

Objective

By the end of this lesson, you will improve your tennis skills and have fun practicing different techniques.

Materials and Prep

Materials: Tennis racket, tennis balls, tennis court or open space, comfortable sports attire.

Prep: Make sure you have enough space to move around freely without any obstacles.

Activities

- **Forehand and Backhand Drills:** Practice hitting the ball with both forehand and backhand strokes. Focus on your form and accuracy.
- **Serving Practice:** Work on your serving technique. Start with slow serves and gradually increase the speed and power.
- **Footwork Exercises:** Improve your agility and speed by doing footwork drills. Move around the court quickly and efficiently.
- **Mini Matches:** Play mini matches with a partner or against a wall. This will help you apply your skills in a game-like situation.

Talking Points

- **Importance of Technique:** "Focus on your form and technique to improve your game. Good technique leads to better control."
- **Consistency is Key:** "Practice regularly to build consistency in your shots. Consistent practice leads to better performance."
- **Stay Positive:** "Maintain a positive attitude while playing. Positivity can boost your confidence and help you overcome challenges."
- **Set Goals:** "Set specific goals for each practice session. Goals help you stay motivated and track your progress."
- **Have Fun:** "Remember to enjoy the game! Have fun while practicing and playing tennis. Enjoying the game is essential for long-term success."