

Skill Acquisition



Fundamental Movement Skills

Holding the racket

Keep a firm, one-handed grip. Hold the racket so the 'v' made by your index finger and thumb is level with the rim of the racket.

Forehand

Strike the ball from a side-on position, with feet firmly planted. Swing from the shoulders, not wrists. Aim to strike the ball with the middle of the racket-face.

Backhand

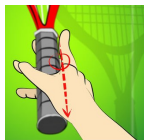
Reach across your body to strike the ball with the back of your wrist facing the opponent. Draw power from your shoulder swing, keep your wrist locked firmly.

Volley

Strike the ball when it is high in the air, before the tennis ball has bounced at all on your side of the court.

Serving

Stand with your feet on the serving line. Throw the ball high above you straight up, arch your back and hold your racket-arm bent at the elbow and ready to strike through for power.

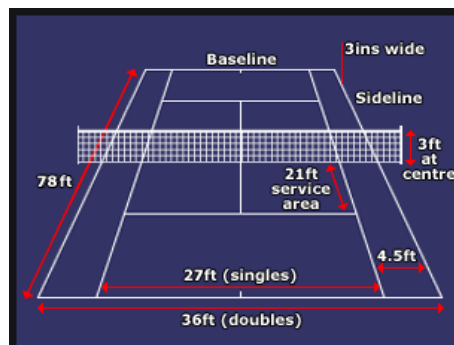


Teamwork and Leadership



Cooperation

Tennis is a sport that can either be played one on one, or a pair playing another pair. When playing doubles, players work together to ensure they cover the full width of the court, changing position and calling to each other. Players may deliberately attempt to pull the opponents out of position by playing the ball into certain places on the court, then taking advantage of that to score points.



The doubles court is wider than the singles court, but they are equally long.

Performance Analysis



Rules of Tennis

Technical Vocabulary

- A ball must land within bounds for play to continue; if a player hits the ball outside of bounds, this results in the loss of the point for them.
- Players/teams cannot touch the net or posts or cross onto the opponent's side.
- Players/teams cannot carry the ball or catch it with the racquet.
- Players cannot hit the ball twice.
- Players must wait until the ball passes the net before they can return it.
- A player that does not return a live ball before it bounces twice loses the point.
- If the ball hits or touches the players, that counts as a penalty.
- Any ball that bounces on the lines of boundary are considered good.



Self-reflection

How successful is your team?

How can you improve your performance?

Healthy Active Lifestyle



Inspirational people

Droitwich Tennis Club support and nurture tennis talent locally.

Andy Murray's success as a British tennis player has inspired many people.



The Williams sisters have an incredible list of achievements and tournament wins over very long careers.



Components of Fitness:

Agility – Being able to change direction quickly to get in position to strike the ball. **Balance** – Being able to stay balanced when hitting the ball. **Strength** – Being able to strike the ball hard enough. **Co-ordination** – Directing the ball where you want it to go requires hand-eye co-ordination. **Reaction Time** – Reacting to the opponent's hitting the ball. **Aerobic Endurance** – Being able to play for hours in a match.



Exercise

Year 5

Learn the basics of holding the racket correctly. Work on correct forehand technique. Try to hold a back and forth rally going with a partner, across a short distance.

Year 6

Learn the back-hand technique. Switch between back-hand and forehand where appropriate. Hold a rally with a partner more confidently. Practice hitting the ball to a specific aiming point.

Year 7

Practice the full range of techniques—forehand, backhand, volleying, serving. Begin to play matches, both in singles and doubles. Think about tactics and strategies to win games, like deliberately shifting the opponent side to side, or back and forth.