

Skills 1
Class 2 of 4
Groundstrokes

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 - Video Review and Demo

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 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

<https://youtu.be/YHjdSLwZCuU?si=u6Lu7U0TFsQQcGZ>

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 play one or two times a week with classmates or on the practice board

Cool Down (See separate sheet) – 5 Minutes