will send you off balance.</li> <li>5. If you get the footwork right you will feel the shot start from your legs, then rotate the left side of your body through the ball. Combine this with a low-to-high swing with your arms. Sometimes the rotation that you create will be so great that you will start to spin around on the follow through. If this happens you've cracked it, the rotation will create power but will also help you recover back quicker.</li> </ol>