

Content outline

This activity aims to develop and refine the technique for a smash shot in Tennis.

- Shot technique
- Body positioning
- Accuracy
- Aspirations



This resource and supporting video have been created by:

Emma Hancocks, Stratford-Upon-Avon School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance away from the ball feeder/target to make the activities more difficult
- Decrease the distance away from the ball feeder/target to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- To make the task easier, catch the ball and self-feed for the smash shot
- Ask the ball feeder to vary the direction of feed to require the performer to move



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Create your own racket – try to use items which will replicate a racket, such as a frying pan
- Use some household items to create some targets



People

- If you have another person in your house, get them to feed the ball to you for the first activity
- Challenge a friend with an online competition – how many targets can you hit in 10 attempts?

Learning intention

Physical:

- To develop and refine the smash shot in Tennis

Personal:

- Aspirations

Learning questions:

- Why is it important to move underneath the ball when performing a smash?
- Why do you need to contact the ball at the highest possible point?
- Describe what you need to do with your non-racket arm
- What other tennis skill is the smash similar too?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?