

TENNIS CONTENTS TO BE WORKED ON: forehand stroke, «position, grip and parabolic trajectory»
COORDINATIVE CONTENTS TO BE WORKED ON: basic skills with the ball and the racquet

SESSION TIME		DEVELOPMENT OF THE SESSION	GRAFICS
1 HOUR SESSION	2 HOUR SESSION	COORDINATIVE PART	
INITIAL PART		<p>Exercise 1: each kid has to have a racquet and a ball and has to follow the instructions of the coach. Holding the ball on the racquet, bouncing the ball and moving, throwing the ball on the air... The coach has to increase the difficulty of the task on demand.</p> <p>Exercise 2: explain the grip and position to make an under-hand serve. Exercises where they have to under-hand serve into the designated areas. Coach can use cones, line marks, etc.</p> <p>Exercise 3: rally of three players.</p>	
15'	30'		
MAIN PART		TENNIS PART	
30'	60'	<p>Exercise 1: pairs of 2, each player on one side of the mini tennis court. Coach explains the importance of the parabolic trajectory. They start the rally with an under-hand forehand serve. Importance of making them hit the ball between hip and shoulder.</p> <p>Exercise 2: Make 2 teams of 3 players. 2 players of each team stand on one side of the net on a line and the remaining player stand on the other side of the net in front of his team. The coach feeds to the players standing on a line. Each of them have to hit the ball with a high trajectory and the player that is on the other side of the net have to catch the ball before it stops bouncing. The first team that pick up 10 balls wins and they rotate.</p>	
FINAL PART		GAME	
15'	30'	<p>The numbers: All players are waiting on the back of the court. The coaches designates a number to each of the players. When the coach calls a number, that player rallies with the coach until he/she misses. After the mistake the coach calls another number. When players miss the rally they have to run to get the ball and bring it to the coach. The player that has the longest rally with the coach wins.</p>	
TOTAL TIME			
60'	120'		