



## 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.

### Standard Cues

- **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.
- **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 backward then forward, gently toss ball, release at waist level, follow through toward target, keep eyes on ball.
- **Track:** Adjust or move body toward object to catch it in front of body; keep eyes on object; move sideways, forward, or backward; keep the object in front of the body.
- **Travel:** Look for open space, head up, change direction, avoid collision.





## TARGET TENNIS



<b>Field Set Up:</b>	6 cones to establish boundaries Use jump ropes to suspend hula hoops from a fence at waist height and approximately 5 feet apart
<b>Field Dimensions:</b>	40 by 40 yards, grass area preferred
<b>Equipment:</b>	6 flat cones for boundaries 1 paddle for every student 1 tennis ball for every student 20 short jump ropes 20 hula hoops Chalk
<b>Student Positions:</b>	Students are randomly spaced within the coned area allowing ample space for moving without collision.

### Introduction Narrative

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 how 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.

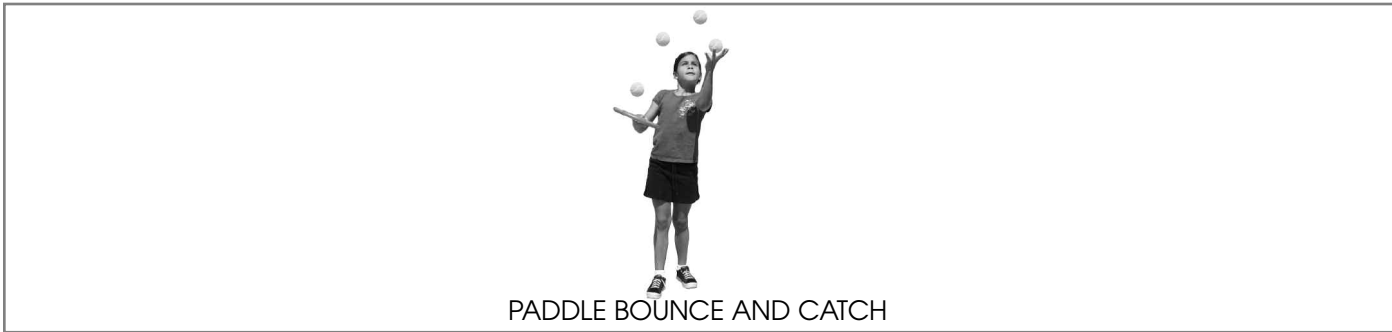
### Activity

- **Paddle Bounce and Catch**
  - Teacher or student demonstrates how to bounce a ball on a paddle and then catch the ball with the opposite hand.
  - Students bounce a ball three times on top of the paddle and then catch it with the opposite hand. If students have difficulty with three bounces, begin with one bounce before the catch.
  - Increase the number of bounces with each successful catch working up to 10 consecutive bounces before the catch.
  - Remind students to keep the ball close to their bodies to maintain control. Encourage students to strike only as quickly as they can while maintaining control.



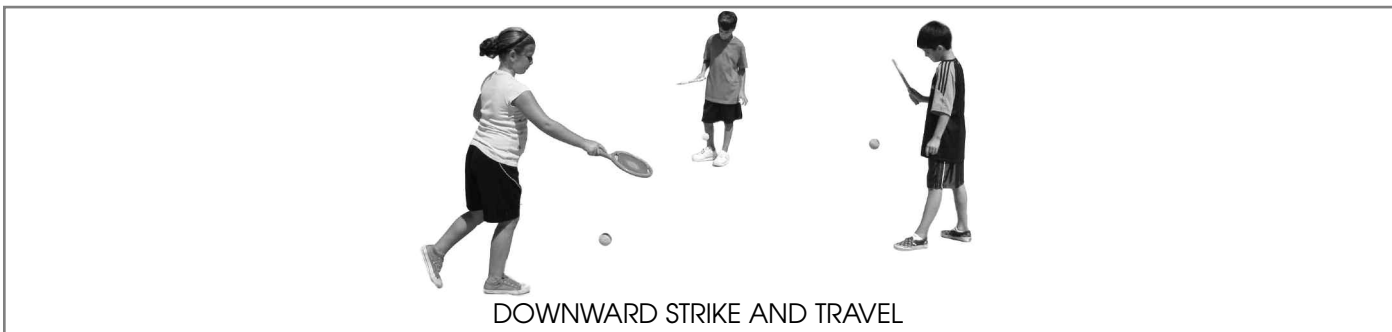


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PADDLE BOUNCE AND CATCH

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



DOWNWARD STRIKE AND TRAVEL

- **Forehand Skills**
  - Teacher or student demonstrates a forehand strike against a fence.
  - Students stand side-by-side approximately five feet from a fence.
  - Students take turns hitting a ball against the fence using a forehand-strike technique while partners observe.
  - Teacher observes and provides cues.
  - Partners encourage each other and provide positive feedback.
  - Have students use jump ropes to suspend the hula hoops to the fence at waist height.
  - Increase distance between students and fence to seven feet.
  - Students work with partners hitting ball against the fence using a forehand-strike technique one at a time. Aim for the center of the hoop.
  - Partners encourage each other, provide positive feedback, and remind partners to stand with side to target.
  - Switch roles after five attempts.



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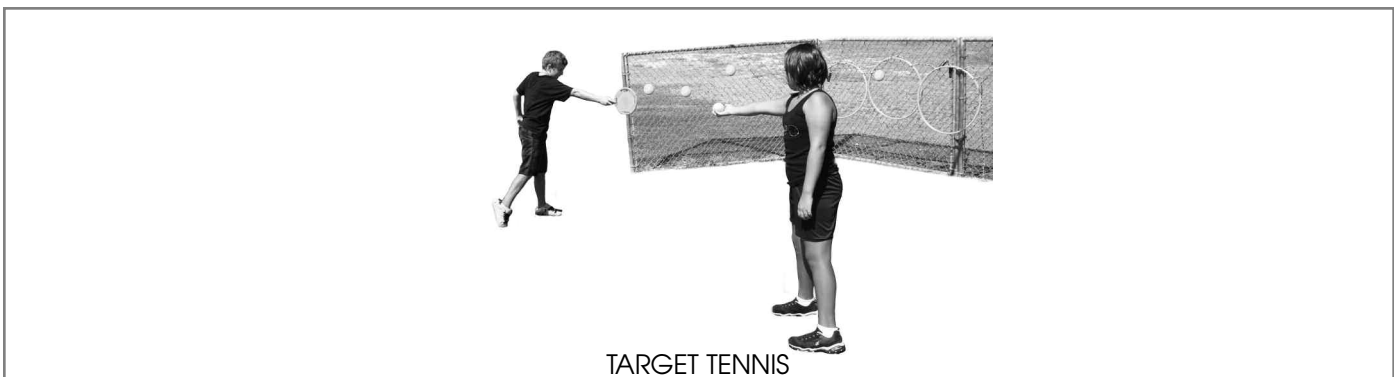


- After five successful hits (ball hits inside the hoop), take a step back.
- Continue until all students demonstrate competency.



### Challenge

- **Target Tennis**
  - Teacher and one or two students demonstrate assisted forehand strike. One partner stands in front of and to the side of his or her partner. He or she uses an underhand toss to “pitch” the ball toward the partner. Striking partner hits the ball with a forehand strike after one bounce.
  - Students work with partners hitting a ball against the fence using a forehand-strike technique one at a time. Aim for the center of the hoop. Award one point for every ball that hits inside the hoop without bouncing first.
  - Partners encourage each other, provide positive feedback, and remind partners to stand with side to target.
  - After five consecutive successful hits (ball hits inside the hoop), take a step back.
  - Switch roles after five attempts. Each team tries to score 10 points.
  - Continue until all students demonstrate competency.





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### 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.

