

BEANBAG PASS WHILE MOVING

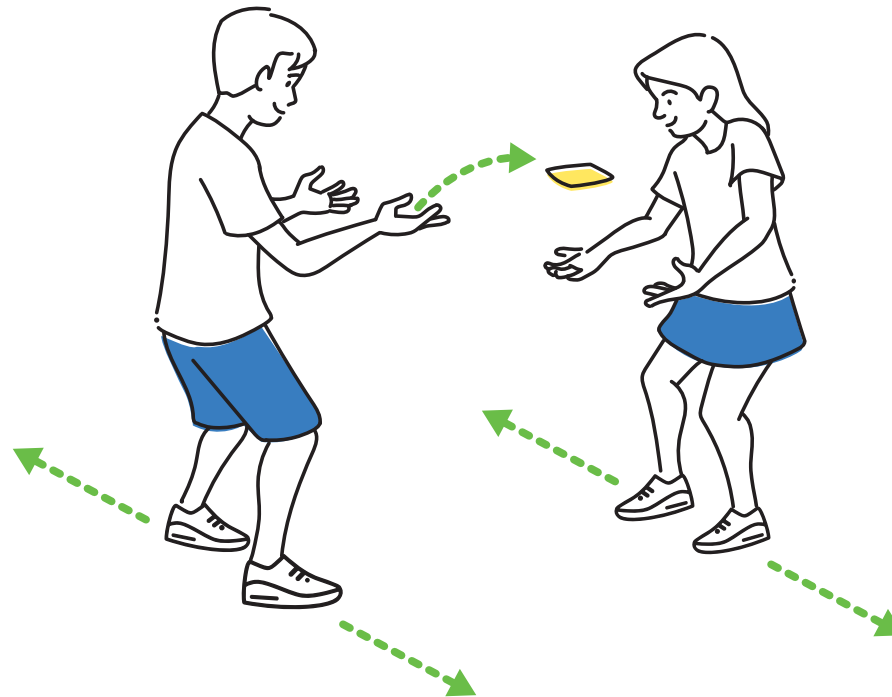
USTA 



- Students pass the beanbag back and forth while side shuffling several steps to the left and right.

EQUIPMENT NEEDED

- One racquet per student (optional)
- One bean bag per two students

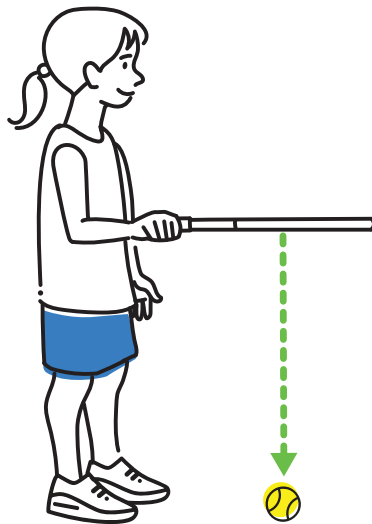


RACQUET AND BALL HANDLING

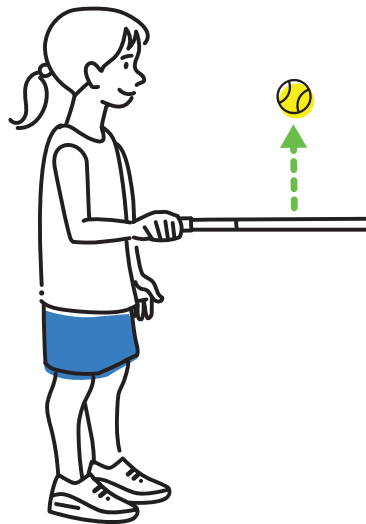
- Tap Downs: Bounce the ball down at waist level
- Bump Ups: Bounce the ball up eye level without letting the ball touch the ground
- Edgies: Dribble the ball down at waist level using the edge of the tennis racquet
- Self-Rallies: Alternate bumping the ball off the racquet and off the ground
- Invent a Bounce: Students attempt different ways to dribble or bump the ball
- Cue: Shake hands grip used.

EQUIPMENT NEEDED

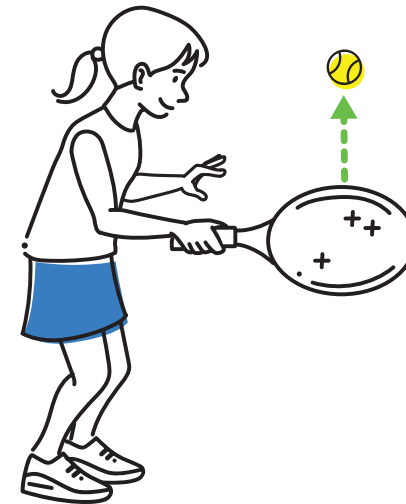
- One racquet per student
- One ball per student



Tap Downs



Tap Ups



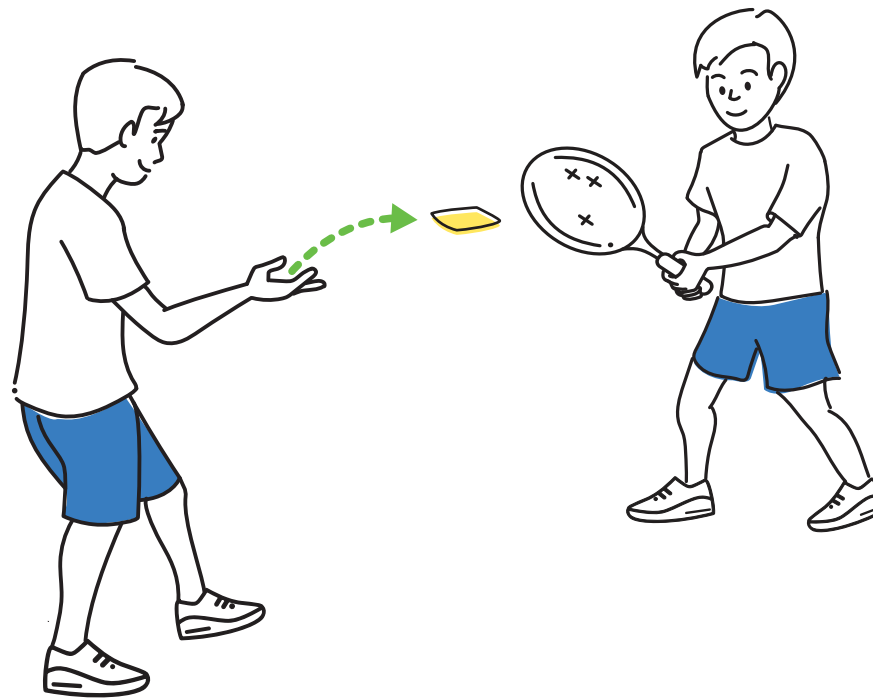
Edgies

READY POSITION AND CATCH

- One student is the tosser and the other student is in the ready position with the racquet. The tosser will toss the beanbag or foam ball to one side or the other of the student in ready position. The goal is to catch it on the racquet (forehand or backhand side) and learn to move into position rather than reaching for the ball. Switch positions after six tosses.
- Cue: Hammer grip for forehand and backhand.

EQUIPMENT NEEDED

- One racquet per two students
- One ball per two students

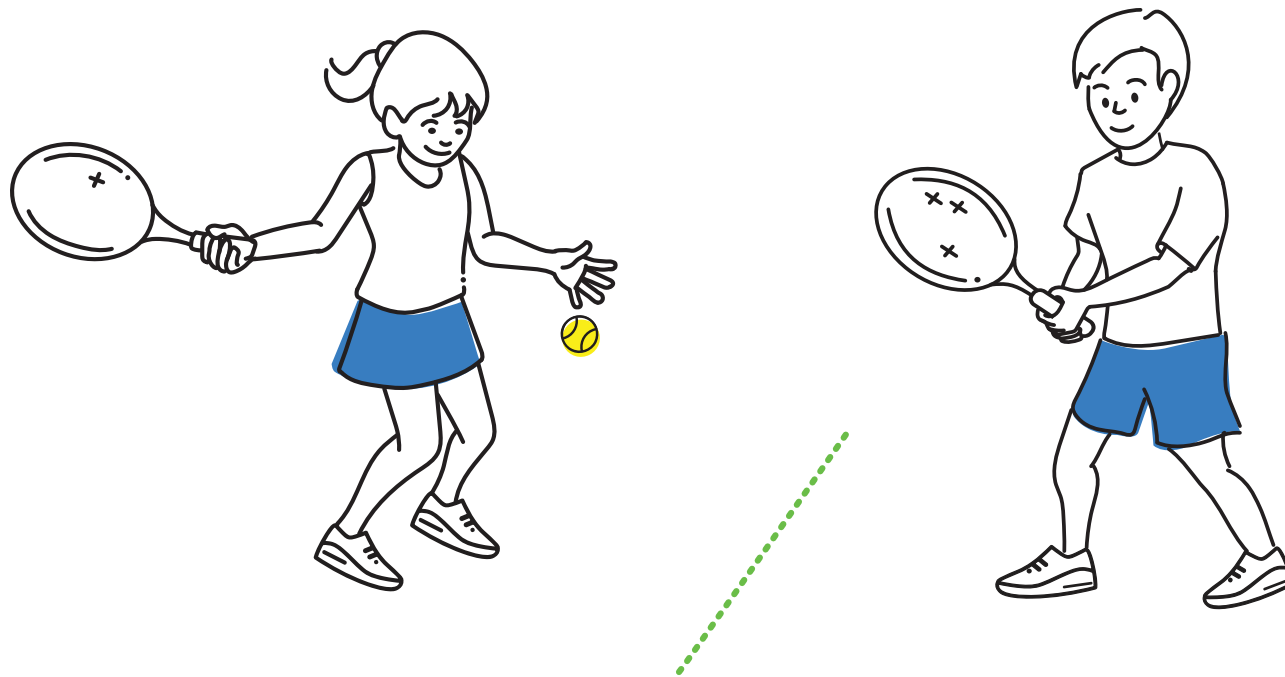


PARTNER RALLIES OVER LINE

- Partners work together with a line or jump rope between them to serve as an imaginary net. They bounce and hit the ball back and forth. To start the rally, students should start close, match up the racquet faces, and take two steps back. Have students try and set the “world record” for longest rally.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One foam, or red felt ball per two students

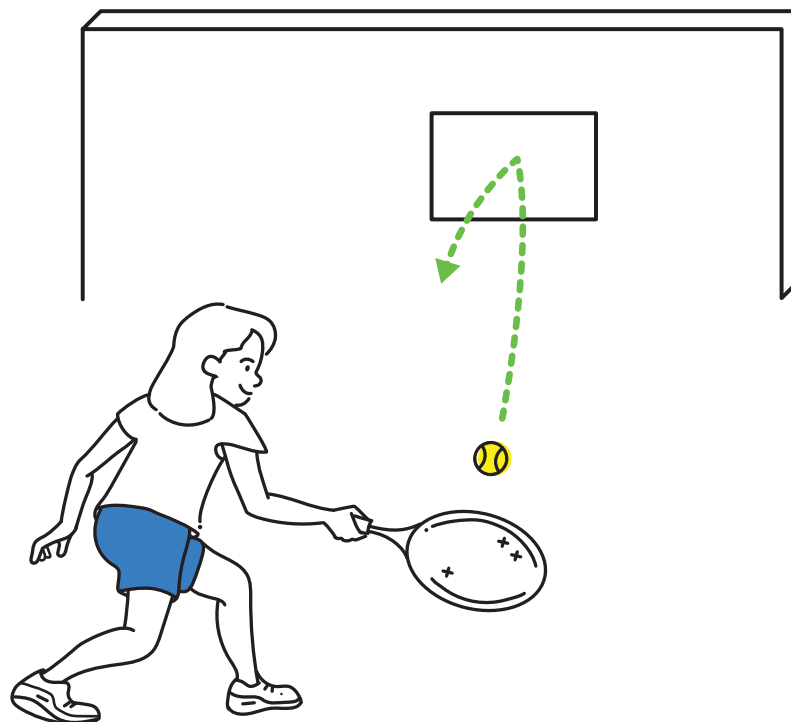


WALL RALLIES

- Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually, in pairs, or in teams.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One ball per student, pair, or team



WALK THE DOG

SETUP

- Make sure each player has a red ball and a racquet.
- Spread players out on a sideline, each with a spot positioned 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

MISSION

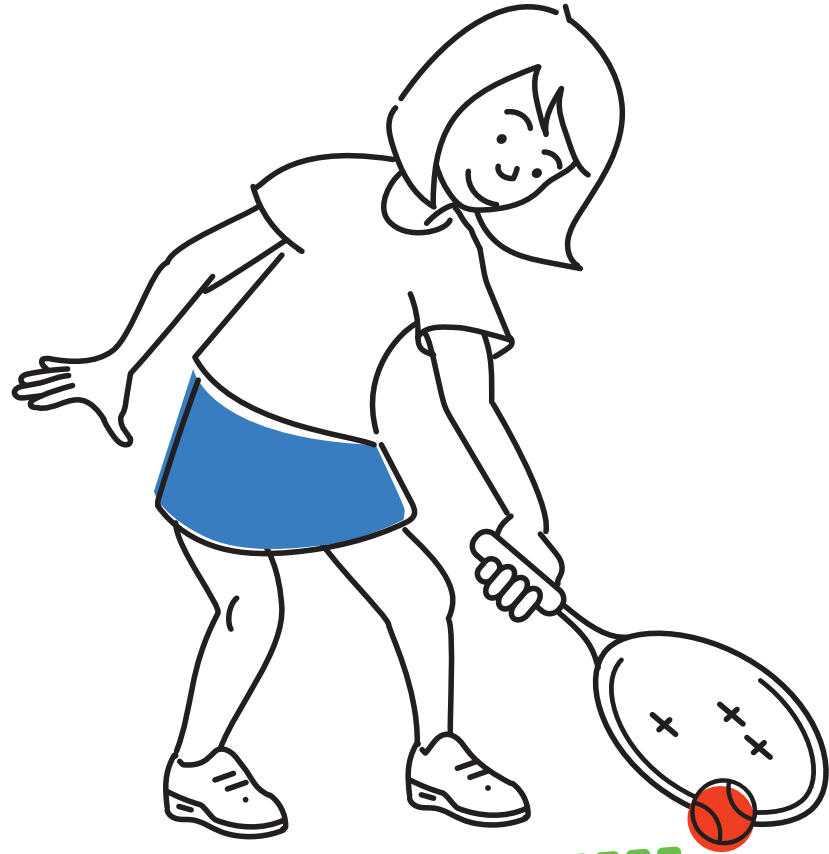
- Starting on the sideline, roll the ball to the spot using the edge of the racquet.
- Stop the ball on the spot with the edge of the racquet, then roll it back to the sideline and stop it again.
- Need help? Use a big ball.

Level 2: Use your backhand.

Level 3: Zig-zag to the end spot and back by using both sides of the racquet.



WALK THE DOG



SELF TOSS

SETUP

- Give each player a red ball.
- Spread players out around the defined space, using chalk or TDLs to create boundaries.

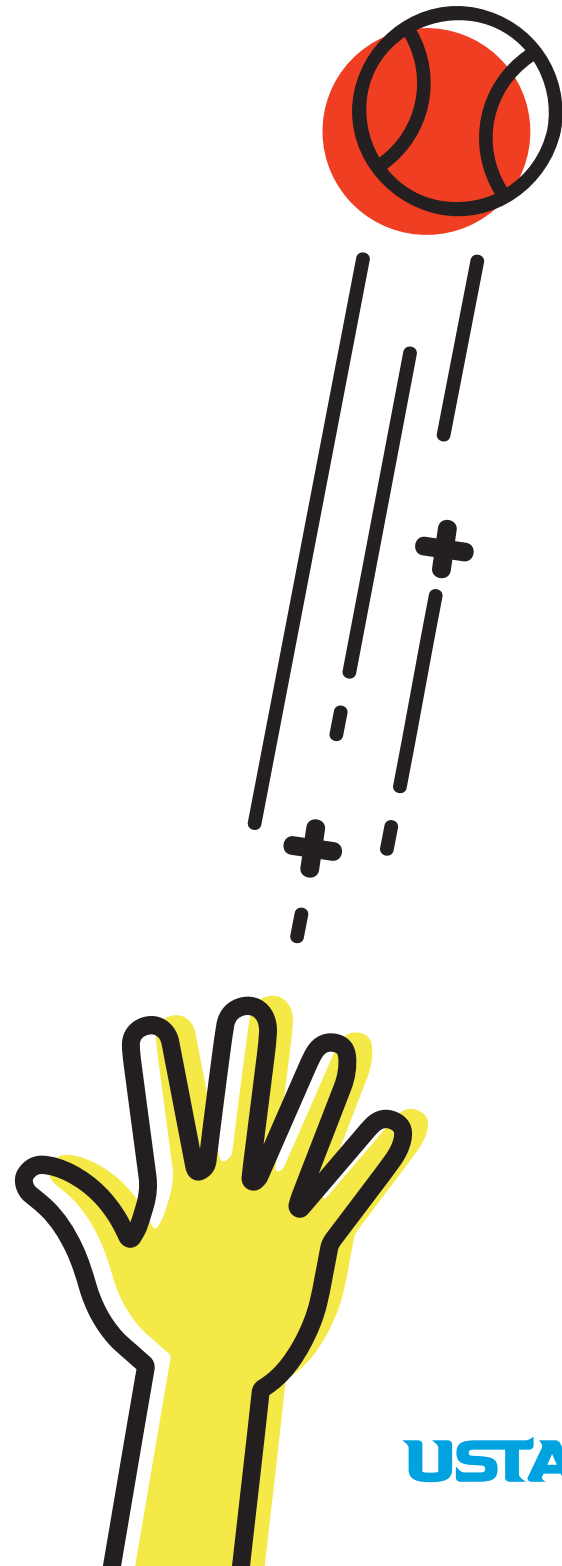
MISSION

- Toss the ball with one hand (palm up) above head level.
- Let it bounce and catch it with both hands.

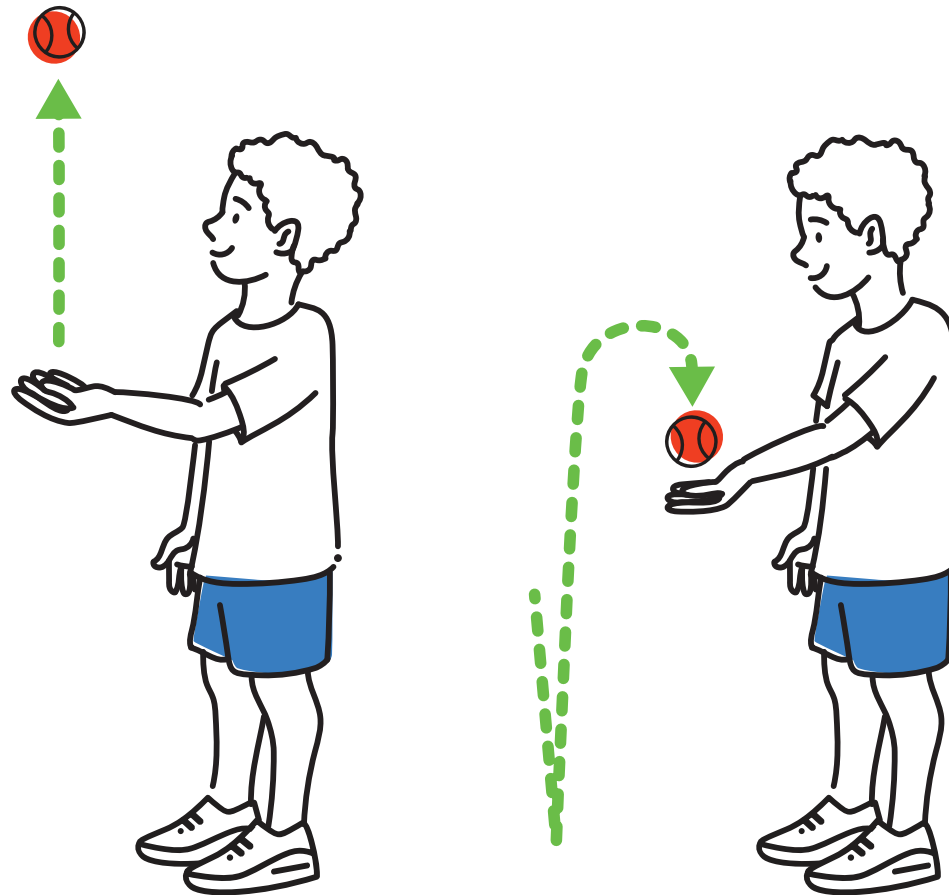
Level 2: Toss it higher and catch with both hands.

Level 3: Toss it farther away and catch with both hands.

Level 4: Toss and catch with one hand.



SELF TOSS



LOBSTER TRAP

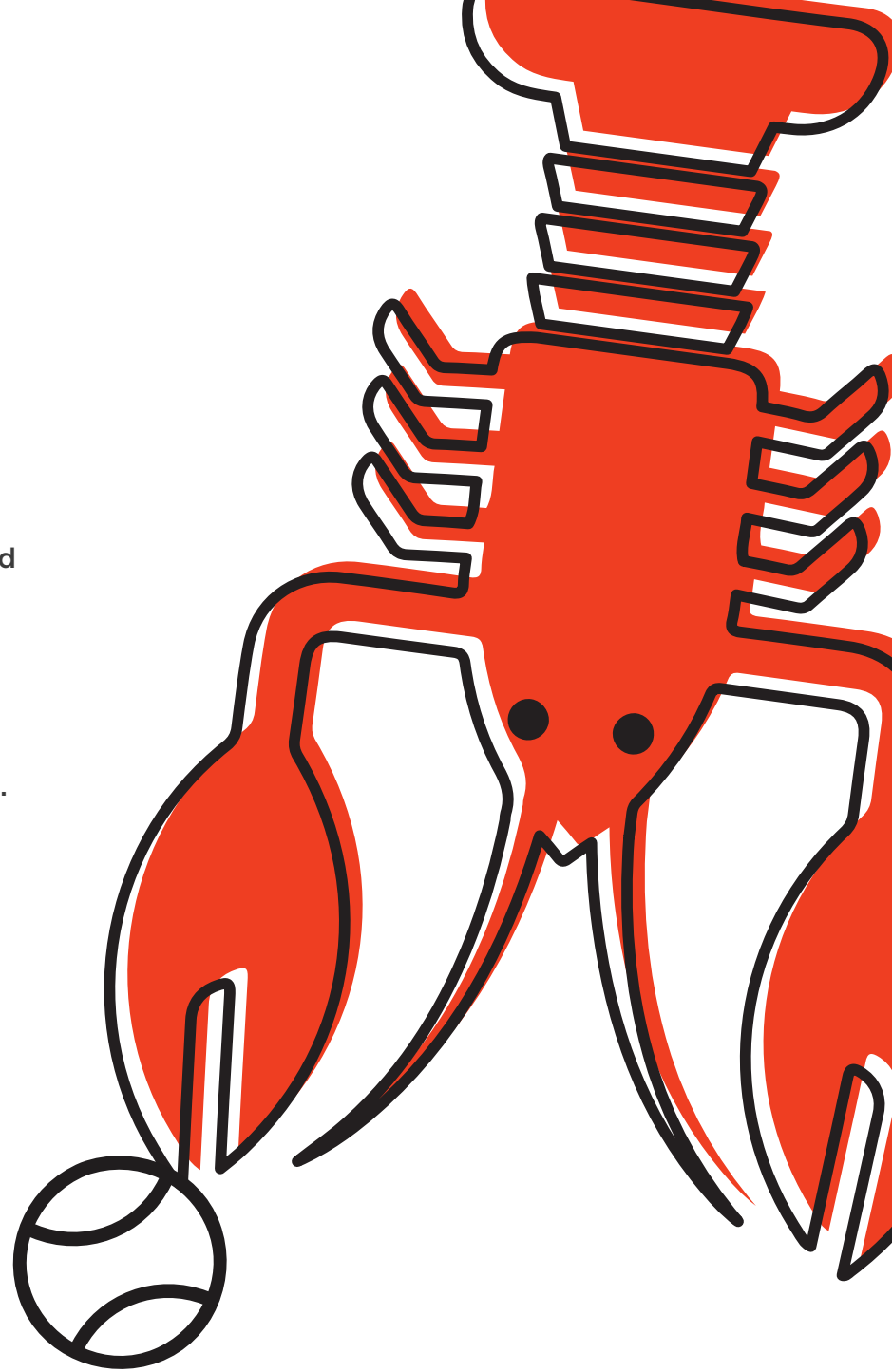
SETUP

- Players in pairs with two racquets and red ball.
- Partners stand six to eight feet apart; one (feeder) has red ball and other (lobster) has a racquet in each hand.

MISSION

- Catch ball between both racquets after bounce.
- Feeder tosses ball; lobster traps it between racquets after bounce.
- Lobster sets ball on ground with racquets and rolls it back to feeder using forehand.
- Complete four and switch roles.

Goal: Trap ball at side of body just like a groundstroke.



LOBSTER TRAP

