

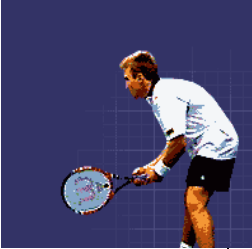






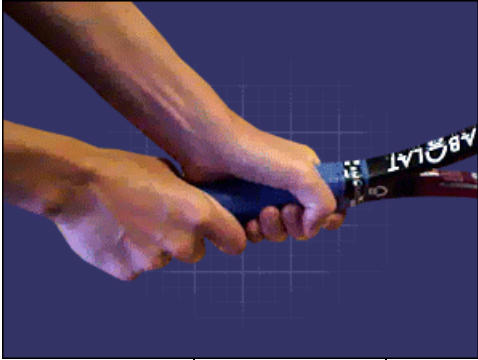

Activity Plan for Tennis

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. You can also try bouncing it in the air.
Explosive Tennis Jumps 	10 mins/day	Total for the week	After you have warmed up (by walking around your yard or the tennis court), try this exercise to develop explosive speed for when you are playing a tennis match. (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: http://www.expert-tennis-tips.com/tennis-footwork-drill-for-kids.html


Activity Plan for Tennis

Week 2			
Activity	How many or how long	How many days	Instructions
Tennis Forehand     	20 mins/day	3 days/wk	<p>Now that you have some handle on the ball, you can 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 to you, and it has to bounce once before you hit it. There are a few key things you need to make sure you do:</p> <ol style="list-style-type: none"> 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. 2. Starting from the ready position, drive off from the legs and look to get to the ball as soon as possible. As you push off, prepare by turning both your hands towards the ball. This will rotate the shoulders and upper body away from the ball, storing up energy that will soon be used to create power. 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. 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. 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).

Activity Plan for Tennis

Week 3			
Activity	How many or how long	How many days	Instructions
Tennis Backhand  	20 mins	2 days/wk	<p>The backhand is a bit trickier for most people to do. It may take more time to master this skill. You usually use a backhand when the ball is traveling towards your non-dominant hand side. Here's how to do it:</p> <ol style="list-style-type: none"> 1. First, you need to hold the racquet with the two-handed grip as shown in the photo on the left. 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. 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. 4. Your footwork is now crucial. 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. 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.

Activity Plan for Tennis

Week 4			
Activity	How many or how long	How many days	Instructions
<p>Tennis Game</p> 	30 mins	2 days/wk	<p>Now that you know the two fundamental tennis strokes, try and have a rally with a friend or family member. To serve the ball over, use a self-tossed forehand hit. Remember, you should try to get to the ball first and then hit it with control (hip and body rotation). Don't hit it too hard (maybe 60% of your capacity) so you can aim properly and send it back to your partner. This way, you can practice aiming and hitting it over the net.</p>