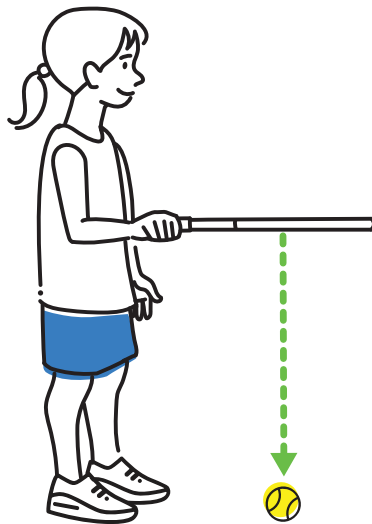


RACQUET AND BALL HANDLING

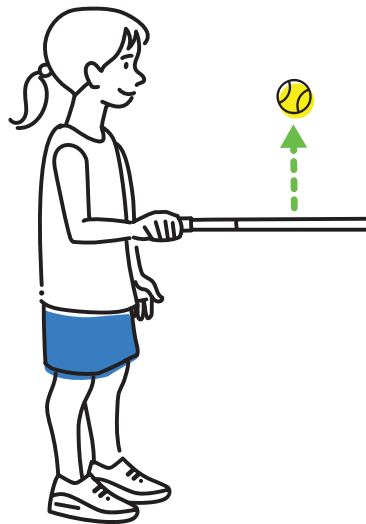
- Tap Downs: Bounce the ball down at waist level
- Bump Ups: Bounce the ball up eye level without letting the ball touch the ground
- Edgies: Dribble the ball down at waist level using the edge of the tennis racquet
- Self-Rallies: Alternate bumping the ball off the racquet and off the ground
- Invent a Bounce: Students attempt different ways to dribble or bump the ball
- Cue: Shake hands grip used.

EQUIPMENT NEEDED

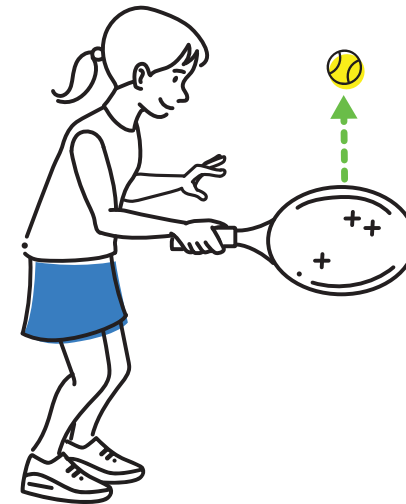
- One racquet per student
- One ball per student



Tap Downs



Tap Ups



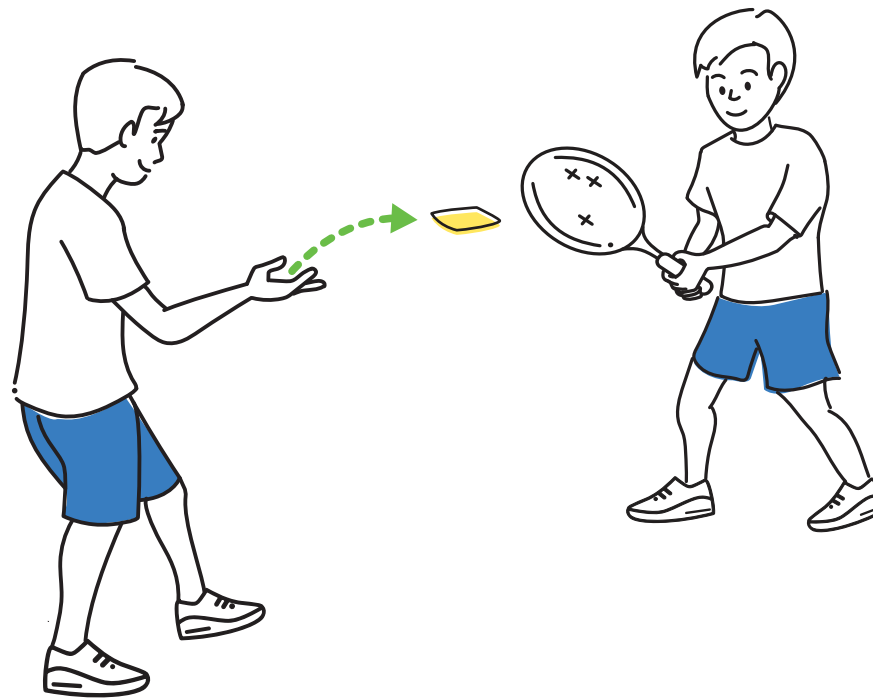
Edgies

READY POSITION AND CATCH

- One student is the tosser and the other student is in the ready position with the racquet. The tosser will toss the beanbag or foam ball to one side or the other of the student in ready position. The goal is to catch it on the racquet (forehand or backhand side) and learn to move into position rather than reaching for the ball. Switch positions after six tosses.
- Cue: Hammer grip for forehand and backhand.

EQUIPMENT NEEDED

- One racquet per two students
- One ball per two students

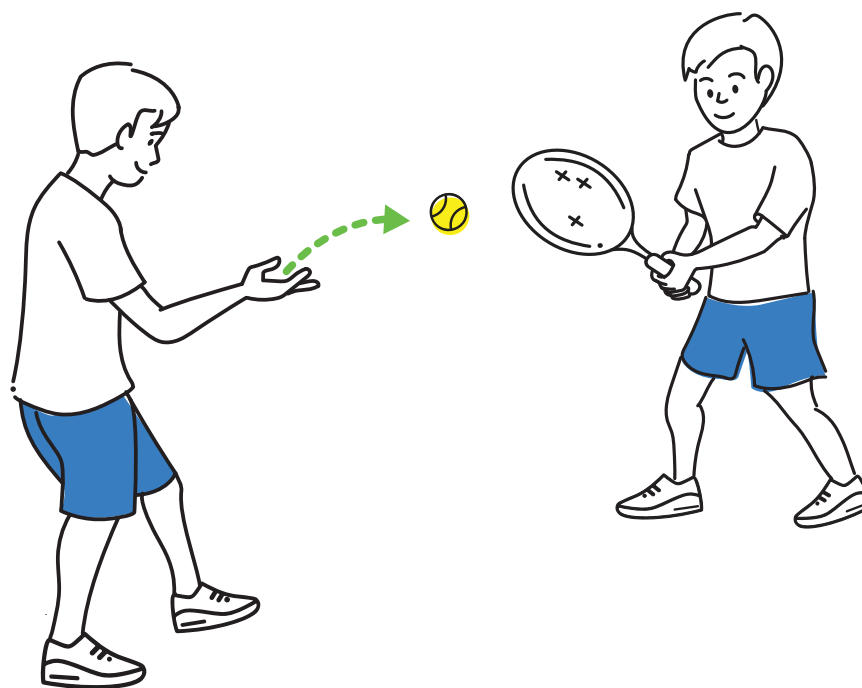


TOSS, VOLLEY, AND CATCH

- Using a foam or red felt ball, one partner tosses to the forehand or backhand side of their partner. The partner volleys the ball back to their partner who catches the ball. Begin with partners three steps apart. Change roles after six tosses.
- Cues: Hammer grip for forehand and backhand.

EQUIPMENT NEEDED

- One racquet per two students
- One foam or red felt ball per two students

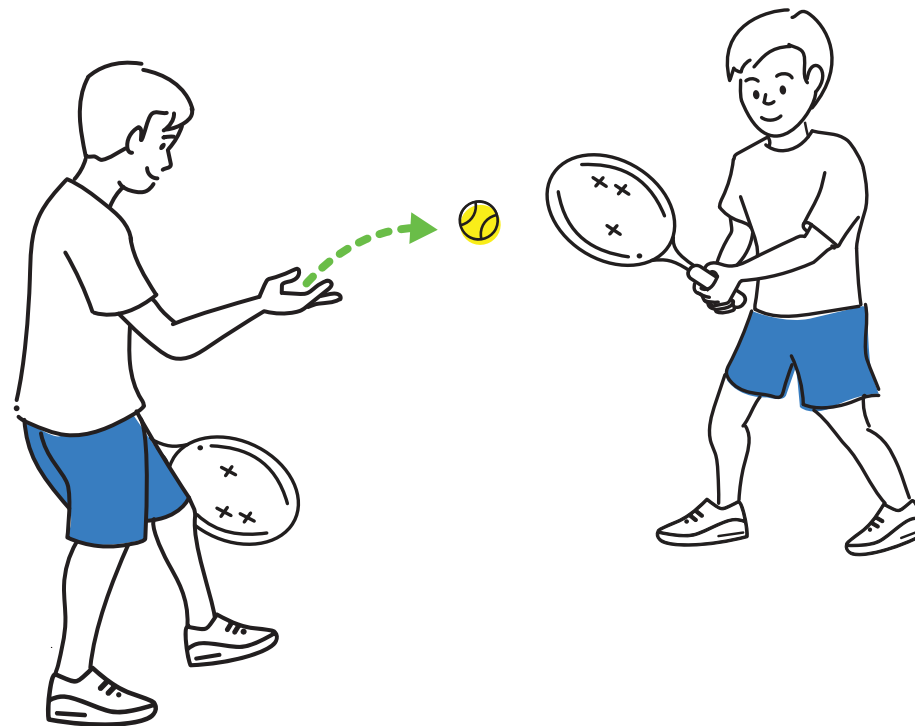


PARTNER BEANBAG/BALL TOSS

- Students work with a partner or small group and toss a beanbag (or foam or red felt ball) back and forth and catch it with their racquet. Begin four to six feet apart. For each successful catch, students can back up a step.
- Cues: Hammer grip for forehand and backhand.

EQUIPMENT NEEDED

- One racquet per student
- One bean bag, foam or red felt ball per two students

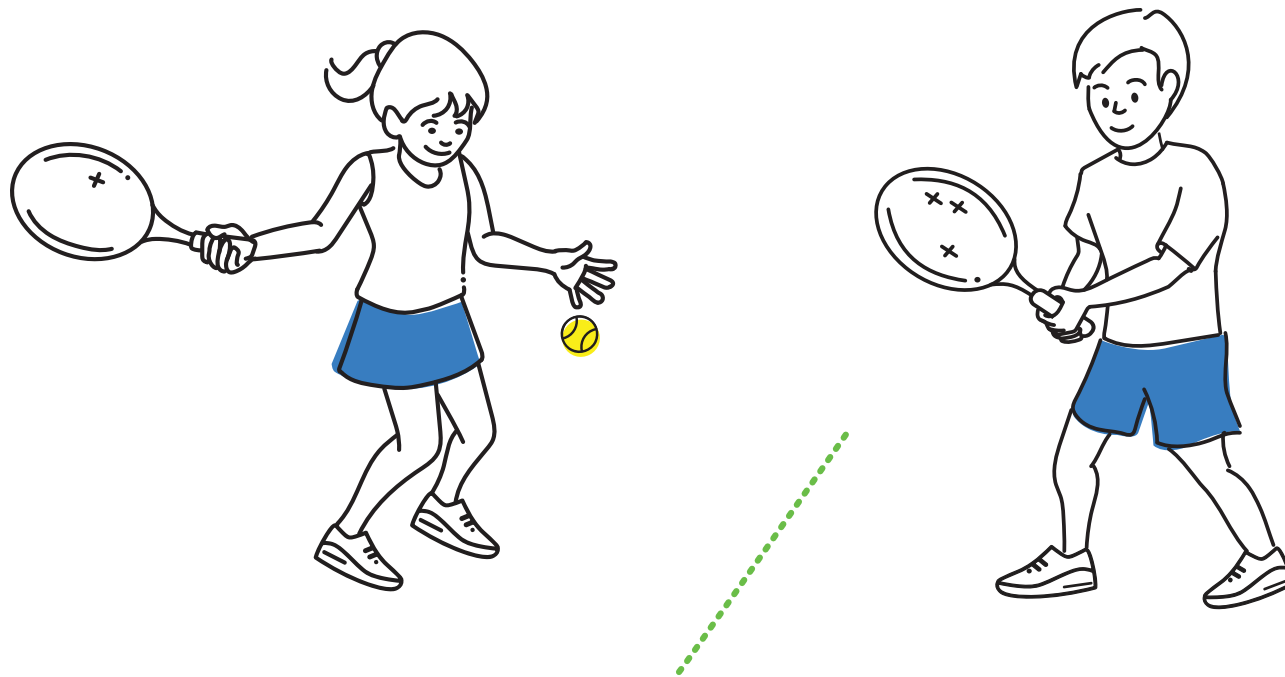


PARTNER RALLIES OVER LINE

- Partners work together with a line or jump rope between them to serve as an imaginary net. They bounce and hit the ball back and forth. To start the rally, students should start close, match up the racquet faces, and take two steps back. Have students try and set the “world record” for longest rally.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One foam, or red felt ball per two students

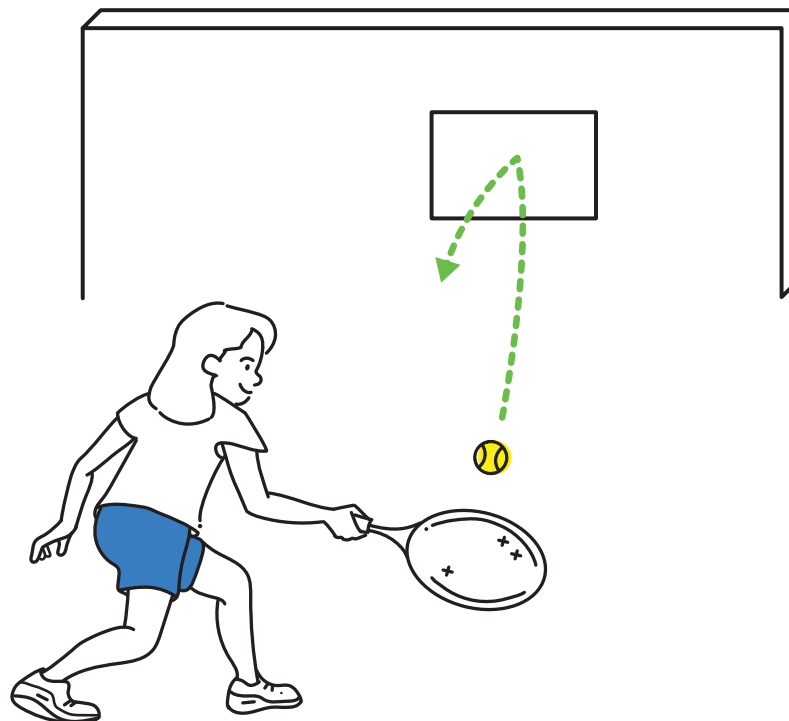


WALL RALLIES

- Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually, in pairs, or in teams.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One ball per student, pair, or team

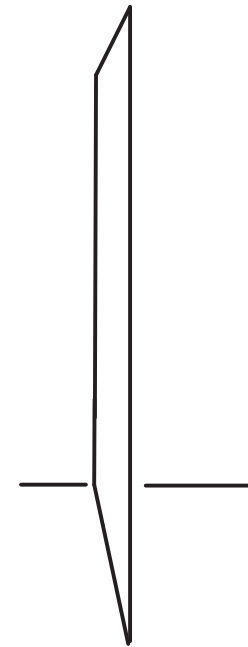
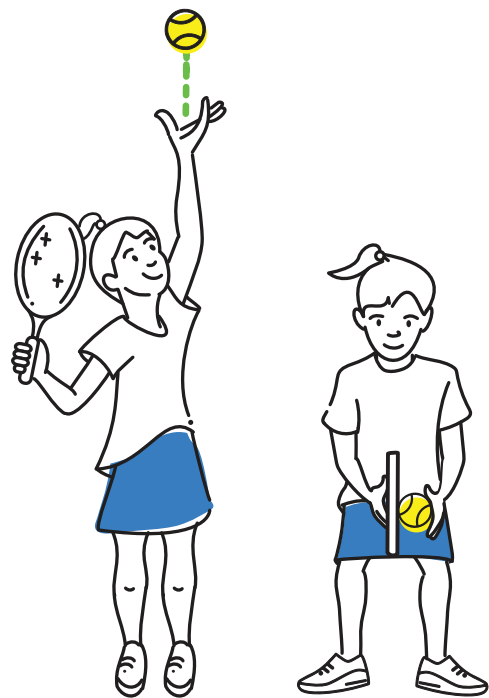


SERVE AND TRAP

- Students serve the ball at the wall and trap the rebounding ball on the racquet strings. Students should hit the ball in a controlled manner in order to successfully trap the ball. This activity can also be done with partners serving and trapping the ball to each other.
- Cues: Hammer grip serve, shake hands grip forehand.

EQUIPMENT NEEDED

- One racquet per student
- One ball per student



SHORT COURT TENNIS

- Students rally and play over makeshift or portable nets incorporating the different skills they learned from each of the stations.
- Cues: Shake hands grip for forehand, hammer grip for backhand, volley, and serve.

EQUIPMENT NEEDED

- One makeshift or portable net
- One racquet per student
- One ball per two or four students

