



MINI RED LESSON 3: 'Total Forehand Trade'

Aim by the end of the session

- All players should know what trading is
- All players should have tradeded with eachother and the coach
- All players should know ready position

The warm up - 5 Minutes

- Stuck in the mud with players getting in ready positions until they're freed by someone crawling through their legs
- Side step from the baseline to the net and back again
- Hold a lunge

Key teaching points and Demonstration - 5 Minutes

- Explain trading as two players swapping the ball between eachother
- Show a ready position with 2 hands on racket, legs wide, knees bent
- Repeat with the group Trade, Recover, Ready
- Show what trading over a net looks like and how we push the ball upwards

The challenges - 30 minutes

- Trading and Relay - Split group into 2 teams. One team have to Trade with coach scoring a point each time they get a ball over while the other team run round the court like a relay. When the hitting team miss the next one comes up to trade with the coach but the faster the relay team run the less time they have.
- Cone Count - Players are split into pairs and if they trade three times in a row they can grab a cone and put it on their court. When there are no cones left the winners are the ones with the most cones.
- Trade War - Two teams are trading with the coach and which ever player misses first their whole team have to sidestep round the court. While they're running the other team score points for every ball over the net.

Break - 5 minutes

The competition - 10 minutes

- Treasure Trade - Each player gets 3 cones each and trade with their opponent. If they miss then their opponent gets to take one of the cones. The first player to get all the cones on their side is the winner.

Ending the total forehand trade session with a quiz - 5 minutes

What is trading? ANSWER: The ball moving between two players

What is a ready position? ANSWER: 2 hands on racket, legs wide, knees bent

Which word is missing? Trade, Recover...ANSWER: Ready

Tennis homework - Throw a ball with someone at home until you trade to 5

SAFEGUARDING AND ENDING:

Ensure that when players are in queues waiting to hit or watching demonstrations that all rackets are safe and not being swung around.

Players can only leave if the person picking them up is there, if they are not then use the contact details on the register.

If there has been any first aid or accidents parents must be informed at the end of the lesson.

All equipment should be picked up and any lost property should be returned to base.

PARENTS / COACHES INFORMATION ON LONG TERM DEVELOPMENT

When can a Mini Red move to Orange?

Must be able to trade with path of racket going low to high and start points with a serve

What a Mini Red must know before they move to Orange

Contact point, Stance, Split step, Trade, Ready condition, Scoring, Serve, Shaking hands after a match

Mini Red is 4-7 years old, Mini Orange 8-10, Mini Green 10-11, Yellow is 12+

IN CASE OF EMERGENCY

**Any emergencies or issues you or the parents can contact David Earl on
07904 347 917, Email Redhillcoaching@gmail.com**