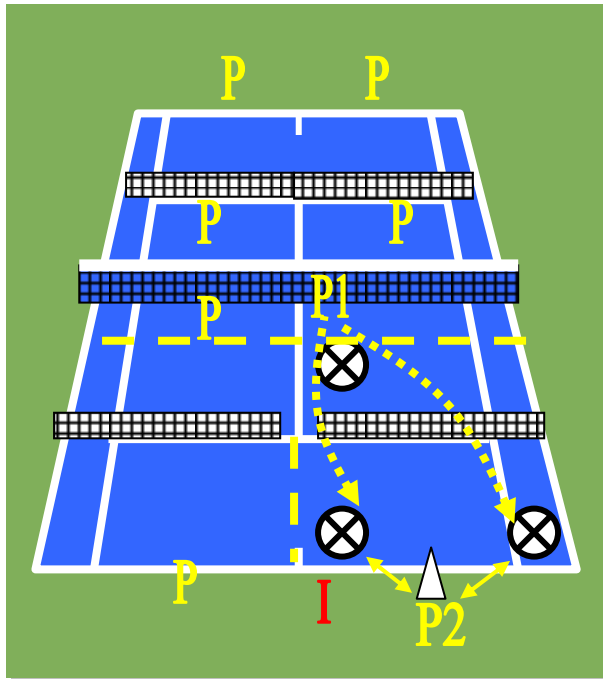**TENNIS CANADA**

"I CAN RALLY"
PRACTICE ACTIVITY R2

Throw Cross-courts & Down-the-lines

Goal: To understand the tactic of placing the ball in order to move an opponent around.

Rules of the Game: Cooperatively throw underhand back and forth to team mate. Players are in pairs. Player 1 starts in the FH corner and alternately throws a cross-court then a down-the-line. Player 2 returns the ball directly to the first player and recovers. When the team completes the sequence of 4 throws, they get a point. The single player moves to the BH corner and they play again. Team with the most points wins. The rally is over when:
➢ The ball bounces twice or not at all (player catches it in air)
➢ The ball goes out of the designated play area or in the net
➢ Player 2 must recover to "Home base" marker between each shot.

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: To understand the tactic of moving the opponent around and the terms "cross-court" and "down-the-line".

| TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Movement Cycle: Place markers at the recovery positions (Home Base). The players throw the ball to the partner's marker and must recover before their throw bounces using side-shuffles). They must also "beat the bounce" and be balanced and ready before the partner's ball bounces on their side of the court.	**Set-up & Impact Point:** Players must be ready and balanced before the ball bounces. By having players catch the ball in a balanced sideways position (exploring FH & BH sides) and only at waist level, the concept of impact point is reinforced.	**Bodywork:** By using two hands on the ball and sending it with a body rotation, players practise turning their body during groundstrokes (using an oversized ball like a soccer ball enhances the activity).

I AM A GOOD SPORT:
➢ Call score out loud

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines – – – Ball flight ⋰ Red Court Net ▦ Player movement →

TENNIS CANADA

"I CAN RALLY"
PRACTICE ACTIVITY R7
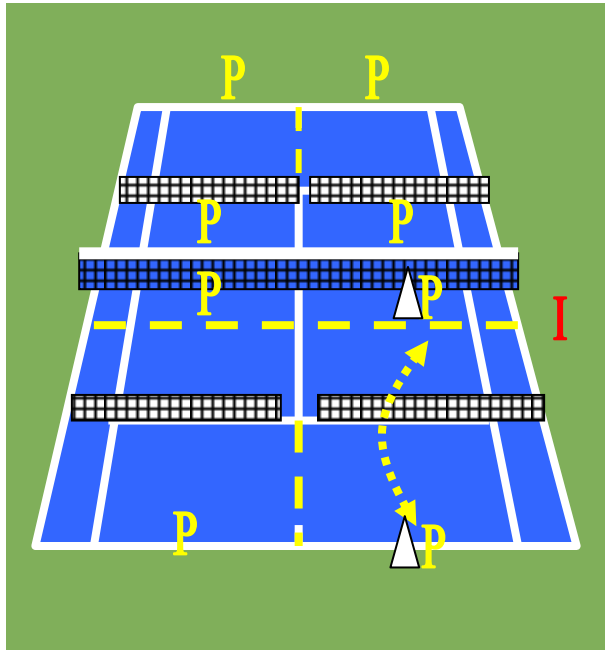
Red Rally

Goal: To consistently exchange the ball over the net using racquets.

Rules of the Game: Players are in teams (pairs) and cooperatively rally back and forth to each other. Players must recover to "home base" between every shot. Team with the longest rally wins. The rally is over when:
- ➤ The ball bounces twice
- ➤ The ball goes out of the designated play area
- ➤ The ball goes into the net

Note: This is the standard formation used for players to practice groundstrokes

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TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight *one* technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Keep the ball in play through consistent rallying

TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared.	**Movement:** Players must recover to "home base" after every shot.	**Grip/Impact Point/Hitting Zone:** All of these can be reinforced during this activity.

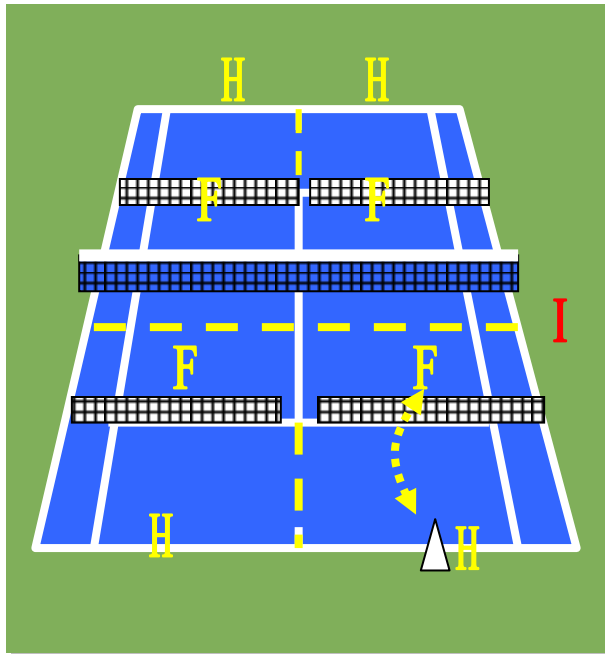**I AM A GOOD SPORT:**
- ➤ Cooperate with partner

Note: It is recommended to "flip flop" back and forth from the Throw and Floor activities to this activity multiple times in a lesson.

KEY: Instructor **I**   Player **P**   Feeder **F**   Hitter **H**   Server **S**   Returner **R**   Target ⊗

Marker △   Drop Down lines ‐ ‐ ‐   Ball flight   Red Court Net ▥   Player movement →

TENNIS CANADA

"I CAN RALLY"

PRACTICE ACTIVITY R8

Groundstroke Feed

Goal: To reinforce any groundstroke fundamental.

Rules of the Game: Players are in teams (pairs). One player is the "feeder" and cooperatively throws underhand to a partner hitting groundstrokes. Practice FH's, BH's or alternate. The Hitter must send the ball to a designated target which gains one point. Targets can be:
  ➢ Send the ball to the feeder with control so they can catch it
  ➢ Send the ball to a cross-court or down-the-line target

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Keep the ball in play through consistent rallying

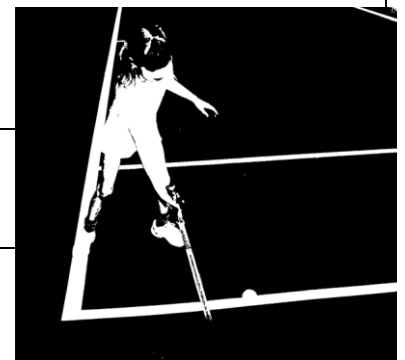| TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared.	**Movement:** Players must recover to "home base" after every shot.	**Grip/Impact Point/Hitting Zone:** All of these can be reinforced during this activity.

I AM A GOOD SPORT:
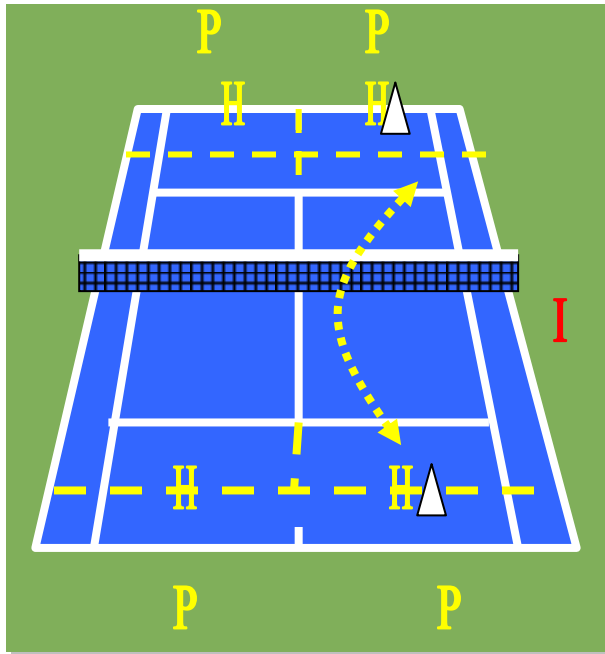 ➢ Cooperate with partner

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KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight Red Court Net Player movement ⟶

"I CAN RALLY"
PRACTICE ACTIVITY O1

Orange Rally

Goal: To consistently exchange the ball.

Rules of the Game: Players are in teams (pairs) and cooperatively rally back and forth to each other. Players must recover to "home base" between every shot. Team with the longest rally wins. The rally is over when:
 ➢ The ball bounces twice
 ➢ The ball goes out of the designated play area or in the net
After a set time or, a specific number of rallies, the player must switch with the one waiting behind.

Note: This is the standard formation used for players to practice groundstrokes

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight *one* technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Keep the ball in play through consistent rallying

TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared.	**Movement:** Players must recover to "home base" after every shot.	**Grip/Impact Point/Hitting Zone:** All of these can be reinforced during this activity.

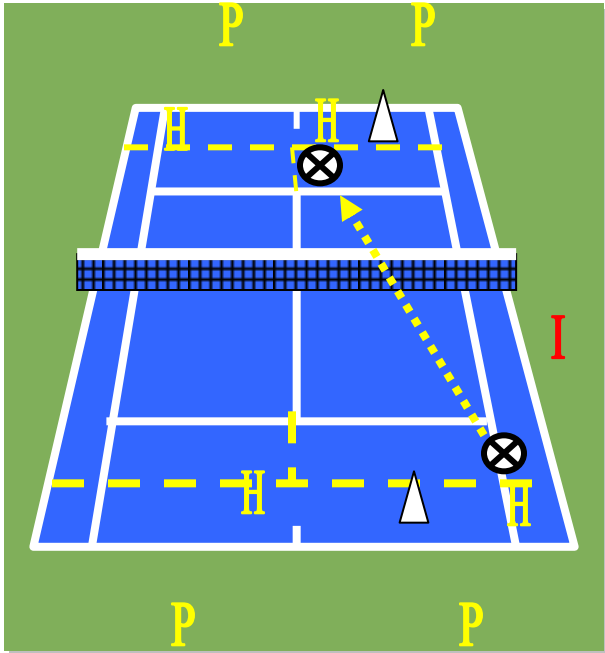**I AM A GOOD SPORT:**
 ➢ Cooperate with partner

Note: It is recommended to "flip flop" back and forth from the Red Throw and Floor activities to this activity multiple times in a lesson.

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight ⋰ Red Court Net ▦ Player movement ⟶

TENNIS CANADA

"I CAN RALLY"

PRACTICE ACTIVITY O2

Rally Cross-court

Goal: To understand increasing consistency by choosing to hit 'High percentage' crosscourt shots.

Rules of the Game: Players are in teams (pairs) and cooperatively rally crosscourt back and forth to each other. Players must recover to "Home base" between every shot. Team with the longest rally wins. The rally is over when:
➢ The ball bounces twice
➢ The ball goes out of the designated play area or in the net
For safety, start with both courts doing FH cross courts and then switch to BH (unless you have a left-hander).

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Moving an opponent around

| **TECHNICAL KEY #1:**	**TECHNICAL KEY #2:**	**TECHNICAL KEY #3:**
Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared before the ball bounces.	**Movement:** Players must recover to "home base" after every shot.	**Hitting Zone:** Help players direct the ball by understanding the ball goes wherever the racquet face is "looking". Make the racquet face extend towards the target for a long distance during the stroke.

I AM A GOOD SPORT:
➢ Cooperate with partner

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight Red Court Net ▦ Player movement →

TENNIS
CANADA

"I CAN START A POINT"
PRACTICE ACTIVITY O5
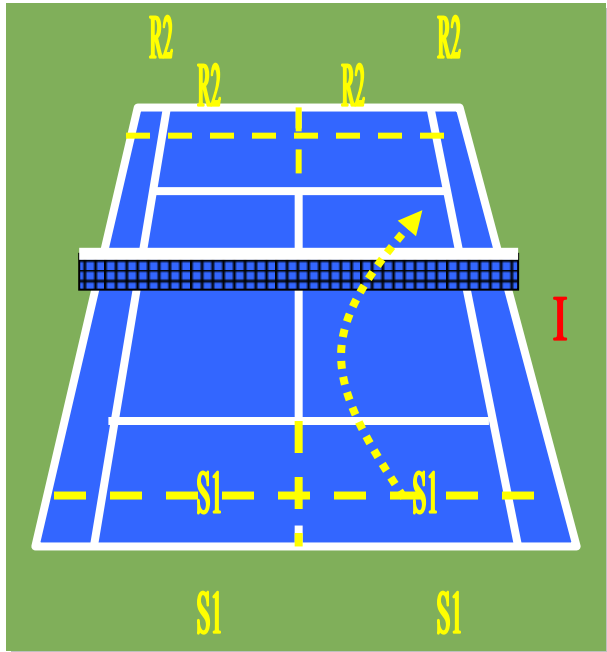
Overhand Serve & Return Teams

Goal: To understand starting the point.

Rules of the Game: Players in teams (serving team 1and returning team 2). Each time a server comes up they can serve the ball anywhere in the Orange service box. Server gets 2 chances to put the ball in (Reinforce the concept of 1st & 2nd serve).

If they miss both serves they lose the point (introduce the concept of 'Double fault'). If the serve goes in, the returner must place the ball back anywhere in the Orange court. If they do, no point for either team. If they miss, the serving team gets a point. After the point, the next players on the serving and returning team come up. First team to get 5 points wins. Switch teams.

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: To understand starting the point with consistency

TECHNICAL KEY #1:	TECHNICAL KEY #2:
Set-up: Server starts in proper serve location (behind Orange baseline). Returner starts on Orange baseline in ready position. .	**Impact Point:** Server tosses the ball up and impacts at full upward extension. Returner sends the ball back into the servers' court. The returner can respond with either FH or BH (depending on serve placement). Returners should impact the ball: ➢ Waist level ➢ Out front (in front of body) ➢ Comfortable distance from body

I AM A GOOD SPORT:
  ➢ Keep the score out loud

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight Red Court Net ▦ Player movement ⟶

TENNIS CANADA

"I CAN PLAY NET"
PRACTICE ACTIVITY 08

Groundstroke to Volley

Goal: To reinforce any volley technique.

Rules of the Game: Players are in teams (pairs). One player is the "feeder" and cooperatively sends groundstrokes to a partner at net position hitting volleys. Volleyer uses FH & BH volleys to maintain a consistent exchange. The team with the most rallies in 1 minute wins.

Everyone rotates one position to their left (Big Circle) to make new pairings then play the game for 1 minute again. Keep playing until everyone has a chance to be a groundstroker and a volleyer.
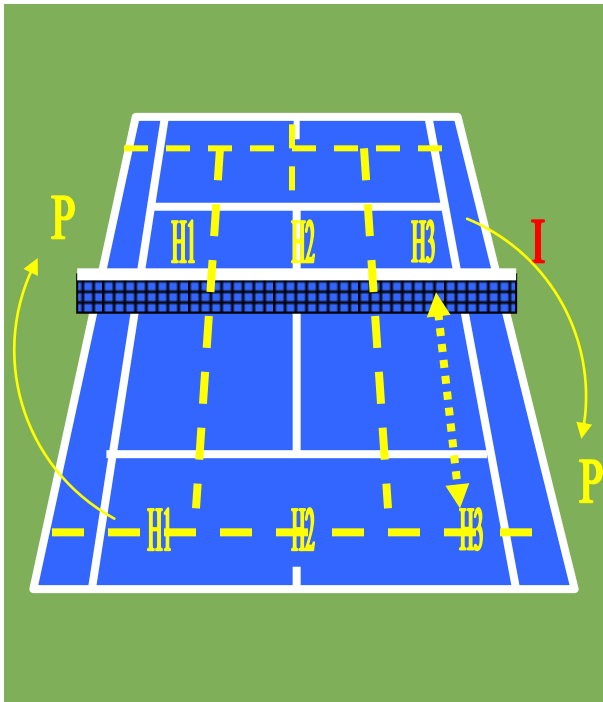
TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight *one* technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Gain advantage by volleying to the open court.

TECHNICAL KEY #1:
Reception: Set-up: Volleyers must receive the ball in a sideways body position with the racquet prepared.

Grip: Reinforce the continental grip.

TECHNICAL KEY #2:
"Catching action": Reinforce that the basic volley has the feel of "catching the ball" (avoid "hitting", "punching", "blocking").

TECHNICAL KEY #3:
Impact Point: Impact ball at chest level, out front, at a comfortable distance from the body.

Hitting Zone: To direct the ball to the target, the racquet face must "look" at the target through the impact.
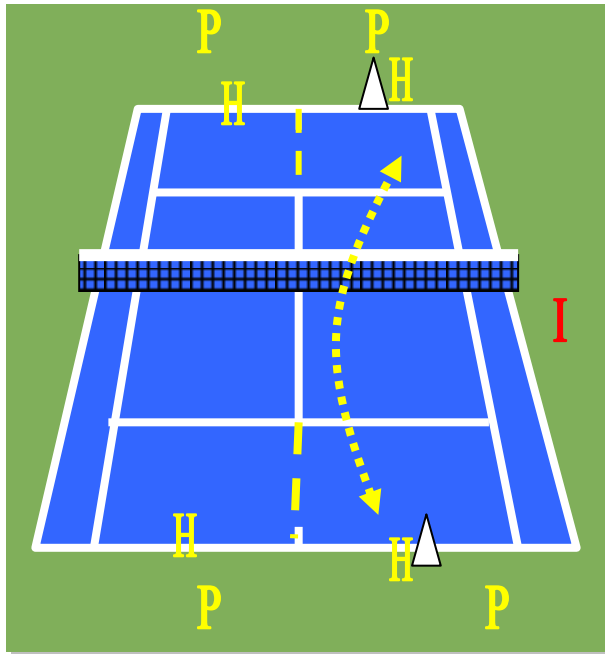
I AM A GOOD SPORT:
➢ Cooperate with partner

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight ⋰ Red Court Net ▦ Player movement →

TENNIS CANADA

"I CAN RALLY"

PRACTICE ACTIVITY G1

Green Rally

Goal: To consistently exchange the ball.

Rules of the Game: Players are in teams (pairs) and cooperatively rally back and forth to each other. Players must recover to "home base" between every shot. Team with the longest rally wins. The rally is over when:
  ➢ The ball bounces twice
  ➢ The ball goes out of the designated play area or in the net

Note: This is the standard formation used for players to practice groundstrokes

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TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Keeping the ball in play through consistent rallying

| TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared.	**Movement:** Players must recover to "home base" after every shot.	**Grip/Impact Point/Hitting Zone:** All of these can be reinforced during this activity.

I AM A GOOD SPORT:
  ➢ Cooperate with partner

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines – – – Ball flight ⋯ Red Court Net ▦ Player movement →

TENNIS
CANADA

"I CAN RALLY"

PRACTICE ACTIVITY G3
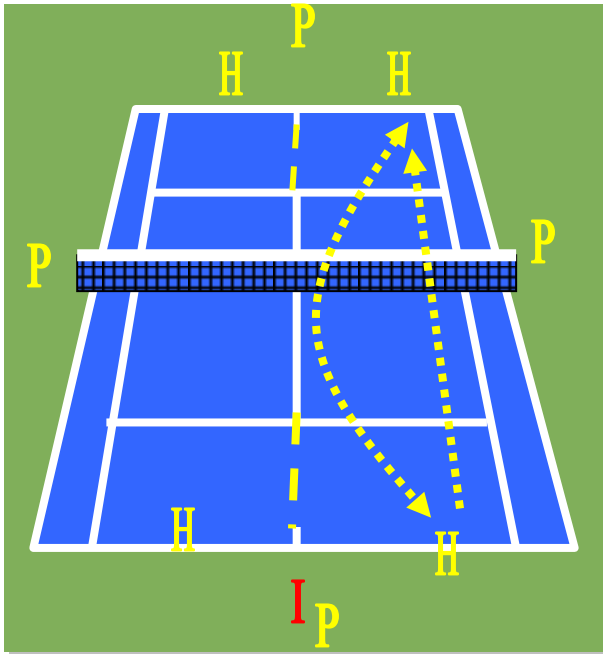
"Over and Under"

Goal: To understand that controlling the height in a rally can gain time or, take time from an opponent.

Rules of the Game: Cooperatively rally back and forth to each other on one half width of the full court. A player is placed at the side of the net as a height reference and holds out their racquet. They call, "Over" (hit the ball above the player"s racquet) or, "Under" (hit the ball below the level of the racquet. Players get one point by completing 2 "over" shots and 1 "under" shot. Rotate players into each position.

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Using height to gain or take away time from an opponent.

| TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Grips: Help players develop an eastern forehand and backhand grip with a "laid-back" wrist	**Impact Point:** Help players experience an impact point that is out front.	**Racquet path:** Players must control the height of the ball by making their racquet path go low to high (for a higher shot) or, level (for a lower shot).

I AM A GOOD SPORT:
➢ Compliment an opponent after a good shot

KEY: Instructor **I**   Player **P**   Feeder **F**   Hitter **H**   Server **S**   Returner **R**   Target ⊗

Marker △   Drop Down lines - - -   Ball flight ⋰   Red Court Net ▦   Player movement ⟶

TENNIS
CANADA

"I CAN PLAY NET"
PRACTICE ACTIVITY G9
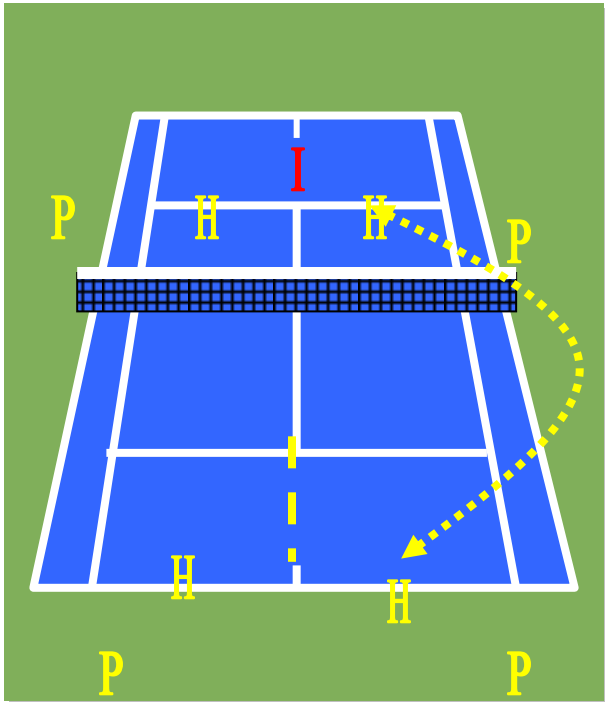
Lob to Overhead

Goal: To introduce overheads at net and lobs.

Rules of the Game: Players are in teams (pairs). One player is the "feeder" and cooperatively sends a lob to the partner at net hitting overheads. The overheader sends a cooperative shot back and the pair attempt to hit as many lob/overhead combinations as possible. Once a player misses twice, they switch with the player waiting at the side.

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Using an overhead smash at net /lobbing for defense.

TECHNICAL KEY #1:	TECHNICAL KEY #2:	TECHNICAL KEY #3:
Reception: Set-up: Overheaders must move quickly to get sideways with their racquets prepared under the ball.	**Impact point:** Reinforce an overhead impact is at full upward extension (like the serve). The lob has the same impact as a groundstroke.	**Hitting Zone:** Help players direct the ball by understanding the ball goes wherever the racquet face is "looking". Make the racquet face extend towards the target for a long distance during the stroke. **Ball Control:** Control the ball by using the PAS principles (Path, Angle, Speed of Racquet).

I AM A GOOD SPORT:
➢ Cooperate with partner

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target ⊗

Marker △ Drop Down lines - - - Ball flight ⋯⟶ Red Court Net ▦ Player movement ⟶