

***Skills 2***  
***Class 3 of 4***  
***Groundstrokes- forehand and backhand***

**Equipment:** Ball Caddies, Colored circles, name tags

**Introductions - 5 Minutes**

1. Name
2. Say 1 rule or guideline
3. Remind participants to drink water when needed.

**Today's Line Up**

Warm-Up

Review Serve

Groundstroke Demo- forehand and backhand

Groundstroke Drill- forehand and backhand

Discuss Red, Yellow, Green Video

Dingles Game

Play

Cool Down

**Warm-up Stretches (See separate sheet) - 5 Minutes**

## SERVE

1. The serve starts every point. Try to place the ball in the back third of the court.

2. Types of Serves – Volley and Drop Serve

### Ask the class – What are the rules of the Serve - Instructor to Demo

1. Paddle contact of the ball must be below the waist. Volley Serve (Conventional Serve)

2. The head of the paddle must not be above the highest part of the wrist at contact. Volley Serve (Conventional Serve)

3. The server may hold the ball in the non-paddle hand, or drop the ball onto the paddle. Volley Serve (Conventional Serve)

4. At the time the ball is struck, the server's feet may not touch the base line or the outside imaginary extension of the sideline and centerline.

5. Score must be announced **before** contacting the ball. "0,0,2"

6. You have 10 seconds from when you announce the score to serve the ball. Take a breath – don't rush.

7. If the wrong score is called, the referee or any player may stop play before the return of serve to correct the score. It is a fault to stop play after the return of serve to identify or ask for a score correction. It is a fault to stop play to identify or ask for a score correction when the score was correctly called.

## **Serving Practice - 10 Minutes**

1. Place the ball caddy center court behind the baseline.
2. 4 players serving on court. After 5 Volley Serves rotate one position with 2 players on and 2 players off.
3. Repeat with Drop Serve.

## **GROUNDSTROKE**

Strongest shot. Goal is to hit a return serve deep back into the opponent's court. The higher, deeper and slower your return, the more time you will have to get to the NVZ.

## **Groundstroke – Instructor to Demo both forehand and backhand – 5 Minutes**

1. Ready position.
2. Transfer weight from back foot to front foot; heel of back foot should come off the ground.
3. Rotate hips on contact and follow-through.
4. Head down with your eyes on the ball, contact is made in front of you for both forehand and backhand.

## **Groundstrokes Practice - 10 Minutes**

1. Instructors/assistants to feed each player 5 forehands and 5 backhands.
2. Next player rotates in and repeat as above.
3. If time allows repeat above so each player gets 2 opportunities to return forehands and backhands.

## **Serve/Return Game - 4 Players on court - Place colored circle at back ½ of service area.**

1. Serve rotates as in a regular game.
2. If serve is deep, serving team earns a point. If it is not, serve will rotate.
3. If receiving team returns serve deep, they earn a point - even if serve was short.
4. Play stops after return of serve.
5. First side to 5 points wins and players rotate.

## **Discuss Red-Yellow-Green Video Also called Attack When You See THIS not That.**

<https://youtube/VDtNk8JjDO0>

Red - Ground to knee. If ball is in this zone it is unattackable - soft dink back.

Yellow - Knee to belly button. Caution - Make a decision to dink or volley.

Green - Belly Button and above. Attackable. GO FOR IT!

## **Red-Yellow-Green Drill**

4 players on the court. Dink/Volley with the person across from you. Decide as the ball is coming to you if it's in the Red-Yellow-Green zone and what you should do.

## **Play a Game of Dingles**

4 players are on the court. Play as a regular game, but all players “serve” from the NVZ line. First 4 hits must be dinks, then any shot is acceptable. Again think about whether you should attack the ball or not after the first 4 dinks.

## **Play – 20 Minutes - Remind Players to:**

1. Soft dinks – Hit soft returns & play a dinking game instead of back court hard/long hits.
2. Paddle ready – Knees bent, paddles up, eye on the ball, weight over balls of feet.
3. Communicate –During play, talk with your partner, “mine”, “yours”, “watch”, etc. and also encourage each other.
4. Shuffle – Make sure all players are shuffling to where the ball is on the court.
5. Middle- Cover the middle
6. Position: Stay out of no man's land.

## **Review/Questions:**

Summary review of today's lesson, answer any questions. Practice;)

## **Cool Down Stretches (See separate sheet) – 5 Minutes**