



YEAR 5

Tennis

Lesson 6

Learning Objective

To develop the volley and understand when to use it.

Success Criteria

- I can choose and use some tactics
- I can hit the ball using a volley
- I can select a skill for a certain situation
- I can use the rules of the game to play fairly

Handy Hints

Hit the ball in front of you with no swing.

Use a punchy action.

Keep your racket up and in front of you to be ready.

Equipment

- Cones x 60
- Tennis Balls x 15
- Tennis rackets x 30
- Backhand volley Video
- Forehand volley Video

Optional:

- Tennis nets

10 Mins

Warm Up and Introduction

Teacher note: courts can be set up using cones and nets can be represented by a line of cones or using tennis nets if they are accessible.

Ball tag:

Pupils work in groups of six and play in a box (half a third of a netball court works well). In their group, pupils select one pupil who they will try to catch. To catch that pupil, all of the others must pass the tennis ball between them so that they get close enough to the pupil they are trying to catch to tag them with the ball. Pupils cannot move with the ball or throw the ball at the pupil.

Stand near to the pupil that you are trying to catch.

Pass and move quickly.

Use underarm throws.

30 Mins

Skill Development

The volley:

Tell pupils that a volley is when you hit the ball before it has bounced on your side of the net. Why do you think you would use a volley?

Teacher note: a volley can be performed using both a forehand and a backhand. A volley can be used as an attacking shot where you try to return the ball quickly so that your opponent has little time to react and return the ball.



Forehand volley:

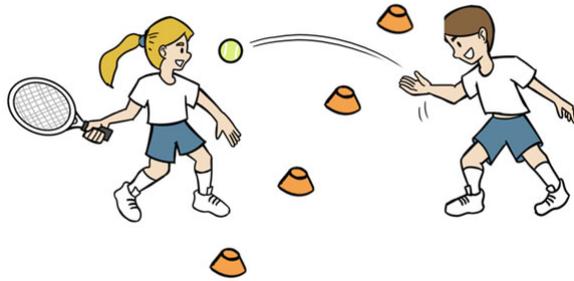
In pairs, pupils stand opposite each other on either side of the net. One pupil has a racket and the other has the ball. The thrower throws the ball underarm to the hitters' forehand side and their partner attempts to volley it back, hitting the ball downwards over the net. Have seven turns each and then change roles.

Start in the ready position with the racket in front of you.

Hold the racket in one hand at the bottom of the handle.

Hit the ball in front of your body with a punchy action, try not to use a big swing.

The ball is hit downwards over the net.



Backhand volley:

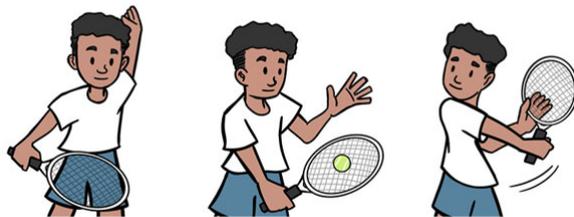
In pairs, pupils stand opposite each other on either side of the net. One pupil has a racket and the other has the ball. The thrower feeds the ball to the hitters' backhand side who volleys the ball back for their partner to catch. Change roles after seven attempts.

Start in the ready position with the racket in front of you.

Hold the racket in one hand at the bottom of the handle.

Hit the ball in front of the body with a punchy action, try not to use a big swing.

The ball is hit downwards over the net.



Beat the volley:

One pupil starts at the net and the other pupil begins at the baseline. Pupils play out a point, with the pupil at the baseline using an underarm serve to start the point. The pupil at the net attempts to use a volley to beat their opponent, and the pupil at the baseline must try to place the ball past their opponent at the net. Play five points before players switching from the

baseline to the net and vice versa.

Start with the racket out in front of you in a ready position.

Move your feet to the ball.

Cone steal:

Pupils play in pairs against another pair. Each team starts with three cones, placed on their side of the net. If a pair wins a point, they get a cone from the other team. The winning team is the first team to have all six cones. If pupils are able to win a point with a volley, the game is over and their team wins. Question pupils tactically about when they would use a volley in a game.

Teacher note: to attack your opponent's court.

Communicate with your partner whilst playing out each point.

Make this harder for one team by giving them less cones than their opponent e.g. two cones compared to opponent's four.

5 Mins

Plenary

Question the pupils on the volley technique.

When did they use the volley and why?

How effective was it?