123Tennis Instructor Guide

By Patricia Theriault
Flexible Lesson Plan Checklist

[✓] Player Introductions, page 5
Welcome the players. Games to introduce each other and learn about each other. A good time to take attendance, make announcements and explain what skills will be worked on.

Number Grab 123

[✓] Warmup Drills, page 8
Dynamic warmup drills to warmup all muscle groups. Players focus, get moving and ready to learn. A standard warmup is suggested and provided.

Warm up 123

[✓] Tennis Progressions, page 10
Teaching players and developing specific tennis skills. The progressions are the tennis curriculum along with skills that reinforce math.

Toss & Catch 2

[✓] Games, page 33
Players play games and relays as they work on the FUNdamentals of tennis along with math.

High Five 123

[✓] Cheer, page 60
Time to review or recap what was worked on. Thank the players for coming and make announcements. After the cheer, players leave with a smile!

All players and instructions put their hands in the middle of a circle and shout "We Love Tennis" as they move their hands out of the circle.
[23] NUMBER GRAB 123
One Ball per Player

1. **Instructor** has players form a circle/circles.
2. Players are sitting down with legs crossed.
3. **Instructor** places balls in the middle of the circle.
4. **Instructor** calls “go”— on “go”— players run and get a ball then back and sit down.
5. **Instructor** goes around circle and each player says their name, the number on their ball and takes away ten from the number on their ball.

Adaptation/Variation: Use different increments.

[24] NUMBER INTRO 123
One Ball per Circle

1. **Instructor** has players form a circle/circles. Players are standing up, holding hands next to each other.
2. **Instructor** has players drop their hands and sit down with their legs crossed about two feet apart.
3. **Instructor** hands a ball to a player in each circle to start.
4. All players have both hands on the floor palms up facing in front of them ready to catch a rolled ball.
5. **Instructor** (and players with a ball) start by saying their name and the number of consonants they have in their first name and they roll the ball with their dominant hand to another player. (Example — My name is Pat and I have two consonants.)
6. The player that the ball is rolled to catches the ball with both hands and play continues until all players have a turn.

Adaptation/Variation: Players use their last name. Players can say total vowels and consonants. Players can say number of vowels. Use more than one ball at a time.
WARMUP 123
One Ball Per Pair

1. Instructor pairs up players.
2. Player whose first name has the most letters selects a ball.
3. They are Player 1.
4. Players 1 are on one side of a net or designated line/area and Players 2 are on opposite side of net or designated line/area.
5. Players are spread out and facing each other.
6. Instructor calls out a movement – like run and all players run to the designated area/line (middle) – high five with their partner then return.
7. Instructor calls out another movement – like arm circles and players use arm circles to go to the designated area/line (middle). This time player 1 (player with the ball) says the number on the ball as they reach each other, hands the ball to their partner and they return.
8. Instructor calls out next movement and players do that movement to the net or designated line/area. (middle) This time player 2 (player with the ball) says the next number in sequence, hands the ball to their partner and they return.

Adaptation/Variation: Players can start closer or farther back. Movements can be easier or harder. Movements can be with racquet or racquet/ball. Use multiplication or counting by different increments.

Movements: High knees, skip, gorilla walk, jog with arm circles, side shuffle, lunges, etc.

SHUFFLE 123
Two Balls

1. Instructor has all players lined up along a line next to each other — about three feet apart.
2. Instructor faces the players holding one ball in each hand.
3. When the Instructor extends left arm out to the side — players shuffle to that side.
4. When the Instructor extends right arm out to the side — players shuffle to that side.
5. When the Instructor extends arms forward or backward — players shuffle forward or backward.
6. As the Instructor is extending arms and players are shuffling - players are singing the ten little tennis players song while shuffling.

(One little, two little, three little tennis players, four little, five little, six little tennis players, seven little, eight little, nine little tennis players, ten little tennis players now).

Adaptation/Variation: Cross over step, frog leaps, jumps.

Speed or direction change is quick and based on players’ ability.
[ 7 ] Toss & Catch 1

UNDERHAND TOSS — BOUNCE — CATCH & ROLL BACK 123
One Ball, One Racquet per Pair

1. All players are lined along the baseline of court 1. Instructor pairs up the players. Player 1 selects a ball. Player 2 selects a racquet.

2. Players 1 & 2 are facing each other six feet apart. Player 2 places the racquet on the ground in the middle space between Players 1 & 2.

3. Player 1 tosses the ball underhand with dominant hand and head height arc to bounce on the middle of the racquet on the ground then to Player 2. (Player 1 moves opposite foot forward while doing the toss). Player 2 catches the underhand tossed ball. Player 2 rolls the ball back to Player 1.

4. After the players have tried a few times, Instructor tells the players: As Player 1 starts the first underhand toss, Player 1 states if the number on the ball is prime or infinite (prime numbers are not divisible like 3 — 7 — 11). When Player 2 rolls back the underhand tossed ball, Player 2 must take two away from that number and they continue taking two away in sequence.

5. After a set number of times — players switch roles.

Adaptation/Variation: Players can move closer or farther away depending on players’ ability. Change the subtraction number.

[ 8 ] Toss & Catch 2

UNDERHAND TOSS — BOUNCE — MOVE — CATCH & UNDERHAND TOSS — BOUNCE — MOVE — CATCH 123
One Ball, One Racquet per Pair

1. All players are lined along the baseline of court 1. Instructor pairs up the players. Player 1 selects a ball. Player 2 selects a racquet.

2. Players 1 & 2 are facing each other six feet apart. Player 2 places the racquet on the ground in the middle space between Players 1 & 2.

3. Player 1 tosses the ball underhand with dominant hand and head height arc to bounce to the left or right of Player 2. (Player 1 is aiming for Player 2 left or right foot).

4. Player 1 moves opposite foot forward while doing the toss. Player 2 catches the bounced ball.

5. Player 2 tosses the ball underhand with dominant hand and head height arc to bounce to the left or right of Player 1. (Player 2 is aiming for Player 1 left or right foot).

6. Player 2 moves opposite foot forward while doing the toss. Player 1 catches the bounced ball.

7. After the players have tried a few times — Instructor tells the players: As Player 1 starts the first underhand toss, Player 1 states if the number on the ball is prime or infinite (prime numbers are not divisible like 3 — 7 — 11). When Player 2 underhand tosses back the ball, Player 2 says whether the next number in sequence is prime or infinite.

Adaptation/Variation: Players can move closer or farther away depending on players’ ability.
HIGH FIVE 123
One Ball per Pair

1. **Instructor** pairs up players.
2. Player 1 selects a ball.
   Players are lined up facing their partners about six feet apart (across from net if available). Pairs are lined up behind each other so as one pair starts and moves the next pair is ready to move.
3. Pairs move together with a side shuffle underhand tossing the ball back and forth as they move from side to side down the line.
4. As the pairs move together with a side shuffle, “high fiving” with both hands, they are counting by tens from the number on their ball, as they move from side to side down the line.

**Adaptation/Variation:** Ball toss — let bounce as down line. Adjust distance based on players’ ability.

HOT NUMBER 123
One Ball

1. **Instructor** has players form a circle/circles. **Instructor** asks one player to select a ball.
2. Player 1 starts to pass the ball around the circle.
3. When **Instructor** says “**Hot Number**,” the player who has the ball must say the number on the ball and add ten to that number.
4. The player who has the ball starts the passing and play continues. The next player that has the ball when “**Hot Number**” is called adds ten to the last number called.
5. Play continues with adding tens.

**Adaptation/Variation:** Player 1 and the **Instructor** keep passing balls so when “**Hot Number**” is called more than one player will have a ball. Use different increments.