

Skill Development Exercises - Week 3

Station #1 – Forehand Grip and Form

Forehand Grip

Equipment Needed: Tennis Racket

Have the participants practice the forehand grip, stroke and form without a ball. Demonstrate the proper forehand grip and have the participants hold the racket out in front of them and shake hands with it. Remember to emphasize the following: 1) setup sideways to the target, 2) make the swing move low to high (start low and follow through high), 3) make contact with the ball when it is in line with the front foot and 4) keep the racket strings pointed where you want the ball to go.

Hit and Trap with a Partner

Equipment Needed: Racket and Ball

Participants drop the ball and hit it to their partner. The partner will then hit it back (they should try to hit the ball after one bounce) and the participant who started the sequence will then trap the ball on the racket strings with their free hand. Have them try to perform this successfully four out of five times and then switch.

Station #2 – Forehand Wall Skills

Forehand Bump Against Wall

Equipment Needed: Racket and Ball

Give the participants a minute or two to practice the forehand stroke without a ball. Then, have the participants stand 10-15 feet away from a wall, with their non-dominant side facing the wall. Participants will drop the ball slightly in front of their body and step forward, slightly toward the ball, hitting it into the wall directly in front of them. Participants catch the ball when it comes back to them and then repeat the skill.

Hit and Trap

Equipment Needed: Racket and Ball

Participants drop the ball in front of themselves, hit it up against the wall and then trap it against the racket face when it comes back. When trapping the ball, participants should use their free hand to trap the ball against the strings of the racket.

Station #3 – Partner Forehand Skills

Partner Rallies Over a Line

Equipment Needed: Racket, Ball, Dividing line (tape or rope)

Partners work together with a line or rope between them (to serve as an imaginary net). Partners bump and bounce the ball back and forth over the net using the proper forehand grip and stroke. To start, have the participants stand with their rackets face to face and two steps apart. As the participants achieve success, have them slowly move further away from each other. Allow multiple bounces or juggling of the ball as necessary. Participants should try to hit the ball at least four times without losing control before increasing the distance between them.

Week 3 Continues...