



YEAR 6

## Tennis

Lesson 2

### Learning Objective

To be able to return the ball using a backhand groundstroke.

### Success Criteria

- I can accurately feed an underarm throw
- I can return a ball using a backhand

### Handy Hints

Turn your body so that the back of your hand is showing.

Make contact with the ball when your racket face is facing your target.

## Equipment

- Cones x 60
- Tennis Balls x 30
- Tennis rackets x 30
- Backhand 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.

### Catch stuck in the mud:

Select four pupils to be 'catchers.' They carry a cone. If caught by a 'catcher,' pupils must jump on the spot with their hands out in front of them. Select four pupils to be 'free-ers', these pupils have a ball each and can travel with the ball. They must underarm throw to the pupils who have been caught to free them. Once a pupil is free they take the ball and become the new 'free-er.'

**30 Mins**

## **Skill Development**

**10/10/10:**

Pupils have a racket and ball each.

- A** Can pupils complete 10 tap ups using one side of the racket, 10 alternating tap ups and then 10 edge of the racket tap ups?

[Use small controlled movements to complete the task.](#)

Make this easier by bouncing the ball down to the floor instead of up in the air.

- B** Pupils find a partner to begin with and stand approx. 2m apart. They tap the ball to each other, allowing one bounce in between each hit. Once they have completed 10 hits they must find a new partner. The challenge is the first pupil to complete three lots of 10 hits, each lot of 10 needs to be completed with a different partner.

Teacher note: one pupil needs to hold onto their ball.

[Keep the ball controlled by tapping it-this challenge requires control not power.](#)

Make this harder by repeating the challenge but this time, the ball is not allowed to bounce in between each hit.

### **Over the net:**

In pairs with a tennis racket each and one ball between them. Pupils hold hands to create a 'net.' One pupil starts with the ball on their racket face, tips the ball off their racket, lets it bounce on the floor once, before hitting it over the top of their arms, onto the other side of the 'net'. After one bounce, their partner hits the ball up over the 'net' and so on.

Teacher note: pupils pair with someone who has the same dominant hand e.g. both right handed so that they can join their left hands together to create the net.

[Hit the ball in the centre of the racket.](#)

[Be ready to move your feet to the ball.](#)

Make this easier by playing with one pupil underarm throwing and catching and the other pupil using a racket.

### **Backhand:**

In pairs with one tennis racket and one ball between them. One pupil starts with the ball, the feeder, and stands on the opposite side of the net to their partner who has the racket. The feeder underarm throws the ball to the hitters' backhand side. After one bounce, the hitter hits the ball over the net using a backhand. Can the feeder catch it after one bounce? Pupils have five turns each and then change roles.

Teacher note: pupils place the spare racket at the net.

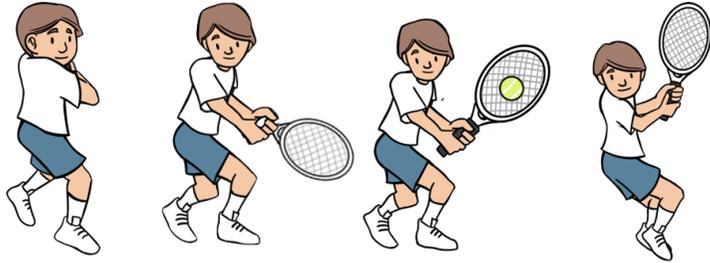
From the ready position, grip the racket with two hands, placing the dominant hand at the bottom of the racket and the non dominant hand above.

Turn sideways to the ball and move the racket backwards.

The racket is swung forwards from a low position to finish high with both arms over the opposite shoulder.

Hit the ball with the racket face facing your partner, and brush your racket over the top of the ball so that the strings face downwards to the floor.

Make this easier by having the feeder stand next to the hitter and dropping the ball for them so it bounces once.



### Rally:

In pairs one ball and a racket each. Pupils rally with their partner using a backhand when appropriate. Challenge the pupils to see how many they can do in a row.

Return to the ready position each time.

Feet shoulder width apart, knees bent.

Move your feet to the ball.

Make this harder by asking the pupils to attempt to play a backhand to backhand rally.

Make this harder by asking pupils to step back towards the baseline after hitting six consecutive shots.

### Ocean break:

In groups of six. Each pupil has a racket.

- One pupil begins as the feeder on the opposite side of the net.
- They underarm throw the ball to the hitter on their backhand side.
- All other pupils begin on the other side of the net in a single file line.
- They take turns attempting to hit the ball over the net using a backhand.
- If the ball goes over the net and lands in the court area they are safe and go to the back of the line.

- If the ball does not go over the net, or does not land on the other side of the court, they must put their racket at the net and stand on the other side (in the ocean).
- To get out of the ocean, players must catch another hitter's ball.
- If they catch it after one bounce, they swap with the player who hit it
- If they catch it without a bounce all the players in the ocean swap with the players who are not

Look for space on the opposite side of the court away from the catchers.

Hit the ball down over the net, not up.

Make this harder by having the feeder hit the ball over the net to be returned.

**5 Mins**

## **Plenary**

What would you say to teach me how to perform a backhand?

When in the rally did you use a backhand?