

TENNIS CONTENT TO BE WORKED ON: forehand stroke, «control of the shot»

COORDINATIVE ASPECTS TO BE WORKED ON: spatial orientation and movements around the court

SESSION TIME		DEVELOPMENT OF THE SESSION	GRAFICS
1 HOUR SESION	2 HOUR SESION	COORDINATIVE PART	
INITIAL PART		<p>Exercise 1: basket-tennis. Make 2 teams with the same number of players. Spread players around the court. On the middle of the court there is a basket on each side 2nd each team have 10 balls. When the coach says "go" each team have to try to make the balls into the opponent's basket. They can only throw the balls from behind the net. The first team that makes 5 balls wins (the coach can change up the scoring rules)</p> <p>Exercise 2: consistent rally by pairs.</p>	
15'	30'		
MAIN PART		TENNIS PART	
30'	60'	<p>Exercise 1: set up the players by pairs and in front of each other (on half of the court) Player 1 is with racket and Player 2 without. Player 2 has to throw the ball to player 1 with the hand and player 1 has to hit the ball over player 2 and to the other side of the court. The coach designates different hitting spots..</p> <p>Exercise 2: same as exercise 1 but placing cones on the other side of the net and see how many they can hit.</p> <p>Exercise 3: make to lines of players. The coach feeds 2 balls to each player. Players have to hit forehand into the designated area. If the make it they have to go touch the net and come back to the line. If the miss both shots they have to go pick up 5 balls</p> <p>Exercise 4: doubles rally only hitting forehands. Count how many balls in a row they can make. When one player misses, him and his partner switch with the players that are waiting at the net post.</p>	
FINAL PART			
15'	30'		
GAME			
<p>Game: Gran slam singles and/or doubles.</p>			
TOTAL TIME			
60'	120'		