

Judy Murray Tennis Resource – Secondary

Title and Link	Description
Secondary Introduction and Judy Murray's Coaching Philosophy	<p>Learn how to control, cooperate & compete. Start with individual skill, add movement, then add partner. Develops physical competencies, such as, sending and receiving, rhythm and timing, control and coordination. Children learn to follow sequences, anticipate, make decisions and problem solve.</p>
Secondary Racket Skills	<p>Emphasising tennis is a 2-sided sport. Use left and right hands to develop coordination. Using body & racket to perform movements that tennis will demand of you.</p>
Secondary Beanbags	<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>
Secondary Racket Skills and Beanbags	<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. Move on to the double racket exercise which mirrors the forehand and backhand shots - letting the game do the teaching.</p>
Secondary Ball and Lines	<p>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.</p>

	<p>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. Range of shots, build-up of rallying in tennis (on floor), how to start with ball off the floor and from standing height. Add racket, add second racket and into first rally. Very important stage!</p>
<u>Secondary Ball Skills</u>	<p>Lots of individual skills stations that are perfect for small spaces and develop racket/ ball confidence.</p>
<u>Rollerball</u>	<p>Great for judging distance, speed and direction of the ball plus teaching tournament format through the 'rounds'</p>
<u>Secondary Ball Control and Familiarisation</u>	<p>This is the start of moving to and from a bouncing ball, training the hand first and then the racket.</p> <p>Move in semi-circles around the hoop and 'bump' the ball up or down in a self-rally and then add a partner.</p>
<u>Secondary Ball Control and Volley Progressions</u>	<p>Individual and paired small space activity that enhances racket and ball control and familiarisation.</p>
<u>Secondary Team Building/ Cooperation Ideas</u>	<p>Showing a variety of group exercises that start simple using ball and hand and progress to develop more complex skills with the racket.</p>
<u>Secondary Hoops</u>	<p>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.</p>

<u>Secondary Ball and Hoop</u>	<p>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.</p>
<u>Secondary Double Trouble</u>	<p>Introduction of the mechanics of a volley and moving to and from a bouncing ball. Sending the ball in a 'V' shape with the hand first, adding a second ball, then adding movement before introducing the racket.</p>
<u>Secondary Skill Builders in 3s</u>	<p>Learning to change direction, distance and shape of the throw in a variety of set ups. Start with hands and beanbag, then add the racket. Move on to the hand and ball, then introduce the racket. Develops aiming skills, control, rhythm, timing and cooperation.</p>
<u>Secondary Skills Builders in 4s</u>	<p>Fun games and exercises for groups of 4 in small spaces. These can be cooperative or competitive and can be played using a variety of equipment according to abilities within your class. Develops aiming skills, rhythm and timing, communication, concentration and teamwork.</p>
<u>Secondary End of Session Teamwork and Competition 1</u>	<p>Paired and team activities that can be used as competitive warm ups or end of sessions. These can be as simple or as complex as you decide according to space, equipment and level.</p>
<u>Secondary End of Session Teamwork and Competition 2</u>	<p>Competitive activities for warm up or end of session. Can vary the throws, hits and equipment according to your class.</p>
<u>Secondary Teamwork and Doubles Play 1</u>	<p>Fun ideas to develop teamwork, tactics, doubles play, positioning and to teach the tennis scoring system.</p>

	Lots of ideas for playing the game cooperatively or competitively on a badminton court using a range of equipment.
Secondary Teamwork and Doubles Play 2	Fun ideas to develop teamwork, tactics, doubles play, positioning and to teach the tennis scoring system. Lots of ideas for playing the game cooperatively or competitively on a badminton court using a range of equipment.
Secondary Teamwork and Doubles Play 3	Fun ideas to develop teamwork, tactics, doubles play, positioning and to teach the tennis scoring system. Lots of ideas for playing the game cooperatively or competitively on a badminton court using a range of equipment.
Secondary Tennis Games for Big Numbers	Tennis games for big numbers (example, 8-10 people to a court) Can be played cooperatively or competitively. Game 1 = '4 A-side Tennis' Rules: <ol style="list-style-type: none"> 1. hit the ball UP 2. ball can bounce once and must land within the court boundary 3. Players change places clockwise after ball is hit by a member of their team. Scoring: <ol style="list-style-type: none"> 1. Which court can keep the rally going the longest 2. OR, play first team to win 3 points and rotate teams to place new oppositions. Game 2 = 'Grand Slam Sky Ball' Learn to track a high ball & educate students about the tennis tour. Grand slams = 4 biggest events in tennis and how they work. Game 3 = 'Wipe out' Options: <ul style="list-style-type: none"> • every player has a racket • players put racket in non-dominant hand

- player who loses the point forfeits their racket but remains part of the game (as shown in clip)
- one racket per team is passed from player to player.

Game 4 = 'Bobsleigh'

- Follow the options for wipe out but player who loses the point sits in the team on court 'Bobsleigh'.

Game 5 = 'Round the world'

- Hit and run to the other side

Game 6 = Interceptor

3 a-side game which is great for teaching the volley and for building confidence at the net.

'Double Trouble' helps to build the skills needed to play this game better.