

TENNIS CONTENTS TO BE WORKED ON: underhand serve, “grip and basic position”

COORDINATIVE CONTENTS TO BE WORKED ON: adaptation to the tennis ball.

SESSION TIME		DEVELOPMENT OF THE SESSION	GRAFICS
1 HOUR SESSION	2 HOUR SESSION	COORDINATIVE PART	
INITIAL PART			
15'	30'	<p>Meet the ball</p> <p>Exercise 1: By partners, the players 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.</p> <p>Exercise 2: 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.</p> <p>Meet the racket</p> <p>Exercise 3: doubles drill, trying to hit only with forehand. The ball can be put in play by the coach or by a player (throwing the ball with the hand). Green players try to catch the opponent's ball with the hands after the first bounce.</p>	
MAIN PART			
30'	60'	<p>Control your power</p> <p>Exercise 1: Player hits underhand forehand serves to the other side of the court trying to get the ball to bounce inside the service box.</p> <p>Exercise 2: The same as the previous exercise, but now cones and rings are placed on the other side of the other, and the player has to try to touch them.</p> <p>Exercise 3: by partners, players place themselves facing each other on different sides of the net. The player serves underhand trying to get the ball to arrive to the other players hands with no bounce (10 reps)</p> <p>Starting the rallies</p> <p>Exercise 4: By partners, players place themselves facing each other on different sides of the net. On one side of the net the players hit a serve under hand aiming to a hula hoop ring. The other player has to stop the ball with the racket, pick it up and then makes a serve underhand back to the first players. Players count up to 10. The goal is to do it without leaving the area of the court, if they leave the court they lose their points.</p>	
FINAL PART			
15'	30'	<p>Play for fun</p> <p>Game: Jail – All players start at one side of the net making a line. Players have to hit a under- hand forehand serve. If the ball goes in they go to the end of the line. If the ball goes out they have to go to the other side of the net (jail). To be save from jail players have to catch the incoming serve without bounce. Last player standing alone outside of jail wins</p>	
TOTAL TOTAL			
60'	120'		