

EDUCA TENNIS		COACH	DATE:		
		GROUP: U6	SEMESTER:	Nº WEEK: 4TH	Nº SESSION: 4
TENNIS CONTENT TO BE WORKED ON: forehand stroke, «the snail»					
COORDINATIVE CONTENT TO BE WORKED ON: (parabolic trajectory) and spatial orientation					
SESSION TIME		DEVELOPMENT OF THE SESSION			GRAFICS
1 HOUR SESSION	2 HOUR SESSION	COORDINATIVE PART			
INITIAL PART		<p>Exercise 1: give one ball to each player and explain the concept of hitting the ball with high. Afterwards, they have to experience different throws with the ball. Make different exercises where they have to coordinate the movement and the height of the ball: make a full body turn and catch the ball, make 3 claps and catch the ball...</p> <p>Exercise 2: similar as exercise 1, the coach gives a "go" signal and the players have to throw their ball high and go pick up someone else's ball. Afterwards, they have to quickly go back to their starting position (the coach sets up different zones, base line, singles line, service line, etc.</p> <p>Ejercicio 3: Players are in teams of 3, each team has a hula hoop and a ball. Two players face each other with a distance of 3 meters and the third stands between both holding the hula hoop in the air. Both players have to throw the ball to each other passing it inside the hula hoop. The coach will change the type of throws and the distance, adding difficulties to the exercises. Focus on throwing the ball high.</p> <p>Ejercicio 4: Doubles rally</p>			
15'	30'				
MAIN PART		TENNIS PART			
30'	60'	<p>Exercise 1: remind to the players the importance of making a "snail" movement. Afterwards, players are in front of each other and they have to pass the ball back and forth with no racquet making the correct snail movement.</p> <p>Exercise 2: same as exercise 1 but increasing the distance between players. Now, players have to make all the balls inside the designated area made by the coach.</p> <p>Exercise 3: 2 lines of players on the same side of the court. On the other side there are different cones. The coach feeds to each of the players on the line and the players have to try to hit as many cones as possible with the proper technique. The player that hits more cones wins.</p> <p>Exercise 4: hit and switch game. Players are divided in 2 lines. The coach feeds the ball to the first player of one of the lines. The player has to hit and go back to his line. They have a second chance if they miss the first hit. The coach decides if the game is counted by points or by how many times they are able to hit back and forth.</p>			
FINAL PART		GAME			
15'	30'	<p>Game: Match in a three-way play (the team on one side of the net can only hit forehand).</p>			
TOTAL TIME					
60'	120'				