

26 On-Court Activities to Keep Beginner Classes Fresh and Fun

Unlock the Secrets to an Engaging and Memorable Tennis Learning Experience

Are you an enthusiastic tennis instructor eager to captivate your beginner students and make learning the sport an unforgettable adventure? Look no further! This comprehensive guide presents an arsenal of 26 on-court activities designed to ignite enthusiasm, foster skill development, and keep your classes buzzing with excitement.

Section 1: Warming Up with a Bang



Tennis A-Z: 26 On-Court Activities To Keep Beginner Classes Fresh And Fun by Jakob Tanner

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 34 pages



- **Tic-Tac-Tennis:** A fast-paced drill that engages footwork and reflexes.
- **Cone Quest:** A treasure hunt that combines agility, hand-eye coordination, and strategic thinking.

- **Over the Net, Under the Line:** A variation on the classic net drill, encouraging accuracy and shot placement.

Section 2: Developing Essential Skills

- **Target Practice Time:** Focus on precision hitting by aiming at targets on the court.
- **Serving Speedometer:** Measure student's serving speed, fostering competition and improvement.
- **Volleyball Tennis:** A fun spin on the classic game, enhancing hand-eye coordination and volleying skills.

Section 3: Fun Games for Skill Reinforcement

- **Tennis Bingo:** Bring the excitement of bingo to the court, with students completing specific shots to earn squares.
- **Animal Kingdom Chase:** Move around the court like different animals, mimicking their characteristics and developing athleticism.
- **Simon Says Tennis:** A twist on Simon Says, where students must follow instructions related to tennis techniques.

Section 4: Team-Building and Cooperative Challenges

- **Partner Serve and Return:** Divide students into teams to practice serving and returning together.
- **Relay Races:** Set up obstacle courses that test agility, hand-eye coordination, and teamwork.

- **Hot Potato Tennis:** Keep a ball in play as much as possible, fostering communication and collaboration.

Section 5: Creative Activities for Imagination and Fun

- **Storytelling Tennis:** Use tennis as a platform for storytelling, developing creativity and imagination.
- **Shadow Tennis:** Have students mirror each other's movements, enhancing body awareness and coordination.
- **Dance Party Tennis:** Combine tennis with music and dancing, creating a joyful and memorable experience.

Section 6: Mental and Strategic Development

- **Simon Says Strategy:** Introduce elements of strategy into Simon Says, fostering decision-making and problem-solving.
- **Guess the Shot:** Have students observe and predict the next shot, developing anticipation and tactical thinking.
- **Tennis Trivia:** Engage students' knowledge and passion for tennis, sparking discussions and building connections.

Section 7: Assessment and Evaluation

- **Skill Assessment Grid:** Track student progress and identify areas for improvement.
- **Feedback Loop:** Provide ongoing feedback and encouragement, empowering students to set goals and strive for growth.

- **Self-Reflection Exercises:** Encourage students to evaluate their own performance and identify opportunities for improvement.

Benefits of Incorporating These Activities

- Ignite enthusiasm and captivate students' attention
- Enhance fundamental tennis skills and techniques
- Foster team spirit, collaboration, and communication
- Develop creativity, imagination, and strategic thinking
- Provide opportunities for assessment and self-reflection
- Create a positive and enjoyable learning environment

Unlock the full potential of beginner tennis classes with this collection of 26 on-court activities. By incorporating these games and drills into your lessons, you can transform tennis learning into a captivating and unforgettable experience that will leave students eager for more. Embrace these innovative activities and watch your students blossom into confident and enthusiastic tennis enthusiasts.



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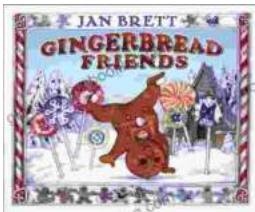
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