Trey Forbes

Tennis Unit Plan

I. Standards and Unit Objectives

A. Cognitive Standard

IN Standard 2: Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

1. The students will demonstrate knowledge of the rules of tennis by selecting the appropriate answer on a multiple choice test with a minimum of 75% accuracy.
2. The students will demonstrate knowledge of the skills of tennis by selecting the appropriate answer on a multiple choice test with a minimum of 75% accuracy.

B. Affective Standards

IN Standard 5: Students will exhibit responsible personal and social behavior that respects the self and others in physical activity settings.

IN Standard 6: Students will value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

1. The students will demonstrate safe practices by following tennis regulations, 100% of the time.

C. Psychomotor Standards

IN Standard 1: Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

IN Standard 3: Students will participate regularly in physical activity.

IN Standard 4: Students will achieve and maintain a health-enhancing level of physical fitness.

1. The students will drive the ball by using a forehand motion to a partner within the singles boundaries, 8 out of 10 times.
2. The students will drive the ball by using a backhand motion to a partner within the singles boundaries, 8 out of 10 times.
3. The students will perform the serve by hitting the ball within the service boundaries, 8 out of 10 times.
4. The students will perform the lob shot by hitting the ball within the singles boundaries, 3 out of 5 times.
5. The students will perform the drop shot by hitting the ball within the singles boundaries, 3 out of 5 times.
6. The students will perform the smash by hitting the ball within the singles boundaries, 7 out of 10 times.

II. **Motor Skills**

A. **Forehand Drive**
   - Shake hands with racket
   - Feet shoulder width apart
   - Knees flexed
   - Weight on balls of feet
   - Grip with dominant hand
   - Draw racket behind shoulder, turning non racket side toward net
   - Swing racket forward shifting weight
   - Contact just in front of body
   - Follow through with racket head high over opposite shoulder

B. **Backhand Drive**
   - Shake hands with racket
   - Racket side facing the net
   - Take racket across body
   - Lock wrist
   - Swing through the ball
   - Follow through away from body

C. **Serve**
   - Shake hands with racket
   - Non racket shoulder facing the net
   - Have ball in opposite hand of racket
   - Toss ball up, lean slightly forward and begin to lift racket upward behind the back
   - Lead with the elbow
   - Extend body upward on balls of feet
   - Contact ball with full arm extension
   - Racket should be vertical when contacted
   - Follow through swinging outward, across, and then downward
   - Like throwing motion

D. **Lob Shot**
   - Racket head low and pointed upward
   - Contact ball low to lift
   - Follow through high
   - Weight back on heels to lift the ball
• Swing through the ball

E. Drop Shot
• Shake hands with racket
• Approach the ball with non racket shoulder
• Let up your swing just before contact with ball
• Drop the ball just over the net
• No follow through

F. Smash
• Racket head behind head
• Shift weight forward rotating shoulders and hips
• Fully extend arm on contact
• Contact ball in front and swing downward at the ball
• Snap racket powerfully through the ball
• Similar to serve

III. Drills and Leadup Activities

A. Forehand Drive
   1. Crazy 8
      a. There are four players on the court at one time, two on each side. The players are just in front of the service line, directly across from one another. Player 1 will hit the ball diagonally across the net to player 2. Player 2 will hit it directly across to player 3, who will then hit it directly across to player 4. This keeps everyone involved and is very fast paced.
   2. Through the Target
      a. This activity will increase accuracy for the students. Each student will have the opportunity to hit the tennis ball using a forehand drive at a target on the other side of the net. This target could be a cone, hula hoop, tire, etc. The teacher hits the ball over the net to the student, and the student is to return the ball back over towards a target.

B. Backhand Drive
   1. Backhand the Target
      a. This activity will increase accuracy for the students. Each student will have the opportunity to hit the tennis ball using a backhand drive at a target on the other side of the net. This target could be a cone, hula hoop, tire, etc. The teacher hits the ball over the net to the student, and the student is to return the ball back over towards a target.
2. **Baseline Backhand Drill**
   a. Students are in groups of four. One will be hitting, one will be dropping, and two will be retrieving. Hitters are on the baseline ready to hit the ball and the tosser is in front of them about four or five feet. The tosser will drop the ball and move out of the way, once cleared; the hitter will move up and backhand it across the net.

C. **Serve**
   1. **Shadow Serve**
      a. Shadow serve is a drill used to perform perfect technique of serving. Each student will spread out and will begin to serve without a ball. Each student will watch one another and correct each other on their technique.

   2. **Serve and Rally Game**
      a. Serve and Rally is a continuous game for a server and their partner. One student will be behind the service line serving to their partner. The other partner works on their forehand or backhand by returning the balls. Every time the server serves, he/she picks up a new ball to serve.

D. **Lob Shot**
   1. **Deep Lob**
      a. One partner stands on his/her side of the court while the other partner is on the opposite side, four to five feet in front of the service line with his/her racket held straight up into the air. Partner 1 tries to lob the ball up over their partner’s racket, yet within the boundaries. Partner 2 cannot move vertically but may move horizontally. If partner 2 can reach the ball without jumping, he/she receives that point. If not, the point goes to player 1.

   2. **Lob Shot**
      a. This drill is to return the lob high back into the air. Each student has a ball and a racket and is positioned at a wall. They are about 15 feet away from the wall. Each student will hit the ball at least 20 feet high on the wall. This helps students return the ball high into the air.

E. **Drop Shot**
   1. **Drop and Lob**
      a. Drop and lob starts out with a volley. Player 1 hits the ball to player 2 who drops the ball over back to player 1. Player 1 is then to lob the ball back over to player 2. This sequence continues over and over.

   2. **¾ Court Tennis**
a. This drill is a fast paced drill using only drop shots. Each player is lined up just behind the service box so the court is minimized. The players just volley the ball back and forth using only drop shots.

F. Smash
   1. Rally Smash
      a. Students are all lined up in a line behind the service box. The teacher is at the net tossing balls straight up into the air for the students to smash over the net. This is a continuous hitting drill.
   2. Lob-Smash Drill
      a. One partner is positioned in the back of one court, while the other partner is up front on the other side of the court. The partner positioned in the back works on lobbing the ball up while the person on the opposite side smashes the ball back.

A. Fitness Activity
   1. Four Corners
      a. This game consists of four stations. At each station there will be an activity for the group to do. Students will spread out evenly at each station. The students will perform that activity for a selected amount of time, and then rotate to the next station. After all the stations are completed the activity is over.
IV. **Skill Test**

A. Hewitt Tennis Achievement Test

The Hewitt Tennis Achievement Test is a test that emphasizes the placement of the shot. For this test, the teacher will need tennis rackets, tennis balls, measuring tape, marking tape, two 7 foot high poles at each station, a ladder, a rope long enough to reach across the tennis court, recording sheets, and pencils. The courts are prepared accordingly to the shot that is being assessed. Each court has two 7 foot high poles at the end of each net with a rope tied to the top of the poles. Be sure that the rope is parallel with the tennis net. Each court will also be taped off separately into sections in accordance with the shot.

For the service placement test, the student will have 10 balls to serve. Each ball must go between the 7 foot rope and the net. If the ball does not go between the net and the rope, that serve will be scored a zero. Each of the 10 serves is scored from 0 to 6 points, depending on where they land in the service target. A perfect score is 60 points.

![Diagram of tennis court](image)

The forehand and backhand drives are tested on the same court at the same time. The student will stand in the receiving position at the center mark of the baseline. The teacher will be on the other side of the net hitting balls to the student being tested. The student can choose which drive to perform, but he/she must perform 10 backhand and 10 forehand. Each returned ball is scored from 0 to 5 points depending on where the return lands. The ball must travel between the net and the 7 foot rope or it will be scored a zero. Balls that land on the line earn the higher value. A perfect score is 100.
The lob shot would be assessed by clearing the 7 foot rope and distance. The lob shot must clear the 7 foot rope and the further back the shot is placed, the higher points the student will receive. The teacher will hit 10 balls across the net to the student and the student must lob the ball back over the rope. Each of the 10 balls will be scored from 0 to 5 points with a high score being 50.

For the drop shot, the student will have 10 balls to drop. Each ball must go between the 7 foot rope and net. Each ball will be scored from 0 to 3 points depending on where the ball lands. The teacher will hit 10 balls across the net and the student must return the ball between the rope and the net for total points. A perfect score is 30.

The smash is the last skill assessed. Each student will smash 10 balls, with each ball scored from 0 to 5 points. The teacher will lob balls up to the student and he/she will be required to smash them back between the rope and the net. A perfect score is 50 points.
# Tennis Skill Test Results

<table>
<thead>
<tr>
<th>Attempt</th>
<th>Forehand Drive</th>
<th>Backhand Drive</th>
<th>Smash</th>
<th>Drop Shot</th>
<th>Lob Shot</th>
<th>Serve</th>
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<tr>
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**TOTAL SCORE:**
Tennis

About Tennis:

Tennis was originated in the United Kingdom in the late 19th century as “lawn tennis”. The game of tennis dates back officially to 1873, when the first book of rules was published by Major Walter Clopton Wingfield of north Wales. The equipment and rules of tennis have changed very little since the creation of tennis. There has always been a strung racket and some sort of ball. The rackets have varied in size overtime but the average racket now is about 28 inches long and weighs 10-14 ounces. Rackets today are made of aluminum which makes them rather light. A tennis ball is about 2.5 inches in diameter and is made of felt.

Rules:

The rules of tennis are fairly simple. One player hits, or serves, the ball from a corner of a marked out area called a court that is divided down the middle with a three foot net (below is a figure of the court size). If the ball touches the line it is considered in play. The opposite player’s goal is to return the ball bouncing it no more than once aiming for the other player to not be able to hit it. A score is made when a player is not able to return the ball at all or with more than one bounce. Tennis can be played with just two people, known as singles, or two teams of two, known as doubles.

Scoring

In tennis scoring begins at 15 and goes up 30, then 40. When a person has no score it is called "love". So if player A gets 15 first the score is 15-"love". When the score gets to 40-40 it is known as deuce and the next player to get two points wins. If the server gets
only one point it is known as "Advantage server" (or receiver) and then loose the next point it goes back to deuce.

**Penalties**
1. Touching opponent’s ground, the net or posts, or any other person or official in the game.
2. Carrying the ball or catching it in the racket.
3. Hitting the ball two times or before it has crossed the net.
4. If the ball hits or touches anything on (clothes) or carried by the player (with the exception of the racket).
5. Throwing the racket or other kinds of racket abuse.

**Skills:**

**Forehand Drive**- The forehand drive is a shot from the dominate side of the body. It is a very powerful shot and is probably the most used shot in tennis.

**Backhand Drive**- The backhand drive is a shot from the non-dominate side of the body. It can be performed with one or two hands.

**Serve**- A serve in tennis is a shot to start a point. It is initiated by tossing the ball into the air over the server's head and hitting it when the arm is fully stretched out into the diagonally opposite service box without touching the net.

**Lob Shot**- The lob shot is a shot used when the opponent is playing close to the net. The purpose is to lob it up over the opponent into the back court.

**Drop Shot**- The drop shot is an offensive shot used when the opponent is playing in the back court. The object of this shot is to drop the ball just over the net so it is hard for the opponent to return the ball.

**Smash**- The smash is a very aggressive offensive shot used to score a point. The purpose of this shot is to hit the ball as hard as you can down onto the opponents court.
Complete the following with the best possible solution.

1) A score of zero is referred to as:

2) The sequence of scoring in a game is 15, 30, _____, game

3) What is the boundary line at the back of the court called?

4) If the score is deuce and both players get one point each, what is the score?

5) Which shot is used to start a point?

6) How high is the tennis net?

7) How do the boundaries for doubles differ from those for singles?

8) How many total players are on the court for a doubles match?

On the line provided, state whether the following statement is True or False.

9) _____ A player is allowed to hit the ball twice before returning it over the net.

10) _____ If the ball touches the line it is considered in play.

11) _____ The score deuce means the score is 30-30.

12) _____ The forehand drive is a shot from the non-dominant side.

13) _____ The smash is used to lob the ball over the opponent into his/her back court.

14) _____ A player can only score if he/she serves.

15) _____ “Love” means the score is zero to zero.
Answer Key

1) Love
2) 40
3) Baseline
4) Deuce
5) Serve
6) 3 feet
7) Double boundaries are wider
8) 4

T/F
9) F
10) T
11) F
12) F
13) F
14) F
15) T
## Block Plan

**TENNIS BLOCK PLAN**  
*Exercise and Sport Sciences Department*  
*Manchester College*

**FIT**: Warmup/Fitness Activity  
**SKL**: Introduce/Review Skill  
**ACT**: Drill, Lead up, Test, Tour

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<th>Wednesday</th>
<th>Thursday</th>
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<td><strong>FIT</strong></td>
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<td>Introduce Forehand Grip and Forehand Drive</td>
<td>Introduce Backhand Grip and Backhand Drive</td>
<td>Introduce Serve</td>
<td>Review Serve, Forehand, and Backhand drives</td>
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<td>Through the Target</td>
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<td>Serve and Rally Game</td>
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<td>Review Lob Shot and Introduce Drop Shot</td>
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VI. References


