

2015 Game Sense Conference for Teachers and Coaches University of Canterbury Christchurch

Conducting Tennis Hot Shots in Primary and Secondary schools

Wednesday 18 November 3.00pm UC Rec Centre and Sports Hall

Abstract: Recognising that players should be exposed to planned activities that foster development in four central domains: physical (technique), social (interaction), cognitive (decision making) and affective (fun and enjoyment) domains, Tennis Australia has developed the Hot Shots program that acknowledges the benefits of incorporating a more game-centred teaching approach for tennis. Learning is positioned, at least initially, within modified games to emphasise unders

GAME 1: Red Hot Rafa

Pedagogical conversation: Regression, simplification and representation – Red Hot Rafa Roll and Splat

Equipment Per pair 1x 2x

Layout Players form pairs and are positioned at opposite ends of the court

Instruction Players are aiming to win the point from a groundstroke using the width and length of the court

1. Players form pairs and are positioned at opposite ends of the court
2. Player 1 commences the rally with a drop hit or overarm serve (serve/rally rule)
3. Players rally the ball until an error is made
4. Players are not permitted to volley the ball (i.e., the ball must bounce prior to contact)
5. The rally continues until the ball bounces twice before being hit, the ball lands outside the court space, the ball hits the net or a player volleys the ball
6. Players alternate commencing the point
7. Play first to 10 points or teacher nominates time

Pause for reflection - focus questions

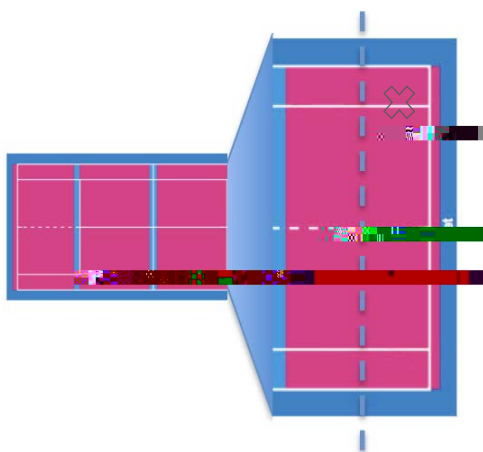
- Identify the type of shots and positions on the court you can hit the ball to attack? (Divergent Discovery style)
- How can you reposition your opponent to win the point?
- Where are the most desirable positions on the court to hit the ball? Why?
- If your opponent is forced wide on the court, where might you hit the ball? What about if your opponent is close to the net?
- How do you direct the ball?

CHANGE IT

- Markers are positioned in the corners of the court (deuce and ad) players score double points if they are able to hit the target
- Mr. Freeze
- Players substitute racquets for hands
- Player choice (racquets or hands; single or double bounce; trapping or inclusion style)
- Roll and Splat

Practice task

- Team Target tennis (place cones in corners for points) Teams attempt to rally and 'hit' the targets



GAME 2: Deep Trouble

Pedagogical conversation: Modification of constraints (constraining action for play with purpose)

Tennis designer game to teach depth

Equipment Per pair 2x 2x 6x

Layout Players form pairs and are positioned at opposite ends of the court

Instruction Players are aiming to win the point as a result of a deep ball

1. Players form pairs and are positioned at opposite ends of the court
2. Player 1 commences play with a drop hit or overarm serve (serve/rally rule)
3. The rally continues with both players aiming to hit the ball deep past the yellow markers
4. If the ball lands shorter than the yellow markers the opponent wins the point
5. Volleys are not permitted
6. Players alternate commencing the point
7. Play first to 10 points or teacher nominates time

Pause for reflection –focus questions

- How do you prevent your opponent from attacking?
- What are the benefits of hitting the ball deep?
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GAME 4: Triple Treat

Pedagogical conversation: Exaggeration

Equipment Per pair 1x 2x

Layout

Dear Participant

Many thanks for choosing to attend the Tennis for Schools Hot Shots session. We hope you enjoyed the experience and found the content relevant for your teaching and coaching context.

If you would like additional information with regard to the Tennis for Schools program, educational ~~resources~~ and/or partnership opportunities please do not hesitate to contact a member of the team.

We look forward to hearing from you.

Regards

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