

Class: Grade 9/10 Unit: Tennis Lesson 2 of 4	Lesson focus: Backhand stroke Equipment: 12 tennis racquets, 30 tennis balls, 20 low-compression balls, 10 foam balls	
Learning outcomes: TSWBAT... P: demonstrate a backhand grip correctly 100% of the time. P: perform the backhand stroke to hit the ball over the net 80% of the time. C: describe when a backhand stroke would be performed compared to a forehand stroke. C: show the difference between the one-handed backhand grip and the two-handed backhand grip on the tennis racquet. A: participate to the best of their ability for the duration of the class. A: adhere to not playing with the equipment when instructions are being given.		
Introductory Phase (15 minutes) 2 laps of the tennis courts. -jog, skip, shoulder and arm rotations Ball Drop Game: Partners stand ~5 ft. apart. One partner drops the ball from shoulder height. The other partner must try to catch the ball after 1 bounce. Set Induction: - Intro to backhand: Why would we want to know how to use the backhand stroke? When would it be used in tennis?	Organization Students will be arranged in partners, about 5 feet apart from each other. Each pair will need to have enough space around them so that they can't touch the pair next to them if they extend their arms.	Teaching Points/Cues - Drop the ball from about shoulder height, or your partner's height. - Be on the balls of your feet, ready to charge forward to get to the ball.
Body (20-25 min) Teach both eastern backhand and two handed backhand grips Individual backhand against wall: at a comfortable distance, students will hit the ball to themselves using either backhand grip (preference) Line game: Partners stand on opposite ends of a small square grid with a line separating them. Players backhand the ball to opponent's side trying to hit the ball away from their partner. The ball must bounce before player can touch the ball.	Organization Students will form a semi-circle around teachers with their rackets in their hands so that they can see and try both grips Students will find a space around the courts across from a wall and will be well spaced between them	Teaching Cues - see handout attached - opposite hand on top (not dominant) - swing low to high - butterfly swing - keep the ball as low as possible - keep the ball low

<p>Ladders: Students form two lines of about four or five players each. Player in front of line hits a backhand shot to other player in front and follows the pass to run to back of opposite line. The ball must bounce before it can be returned.</p>		
<p>Culminating Phase (15-20 min)</p> <p>Quick Serve Tennis:</p> <ul style="list-style-type: none"> - To score, team must be serving. - Play begins by a pre-determined team running up to the net and hitting the ball over the net (can use forehand or backhand). - Once the ball is in play, teams rally back and forth until the point is completed. - If the serving team wins the point, they score. If the receiving team wins the point, they become the server. - Start by playing to 5 points. Once your game has reached 5 points, retrieve the balls and switch partners so that in each group of 4, everyone plays with each person. <p>Ghost:</p> <ul style="list-style-type: none"> - Split the class so that there are 3 students without racquets on one side of the net, and the rest of the students are on the other side with a ball and racquet. - Students with racquets, backhand the ball over the net. - Students on the other side are trying to catch the balls that come over. - If a student catches the ball, then they switch places with the person whose ball they caught. 	<p>Organization</p> <ul style="list-style-type: none"> - Place 4-5 balls at the net on each side. - Played as doubles. 	<p>Teaching Cues</p> <ul style="list-style-type: none"> - Make sure that you execute a proper follow through on each of your strokes (both forehand and backhand). - Students trying to catch the ball need to keep their eye on the ball. - Students the ball should focus on hitting the ball to an open space.

<p>Closure (5 min)</p> <p>Can you tell me how the forehand stroke differs from the backhand stroke? (Hints: When is each one used? How are they executed differently?)</p> <p>Next class: Serving</p>		
--	--	--