

TARGET TENNIS

Goals and Objectives

Develop student ability to successfully to strike a tossed ball while using appropriate body position and successfully hitting a target.

Standards Addressed

- Strike, with a paddle or racket, a lightweight object that has been tossed by a partner.
- Describe the appropriate body orientation to strike a ball, using the forehand movement pattern.

Warm-Up (4 min.)

Introduction Narrative (2 min.)

Today you are going to use a paddle to strike a ball. Lots of sports use racquets such as tennis, paddleball, ping pong, and badminton. Today you will focus on striking a ball upward and downward with a paddle without losing control of the ball. Ball control and hand-eye coordination are important skills in many sports. To keep control of the ball, keep it close to your body, use gentle taps, and keep your eye on the ball. Then you will learn to strike a ball forward toward a target. This is called a "forehand strike." This is one of the strokes used in tennis to send the ball over the net to an opponent.

Activity (20 min.)

Step-by-Step Instructions

Standard Cues

Paddle Bounce and Catch

Teacher or student demonstrates how to bounce ball on paddle then catch ball with opposite hand.
 Bounce ball once on top of paddle then catch with opposite hand.
 Increase number of bounces with each successful catch (bounce 1 time then catch, bounce 2 times then catch).
 Remind students to keep ball close to bodies to maintain control. Encourage them to strike only as quickly as they can while maintaining control.
 Work with partners until both students can bounce and catch a ball three 3x continuously without losing control.
 Partners encourage each other and provide positive feedback.

Strike Upward Using Paddle: Hold paddle in dominant hand with palm facing upward, lock wrist, keep eyes on object, make contact with bottom of object, strike upward, follow through, flex wrist.

Strike Downward Using Paddle: Hold paddle in dominant hand with palm facing downward, lock wrist, keep eyes on object, make contact with top of object at waist level, strike downward, follow through, flex wrist.

Downward Strike and Travel

Teacher or student demonstrates how to strike a ball downward with paddle.
 Strike ball downward while traveling slowly in various patterns (curved, straight, zig-zag).
 Increase pace as competency is established.

Forehand Strike: Stand with non-dominant side to target, feet shoulder-width apart, paddle in dominant hand, striking arm extended to side at waist level. Drop ball at a diagonal in front of feet, swing striking arm forward, level swing, strike ball in front of body, shift weight from back foot to front foot on contact, follow through to target.



Underhand Toss: Face target or partner; hold ball in dominant hand with palm facing upward, bend knees, swing arm back then forward, gently toss ball, release at waist level, follow through toward target, keep eyes on ball.

Forehand Skills

Teacher or student demonstrates a forehand strike against fence.
 Partners stand side-by-side 5 feet from a fence. One at a time hit ball against fence with forehand-strike technique, partner observes and provides encouragement and feedback.
 Teacher observes and provides cues.
 Students help tie hoops to fence at waist height. Use jump ropes to tie.
 Increase distance to 7 feet.
 One at a time, hit ball with forehand technique, aim for center of hoop.
 Partners provide encouragement and positive feedback, and remind partners to stand with side to target.
 Switch roles after 5 attempts.

Track: Adjust or move body toward object to catch it in front of body; keep eyes on object; move sideways, forward, or backward; keep object in front of body.

Travel: Look for open space, head up, change direction, avoid collision.

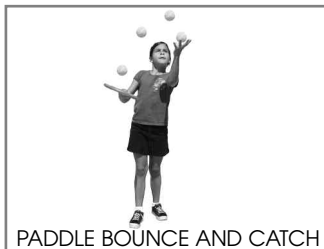
	Week - Unit	Field Set Up:	6 cones to establish boundaries	
	31-1	Field Dimensions:	40 by 40 yards	
	Striking with Implements	Equipment:	6 flat cones, 1 paddle for every student, 1 tennis ball for every student. 20 short jump ropes, 20 hula hoops	
		Duration:	50 minutes	

TARGET TENNIS

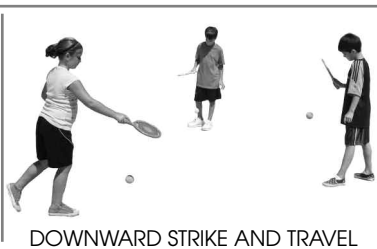
Activity (20 min.)

Step-by-Step Instructions

Standard Cues



PADDLE BOUNCE AND CATCH



DOWNWARD STRIKE AND TRAVEL



FOREHAND STRIKE SERIES

Challenge (20 min.)

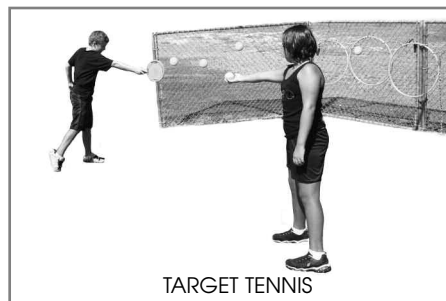
Step-by-Step Instructions

Standard Cues

Target Tennis

Teacher and student or 2 students demonstrate assisted forehand strike.
 One partner stands in front of and to side of partner. Underhand toss ball (pitch) toward partner. Striking partner hits ball with forehand strike after 1 bounce.
 Work with partners, hit ball against fence with forehand strike one at a time. Aim for center of hoop. Award 1 point for every ball that hits inside hoop without bouncing first.
 Partners provide encouragement and positive feedback, remind partners to stand with side to target.
 After 5 consecutive hits inside hoop, take a step back.
 Switch roles after 5 hits. Each team tries to score 10 points.
 Continue until all students demonstrate competency.

See previous activity for standard cues.



TARGET TENNIS

Progressions and Variations

- During "Downward Strike and Travel" increase or decrease pace of travel based on competency. Encourage more highly skilled students to look ahead as they travel. Lesser skilled students should keep their eyes on the balls.
- During "Target Tennis" more highly skilled players can toss and hit the ball with more force.
- Allow the tossing partner to move out of the way before the striking partner hits the ball.
- During "Target Tennis" lesser skilled players can self toss and hit the ball into the hoop.

Cool-Down (4 min.)

Words of Wisdom

Nutrition: Eat healthy foods.



Week - Unit
31-1

Field Set Up:

6 cones to establish boundaries

Field Dimensions:

40 by 40 yards

Equipment:

6 flat cones, 1 paddle for every student, 1 tennis ball for every student. 20 short jump ropes, 20 hula hoops

Duration:

50 minutes



Striking with Implements