

FUN GAMES FOR BEGINNER PLAYERS IN LARGER GROUPS

Miguel Crespo Ph.D.
(Development Research Officer, International Tennis Federation)

1. INTRODUCTION

- Goals of beginner tennis:
 - Enjoyment
 - Learning
- Strategies:
 - Activities
 - Methodology

2. IMPACT OF THE ITF PLAY AND STAY CAMPAIGN

- **Structure** of the lesson: Traditional vs Modern
- **Organization** of the students:
 - Lines vs. Groups
 - Co-operation, opposition
- **Equipment:**
 - Different types of balls
 - Progressive use
- **Courts and nets:**
 - Different court types
 - Combination court – balls - racket
- **Contents in beginner tennis:**
 - **Tactical:** 1. Consistency, 2. Depth, 3. Direction, 4. Height
 - **Technical:** Trajectory – reception, impact, position, movement
 - **Physical:** Mobility, co-ordination and feeding
 - **Mental:** Motivation and co-operation
- **Competition:** From the first day combine it with cooperation drills

3. GAMES AND DRILLS FOR BEGINNERS

- **No racket – no ball:**
 1. Donkey
 2. Time check
 3. Going home
- **With racket only:**
 4. Superman
 5. Back to back
 6. Creating numbers
- **With ball only:**
 7. Human tunnel
 8. Jumping maniac
- **With racket and ball:**
 9. Stepping stone
 10. In the alley
 11. One, two, three...
English chicken
 12. Hunchback
 13. Baseball king
 14. Amigo
 15. Siamese brothers
 16. Medieval tennis
 17. More ... if time permits

4. CONCLUSIONS

- Active lessons
- Funny lessons
- Learning by playing in order to retain the beginner players