





## Activity Plan for Tennis Dribbling

Week 1			
Activity	How many or how long	How many days	Instructions
Tennis Ball Dribbling	5 mins/day	3 times/wk	<p>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. <b>Hold the racquet with a forehand grip that looks like this:</b></p> 

Week 2			
Activity	How many or how long	How many days	Instructions
Tennis Bump-Up 	5 mins/day	Total for the week	<p>With a tennis racquet in your hand, <b>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</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 without letting it drop. This may be slightly challenging at first, but with practice, you will develop better control of the ball. Make sure you use the grip from last week.</p>

## Activity Plan for Tennis Dribbling

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. 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.

Week 4			
Activity	How many or how long	How many days	Instructions
Tennis Partner Bump-Up 	10mins/day	2 days/wk	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>