

# The Tennis Parents Lesson Plan

Task	Explanation	Tick
Introduction	<p>This sets the scene for the lesson and helps students to understand not only what is going to happen but WHY they are learning this aspect of tennis.</p> <p>It is also a great time for the coach to gain rapport with the child by listening to anything they have to say.</p>	
Warm up <ul style="list-style-type: none"> <li>• Athletic Skills</li> <li>• ABC'S</li> <li>• Movement Skills</li> <li>• Stroke warm up</li> </ul>	<p>Regardless of whether the junior is a beginner or advanced, this part is still important to get the students ready to work.</p> <p>Athletic skills such as running, jumping, hopping, skipping etc always require work. <b>Agility, Balance and Co-ordination</b> can be basic or complex.</p> <p>Movement skills make the player and these should be applicable to the situation being taught.</p> <p>The stroke warm up enables the player to feel the ball, move the feet and track the ball with the eyes as well as continue the body warm up.</p>	
Task/Situation/Mission	<p>Many coaches miss this out and move straight to teaching. Set an exercise purposeful to the students' current standard that allows them to try out, make mistakes and gain experience whilst the coach <b>Observes</b> and <b>Analyses</b> what is happening on court.</p>	
Teach <ul style="list-style-type: none"> <li>• Dead Ball Drill/Exercise</li> <li>• Live Ball Drill/Exercise</li> </ul>	<p>A good coach <b>instructs</b> players on an aspect to improve on in the above exercise not only once but again and again throughout the lesson. Coaches should show not only what to do, but how to do it and why they are doing it.</p> <p>Here the coach however first asks students what they thought of the exercise and how they did. Before giving his/her opinion.</p> <p>A coach will use any of the listed drills to enable students to feel, think or visualise with plenty of time to enable them to learn the new skill.</p>	



<p>Develop the Teaching Point</p> <ul style="list-style-type: none"> <li>• Co-operative Drill/Exercise</li> </ul>	<p>Here an exercise is set whereby students work together to <b>develop</b> what is taught in their own time and way.</p>	
<p>Conditioned Game</p>	<p>These games enable the players to work on what is taught under a little pressure or in a competitive environment. Coaches may award more points for trying the taught subject. Its possible players are awarded less or more points to help differentiate differing standards. It also enables the coach to <b>evaluate</b> how the players are doing.</p> <p>These games will be hopefully team orientated but can be individual at the right standard.</p>	
<p>Competitive Game</p>	<p>If time permits it is always good to put this back into the game of tennis. Players can now do as they wish and hopefully the taught part is will show some fruition but remember students learn at different rates and it may take longer for some than others.</p> <p>This is another area to evaluate the players by the coach and look to see what else can be enhanced in the individual lessons that players may be undertaking.</p>	
<p>Cool Down</p>	<p>This is purely habit forming to enable players to do a simple cool down and stretch and for younger children to partake in 'calm down' exercises from the fun games.</p>	
<p>Wrap up &amp; Homework</p>	<p>A coach here should bring the group together and give everyone his thoughts on how well they did throughout the session.</p> <p>This is a great time for parents to listen to any tennis homework that may have bee set to help the journey of becoming a better player.</p>	