

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

Tennis is a great sport for people of all ages and skill levels. It's a fun way to get exercise, socialize, and improve your coordination. If you're a beginner, taking a tennis class is a great way to learn the basics of the game and start playing.

However, even the best tennis classes can get a little stale after a while. If you're looking for ways to keep your beginner tennis classes fresh and fun, here are 26 on-court activities that you can try:

****1. ** Tennis Tag:** This is a great way to get your students moving and having fun while they practice their strokes. To play, divide your students into two teams. One team is the "chasers" and the other team is the "runners." The chasers try to hit the runners with tennis balls. If a runner is hit, they become a chaser. The game continues until all of the runners have been caught.



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

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****2. ** Target Practice:** This drill is a great way to help your students improve their accuracy. To play, set up a target on the other side of the net. Have your students take turns hitting balls at the target. Award points for each ball that hits the target.

****3. ** Around the World:** This drill is a great way to help your students practice their groundstrokes and their footwork. To play, have your students line up in a circle around the court. The first player hits a ball to the second player, who then hits the ball to the third player, and so on. The last player in the circle hits the ball back to the first player.

****4. ** Crosscourt Rally:** This drill is a great way to help your students practice their forehands and backhands. To play, have two students stand on opposite sides of the net. The first student hits a ball crosscourt to the second student, who then hits the ball back crosscourt. The drill continues until one of the students misses the ball.

****5. ** Lob Rally:** This drill is a great way to help your students practice their lobs. To play, have two students stand on opposite sides of the net. The first student hits a lob over the net to the second student, who then hits the lob back over the net. The drill continues until one of the students misses the ball.

****6. ** Volley Rally:** This drill is a great way to help your students practice their volleys. To play, have two students stand close to the net. The first student hits a volley to the second student, who then hits the volley back. The drill continues until one of the students misses the ball.

****7. ** Serve and Volley:** This drill is a great way to help your students practice their serves and their volleys. To play, have one student stand at the baseline and the other student stand close to the net. The first student serves the ball to the second student, who then volleys the ball back. The drill continues until one of the students misses the ball.

****8. ** Overhead Smash:** This drill is a great way to help your students practice their overhead smashes. To play, have one student stand at the baseline and the other student stand close to the net. The first student hits a lob to the second student, who then hits an overhead smash back. The drill continues until one of the students misses the ball.

****9. ** Net Play:** This drill is a great way to help your students practice their net play. To play, have two students stand on opposite sides of the net. The first student hits a ball to the second student, who then tries to hit the ball back over the net. The drill continues until one of the students misses the ball.

****10. ** Doubles:** This game is a great way to help your students practice their teamwork and their communication skills. To play, divide your students into two teams of two. The teams then play a game of doubles tennis.

****11. ** Mini-Tennis:** This game is a great way to help your students practice their strokes and their footwork in a smaller space. To play, set up a mini-tennis court with a smaller net and smaller rackets. The students then play a game of mini-tennis.

****12. ** Sponge Ball Tennis:** This game is a great way to help your students practice their strokes and their footwork with a softer ball. To play,

use a sponge ball instead of a regular tennis ball. The students then play a game of tennis with the sponge ball.

****13. ** Balloon Tennis:** This game is a great way to help your students practice their strokes and their footwork with a lighter ball. To play, use a balloon instead of a regular tennis ball. The students then play a game of tennis with the balloon.

****14. ** Cone Drill:** This drill is a great way to help your students practice their footwork and their agility. To play, set up a series of cones in a pattern on the court. The students then run through the cones, following the pattern.

****15. ** Ladder Drill:** This drill is a great way to help your students practice their footwork and their coordination. To play, set up a ladder on the court. The students then jump through the ladder, following a pattern.

****16. ** Plyometric Exercises:** Plyometric exercises are a great way to help your students improve their power and their explosiveness. To perform plyometric exercises, have your students jump, hop, and skip.

****17. ** Core Exercises:** Core exercises are a great way to help your students improve their balance and their stability. To perform core exercises, have your students do planks, crunches, and sit-ups.

****18. ** Stretching:** Stretching is an important part of any tennis workout. To stretch, have your students stretch their arms, legs, and back.

****19. ** Yoga:** Yoga is a great way to help your students improve their flexibility and their balance. To do yoga, have your students follow a series

of yoga poses.

****20. ** Meditation:** Meditation is a great way to help your students relax and focus. To meditate, have your students sit in a comfortable position and close their eyes. They then focus on their breath and let go of all of their thoughts.

****21. ** Visualization:** Visualization is a great way to help your students improve their mental game. To visualize, have your students close their eyes and imagine themselves playing tennis. They then focus on the details of their strokes and their footwork.

****22. ** Diagrams:** Diagrams are a great way to help your students learn the court and the different strokes. To use diagrams, have your students draw diagrams of the court and the different strokes. They then label the different parts of the court and the strokes.

****23. ** Videos:** Videos are a great way to help your students learn the different strokes and techniques. To use videos, have your students watch videos of professional tennis players. They then pay attention to the details of the strokes and the techniques.

****24. ** Articles:** Articles are a great way to help your students learn about the history of tennis and the different rules and strategies. To use articles, have your students read articles about tennis. They then discuss the information they have learned.

****25. ** Tennis Books:** Tennis books are a great way to help your students learn about the different aspects of tennis. To use tennis books, have your

students read tennis books. They then discuss the information they have learned.

****26. ** Tennis Magazines:** Tennis magazines are a great way to help your students stay up-to-date on the latest news and trends in tennis. To use tennis magazines, have your students read tennis magazines. They then discuss the information they have learned.

These are just a few of the many on-court activities that you can use to keep your beginner tennis classes fresh and fun. By incorporating these activities into your lessons, you can help your students stay engaged and motivated, and you can help them improve their tennis skills.

Remember, tennis is a game. It should be fun! So relax, have fun, and enjoy teaching your students about the great game of tennis.



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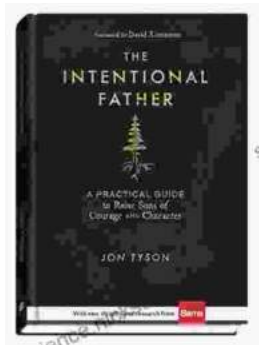
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