



Beginner Tennis

Lesson Plan #2: Children 6 – 8 years

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Introduction – Children should continue to practice “downs” and try to increase the number of repetitions in a row before the start of each lesson. It is also advised to develop a good habit of doing a warm up such as slow jog, jumping jacks and skipping to warm up the body before the start of each lesson.

Lesson 2

- Have your child try to bounce the ball up on their racquet 5 times in a row. Ball should not bounce higher than their head. We refer to these as “Ups”. Increase the number to 10 in a row and so on as your child’s skills develop. “Ups” aid in the development of eye hand coordination, ball control and help build muscle strength in the forearm, wrist and hand.
- Now try to have the child bounce the ball up once with their racquet, let the ball bounce and then trap the ball between their non- dominant hand and the racquet strings. (repeat 10 times)
- Have your child stand about 10 - 12 feet from you. Toss the ball underhanded to them and have them trap the ball between their non-dominant hand and the racquet strings. Keep practicing until your child is having success in getting 3 – 5 in a row. Add movement side to side tossing the ball to the left of them and then to the right of them so there is tracking as they go to trap the ball.

- Forehand instruction (instruction is given for right handed player): Remember the “shake hands with your racquet” grip from Lesson 1? Holding that grip, have your child turn sideways with their left shoulder towards you (stand about 10 - 12 feet in front of them), have them take their arm and racquet back so the racquet is pointing 180 degrees away from you. With their non-dominant hand (left hand), they can drop the ball and try to hit the ball to you. It is important that as their racket comes forward, they step towards you to hit. The ball should be dropped out in the front of their front foot (left) approximately 45 degrees to their body. As the racquet strings make contact, the strings should be pointing to you so the ball will go straight. Racquet should swing forward after contact and finish high. We refer to this as a “follow through”. Keep repeating until they can get 5 – 7 in a row.
- Again, stand about 10 - 12 feet in front of them. Toss a ball underhanded to them and have them try to hit the ball back to you so you can catch it. Keep practicing until they can get 5 out of 10 hits back to you. Here they are working on direction and ball control.
- The last step in this progression is to have them start in “ready position”. Your child should be facing you, with their racquet in front of them, the racquet head up and the forehand grip on the racquet with their dominant hand. Their non-dominant hand is placed on top of their dominant hand on the grip. As you say “split”, the child should do a very small hop with both feet to get their weight on their toes (split step) and then turn. As they turn sideways, the racquet should be taken back in preparation to hit the ball. Underhand toss the ball to them and have them step forward hit the ball to you with a follow through. Repeat starting from “ready position” each time. As they have success, repeat these steps but have them move sideways to align themselves to hit the ball.
- Time for a high five until next session!