

Top Guns (Ages 8-10yrs)

Goal: To build on the foundation skills introduced in Mini Tennis and Young Guns. Players continue to learn and develop the basics of the forehand, backhand, rally, net play, and serving skills along with activities that build tennis specific coordination. Students learn the rules of the game and are being taught to demonstrate good sportsmanship.

Ball: ORANGE BALL / GREEN DOT

Court: ¾ court

Lesson Structure:

3-5 min physical warm up (footwork, catching, throwing exercises)

5 min cooperative exercise to promote hand-eye coordination

30-35 min stroke development (can be split between groundstrokes, volleys, overheads, serves, and returns)

10-15 min game to implement the learned skill and to work on the teaching point given by the pro – involve score keeping

5 min – clean up, wrap up and depletion exercise

Good sportsmanship behaviour to be instilled every lesson:

- ✓ Hug the racket when the instructor is talking
- ✓ Cooperate with everyone
- ✓ Pick up balls quickly
- ✓ Make clear and fair line calls
- ✓ Compliment an opponent after a good shot

Psychological:

Fun

Create “get every ball attitude”

Create a love for competition