**RTA Campion Lesson plan**

Make it fun! Mix in games and group activities, and keep it moving. Explain guidelines for proper behavior and use of equipment up front. Practice how to use the equipment properly and safely. Have players hug their racquet against their chest when instructed to stop an activity. Be sure to obtain everyone’s attention before progressing to the next activity. Bring the group close to you for instructions. Provide clear visual demonstrations when demonstrating skill components. Get children started on an activity, roam the group to give feedback and assistance, then go to your clipboard and plan your next activity. Check child’s uniforms and mark attendance. Typical format for a 1-hour practice: 5 minutes intro/review from previous week 5-7 minute warm-up/stretch o 5-7 minutes games 5-10 minutes skills practice (forehand, backhand, volley) 10 minutes introduce new skill or concept. As you go through the weeks, emphasize the important skills for tennis: eye‐hand coordination, control, balance, quickness, footwork, teamwork, etc.

Week 1: Introductory

* Standard Warm up / Laps and Stretching
* Ball control
* Rally Drills
* King of the court (Group Points)

Week 2:

* Standard Warm up / Laps and Stretching
* Forehand/ Backhand Drills
* Rally Drills
* King of the court (Group Points)

Week 3:

* Standard Warm up / Laps and Stretching
* Serves
* Rally Points
* Vollys

Week 4:

* Standard Warm up / Laps and Stretching
* Serves
* Doubles King
* Rally Points

Week 5:

* Standard Warm up / Laps and Stretching
* Ready position and footwork/ Kinetic Chain/ P.E Textbook review
* Serves
* Rally Points

Week 6:

* Standard Warm up / Laps and Stretching
* Grips/ Forehand and backhand key concepts
* P.E Textbook review/ Homework
* Rally Points - scoring

Week 7:

* Tennis fitness drill warm up/ star drills
* Serve, return of serve, smash Drills
* P.E Textbook review
* Serve Test

Week 8:

* Tennis fitness drill warm up/ star drills
* Serve, return of serve, smash Drills
* Singles and doubles strategy
* Rally Test

Week 9:

* Tennis fitness drill warm up/ star drills
* Unwritten rules review/ scoring/ P.E Textbook review

Explain game day format and do two 5‐minute sets (see last page for format). Be sure to cover: racquet spin, feed, rotation, line calls (what is in? what is out?), scoring, handshake at end of match.

* Rally Points
* Volley Test

Week 10:

* P.E Textbook review
* Tennis Ball Scrimmage / Boys match and Girls match
* Rally Points

Week 11:

* P.E Textbook review/ Test review
* Draw Court Diagram test
* Rally Points

Week 12:

* Tennis fitness drill warm up/ star drills
* Fun Games
* Final review