

Content outline

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

- Shot technique
- Body positioning
- Accuracy
- Resilience



This resource and supporting video have been created by:

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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 height you are aiming to perform the lob shot – if you are using a washing line, can you change the height?
- Change the distance or size of the target area you are aiming for to adapt the activity



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 a washing line to help increase the height you are aiming the lob shot



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 lob shot in Tennis

Personal:

- Resilience
- Perseverance

Learning questions:

- Why do you need to hit the ball in front of you?
- What angle do you need the racket face when performing this shot?
- Describe the follow-through needed for this shot
- What shot would you be most likely to perform following the lob?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?