

The Mini player should...

## dynamic mover

PHYSICAL

<b>Snazy Skipping</b>	Skip for 10 skips in 5 different ways including moving forwards and sideways
<b>2 Ball</b>	Side step with a partner doing 2 ball passing. Do a court width of each: bounce pass, catch and throw and kick along the floor
<b>The Ladder</b>	Move quickly through the ladder without touching it: <ul style="list-style-type: none"> <li>• 1 step then 2 steps alternately</li> <li>• 4 steps in each box</li> <li>• Sideways with 1 step in each box</li> </ul>
<b>Slam Dunk</b>	Bounce a tennis ball down hard and jump to catch it, touch the ball on the floor, then change hands and do it again. Do 10 in a row

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## skilful player

TECHNICAL &amp; TACTICAL

<b>Solid Serve</b>	Serve 5 first and 5 second serves using a coordinated action and a good throwing action when hitting the ball. Ideally the player should use or be working towards using a chopper grip. 3 out of 5 second serves must go in
<b>Radar Return</b>	Get a partner to serve 10 serves that go in and show they can return cross court and down the line. 6 out of 10 returns must land in the court
<b>Rally 50</b>	Rally from the baseline with a partner to 50 using only 5 balls. The rally must include forehands and backhands. The player must show a good contact point and do the same stroke shape from different positions
<b>2 across, 1 down</b>	Rally from the baseline with a partner feeding. The player must hit 2 forehands cross court then 1 forehand down the line and recover after each shot. Repeat on the backhand. 6 out of 10 must land in the correct area
<b>Attack, Rally, Defend</b>	Rally with a partner or coach playing the 'Attack, Rally, Defend' game, calling out what they think they should do with each ball depending on its speed and length, and showing they can hit the ball in the way they called out
<b>In &amp; Volley</b>	Hit an approach shot at the right time in a rally. Follow it with a split step and volley showing good racket face control. 6 out of 10 must land in

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## match player

SPORTSMANSHIP

<b>Know the Rules</b>	Write down 10 rules of tennis or get help on <a href="http://arielminitennis.com">arielminitennis.com</a>
<b>Calling Score</b>	Score a match of 4 games or 1 tiebreak. Call the score clearly after each point
<b>Competition</b>	Play in an organised Green competition outside of your lesson
<b>Getting Organised</b>	Organise 2 matches outside of usual lesson time. They make the arrangements themselves, setting the time and booking the court

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## VIP

OFF COURT

<b>Taking the Lead</b>	Lead a warm up at the start of a session. Include a physical pulse raiser, moving stretches and a hitting warm up
<b>Celeb Spotting</b>	Find out about 5 pro players and some facts about their game. Guide them to <a href="http://arielminitennis.com">arielminitennis.com</a> for info
<b>R &amp; B Tricks</b>	Do 2 of the following racket and ball tricks: <ul style="list-style-type: none"> <li>• Tap ups on strings and edge of racket alternately for 10 taps</li> <li>• Balance the ball on the strings, then throw the ball in the air and catch again on the strings. Do 5 in a row</li> <li>• With the ball on the floor, flick it up with your racket and foot and into your hand. Do 5 in a row</li> </ul>