

BLUE TENNIS - LESSON 1 - FLOOR TENNIS

WARM-UP: Developing Balance

- Copy the Coach (great and fun exercise for children at the beginning of the course),
- players run around avoiding others and stop in a **ready position** on the command of the coach,
- then run, but jump and land in a **ready position**,
- then run, jump and land on one foot, keeping balance for two seconds.

Key Points:

- Coordinate arms and legs while running,
- Stop quietly and balance with knees bent and feet apart,
- Head up and remain still when balancing.

MAIN ACTIVITY: Floor Tennis

1. Players start in the **ready position**. They use their **foot** to stop the ball and **hands** to push it back into the opponent's playing area. (**inner palm - FH, outer palm - BH**),
2. Player 1 rolls the ball along the floor with a racket to one side of player 2 who is in the **ready position**. Player 2 stops the ball on the appropriate FH or BH side out in front and at comfortable distance from the body, then pushes it back.
3. **Floor tennis rally without stopping the ball**. The goal is to push the ball along the floor to each other between 2 cones.

Key Points:

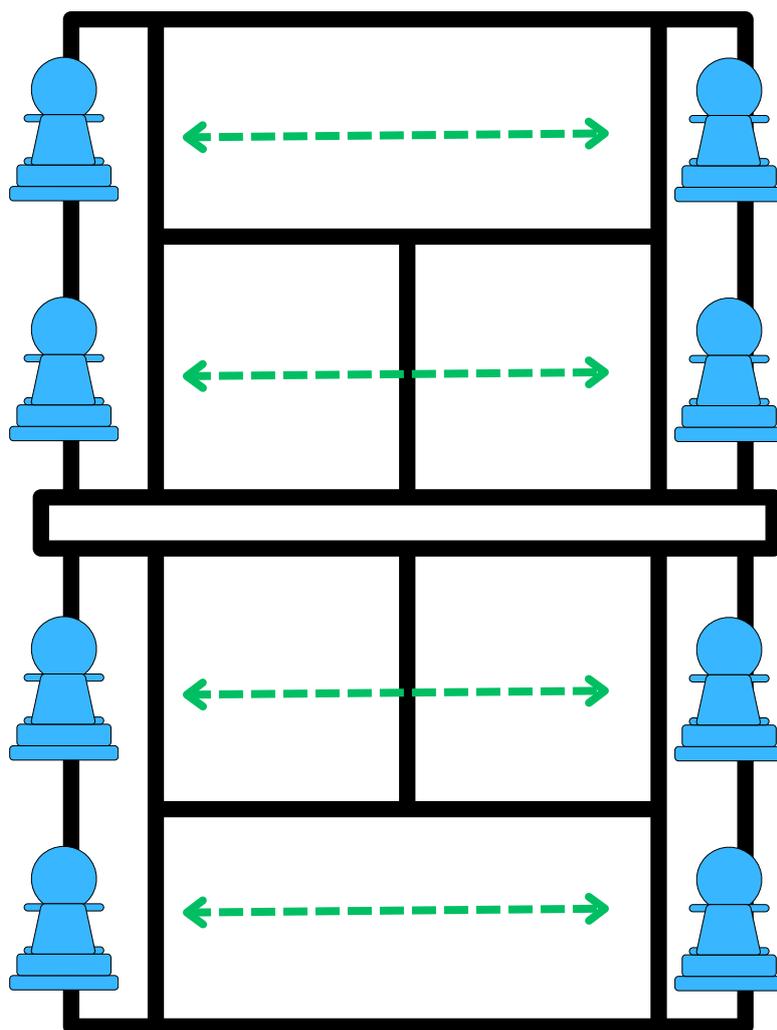
- Stop the ball out in front and at comfortable distance from the body,
- Long nose (finish the racket behind the back).

GAME: Floor Tennis with points

Players must move each other around and try to win the point. For every point, collect a cone. Race to achieve 6 cones.

The point is over when:

- The ball bounces off the ground,
- The ball goes out of the playing area.



TACTIC: Keeping the ball in play longer than the opponent.

SIDE NOTES:

