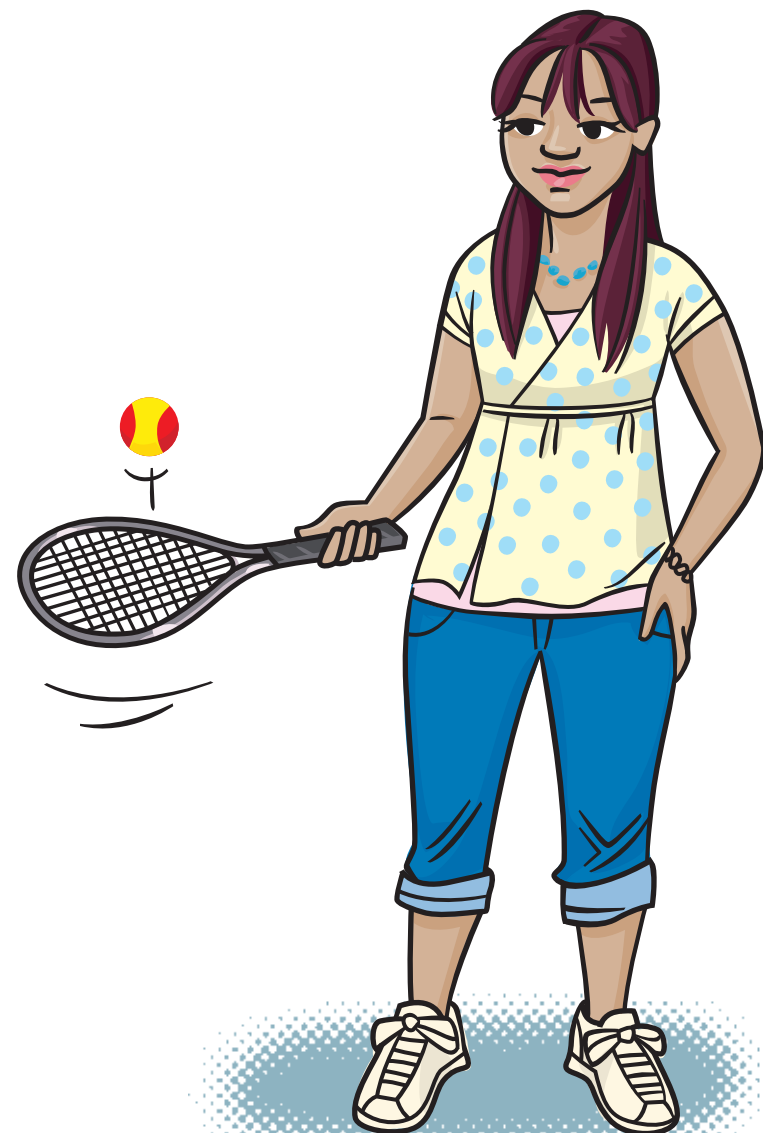
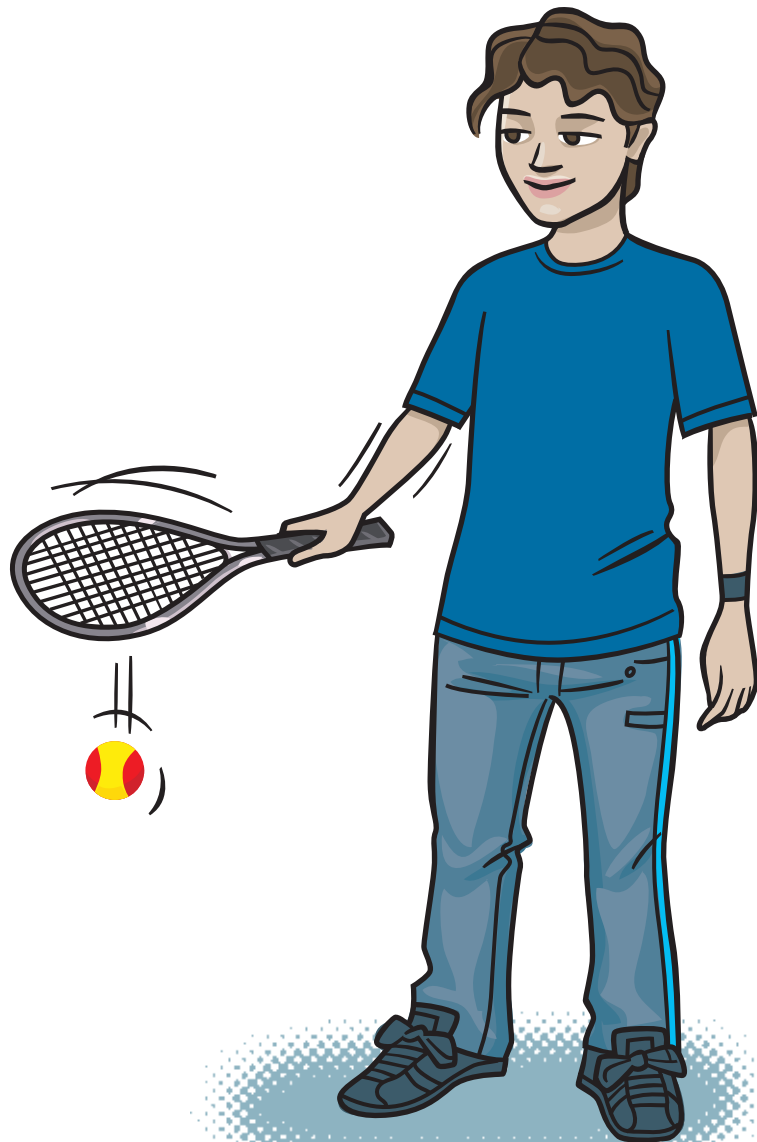




Racquet and Ball Handling



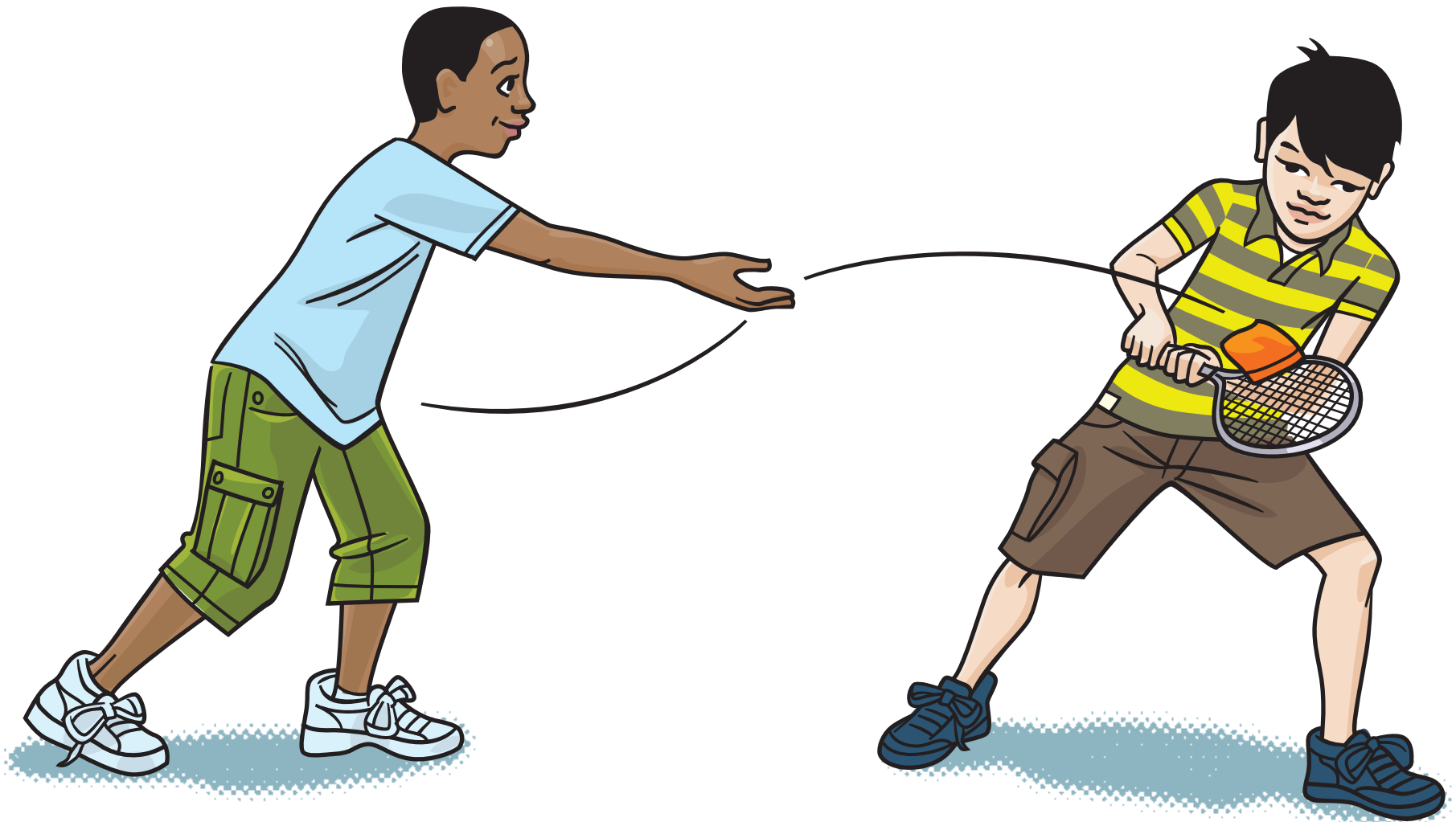
Racquet and Ball Handling

- Tap Downs-try and bounce the ball down at waist level
- Bump Ups-try and bounce the ball up eye level without letting the ball touch the ground
- Edgies-try and dribble the ball down at waist level using the edge of the tennis racquet
- Self-Rallies-Alternate bumping the ball off the racquet and off the ground
- Invent a Bounce- Students attempt different ways to dribble or bump the ball.





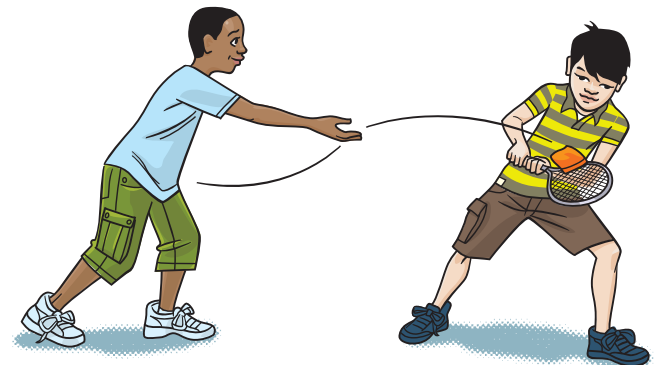
Ready Position and Catch



Ready Position and Catch

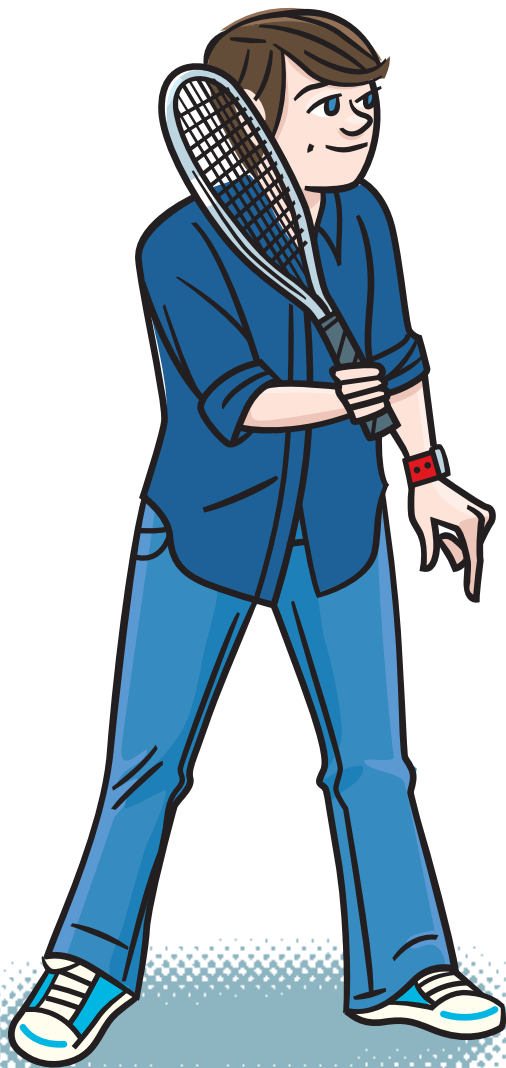
One student is the tosser and the other student is in the ready position with the racquet. The tosser will toss the beanbag or foam ball to one side or the other of the student in ready position. Their goal is to catch it on the racquet (forehand or backhand side) and learn to move into position rather than reaching for the ball.

Switch positions after 6 tosses.



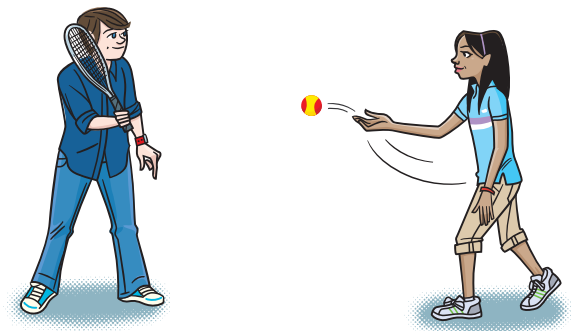


Toss, Volley, and Catch



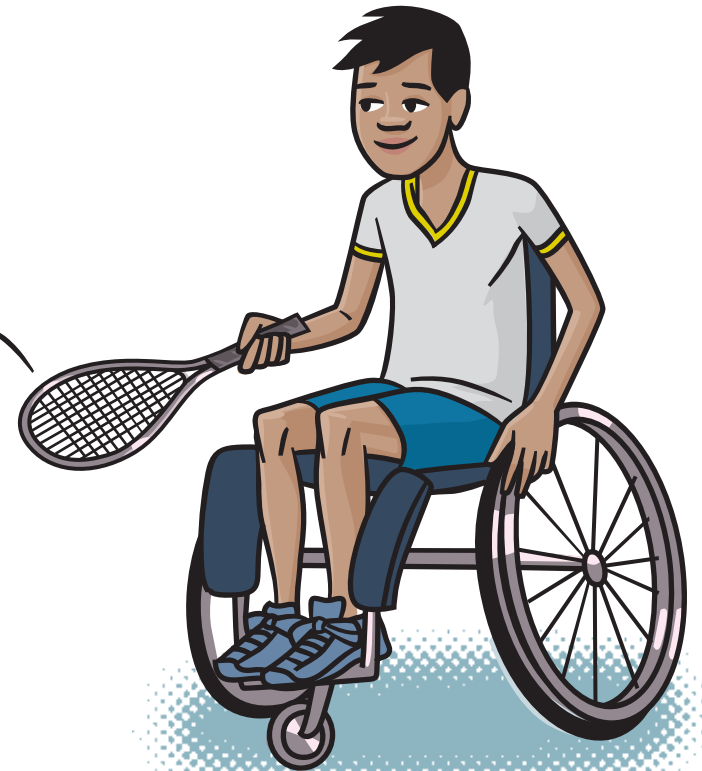
Toss, Volley, and Catch

Using a foam ball, one partner tosses to the forehand or backhand side of their partner. The partner volleys it back to their partner who catches it. Begin with partners three steps apart. Change roles after 6 tosses.



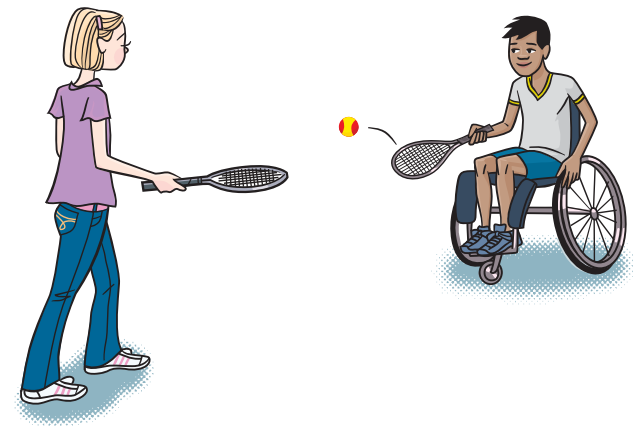


Partner Bean Bag/Ball Pass



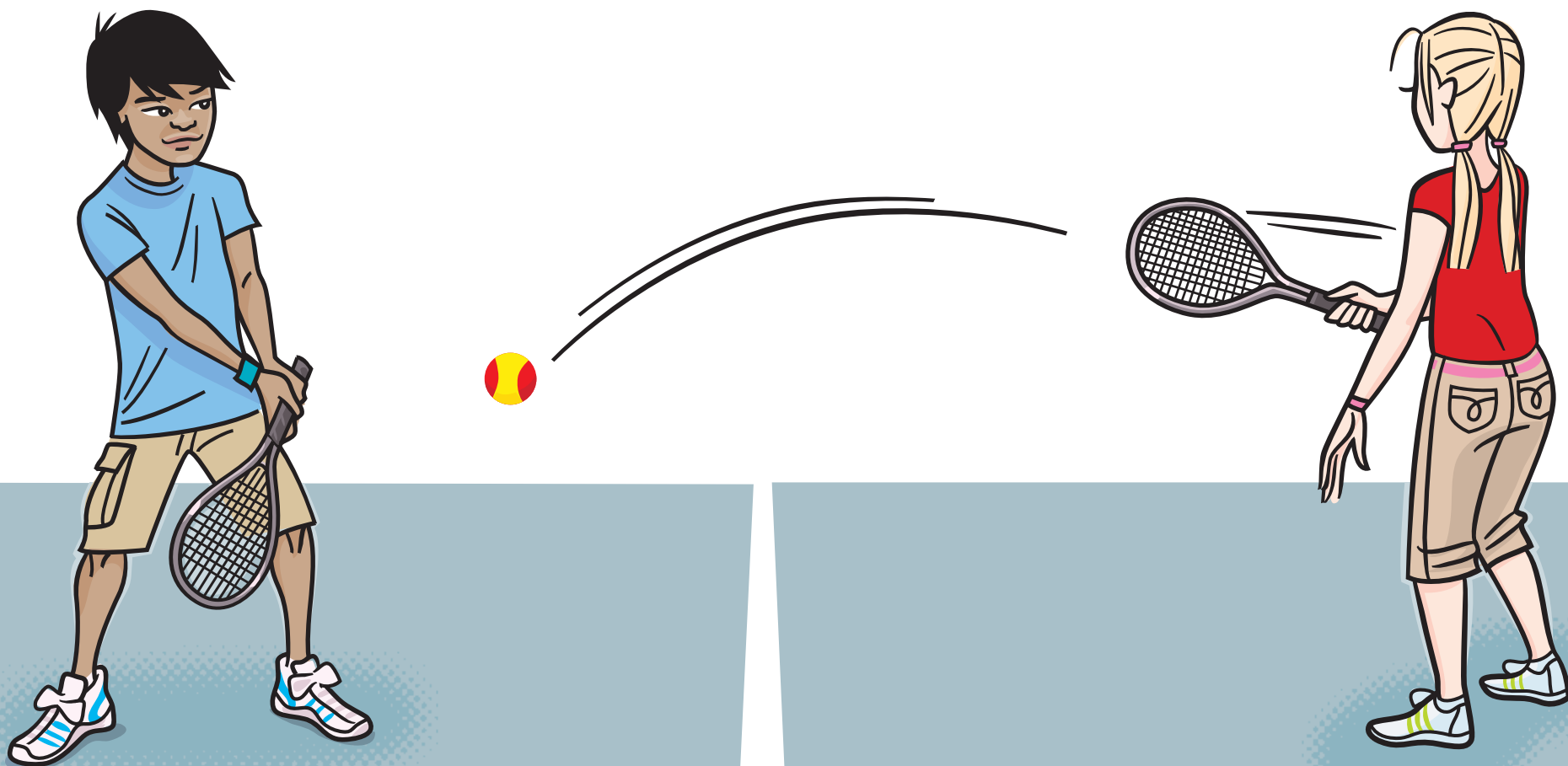
Partner Bean Bag/Ball Pass

Partner Bean Bag/Ball Pass. Students work with a partner or small group and toss a beanbag (or foam ball) back and forth and catch it with racquet. Begin 4 to 6 ft apart. For each successful catch, students can back up a step.



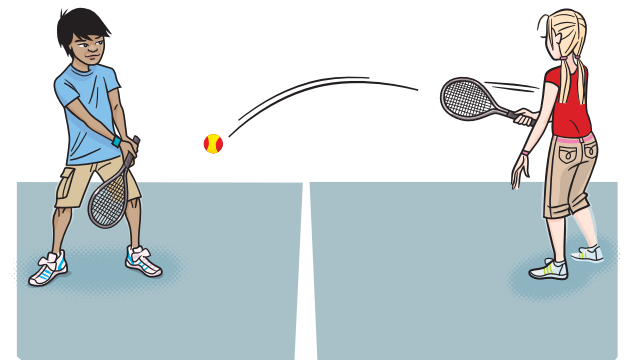


Partner Rallies Over Line



Partner Rallies Over Line

Partners work together with a line or jump rope between them to serve as an imaginary net. They bump and bounce the ball back and forth. To start the rally, students should start close, match up the racquet faces, and take two steps back. Have students try and set the “world record” for longest rally.





Wall Rallies



Wall Rallies

Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually, in pairs, or in teams.



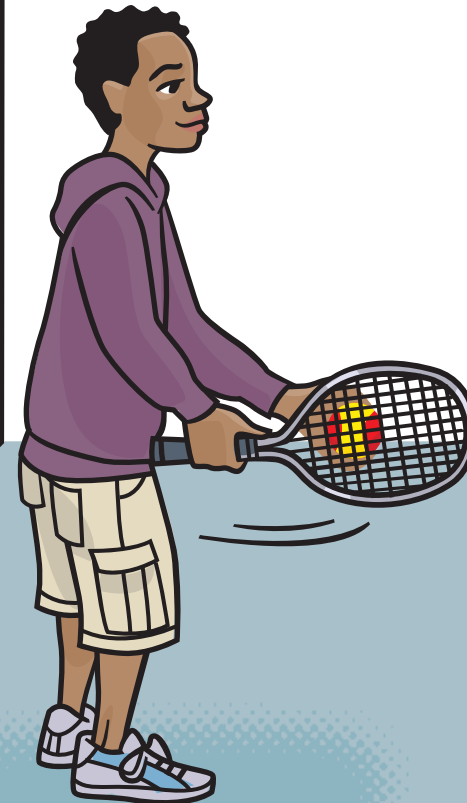


Serve and Trap

1.



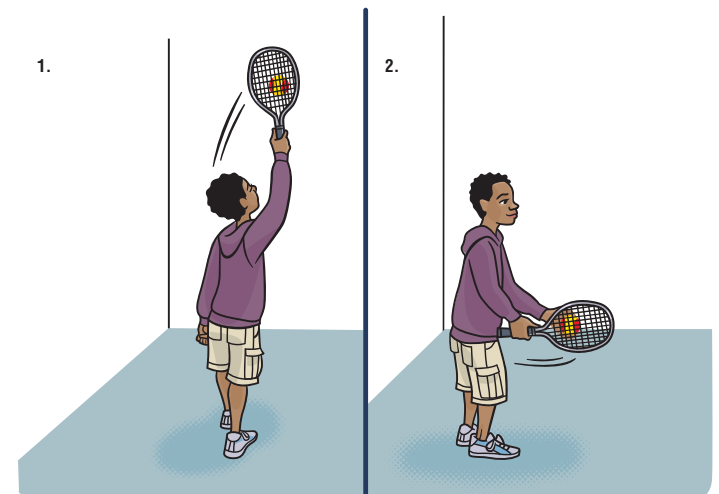
2.



Serve and Trap

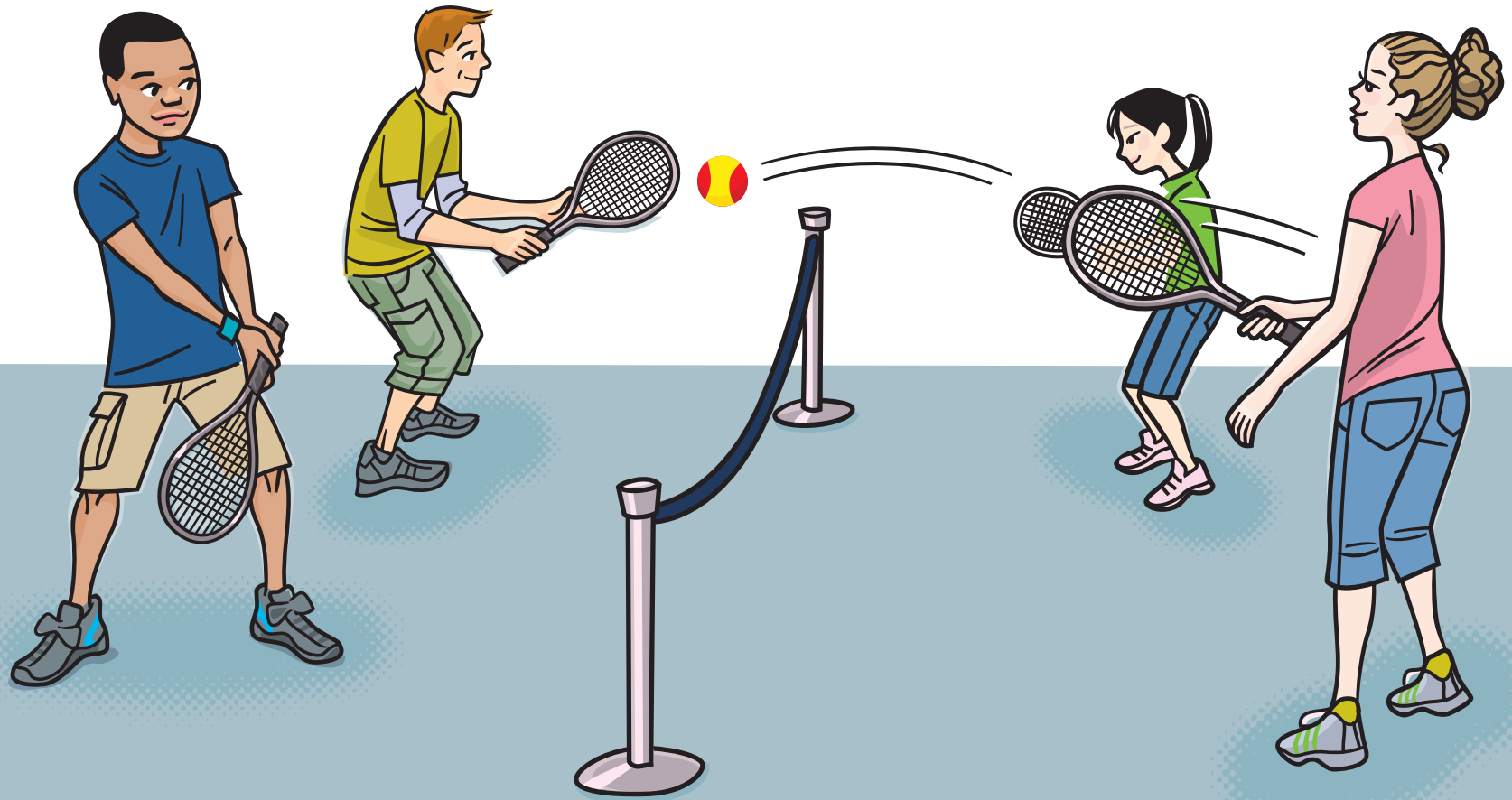
Students serve the ball at the wall and trap the rebounding ball on the racquet strings. Students should hit the ball under control in order to successfully trap the ball.

This activity can also be done with partners serving and trapping the ball to each other.





Short-Court Tennis



Short Court Tennis

Students rally and play over makeshift or portable nets incorporating the different skills they learned from each of the stations.

