

Summer School for Physical Education Teacher 2002

Teaching of Tennis in Secondary School

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Objectives:

- To show teachers how to design and conduct tennis lessons in schools;
- To demonstrate basic tennis skills to teachers; and
- To discuss problems when having tennis lessons in school.

Outline:

- Introduction
- Warm up exercise in tennis
- How to test ball sense among students
- The holding of the racket (eastern, continental, western and semi-western)
- Principles for hitting the balls
- Basic forehand drive
- Basic backhand drive (one handed and two-handed)
- Equipment
- Introduction of volley
- Forehand volley (high volley)
- Backhand volley (high volley)
- Discussion (how to design a lesson)
- The introduction of service (basic serve, topspin serve and slice serve)
- Drills for teaching service
- Combination of serve and volley
- Games for students
- Introduction of smash (basic smash, bounce smash)
- Scoring system
- How to organize a game
- Game practice
- Conclusion

References Recommended by Course Tutor

1. Douglas, P. (1992). *The Handbook of Tennis*. New York: Alfred A. Knopf.
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