

TENNIS CONTENTS TO BE WORKED ON: under-hand serve, «precision», first rallies
COORDINATIVE CONTENTS TO WORK ON: movements, jumps, balance

SESSION TIME		DEVELOPMENT OF THE SESSION	GRAFICS
INITIAL PART		COORDINATIVE PART Exercise 1: each player has to have a racquet and a ball and has to follow the instructions of the coach at the same time as walking or jumping on the lines of the court maintaining the balance <ul style="list-style-type: none"> • Holding the ball on the strings of the racquet • bouncing the ball with the racket, • bouncing the ball on the strings... etc Meet the ball Exercise 2: by partners, they stand in front of each other (1meter) and they have to make different passes (with bounce and no bounce). Every time they get it right, they have to go back one step and when they miss, one step forward. The team that have more distance wins. Exercise 3: by partners, the players place themselves one in front of the other with a hula hoop ring in between them. The ball is thrown by hand trying to get it to bounce inside the ring before getting to the partner's hands. Players have to start with a short distance between them. Every time they get the ball to bounce in the ring, they take a step back, and every time they miss, they take a step forward.	
15'	30'		
MAIN PART		TENNIS SECTION Control your power Exercise 1: Players have to make exercises where they under-hand serve to the other side of the court and the other player has to catch the ball after 0, 1 o 2 bounces. Ejercicio 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 stands 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. Starting the rallies Exercise 2: normal rally trying to only hit with the forehand. The player that is waiting is at the net post with a ball on his/her hand waiting for the teammate's mistake. When there is a mistake the player at the net post comes in. Players try to hit a really of 3 balls, everytime they hit it they get a point	
30'	60'		
FINAL PART		GAME Game The elevator: on one side of the court there are a line of cones representing the different levels of a house. Each player has to underhand serve from the first level to the other side of the court and into the designated area. Everytime a player makes it into the área he/she moves to the second level and repeats the same thing. The player that gets to the last level wins.	
15'	30'		
TOTAL TIME			
60'	120'		