***Skills 1***

***Class 2 of 4***

**Equipment: Ball** Caddies, Nametags

**Introductions - 5 Minutes**

1. Each student asks a question or states a rule/guideline they have learned.
2. Remind students to take water breaks when needed.

**Today’s Line-up**

Dinking - Review with footwork

Dinking Game with score keeping

Groundstroke Video Review and Demo

Groundstroke - forehand and backhand

Serve Review - Volley and Drop

Serve and Return of Serve Drill

Play to practice skills learned: dinking, ground strokes, serving, scoring

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

**Review: Dinking & Keeping Score - 5 min.**

As you demo the dink, you will model the correct form and footwork, and students will mirror what you are doing. Assistants will check for: continental grip, proper stroke form, and return to ready position.

1. Slows game down from slammers – soft game.
2. Goal – Ball over the net and into the opponent's NVZ area.
3. **Bend your knees and be in ready position**.
4. Swing from the shoulder.
5. Make contact with the ball in **front** of you.
6. Watch the ball and follow through.
7. Return to ready position.

Ask what the correct order is for saying the score - serving team’s score, opponent’s score, server number. What is the score at the beginning of a game?

(Zero-Zero-2 since there is an advantage for the team that serves first.)

**Dinking Game incorporating dinks and scoring– 15 Minutes**

***Reminder:*** "Ready position", light grip, shuffle feet, keep eye on the ball ALL THE WAY TO PADDLE, no backing up, shoulder movement - low/high, weight on pads of feet, control, patience.

1. Dink to each other as though playing a game. Use forehand and backhand. Start scoring the game with 0-0-2. 4 Players on court.
2. The first team to 5 points wins, or 5 minutes, whichever is shortest, then rotate in new players.

Player’s practice scoring with help of trainers, ball must bounce before it’s hit in the No Volley-Zone, NVZ line is “out” on the dink serve, the ball is out if it goes past NVZ.

**Introduce Groundstrokes Forehand & Backhand**

Generally strongest shot. Objective is to hit it deep with some arc – gives more time to get to NVZ.

Discuss video on Groundstroke- forehand

**Groundstrokes - Instructor to Demo - 5 Minute**

1. Foot work first – Move the feet BEFORE swinging paddle. Move to where you see the ball coming to.
2. Weight – Weight on balls of feet, with transfer weight from back foot to front foot. Back foot heel comes off the ground.
3. Grip – A harder grip for a farther return of the ball.
4. Shoulder /Hips – Rotate to be open face to the net as a swinging paddle to return the ball. Rotate hips on contact and follow-through
5. Make contact with the ball in **front** of you.
6. Follow Through – Swing continues to opposite shoulder as follow through before resetting to ready position.

**Groundstrokes Practice - 10 Minutes**

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

**Review: Serve**

**Serve – Volley and Drop - Instructor to Demo – 5 Minutes**

1. Closed or semi-open stance.
2. Use your whole body. Weight transfer to back foot to front foot.
3. Grip about 8 out of 10
4. Smooth swing with follow through to opposite shoulder.
5. Compact backswing starting at back hip.
6. **Drop serve** – Ball must be dropped, not bounced.
7. Full score must be announced, 0-0-2.

**Serve & Return of Serve Drill - Practicing Groundstrokes– 15 Minutes**

1. Two players serving on one side of the court (where the ball caddy is located) to two players returning serve on opposite side.
2. Rotate each person clockwise after 5 serves to practice from each of the four positions. Then rotate next group in.
3. Players not serving or returning should shag balls to keep them off the court.

**Play - 40 Minutes - Coach During Play to:**

1. Court Placement – Explain where players are to be as serving and receiving side – importance of not creeping up, **Two Bounce Rule**!
2. Paddle ready – Weight over pads of feet; knees bent; paddle up; eye on ball.
3. Communicate – During play, talk with your partner, “mine”, “yours”, “watch”, “bounce it”; also **encourage and compliment** each other.

**Review/Questions:**

Summary review of today’s lesson, answer any questions.

Homework – continue to practice one or two times a week with classmates or on the practice board.

Watch week 3 videos via the website.

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