

Judy Murray Tennis Resource – Primary

Micro Tennis Programme

Title and Link	Description
<u>Introduction and Judy Murray's Coaching Philosophy</u>	<p>In this section children and young people learn how to control, cooperate & compete. Start with individual skill, add movement and then add partner. Develops physical competences, for example, sending and receiving, rhythm and timing, control and coordination. Children learn to recognise cues, sequentially think and multi-process. Introduce cooperation in pairs first, and competition second. Both options can be created at each stage.</p> <p>Tennis was first played with the hand so it makes sense to start with the hand and then add the racket. If children experience mirroring what tennis demands with their hands, it is much easier for them to have to success when they try with a racket.</p>
<u>Primary Racket Skills</u>	<p>This may be the first time many children will have held a racket. In this section children will learn to move and control the racket. Develops kinaesthetic awareness, confidence, self-esteem, determination and resilience. Tennis is a 2-sided sport. Use left and right sides to develop coordination and to mirror-movements that tennis will demand of you</p>

<u>Primary Balloons</u>	<p>As balloons move slowly, everyone can experience success. This section introduces challenges that work both sides of the body, at all heights and can be performed using hands or rackets.</p> <p>Develops sending and receiving, cue recognition, tracking, learning to cooperate and learning to adapt.</p>
<u>Primary Chiffon Squares</u>	<p>Slow moving equipment – colourful, bright and fun. Tracking, sending and receiving at different heights.</p> <p>Exercises that develop concentration, cue recognition, sequential thinking and decision making skills</p> <p>Building confidence through cooperation.</p>
<u>Primary Fluff Balls</u>	<p>Fluff balls are great for small hands, building confidence and body awareness with a starter ‘ball’.</p> <p>Fluff balls do not roll away – ideal for working with large class sizes.</p> <p>Develops hand-eye coordination and continues to build up sequences (with movement).</p> <p>Introduces first stage of throwing and catching using both left and right sides as tennis is a two sided sport.</p> <p>Learn to judge distance, direction and speed of the throw by changing the target area.</p> <p>Developing anticipating and reaction skills.</p>
<u>Primary Beanbags</u>	<p>Bean bags are ideal for developing tracking, sending and receiving skills, especially in large classes, as they do not roll away and are more easily trapped than a ball.</p> <p>Start with the hand and mimic the shape of the shot. Build confidence through success and then add the racket when appropriate.</p>
<u>Primary Racket Skills and Beanbags</u>	<p>Paired beanbag exercises in small spaces that are great for learning to control the racket head. Starting with one beanbag, adding a second and increasing the distance. Working towards a mini rally.</p>

	Move on to the double racket exercise which mirrors the forehand and backhand shots - letting the game do the teaching.
Primary Ball and Lines	Always start with the ball on floor. Develop aiming skills by sending the ball through a target area using hands first before adding the racket. Introduce forehand and backhand. Build up to a progressive floor rally. Move on to individual throwing and catching exercises before introducing paired activity. Start with downward throw emphasising V-shape, partner to catch after one bounce. Introduce one racket. Add second racket. Build up to a progressive small space rally. Very important stage!
Skill Building Activities for Groups of 3. Using hoops as the target area	Hoop and balloon (in 3s) Use R/L hand, Forehand/ backhand (with front or back of hand) or rackets. Build in competition. Can build sequences by using combination of hand and racket. Hoop and beanbag (in 3s). Always start statically and then add movement. Links to 'hit, think and move' theory with tracking, sending, receiving and moving. Could also be done with the ball or mix both pieces of equipment in together and then add the racket.
Primary Hoops	Learn to control the hand to send a piece of equipment to a target. Develops aiming skills – distance, direction and speed by using a hoop. Send and receive with one hoop, add a second hoop, then add movement.
Primary Ball and Hoop	Learn to judge distance, speed and direction and build towards a first rally. It also allows us to introduce the challenge of team competition. Very important stage – learning how to rally with many variations and progressions. Starting with the hand, increasing the distance and changing the direction, then adding the racket to introduce both forehand and backhand and building towards fun team competition. A final stage here would be to introduce a net/ barrier tape.

<u>Primary Ball Control and Familiarisation</u>	This is the start of moving to and from a bouncing ball, training the hand first and then the racket. Move in semi-circles around the hoop and 'bump' the ball up or down in a self-rally and then add a partner.
<u>Primary Double Trouble</u>	Introduction of the mechanics of a volley and moving to and from a bouncing ball. Importance of Sending the ball in a 'V' shape with the hand first, adding a second ball, then adding movement before introducing the racket.
<u>Primary Small Space Rallies with Targets</u>	Developing rallying skills in small spaces using target areas using forehands, backhands and alternate shot sequences over different distances.
<u>Primary Cooperation and Competition</u>	Further skill development through cooperative and competitive activities. Create paired and team activities that encourage communication and create problem solving and decision making opportunities.
<u>Primary Warm Up/ End of Session Competitive Activities</u>	Competition options for warm up or end of session. How to cater for big numbers. Showcasing a wide range of content from the simple to the complex, using a variety of equipment.