

### Content outline

This activity aims to develop and refine the technique for a serve in Tennis.

- Serve technique
- Ball toss
- Accuracy
- Communication



This resource and supporting video have been created by:

**Paul Turrell, 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/target to make the activities more difficult
- Decrease the distance away from the ball feeder/target to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



### Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- Add different targets to adapt your serving technique and start to develop accuracy



### Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty) – a bed sheet is ideal
- 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



### People

- If you have another person in your house, get them to feed the ball to you for the first activity
- Challenge a friend with an online competition – how many targets can you hit in 10 attempts?

### Learning intention

#### Physical:

- To develop and refine the serve in Tennis

#### Personal:

- Communication
- Leadership

#### Learning questions:

- Why do you need to be side on during a serve?
- Why is it important to make contact with the ball at the highest point?
- Describe the follow-through needed for the serve
- What shot is most likely to be played next following a successful serve?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?