

## ACES TENNIS

### Aces Tennis

Keep your eye on the ball and join Overtime Athletics for the fast paced game of Tennis! You'll learn the rules of the game, grip, serving, volleying, forehand and backhand strokes. This class will work on hand eye coordination, footwork and concentration while participating in game play and stations. Player favorites like Gladiator, Fill It Up, and Safe Base will keep classes energized and FUN and give beginner players plenty of opportunities to build their confidence! Students must bring their own racket...Game, Set, Match.

**Skills to focus on:** Serving, Grip, Forehand, Backhand, Rules of the Game

**Facilities:** Tennis can be played in gyms, blacktops, courts - be creative and use lines, walls, nets/barriers

**Safety Concerns:** Young players do not have much control over hitting the tennis ball. Emphasize hitting lightly at first until they get a feel for it. Make sure rules are in place about swinging the racket and where to stand when waiting your turn.

**Tips:** After the warm up and skill, most classes will involve matches. Make sure to include a round robin type of playing so that the same kids do not compete against the same person every class. Tennis balls can be lost easily. Make the kids responsible for their balls.

#### Skills/Drills:

1. Getting Started
2. Rules of the Game
3. Grip/Stance/Footwork/Net Play
4. Forehand
5. Backhand
6. Serving
7. Doubles Matches

#### Games:

1. Find That Line
2. King of the Court
3. Popcorn
4. Ring Around the Rosie
5. Z Hits
6. Around the World
7. Target Practice
8. Circle Serving
9. Hangman
10. Speed Ball
11. Clean Up Your Backyard
12. Treasure Hunt
13. Numbers Game
14. Four Score
15. Simon Says
16. Soda Fountain
17. Relay Races
18. Sky Ball
19. Space Invaders
20. Mini Tennis
21. One Time