Title: Station Lesson 1: Ready Position: Forehand/Backhand

Age Level: 11 - 14

Number of Students: 30

Purpose: Kids’ Tennis Club/PE

BEFORE YOU START

EQUIPMENT

- Chalk, Tape, or Rubber lines
- 7 Foam Balls or ROG Balls
- 2 to 3 Mini nets or Caution tape
- 20 Cones
- 6 Yellow Balls
- 16-20 size appropriate Racquets

RECOMMENDATIONS

SAFETY

- The gym, courts, or area used must always be checked and cleared of extra objects.
- The equipment used should be checked and maintained.
- Give instructions:
  - Stay behind safety cones while waiting and be aware of others around you.
  - No running between stations or jumping over nets.
  - Follow directions and stay in your assigned area.

THINGS TO REMEMBER

This lesson is Station-based and can be located indoors, in a gym or large room and outdoors on a blacktop, court or hard surface. Stations are used so that activities could run simultaneously.

Stations

1. 4-Square  2. Singles Rally  3. Weaving Drill

Stations are placed with enough safe space between each around your play area. Teacher should be located centrally to help at stations and to be heard easily for rotation time.

Six-minute rotation at each station. Teacher announces when to put equipment down and go to next station.

OBJECTIVES

Cognitive

By the end of this lesson, students will be able to decide whether a forehand or backhand stroke is appropriate.

Performance

By the end of this session, students will be able to hit a forehand or backhand stroke, and return to ready position for the next shot.

Explicit Instruction (Focus and Review)

Today in Physical Education class we will be alternating between the forehand and backhand stroke.

Modeling

Demonstrate proper technique of alternating strokes and returning to the ready position.

Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
GETTING STARTED

WARM UP

Cardio
All groups start the exercises on teacher’s command and do each one for 30 seconds.

Jumping Jacks
Jump sideways over a line and back. Jump forward over a line and back.

Dynamic Stretching
Teacher starts each exercise across the area and back.
Dynamic stretches go across from one sideline to the other and back when teacher starts the activity.

Dynamic Stretching Card Choices
Walking Lunges • Arm Swings • Twist • High Knees • Jogging • Slide Sideways • High Skips

Explain the expectations for the lesson and walk to all three stations and give demonstrations. Emphasize safety.
### LESSON OF THE DAY

#### Tennis Four-Square
- 1 Cone, 2 Foam Balls, 4 Racquets
- Four people are on court, one per square. Extra people are waiting at the side.
- Number the courts 1 - 4 so it resembles a large four-square court.
- Player in court #4 drop hits the ball over the line into any of the other three courts. Player in that court must hit the ball directly over the line into another player’s own court. Ball can only bounce once in player’s own court.
- Player in the court where the ball went dead either moves down to square #1 (if only 4 players) or goes to end of line. Other players move up one box and new player starts at square 1 (if more than 4 players).
- The lines of each square are the boundaries.

#### Singles Rally
- 3 Cones, 2 Foam Balls, 4 Racquets, 2 Mini-nets or Caution Tape with supports
- One-on-one, hitting on smaller court. Emphasis is on practicing ready position and switching from forehand to backhand. Try for highest number of consecutive hits. Miss twice and move over one spot counter clockwise. If there are extra players waiting at safety cone, each will move when it is his/her turn onto court 1 as court 4 moves off to the waiting line.
- If a player is moving from 1 to 2, 2 to 3, or 3 to 4, and players are not finished, he should wait at the cone next to the court until players move off.
- Continue until time to switch.

#### Obstacle Drill
- 9 Cones, 4 Racquets, 4 Yellow Balls, Line
- Ball control weaving drills done one at a time. A player begins at starting line following the numbers around that side of each cone. When a player gets to the end of the first row, Cone #4, the next player goes. As each player finishes, she gets in line to start the next skill.
- Continue until time is called to switch stations.

**Skills for Weaving Between Cones**
- Roll ball on ground with racquet
- Balance ball on strings
- Dribble down (hit ball down on ground)
- Bump ups (hit ball up on racquet)

#### Diagram Key

- **Kids**
- **Net Tape**
- **Portable Net**
- **Cone**

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**STATION SIGN**

- Sq. 4 Drop hit tap forehand starts
- Ready position
- Play out point
- Loss of point move to Sq. 1 or to cone if players are waiting

**STATION SIGN**

- Rally 1 on 1
- Return to ready after each shot
- Count hits in a row
- 2 misses and move
- Rotate counterclockwise
- From 4 to 1 or safety cone if players are waiting

**STATION SIGN**

- Line up at starting line
- 1st Player goes
- Weave through cones
- Follow numbers
- Next goes when player before gets to 4th cone

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**Group Tennis Lesson Plans**

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