

WHAT IS TENNIS?

Tennis is a sport that pits two (singles) or **four** (doubles) **players** against each other, who alternately hit a ball with a racquet from both sides of a net, according to specific rules. Originally considered a sport for the wealthiest in society, tennis has become a game played by people of all ages around the world. It benefits everyone socially and physically, serving as a hobby for some people and a genuine career ambition for others.

▶ Video of the **2013 US Open** available on YouTube: https://www.youtube.com/watch?v=CFa5LJ_av6c

EQUIPMENT

 1 oversized or low-compression ball per player

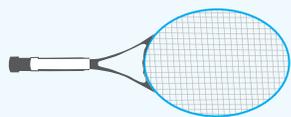
 Cones

 1 fitted racquet per player

 Coloured target markers

 Nets

HOW TO MAKE THIS ACTIVITY A SUCCESS



Use the **listening position** (hugging the racquet) during instructions and waiting times.



Ask permission to move into another player's space.



Always play with the **same ball** and keep the others alongside the net or wall.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

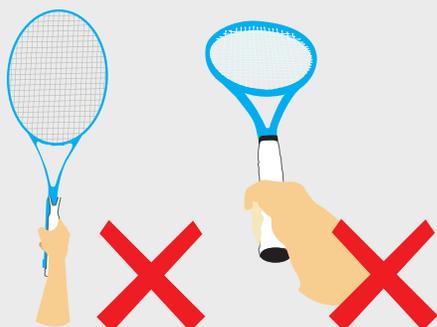
 Outdoors

 No equipment

 Distancing

 Solo

GRIPPING THE RACQUET



Pretend you are holding a hammer (continental grip) and do not grip the racquet like a cooking pot.



If your fingernails are pointed upwards, the racquet is in the **forehand (FH)** position. If your fingernails are pointed downwards, the racquet is in the **backhand (BH)** position.

WARM-UP

WAITER & WAITRESS DRILL



EQUIPMENT: 1  + 1  per player

OBJECTIVES: Holding the racquet the right way and moving without dropping the ball.

Keep your racquet horizontal and move with the ball on the racquet head without dropping it or causing an accident. To score 1 point, **steal the ball from another player** with your free hand. You cannot steal a ball if your own ball has fallen off your racquet!



WARM-UP

GOALIE DRILL



EQUIPMENT: 1 , 1  + 2  per pair

OBJECTIVES: Holding the racquet properly and moving sideways quickly and smoothly.

In pairs, choose **one attacker** and **one goalie**. The goalie stands between two cones (the goal) one racquet length in front of the net. The attacker must attempt to hit the ball into the goal. The goalie must try to block the balls with his or her racquet. The attacker should use a gentle underhand stroke to start and keep the ball below his or her shoulders.

TECHNICAL ACTIVITY

SINGLE STROKES



EQUIPMENT: 1 , 1  +  per player

OBJECTIVE: Juggling the tennis ball to increase control and precision.

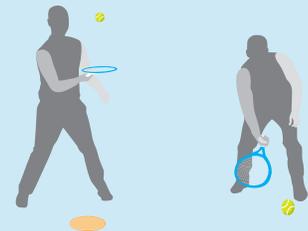
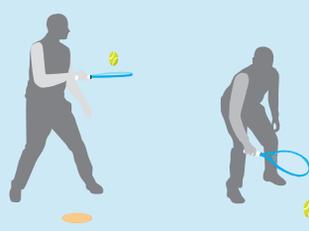
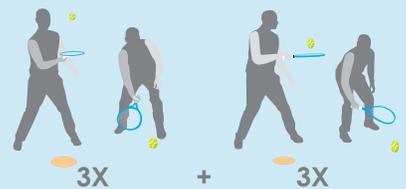
Individually, practice with one coloured target marker on the ground. Choose one stroke from the table below and one drill:

- Successfully complete a series of three, five and 10 consecutive shots or as many shots as possible in a row (**Stroke A**).
- Successfully complete this sequence three times in a row (**Strokes B, C, D and E**).
- Successfully complete the suggested sequence in the right order (**Strokes F, G, H and I**).

VARIATIONS:

- Hit the ball and **spin completely around** before the next hit. Change direction with each 360° turn.
- Repeat this drill on only **one foot**. Do the same thing on your other foot.

SINGLE DRILLS

<p>A. DRIBBLE</p>  <p>Dribble the ball on the ground (in the FH position).</p>	<p>B. FH BOUNCE & DAMPEN</p>  <p>Bounce the ball on the ground and absorb it with the racquet head (in the FH position).</p>	<p>C. BH BOUNCE & DAMPEN</p>  <p>Bounce the ball on the ground and absorb it with the racquet head (in the BH position).</p>
<p>D. FOREHAND & BOUNCE</p>  <p>FH (with ground bounce).</p>	<p>E. BACKHAND & BOUNCE</p>  <p>BH (with ground bounce).</p>	<p>F. FOREHANDS, BACKHANDS & BOUNCE</p>  <p>Alternate between 3 FH and 3 BH (with ground bounce).</p>
<p>G. FOREHAND, BACKHAND & BOUNCE</p> <p>Alternate between 1 FH and 1 BH (with ground bounce).</p>	<p>H. FOREHANDS & BACKHANDS</p> <p>Alternate between 3 FH and 3 BH (without ground bounce).</p>	<p>I. FOREHAND & BACKHANDS</p> <p>Alternate between 1 FH and 3 BH (without ground bounce).</p>

 To practice strokes by yourself (juggling), here are three ways to **hit the ball on the spot**:

- 1 With your free hand, simply let the ball **fall** to the ground.
- 2 With your free hand, do a **slight upward stroke** to bounce the ball on the ground.
- 3 Put the ball on your racquet and tilt the head to make it **fall** to the ground.

TECHNICAL ACTIVITY

WALL DRILL



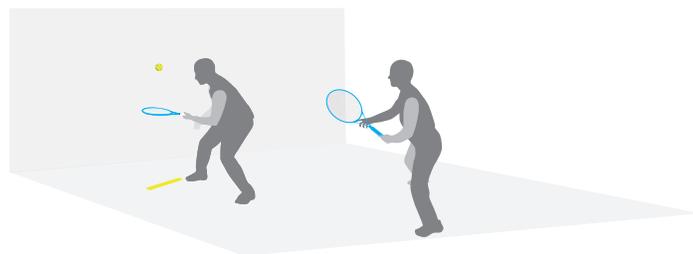
EQUIPMENT: 1 , 1  + 1  per court

OBJECTIVE: Moving to hit the ball hit against the wall by a partner.

In pairs, standing 2 m from the wall, side by side, bounce and hit a ball against the wall and allow your partner to repeat the same steps to return it.

VARIATIONS:

- Allow **three control bounces**, **only one** or **no bounces** before returning the ball.
- Use **one racquet** (alternating players for each shot) and an unlimited number of control bounces.



TECHNICAL ACTIVITY

TENNIS SERVES



EQUIPMENT: 1 , 1 + 1 per player + 1 per court

OBJECTIVE: Hitting one ball to make it easy to catch or return (with an easy, bell-shaped trajectory).

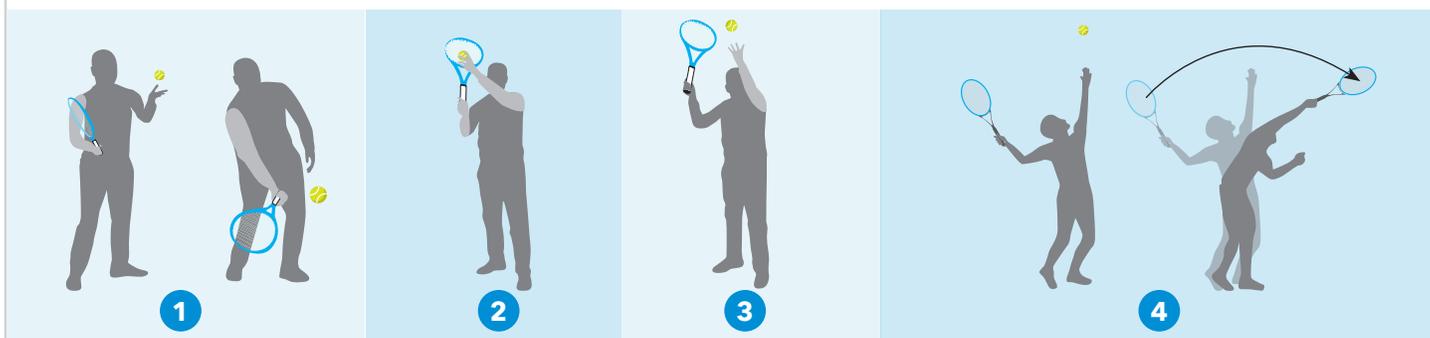
In groups of four, take turns serving the ball over the net. Catch it with your hand or return it with your racquet. Move towards or away from the net to serve.

VARIATIONS:

- Allow a **few control bounces**, **only one** or **no bounces** to catch the ball.
- Hit one **target marker on the ground** (placed within the boundaries of the court).

The serve starts the match. Allow two chances to hit the ball into the other side of the court.

Do a **bounce serve** **1**, a **catapult serve** **2** (ball tossed upward), a **light toss serve** **3** (hitting as the ball descends) or a **full serve** **4**.



TECHNICAL ACTIVITY

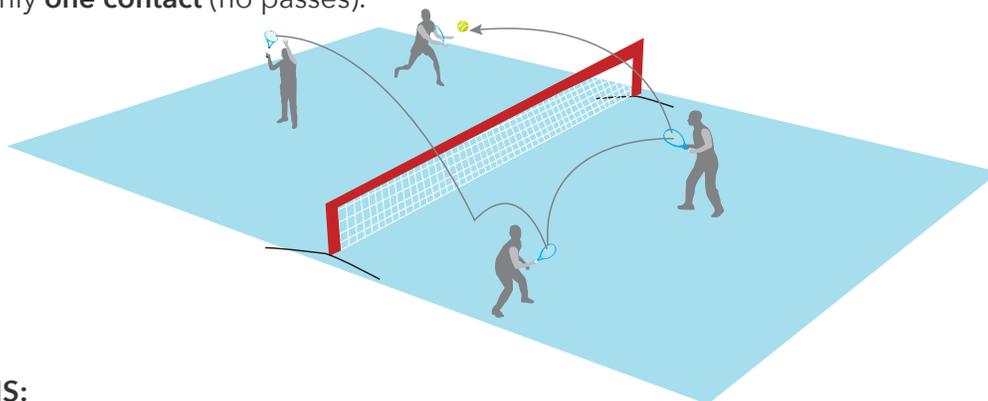
VOLLEYBALL TENNIS DRILL



EQUIPMENT: 1 per player, 1 + 1 per court

OBJECTIVE: Moving to catch the ball, regardless of its height and speed over the net.

Place **four players** on each court. Start the game with one serve. Like volleyball, this drill allows catchers to touch the ball three times (three contacts) before returning it to the opposite side. Complete as many rallies as possible. Gradually make the drill more difficult with **two contacts** (one pass) and only **one contact** (no passes).



VARIATIONS:

- **Touch the wall** (sprint) after returning the ball to your opponent's side.
- Hit the ball with only a **FH** or a **BH**.

TECHNICAL ACTIVITY

1-ON-1 DRILLS

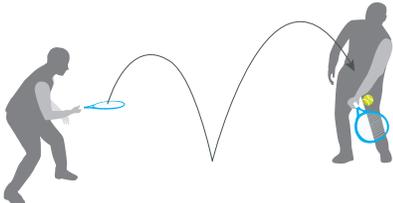


EQUIPMENT: 1 per player, 1 , 1 + 1 per pair

OBJECTIVE: Hitting and returning the ball quickly and smoothly with one partner.

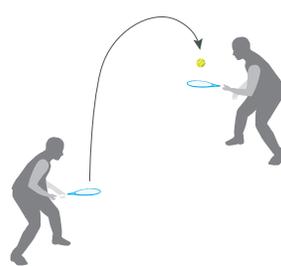
In pairs, control the ball to do a series of shots with your partner.

REBOUND SHOTS



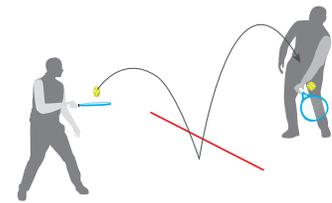
Use an **FH** or a **BH** to hit and return the ball (with **only one** ground bounce).

DIRECT SHOTS



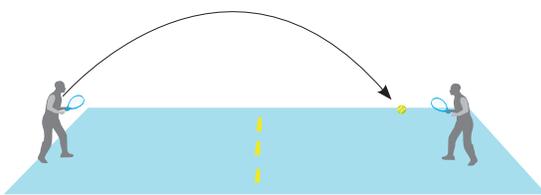
Use an **FH** or a **BH** to hit and return the ball (with no ground bounces).

PRECISE REBOUND SHOTS



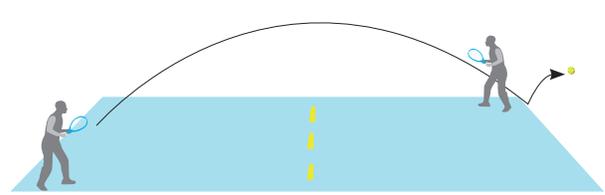
Hit and return the ball by bouncing it on the target (with **only one** ground bounce).

PARALLEL SHOTS



Hit the ball parallel to the sidelines.

CROSS-COURT SHOTS



Throw the ball to the opposite side of the court.

MODIFIED GAME VERSION

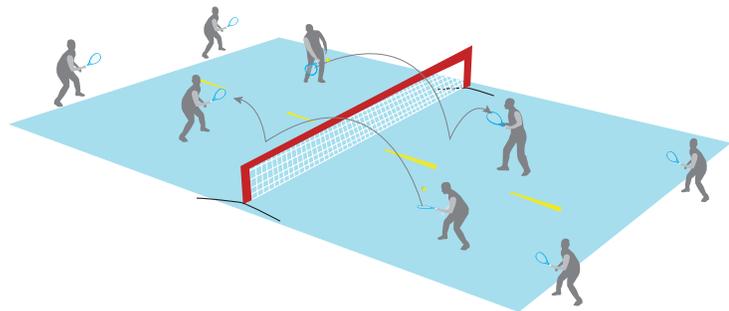
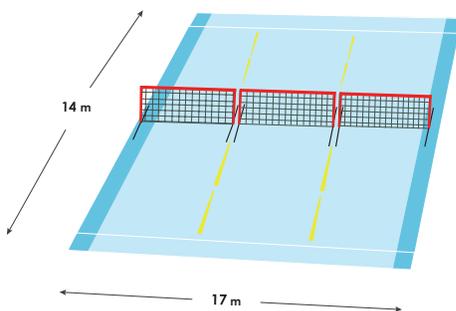
MINI-TENNIS (SINGLES)



EQUIPMENT: 1 per player, 1 + 1 per court

OBJECTIVE: Giving the ball a rainbow-shaped trajectory to make rallies with a partner easier.

In **pairs**, hit and return the ball. Start the match with any serve. Let the ball bounce on the ground more than once or hit it with your racquet more than once before returning it, if necessary. Make the rallies last as long as possible.



Let the ball bounce more than once on the ground or your racquet before returning it, rather than hitting it directly and wildly. To make your rallies easier, hit the ball in front of your partner (neither too close, nor too far).

MODIFIED GAME VERSION

MINI-TENNIS (DOUBLES)



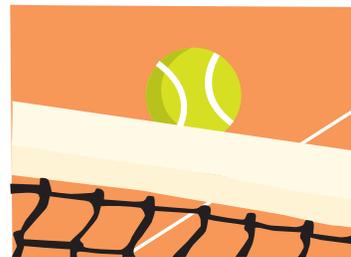
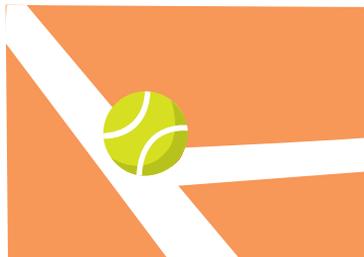
EQUIPMENT: 1  per participant, 1  + 1  per court

OBJECTIVE: Practicing different “doubles” strategies to score points against the opposing team.

Organize matches with four players in the game and four players on standby (on each court). Keep score (0-15-30-40) and let the next four players take their place (after each match). Allow **two to three ground bounces** without penalty if the rallies are difficult or give **bonus points** when players succeed in scoring with their game strategy.

BASIC RULES :

- The ball is “in” if it is hit **inside bounds** or on the opponent’s **court line**.
- The ball can touch the net during a rally, but not when you serve.



▶ To learn more about how scoring works, watch this video from **Groupe Média TFO**:

<https://www.tfo.org/fr/univers/vraiment-top/100879529/top-4-sur-le-tennis>

RECOMMENDED STRATEGIES

PERROQUET

Always hit from the same side.



▶ Video from **Tennis Québec** :
<https://youtu.be/dhJy48Y81LE>

WINDSHIELD WIPER

Alternate between left- and right-hand strokes.



▶ Video from **Tennis Québec** :
<https://youtu.be/UJTpKbwYg5I>

DRAWER

Alternate between shots near and far from the net.



▶ Video from **Tennis Québec** :
<https://youtu.be/6NWgPyiFVZ4>

CLIMBING

Go up to the net to hit the ball on a volley (without a bounce).



▶ Video from **Tennis Québec** :
<https://youtu.be/-pkkQarxIN4>

OPENING

Create and aim for open space.



▶ Video from **Tennis Québec** :
<https://youtu.be/LjY1QJFA7FE>

TOOLBOX

Vary the trajectory and strength of your shots, use an unusual shot, take advantage of your opponent’s weakness or best shot and make your opponent back off.



▶ Video from **Tennis Québec** :
<https://youtu.be/GGJYqPdYk0k>



For more details on the **mini-tennis** and **tennis** programs in your area, visit the RSEQ website.

RSEQ.CA

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