

Content outline

This activity aims to develop the basic skills needed to perform the backhand stroke in Tennis

- Correct 'body position'
- Co-ordination
- Follow-through



This resource and supporting video have been created by:

Andy Ward, 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 to make the task more difficult
- Decrease the distance from the ball feeder to make the task easier
- If you have created a net, this can be brought closer to the young person to make the task easier



Task

- Start the activity whilst remaining static
- To make the task more difficult ask the ball feeder to change the direction of the feed to require you to move
- Add a net / or targets to improve accuracy and increase difficulty



Equipment

- Change size of ball (small ball will increase difficulty)
- Change the weight of the ball
- 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
- To create targets, try sticking sheets of paper to a wall



People

- If you have another person in your house, try to compete against each other – who can hit the most targets?
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop the basic technique of a backhand stroke in Tennis

Personal:

- Creativity
- Resilience

Learning questions:

- What is the shape of your arm during the swing of the shot?
- Describe how you should hold a racket for this shot?
- What is the importance of movement and preparation for an effective backhand shot?
- Why are balance and co-ordination important when performing this skill?
- When were you most successful? And why?
- What coaching points would you identify from these activities?