



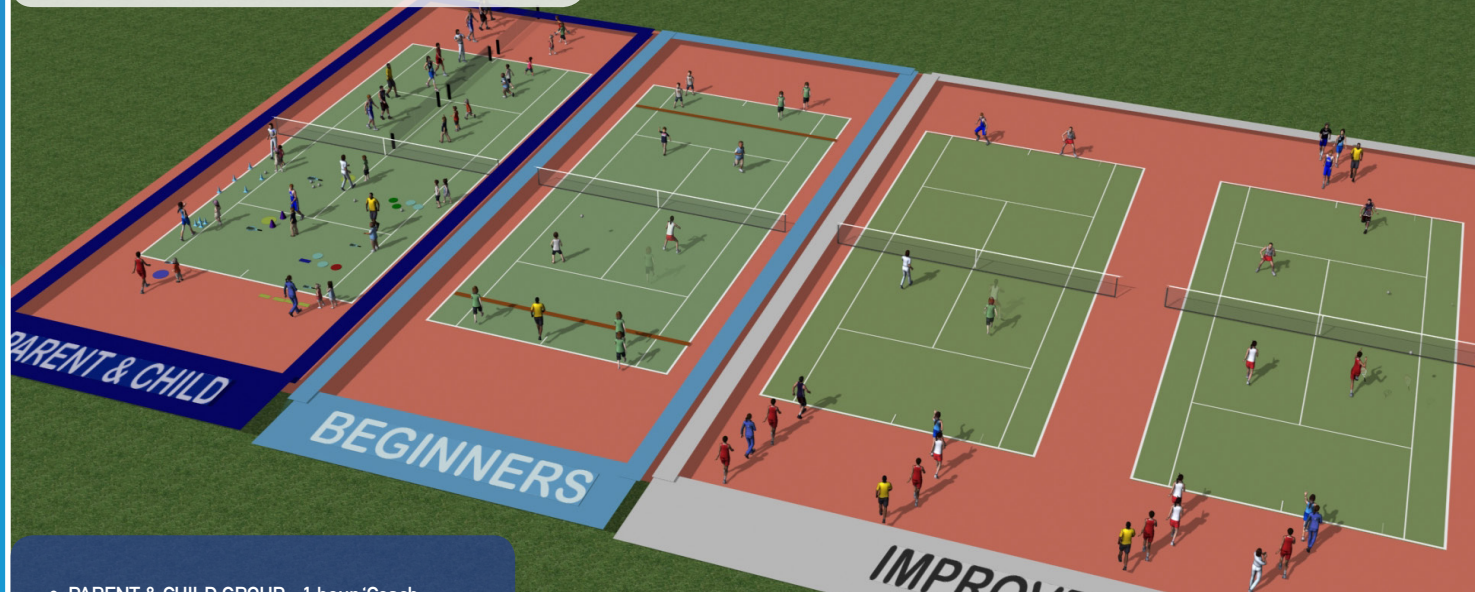
drills

& games

SESSION STRUCTURE CARDS

P A R E N T & C H I L D

SESSION STRUCTURE



- PARENT & CHILD GROUP - 1 hour 'Coach Led' session with the court and equipment available for an additional 30 mins afterwards for parents to play with their children.
- BEGINNERS - 1 hour session suited to players who aren't able to rally on a full size tennis court. Session uses low compression balls.
- IMPROVERS+ - 1 hour session for players who are capable of rallying on a full size tennis court with normal tennis balls. A 30 min OPEN PLAY session features after the session.



SESSION STRUCTURE

PARENT & CHILD SESSION

This session requires the direct assistance of the Parent/Carer of the child(ren) that they bring to the session. The session is 1 hour in length and should feature a variety of different exercises and games for the parents & children. Below is an example structure:

Coach introduces session, takes register and introduces some basic racket and ball skills that get progressively harder.

1

Intro & Ball Skills (15mins)

A circuit of fun skills stations made out of the various in-session training aids (cones, lines, spots...etc)

2

Fun Circuit (15mins)

Parent feeds balls at appropriate level to child(ren) who hit either groundstrokes or volleys (floor rallies if child is not capable of feed & hit).

3

Feed & Hit (15mins)

Bringing the full group together to run some group games (Prison Break, Rollo, Cross the River, Tidy your Room...etc)

4

Group Games (15mins)

An unsupervised period to allow parents/guardians to utilise the equipment and stations.

5

Open Play (30mins)

An unsupervised period to allow parents/guardians to utilise the equipment & stations



PARENT & CHILD

FUN CIRCUIT - OVERVIEW



Overview

The Fun Circuit should be built into a 15min time block and feature a variety of fun skills stations featuring the various cones, lines and spots that are available.

Use your imagination and experience to create a range of engaging stations that develop the child's skills and movement or use TFF's ready made stations and print out the station cards which can be used as information cards laid out by the stations.

Set up & Introductions

It's important that the Fun Circuit is laid out before the start of the session and should be introduced station by station to the parents and their children before the circuit starts. Ready Made circuit station cards can be printed off and laminated to be used as station information cards located around the various stations.

Levels & Progressions

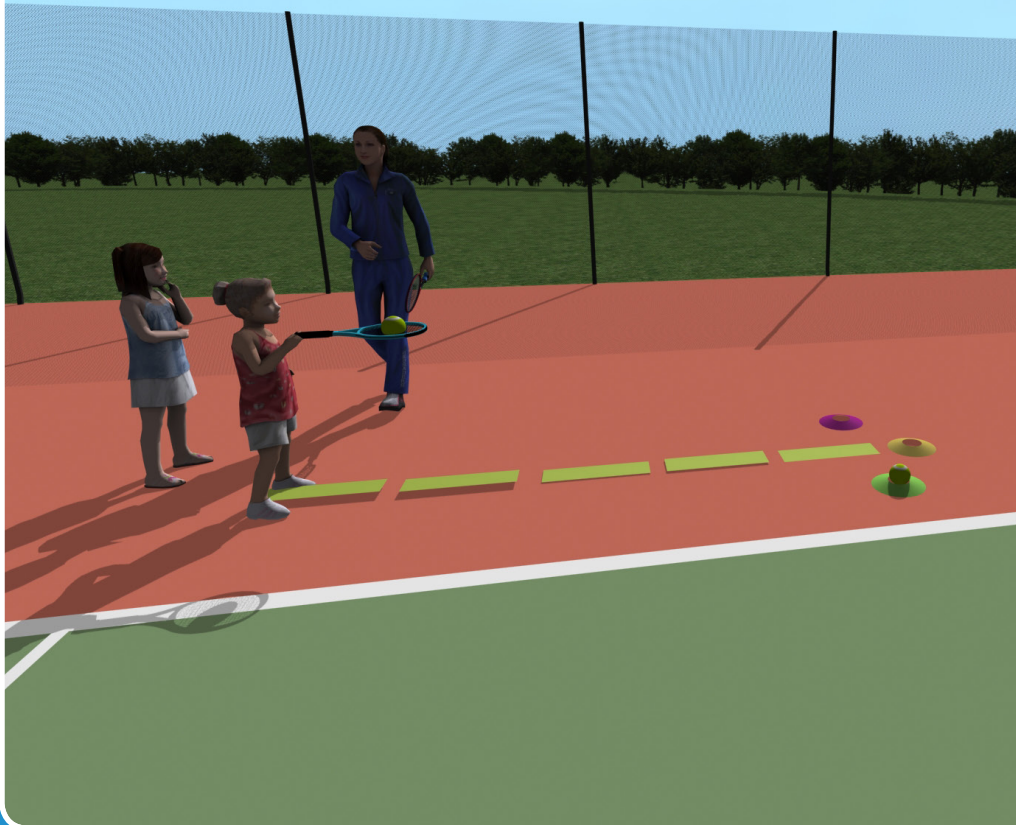
Each station should feature a few levels of difficulty to allow for the difference child skill level and ability.

It's important to explain the different levels and progressions for the different stations in the Fun Circuit Introduction.

Other Considerations

Be sure to have safety in mind at all times when designing a Fun Circuit. Even though parents will be with children for the stations, it's important that the gaps between circuits are safe and that ball hitting stations are directed to fence or away from other stations

FILL THE ARROW (FUN CIRCUIT STATION)



Overview

An arrow shape is laid out on the floor with line markers and 3x open cones. The purpose of the station is FILL THE ARROW with three balls whilst not touching the court floor (can only step on the line markers).

LEVELS

Level 1 - BALANCE & PUT

Child balances ball on racket and walks across the markers and then picks up ball off racket and places on a cone. Child then walks back along the lines to collect another ball to repeat.

Level 2 - BALANCE & PLACE

As above but child must try to place the ball from the racket onto a cone without using their hands (transferred via the racket).

Level 3 - BOUNCE & PLACE

Child will bounce ball on racket whilst walking along lines to the cones and will place the ball from their racket onto a cone.

Level 4 - HOP, BOUNCE & PLACE

Child hops on one leg along the lines whilst balancing or bouncing the ball and is required to place the ball on the cones without touching the ball.

Scoring Examples

- 1 point for walking along line without touching floor.
- 1 point for getting ball on a cone.

GOALIE (FUN CIRCUIT STATION)



Overview

Goalie is a popular Fun Circuit station and should be located by a fence with tennis tape or barrier tape marking a goal area (line markers can also be used by weaving them between fence holes). Upright fence posts can be used as the goal uprights.

DIFFICULTY LEVELS

Level 1 - OPEN GOAL

Parent drops ball for child to try to hit into Open Goal (or scrape ball on floor into the open goal).

Level 2 - DROP GOAL

Child drops the ball themselves and tries to hit into the goal with the Parent as Goalie.

Level 3 - FEED GOAL

Parent will feed the ball by hand (underarm) from their goal position. The child will try to hit the feed into the goal.

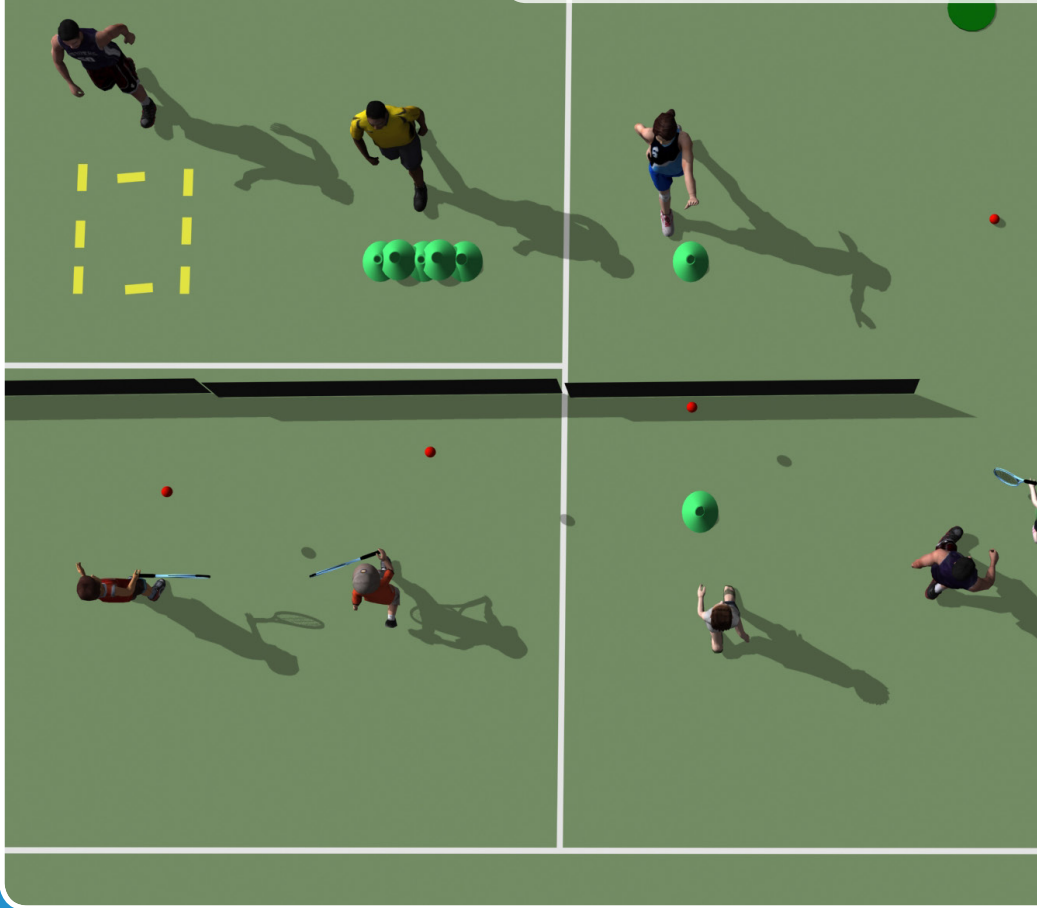
Variations

- Parents can become hitters and child as goalie with parents hitting soft shots into the goal area to promote movement and hand eye skills.
- Child should be encourage to hit from different positions and further away or closer to make harder or easier.

Safety Considerations

Game should **ONLY** be played with mini red or sponge balls.

TARGET ZONE (FUN CIRCUIT STATION)



Overview

The Target Zone on the Fun Circuit is a series of skills stations that are centred around target hitting.

Target Zone Exercises

HIT ZONE (with or without mini net)
Hit Zone features a marked out square for the child to either throw the ball into, drop hit into or hit from a feed into the zone. Child scores a point for each successful zone hit. Parent should be encouraged to match the method of zone hit based on child ability.

WALL BREAKER (with or without mini net)
Wall Breaker features a 5 cone stacked wall. The child tries to knock the wall down from either a throw, drop hit or feed hit onto the wall. 1 point scored for each cone that is knocked out of position.

CONE COUNT (with or without mini net)
A parent & child team game whereby a point scored each time either parent or child hits the opposite cone from an underarm throw. Score is considered a team score of parent & child total hits.

TENNIS GOLF

Child starts with ball a long distance from the spot marker. Child then scrapes racket along the ground to hit ball with the aim of having as few hits as possible for the ball to pass over the spot. Game can be made more difficult by requiring the child to land the ball on the spot (rather than simply touch it).

MOVEMENT ZONE (FUN CIRCUIT STATION)



Overview

The Movement Zone on the Fun Circuit is a series of stations based on improving agility, footwork, speed and reactions.

Movement Zone Exercises

THE LADDER

Using a rope ladder or a ladder shape made from line markers, the purpose of this station is for the child to step inside and outside each segment of the ladder without touching the ladder or line itself. A variety of different movements should be demonstrated.

STRETCH & PLACE

Stretch & Place requires the child to reach low and lunge to grab the ball with the cone on it and stretch to the opposite side to place the ball on the opposite (empty) cone. Child should get to the opposite end with all of the balls on the opposite cones and repeat again. Parent can optionally time record the exercise.

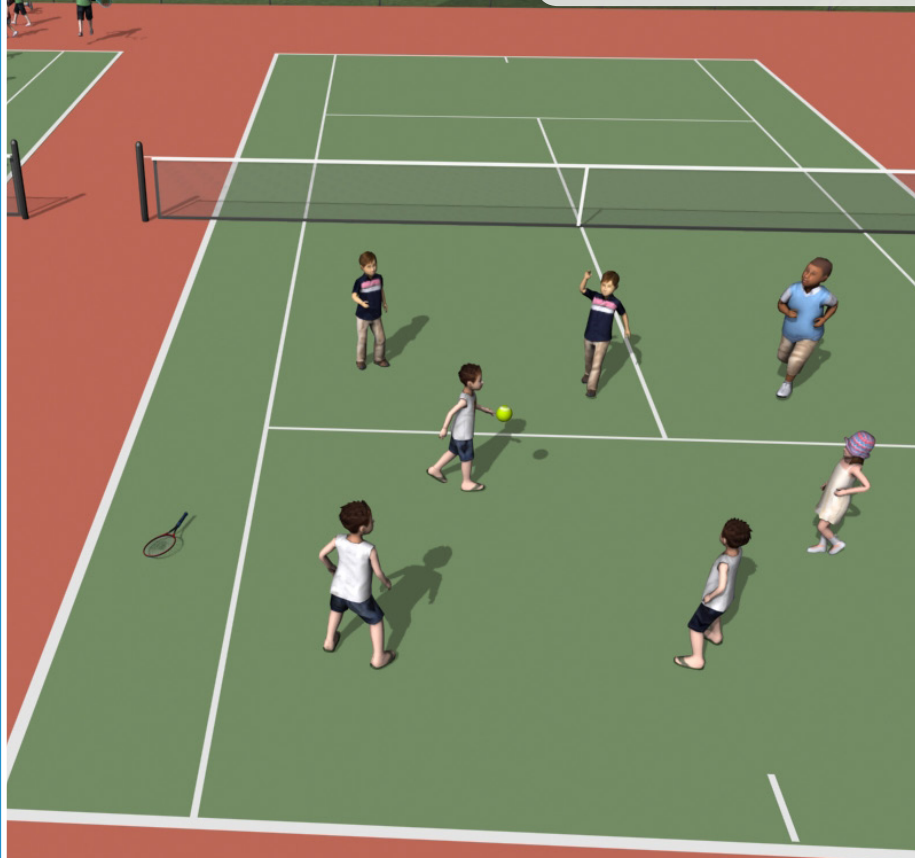
VOLCANOES & VALLEYS

A parent & child game against each other whereby the parent has to have the cones turned upside down (valleys) and the child turn cones upright (volcanoes) or vice versa. Parent can count to 20 and call 'stop' and count the number of volcanoes and valleys to determine the winner.

STEPPING STONES

Stepping Stones requires children to jump from one spot (stepping stone) to another without touching the court. Child should try to step on all of the stepping stones. Parent goes around moving the stones to make them more difficult to reach.

HANDBALL (P&C GROUP VERSION)



Overview

Handball involves participants being organised into two teams. Two tennis racquets are placed in the opposite tramlines on each side of the court (at the same end). The aim of the game is for each team to land the ball on any part of their target team tennis racquet (which will be on the opposite side to their starting position) to score a point.

The game involves players passing the ball between each other, but the player in possession of the ball must remain still whilst team mates can move as much as they want to get into positions to receive the ball. Teams score a point for each 'contact' they make with the ball on the racquet as a result of an underarm throw. Players without the ball are free to move wherever they like.

In this Parent & Child group version of the game, parents can join in the game with their children but a parent with the ball cannot pass to another parent on their team and a popular rule is that only a child can be allowed to score.

Key Considerations

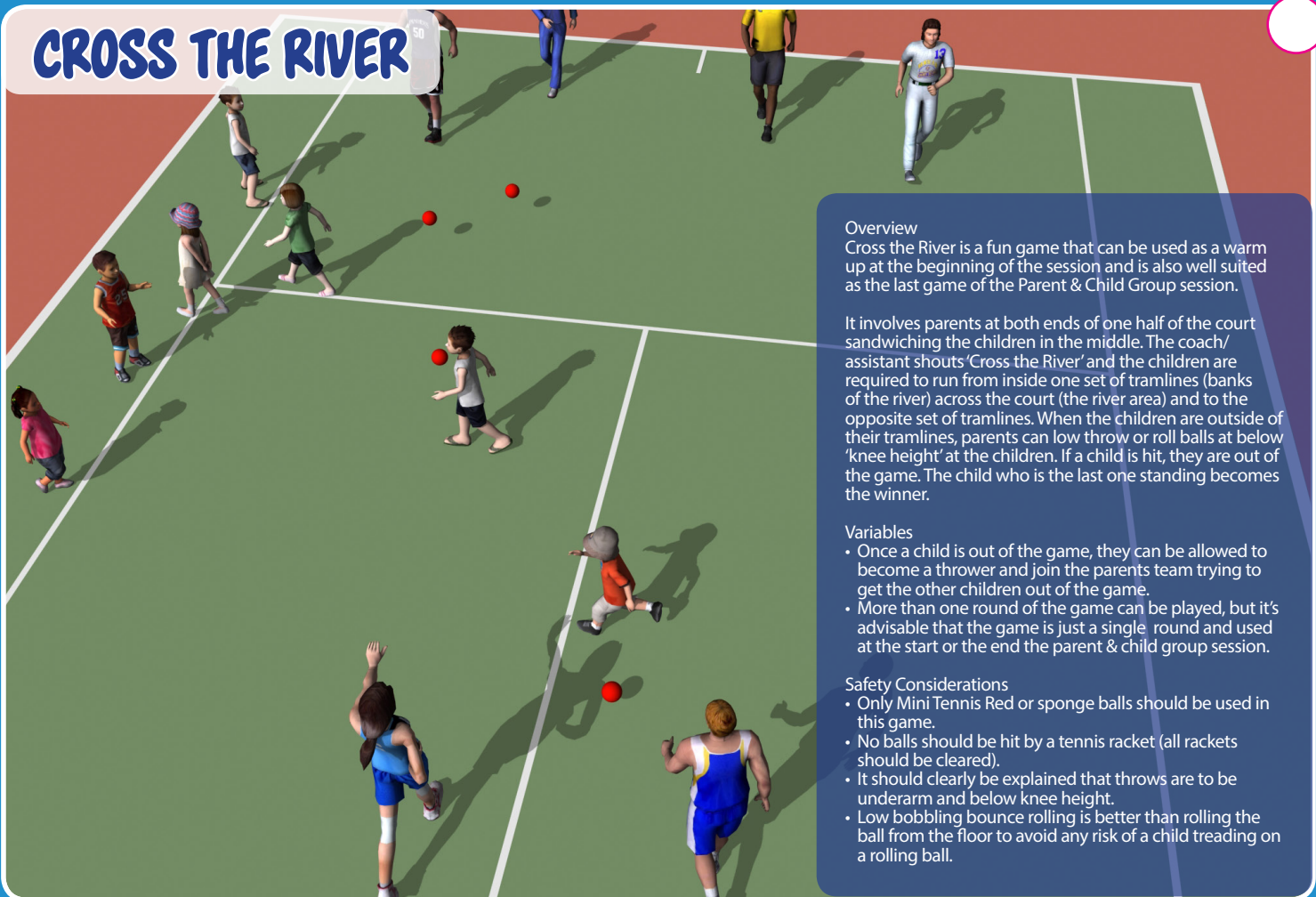
- The ball must be passed using under-arm throws only. The ball thrown to attempt to hit the racquet must also be thrown under-arm.
- Coaches / Leaders should try to engineer that all participants are active in the game. Parent players can help engineer this environment.

Safety Considerations

- Coach / Leader should emphasise the importance of no over-arm throws. This is because players tend to get over competitive with over-arm throwing and the speed of the ball when being passed can become a safety risk.
- Players should be told to be careful not to tread on the racquets whilst playing then game.

CROSS THE RIVER

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Overview

Cross the River is a fun game that can be used as a warm up at the beginning of the session and is also well suited as the last game of the Parent & Child Group session.

It involves parents at both ends of one half of the court sandwiching the children in the middle. The coach/assistant shouts 'Cross the River' and the children are required to run from inside one set of tramlines (banks of the river) across the court (the river area) and to the opposite set of tramlines. When the children are outside of their tramlines, parents can low throw or roll balls at below 'knee height' at the children. If a child is hit, they are out of the game. The child who is the last one standing becomes the winner.

Variables

- Once a child is out of the game, they can be allowed to become a thrower and join the parents team trying to get the other children out of the game.
- More than one round of the game can be played, but it's advisable that the game is just a single round and used at the start or the end the parent & child group session.

Safety Considerations

- Only Mini Tennis Red or sponge balls should be used in this game.
- No balls should be hit by a tennis racket (all rackets should be cleared).
- It should clearly be explained that throws are to be underarm and below knee height.
- Low bobbling bounce rolling is better than rolling the ball from the floor to avoid any risk of a child treading on a rolling ball.

CONE BOMBER (FUN CIRCUIT STATION)



Overview

Cone Bomber is a two player game (either Parent v Child or two children) with aim being to hit the opponents cones. Once a cone is hit, it is turned over to indicate that it is no longer in play.

LEVELS / PROGRESSIONS

The game can be played at a variety of different levels matching the standard of the players. Parent / Carer should suggest a level for their child(ren) and adjust based on their ability.

Level 1 - Player throws ball directly at a cone to try to hit it (either under-arm or over-arm).

Level 2 - Player aims at middle racquet from an over-arm throw to try to get ball to hit middle racquet and bounce off to land ball on a cone in order to hit it.

Level 3 - Player uses racquet to try to hit ball directly onto a cone.

Level 4 - Player uses racquet to try to hit ball onto middle racquet to then bounce on a cone.

Typically Level 1 and Level 2 are the levels at which this game is played at. Levels 3 and 4 are often adopted by participating parents / carers who compete in the game.

Scoring System

Player with most cones turned over is the winner.

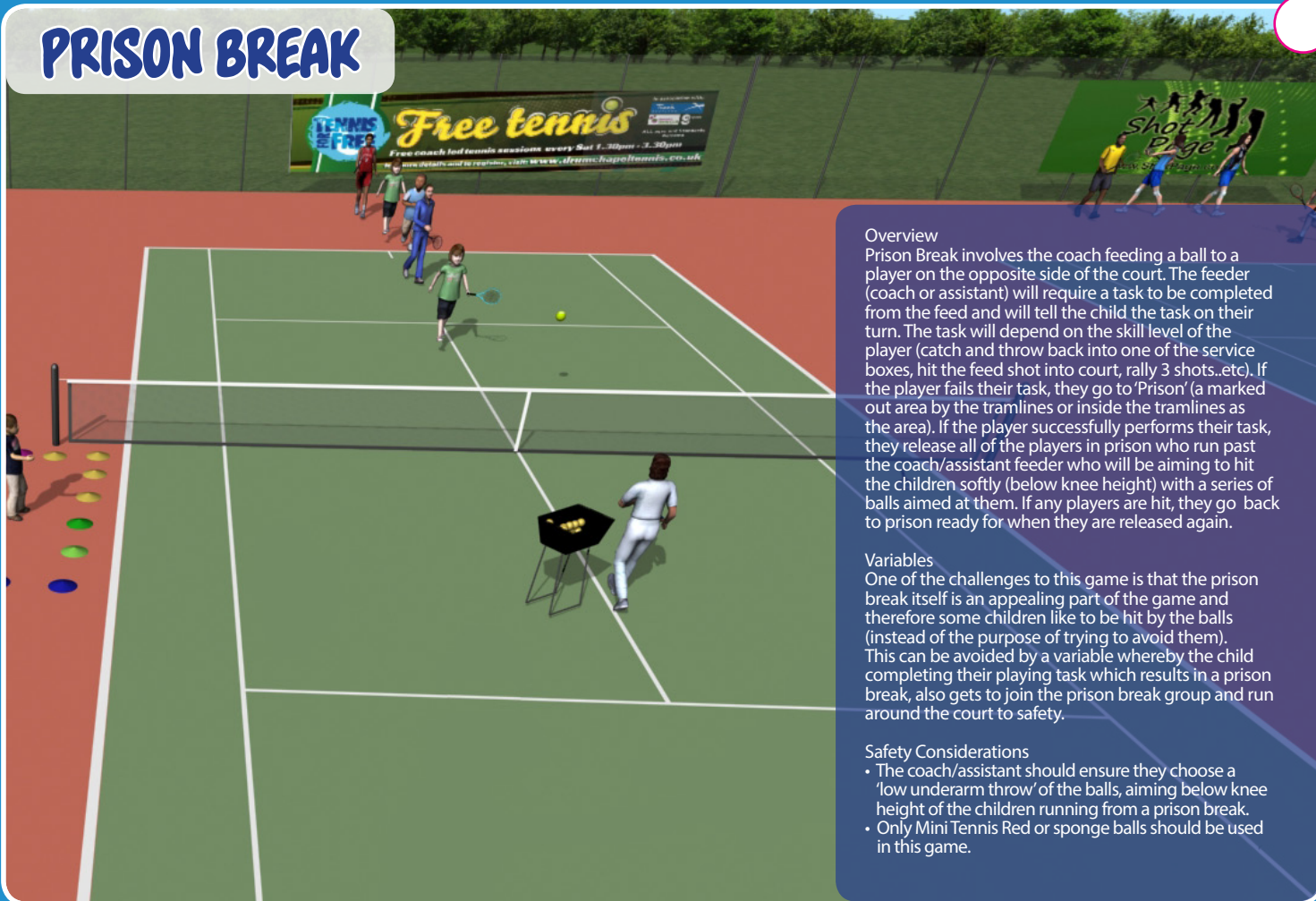
Other Considerations

Moving closer or further away from the cones and therefore manipulating the playing area is an option to change difficulty level.

EQUIPMENT

- 1x Racquet to bounce balls off (in middle between cones).
- 2x Racquets for optional ball hitting
- 8x Cones

PRISON BREAK



Overview

Prison Break involves the coach feeding a ball to a player on the opposite side of the court. The feeder (coach or assistant) will require a task to be completed from the feed and will tell the child the task on their turn. The task will depend on the skill level of the player (catch and throw back into one of the service boxes, hit the feed shot into court, rally 3 shots..etc). If the player fails their task, they go to 'Prison' (a marked out area by the tramlines or inside the tramlines as the area). If the player successfully performs their task, they release all of the players in prison who run past the coach/assistant feeder who will be aiming to hit the children softly (below knee height) with a series of balls aimed at them. If any players are hit, they go back to prison ready for when they are released again.

Variables

One of the challenges to this game is that the prison break itself is an appealing part of the game and therefore some children like to be hit by the balls (instead of the purpose of trying to avoid them). This can be avoided by a variable whereby the child completing their playing task which results in a prison break, also gets to join the prison break group and run around the court to safety.

Safety Considerations

- The coach/assistant should ensure they choose a 'low underarm throw' of the balls, aiming below knee height of the children running from a prison break.
- Only Mini Tennis Red or sponge balls should be used in this game.

BATTLE STATIONS (P&C GROUP VERSION)

Overview

Prison Break involves the coach feeding a ball. The Parent & Child version of Battle Stations uses large targets (typically racquet head covers or bags) that are labelled as enemy battle stations. The game involves all players at the same end of the court trying to hit the battle stations at the opposite end of the court. These targets will be plentiful and well spread out across the court. The idea of the game is that the players compete as a whole team to try to hit the target battle stations and when doing so, the hit targets are removed from the court and thus the available targets to hit, get less and less. In this Parent & Child group version of the game the Coach / Leader will assess the ability level of the child to determine how the ball is sent over the net at the target. For example, weaker players can be allowed to throw the ball at the targets. Slightly better players can drop hit balls over. Stronger players can have a ball feed which they hit back over the net at the targets. When targets are scarce, the final rounds can allow all players the option of throwing at the targets.

Key Considerations

- Coach / Leader can instruct a parent to feed a 2nd queue to allow the queues to move quickly.
- Parents can be instructed to collect balls and roll back into the net (and remove a target if a shot hits a target).
- When the 'throwing' rounds start, the basket of balls should be taken around the opposite side of the court and players pick up a ball when it is their turn to throw a ball at the targets.
- Parents can be allowed to play too in the latter stages to try to clear the targets.
- When players run around the opposite side of the court to collect spare balls, they should be told to keep an eye on the players hitting their shots to protect themselves on being hit from any shots from the opposite end of the court.



ROLLO (P&C VERSION)

Overview

The Parent & Child version of Rollo is similar to the beginner group version of the game with the main differences being that parents can take part in the game alongside their child(ren). The parent role is to help their child compete in the game. A child can 'hit' the ball with a racket or can 'throw' the ball (to be determined by their parent or coach/assistant depending on the child skill level).

The game involves two teams playing points against each other. Each point won is a point for the winning team with a winning total to be achieved or most points won in a given time period. The big difference in this game is that the only way to win a point is to get the ball rolling on the ground of the opposing team's side of the court. The ball can be passed around the different players in the team and has no restrictions on how many hits it takes to get the ball over to the opposite side of the court. In this P&C version of the game, weaker players can be allowed to throw the ball instead of being required to hit it. The ball can also be played off the net (as a result of the ball being hit into the net), off the back of the fence or out of the court area - as long as the ball is not rolling, the point is still live.

Key Considerations

- A rule can be made to stop players hitting the ball back over the net from the first hit. This can be used to force passing within teams and engage more players into the game.
- Parents participation in the game is important both in terms of helping their children and playing also.

Safety Considerations

- Mini Tennis Red or sponge balls should be used.



TIDY YOUR ROOM

Overview

Tidy your Room is a great game to end the Parent & Child Group session. All of the Mini Red or sponge tennis balls are evenly spread over the two halves of the tennis court before the game starts. The group is then split into two teams with one team at one end of the court and the other team at the other end. The coach/assistant shouts the start of the game and the two teams then attempt to tidy their room (their half of the court) by throwing the balls over to the opposite side of the court. The balls can be collected and thrown over one at a time or multiple balls at one time. The balls can be thrown from the net or from further back. When the coach/assistant shouts an end to the game, the team with the fewest balls on their side of the court is the winner.

Game Considerations

- It's good to have the teams as Parents one side of the court and children at the other side in a parents versus children match.
- More than one round of the game can be played, but it's advisable that the game is just a single round and used to end the parent & child group session.
- An optional forfeit can be that the losing team collect all of the balls.

Safety Considerations

- Only Mini Tennis Red or sponge balls should be used in this game.
- No balls should be hit by a tennis racket (all rackets should be cleared).
- There should only be balls on the tennis court (no other training aids or objects on the court).

Variables

- There are many versions of this game. Some versions include the jail as a marked out cone area. After a successful hit, a person in jail gets to run from one side of the court to the other (or around the perimeter of the court) with the Coach / Leader aiming to hit them with a ball (softly below knee height). If they successfully avoid the hit, they become a catcher, or return to the coned jail area if hit.
- Coach can manipulate the feeds to match the standards of the players.

Safety Considerations

- As the jail end of the court starts to fill up a ruling should be introduced to limit the movement of the catchers (eg not allowed to move or just one step).



**TENNIS
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