

Learning Intention : *How can you use different footwork in tennis?*

Resources:

Rackets and Tennis balls
(enough for one each),
Cones or
Throw down strips.

Yr 6

I can move to hit a ball with some balance and control

I can move with balance and control when hitting a ball

I can move in a variety of directions with balance and control when hitting a ball

WARM UP: On Your Toes!

Children are to spread out in an area, facing the teacher. Children to be in ready position on their toes.

Teacher to point in any direction, e.g. left, right, forward, back. The children are to move in the direction the teacher points.

Note: children are to always face forwards when moving; they must return to the middle and keep on the balls of their feet.

Linking learning: This could be related to being on a tennis/badminton/volleyball court- keeping on the balls of your feet and getting back in the ready position to return the shot!

Challenge: Teacher points in a direction and children have to react and move in the opposite direction, or to call out a compass point North, South, East or West.

Teaching Points

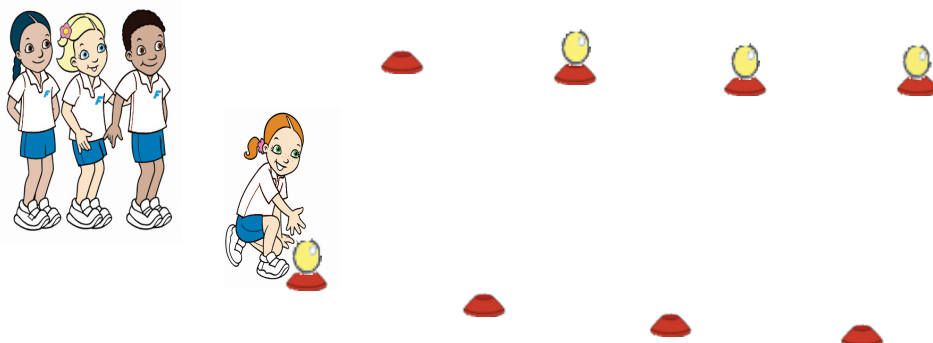
- Small steps
- Quick feet
- Balanced
- Bend knees

ACTIVITY 1: Side-stepping

1. In teams of 4/5. Set up cones as shown in diagram.
2. Side-step between cones picking up one ball at a time and placing on the opposite cone.

- a. Pick up with hand nearest the cone and swap with other hand,
- b. Pick up and put down with two hands together.
- c. Try it starting at the other end and side stepping backwards.

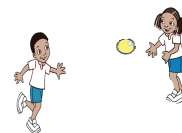
Linking Learning: What are these actions similar to in tennis? E.g. the forehand and backhand; getting down for low shots. Moving backwards to return a shot.



ACTIVITY 2: Right, Left, Forward and Back

Step 1: Ball

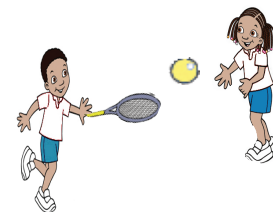
1. Partner A calls left, right, forward and back; partner A throws the ball to the position they call – Partner B should always return to the middle – ready for the next call.



Step 2: Ball and racket

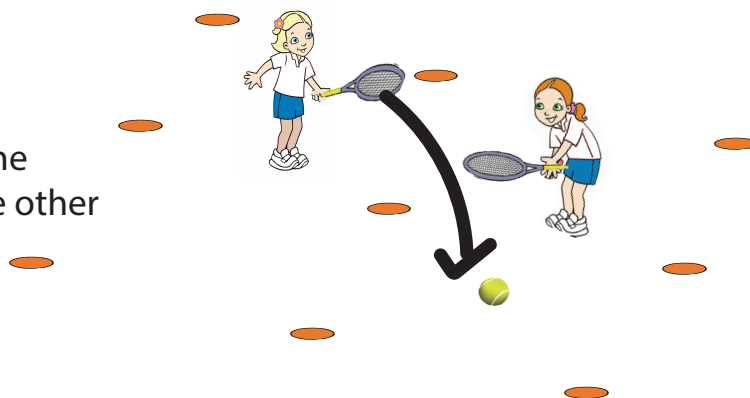
1. Repeat as above: this time partner B is moving with a racket and hitting the ball back to partner A.

**Linking learning: Think of the footwork you used in the warm up.
How can you get into position quickly? E.g. small steps; get back into middle;
ready position; keep on balls of feet.**



ACTIVITY 3 : Squares

1. Set up court as shown in diagram.
2. Children in pairs: 1v1 rally. Start in the middle on the base line.
3. Aim of game is to hit the ball into the square that your partner is not standing in. If you do, you win a point.
4. Add your own points system to the game e.g. if the ball goes out of the area, the other player wins a point.



Q & A – How can you be ready for the next shot? E.g. Try to **anticipate** where the next shot is going, keep on balls of feet, ready position.

Tactics: Is there a square from which your partner finds it difficult to return the ball? Can you now put the ball into the square order to win the rally? What other tactics can you use to win the game?

COOL DOWN

Children to jog around slowly in an area, controlling the ball with the racket in different ways.

PLENARY

Why is footwork important in tennis or any other net/wall sport?
Where do you think you are on the progress-o-meter? How can you get to the next step?