



The Tennis for Health & Wellbeing Secondary Schools Initiative consists of lesson plans with videos imbedded to show teachers how to run tennis sessions during PE, along with factsheets for students covering not only tennis, but also the effects of exercise on health & wellbeing.

For more information on your local coaches, Schools Friendly Clubs, and equipment deals check out www.schoolstennisireland.com

Contact us:
Olwyn O'Toole
Schools Tennis Co-ordinator
tennisallwin@yahoo.ie
086 351 4123

Junior Cycle Year 3 – Lesson Plan #1

ORGANISATION	ACTIVITY	TEACHING PTS
<p>The smaller the teams the more action so try to organise this in the 'half court' as detailed in '<u>organisation and technique</u>'</p>	<p>CARDIO WARM UP 1) <u>Body Bump – Team rally</u> In teams on either side of the net teams rally with players hitting one shot then running to the back of their team. Before hitting the ball back it must first bump off a body part (chest, head, knee, foot), then bounce to the ground, when it is then hit back over the net.</p> <p>2) <u>Team Racket Bump Drill - rally</u> As with the drill above players stay in their teams hitting one shot and recovering to the back of the team, but players must control the ball with a 'bump up' on their racket as opposed to their body, allowing the ball to bounce off the ground, and then it is hit back.</p> <p>3) <u>Team Racket Bump Match</u> As with game 2, but teams play against each other, keeping score when they win a point.</p>	<p>as the ball bounces off the body a quick stroke must be taken – players tend to swing faster as a result – slow down!!</p> <p>Racket strings should face the net and up on the bump up so the ball will bounce in front</p>
<p>For variety allow players to challenge any champ on any court – got to wherever the line is smallest!</p>	<p>TECHNICAL & TACTICAL DEVELOPMENT 4) <u>Smash and Lob</u> In teams, one player is at the net, the remaining players are lined up at the back of the court on the opposite side. Players take turns trying to 'drop hit' (i.e. let the ball bounce then hit) the ball over the player at the net's head. The player at the net tries to smash the ball back and if they do, the two players play out the point. The winner of the point goes to the other side and becomes 'champ'</p> <p>5) <u>Lob Retrieval</u> Same as game 4, but player at the net is encouraged to run back if ball goes to high for a smash.</p> <p>6) <u>Champs & Challengers Doubles</u> Players pair up. Champs are defending and one player must start at the net on both sides. Challenging team starts with the player at the back hitting an underarm shot to anywhere on the court. Winners become/remain champs, losers move to back of line on a different court.</p>	<p>A smash is where a player hits a high ball from above their head without a bounce. A lob is where a player has the ball hit over their head and must try to smash it or run back to hit it after it bounces</p> <p>Encourage players to turn and run to ball – not to backpedal</p> <p>Attack (challengers) versus defence (champs)...can champs change defensive situation into attack?</p>
	<p>WARM DOWN 7) <u>Static stretch warm down</u> Warm down like the pros by using this 4 minute warm down routine. Start with a light jog, then static stretching for arms, legs and finally some shoulder rolls.</p>	<p>This warm down should be done every week with players gaining an understanding for slowly 'calming down' the body</p>

Junior Cycle Year 3 – Lesson Plan #2

ORGANISATION	ACTIVITY	TEACHING PTS
<p>The smaller the teams the more action so try to organise this in the 'half court' as detailed in '<u>organisation and technique</u>'</p> <p>Players can do this with cones or over a net if there is space</p> <p>Teams can be rotated if players on one team prove far too strong for opponents</p>	<p>CARDIO WARM UP</p> <p>1) <u>Body Bump – Team rally</u> In teams on either side of the net teams rally with players hitting one shot then running to the back of their team. Before hitting the ball back it must first bump off a body part (chest, head, knee, foot), then bounce to the ground, when it is then hit back over the net.</p> <p>2) <u>In and Out</u> Players start on mid court line and rally, but with each alternate shot, they must move toward the net and take the ball out of the air as a volley. As soon as they hit their volley, they must sprint back to the service line as the partner moves forward on the other side of the net to take his volley.</p> <p>3) <u>Team In and Out</u> As with game 2, but players are in teams of 3-5. Players hit a groundstroke, then up to the net for a volley, then back to the back of the line.</p>	<p>In order to improve reactions and instill importance of routine this game should be done to begin every class for yr 3</p> <p>Try to use as much control as possible – and plenty of movement!</p>
<p>Rotate lone player after every 5 minutes to keep the drill moving quickly</p>	<p>TECHNICAL & TACTICAL DEVELOPMENT</p> <p>4) <u>Crosscourt Rally</u> In teams, one player is on their own with the remaining players lined up on the other side. Player on their own plays a rally with first person in the team with both players aiming to keep the rally going crosscourt. When rally breaks down next player comes in to rally from the line, with the leader alternated every 5 minutes.</p> <p>5) <u>Crosscourt Serve and Rally</u> As with above game but players who are in the line must start the rally with a serve. Again rotate leader every 5 minutes.</p> <p>6) <u>Crosscourt Champs & Challengers</u> As with above game but players aim to beat the champion in order to become the champion – if players hit straight instead of cross court that is a miss!</p>	<p>Racket strings facing where the player wants the ball to go on impact</p> <p>Encourage players to move opponent to build space to play into.</p>
	<p>WARM DOWN</p> <p>7) <u>Static stretch warm down</u> Warm down like the pros by using this 4 minute warm down routine. Start with a light jog, then static stretching for arms, legs and finally some shoulder rolls.</p>	<p>This warm down should be done every week with players gaining an understanding for slowly 'calming down' the body</p>

Junior Cycle Year 3 – Lesson Plan #3

ORGANISATION	ACTIVITY	TEACHING PTS
<p>The smaller the teams the more action so try to organise this in the 'half court' as detailed in '<u>organisation and technique</u>'</p> <p>Players can do this with cones or over a net if there is space</p> <p>Allow players to run or walk depending on space available</p>	<p>CARDIO WARM UP</p> <p>1) <u>Body Bump – Team rally</u> In teams on either side of the net teams rally with players hitting one shot then running to the back of their team. Before hitting the ball back it must first bump off a body part (chest, head, knee, foot), then bounce to the ground, when it is then hit back over the net.</p> <p>2) <u>Chase it!</u> Players line up with a basket of balls. The first person in the line moves forward to the cone a metre in front. The second person in the team throws the ball high and far over the first players head, and the first player chases down the ball trying to catch it after the least number of bounces. The second player then moves forward to run and the next person throws the ball for them.</p> <p>3) <u>Steal it!</u> Players have a ball balanced on their strings as they move around in the playing area. Players try to take balls from others rackets aiming to have the most balls at the end.</p>	<p>In order to improve reactions and instill importance of routine this game should be done to begin every class for yr 3</p> <p>Try to use as much control as possible – and plenty of movement!</p>
<p>Rotate lone player after every 5 minutes to keep the drill moving quickly</p>	<p>TECHNICAL & TACTICAL DEVELOPMENT</p> <p>4) <u>Crosscourt champs & challengers</u> In teams, one player is on their own with the remaining players lined up on the other side. Challenger starts with a feed into the diagonal box and players play out the point with the winner remaining/becoming champ and the loser joining the back of the team.</p> <p>5) <u>Half court Champs & Challengers</u> As with previous game but now playing straight. Winner of rally becomes champ, loser joins back of queue. Players try to move the ball short and deep to get their opponent to make a mistake.</p> <p>6) <u>Full court Champs & Challengers</u> As with game 5, but players can hit the ball anywhere in court. Players should be encouraged to try to find the spaces to hit the ball into</p>	<p>Continuing on from last lesson players learn to aim the ball crosscourt by making sure strings are facing where they want the ball to go on impact</p> <p>A different point of impact is needed to hit the ball straight – strings facing where they want ball to go!</p> <p>Encourage players to move opponent to build space to play into.</p>
	<p>WARM DOWN</p> <p>7) <u>Static stretch warm down</u> Warm down like the pros by using this 4 minute warm down routine. Start with a light jog, then static stretching for arms, legs and finally some shoulder rolls.</p>	<p>This warm down should be done every week with players gaining an understanding for slowly 'calming down' the body</p>

Junior Cycle Year 3 – Lesson Plan #4

ORGANISATION	ACTIVITY	TEACHING PTS
<p>The smaller the teams the more action so try to organise this in the 'half court' as detailed in <u>'organisation and technique'</u></p> <p>Players can do this with cones or over a net if there is space</p> <p>Rather than giving a certain number of strikes and your out, players try to get least amount keeping all players active</p>	<p>CARDIO WARM UP</p> <p>1) <u>Body Bump – Team rally</u> In teams on either side of the net teams rally with players hitting one shot then running to the back of their team. Before hitting the ball back it must first bump off a body part (chest, head, knee, foot), then bounce to the ground, when it is then hit back over the net.</p> <p>2) <u>Bump up Round the World</u> Players line up in two teams on either side of the net. Players work together to keep the rally going. Players must control the ball before sending it back (do a bump up on the racket letting the ball bounce before they hit). When players have hit the ball over the net they run to the back of the team on the opposite side of the net.</p> <p>3) <u>Round the World - Strikes</u> Same as game 2 but players no longer using a bump up for control and are working for themselves trying to make the other players make a mistake. Mistakes mean strikes and the player with the least strikes at the end wins.</p>	<p>In order to improve reactions and instill importance of routine this game should be done to begin every class for yr 3</p> <p>Try to use as much control as possible – and plenty of movement!</p>
<p>All players on the court should count down the three seconds to keep everyone involved and so theres no disputes over early shots!</p> <p>detailed in <u>'organisation and technique'</u></p>	<p>TECHNICAL & TACTICAL DEVELOPMENT</p> <p>4) <u>Open up!</u> In doubles champs & challengers format the challenging team serve and play the point against the champs. If they lose they join the back of their line, if they win they play one more point, serving diagonally to the other champion. If challenging team win both points they become champs, otherwise join the back of the queue.</p> <p>5) <u>Doubles Round the World</u> Players pair up and form a line, with one pair starting as champions on the other side. The first team play against the champs, if they lose they join the back of the line, if they win the point they have three seconds to get to the champion side before the next team can hit an underarm shot.</p> <p>6) <u>Doubles Round Robin</u> Using round robin format groups of 4 or 5 pairs play games against eachother – keep scores. Win a game, get a point.</p>	<p>Challengers try to move champs around and win the point by hitting the ball into the space using the skills learned</p>
	<p>WARM DOWN</p> <p>7) <u>Static stretch warm down</u> Warm down like the pros by using this 4 minute warm down routine. Start with a light jog, then static stretching for arms, legs and finally some shoulder rolls.</p>	<p>This warm down should be done every week with players gaining an understanding for slowly 'calming down' the body</p>

Junior Cycle Year 3 – Lesson Plan #5

ORGANISATION	ACTIVITY	TEACHING PTS
<p>The smaller the teams the more action so try to organise this in the 'half court' as detailed in '<u>organisation and technique</u>'</p> <p>Players can do this with cones or over a net if there is space</p>	<p>CARDIO WARM UP</p> <p>1) <u>Body Bump – Team rally</u> In teams on either side of the net teams rally with players hitting one shot then running to the back of their team. Before hitting the ball back it must first bump off a body part (chest, head, knee, foot), then bounce to the ground, when it is then hit back over the net.</p> <p>2) <u>Round the World</u> Players line up in two teams on either side of the net. Players work together to keep the rally going. When players have hit the ball over the net they run to the back of the team on the opposite side of the net.</p> <p>3) <u>Round the World - Strikes</u> Same as game 2 but players are working for themselves trying to make the other players make a mistake. Mistakes mean strikes and the player with the least strikes at the end wins.</p>	<p>In order to improve reactions and instill importance of routine this game should be done to begin every class for yr 3</p> <p>Try to use as much control as possible – and plenty of movement!</p>
<p>Tag Tennis style event. See teachers '<u>organisation & technique</u>'</p>	<p>TECHNICAL & TACTICAL DEVELOPMENT</p> <p>4) <u>Tag Tennis</u> Divide class into 4 equal (ish) groups. Have teams pick a team name/country to represent. Have students record their scores as the team event unfolds.</p> <p>Team 1 takes on team 2 on one court. Players are at the back of their side of the court. Two people from each team take to the court and play against their opposites. After the point it becomes 1-0 to one team with the winning team the first to reach 21.</p> <p>Players can play between 1 and 3 points before they must be 'tagged out', or replaced by the next player in the line. Teams should strategise and try to keep their best player involved as much as possible, while ensuring all players rotate into the team in turn.</p>	
	<p>WARM DOWN</p> <p>7) <u>Static stretch warm down</u> Warm down like the pros by using this 4 minute warm down routine. Start with a light jog, then static stretching for arms, legs and finally some shoulder rolls.</p>	<p>This warm down should be done every week with players gaining an understanding for slowly 'calming down' the body</p>