Tennis

- **Skill 1 – Layout of the court lines**
  - Service Line
  - Serving box
  - Single and double lines

- **Skill 2 – Scoring**
  - Love = 0
  - 15, 30, 45 Game
  - Named for the hands of a clock! 12:00 is Love, 3:00 is 15, 6:00 is 30 and so on.

- **Skill 3 – Grip**
  - Forehand
    - Lay the racquet on the ground
    - Pick it up like you pick up a frying pan at the handle
  - Backhand
    - Hold the racquet horizontally
    - Grip the racquet like you grip your bicycle or motorcycle handles

- **Skill 4 – Stance**
  - Ready Position
    - Feet shoulder width apart
    - Hold the racquet in forehand position
    - Slight bend in the knees
    - Practice side stepping, stay on your toes so you are ready to move left or right whichever side the ball comes to you

- **Skill 5 – Forehand Drill**
  - Standing sideways, racquet in forehand position
  - Pull the racquet back and swing forward connecting with the ball
  - Remember to follow through with the racquet in an upwards motion
  - Practice this skill 10 times

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**Equipment Needed:**
- To make an indoor tennis ball - 4 pieces of 8 by 11 1/2 inches & a rubber band
- Tennis racquet or frying pan
- Painters tape
- Wall
Tennis

- **Skill 6 – Backhand Drill**
  - Switch sides, racquet in backhand position
  - As you bounce the ball or someone tosses the ball to you
  - Pull the racquet back with two hands and swing forward connecting with the ball
  - Remember to follow through with the racquet in an upwards motion
  - Practice this skill 10 times

- **Skill 7 – Volley**
  - When the ball is hit to you
  - Approach the net
  - Holding the racquet in the forearm position,
  - Reach up and give the ball a small quick punch with the racquet at the incoming ball
  - Do not swing the racquet
  - When you punch the ball with the racquet there should be no follow through.
  - The idea is to give the ball a quick short punch to take the ball over the net and drop on the other side before your opponent can return it.
  - Practice the volley 5 times to the right of the court and 5 times to the left of the court

- **Skill 9 – Serve**
  - Standing at the service line, one leg in front of the other
  - Holding the racquet in forearm grip, pull your arm back (elbow bent)
  - Use the other hand to toss the ball up into the air
  - Swing the racquet over your head trying to connect with the ball before it hits the ground
  - The ball should be hit up and out so it goes over the net and bounces is the service box of your opponent
  - Keep your eyes on the ball
  - Practice this 10 times

- **Skill 10 – Contact Drills**
  - Dribble - Bounce the ball on the ground like you are dribbling a basketball except you are using the racquet
    - Remember to control the dribble so you are not chasing the ball
    - Perform this skill for 30 seconds
  - Popcorn – Place the ball on the racquet and bounce the ball into the air 15 to 20 inches into the air, continue to bounce the ball up and down.
    - Remember to control the height so you can stand in one place to do this

Quick note - A volley is when you hit the ball in the air and a rally is when you hit back and forth