

Lesson Plan for 1hr Mini Tennis Group

E.g. 3.00pm – 4.00pm

3.00pm – 3.10 pm

Fun game to warm up

Introduction to today's lesson

3.10pm – 3.20pm

Agility, Balance, Coordination and Speed exercises

----- Water Break -----

3.20pm – 3.55pm

Main Part of Lesson: technical & tactical

Self-rally – Rally in pairs – Rally over net

Progressions on Forehand / Backhand / Serve / Volley

Points play – using the 5 game situations

1. Serve
2. Return
3. Both back
4. Approach
5. Passing

3.55pm – 4.00pm

Review Lesson

Fun game