

INTRO TO RACKET SKILLS

KEY RULES

Game Basics: This unit introduces children to basic racket handling and striking skills through fun and simple tennis-style games. Pupils learn how to hold the racket correctly, keep control of a ball, and move safely within a shared space. Every activity encourages teamwork, coordination, and fair play.

Racket Handling: Children learn to grip the racket at the bottom of the handle using the “handshake” method. They practise balancing, tapping, and controlling a ball or beanbag on the racket face. The aim is control, not power — keeping the ball close and steady while moving.

Striking and Rallying: Children are introduced to gentle hitting from self-feeds and short rallies with partners. They learn to move their feet, keep eyes on the ball, and swing smoothly from low to high. Games like “Tap-Up Tennis” and “Target Tennis” build accuracy and coordination.

Movement and Reaction: Pupils practise moving into space, tracking a bouncing ball, and returning it to a partner. They learn to react quickly, stay balanced, and use ready position to prepare for the next shot.

Fair Play and Safety: All play must be safe and respectful. Children wait for turns, hold rackets low when moving, and listen to instructions. The focus is enjoyment, improvement, and helping others succeed.

NATIONAL GOVERNING BODY (NGB)

Lawn Tennis Association (LTA): lta.org.uk

Tennis Scotland: tennisscotland.org

Tennis Wales: tenniswales.org.uk

Tennis Ireland: tennisireland.ie