

Young Guns (Ages 6-8yrs)

Goal: To build on the foundation skills introduced in Mini Tennis. Players continue to learn the basics of the forehand, backhand, rally, net play, and serving skills along with activities that build tennis specific coordination. More rules of play are learned and good sportsmanship continues to be instilled.

Ball: RED BALL

Court: Mini net and width of court or actual mini court

Lesson Structure:

2-3 min physical warm up (footwork, catching, throwing exercises)

5- 10 min ball control or cooperative exercises to develop hand eye coordination

30 min stroke development – feeding or self-feeding (drop hitting)

10 min game that allows students to implement the learned skill – All games should involve score keeping

5 min – clean up, wrap up and depletion exercise

***Must be able to keep regular score – handouts available**

Good sportsmanship behaviour to be instilled every lesson:

- ✓ Hug the racket when the instructor is talking
- ✓ Cooperate with everyone
- ✓ Pick up balls quickly
- ✓ Shake hands after each game
- ✓ Keep score out loud
- ✓ Make clear and fair line calls

Psychological:

Fun

Create “get every ball attitude”