



## Beginner Tennis

# Lesson Plan #4: Children 6 – 8 years

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Introduction –Start with 20 “downs” and 20 “ups”. New challenge: have your child bounce the ball up on their racquet alternating the side of the racquet that hits the ball. This alternate hitting is referred to as “flip flops”. Make sure they watch the ball come to the center of the strings for each hit and get their racquet in a parallel position to the ground when bumping the ball up for the most success. Have your child warm up with slow jog, jumping jacks and skipping.

## Lesson 4

- This segment assumes that you have the ability to put up a make shift net in a driveway, garage or on a patio similar to the set up in the video series.
- Have your child drop hit a forehand to you from the other side of the net. Catch the ball, toss it back underhanded and have them trap. Repeat the process 10 times. As your child has success, toss the ball back to them and make them move to trap the ball. They should then drop feed the ball from where they trapped the ball to work on their directional control to hit the ball back to you.
- Next step: have your child hit the ball back to you off each toss you give them. Again, make the initial tosses easy where they don't have to move much to hit the ball. Be sure they get both forehand and backhand practice. They should be focusing on the mechanics

from lesson 3: split step, turn and take the racquet back, step forward to hit and follow through.

- Repeat the step above, but now make them move to the ball to hit: split step, turn and take the racquet back, move to the ball, stop and then step forward to hit with a follow through. If you are able to hit the ball back to them with your own racquet that is an added bonus!
- Assuming you are using a red tennis ball and have a garage door, your child may practice on their own to continue developing their groundstrokes. Their first challenge would be to have them drop hit the ball against the garage door 5 consecutive times. It is usually advised to start with 5 forehands in a row so as to gain ball control and consistency. When 5 hits have been easily achieved, raise the bar to 10 times in a row.
- Now it is time to start trying to hit backhands, too. Make sure they get turned sideways with their racquet back before they start their swing. The key to success in this practice is to hit the ball with control and at a speed at which they can prepare for the next ball. Hitting the ball too hard, will lead to frustration. Unfortunately, the door will always win the rally!

I hope you and your child have enjoyed your time together in learning a new sport. Tennis is life-long sport and a great sport for families to engage in together. Hope to see you on court some day!

Coach Katherine