



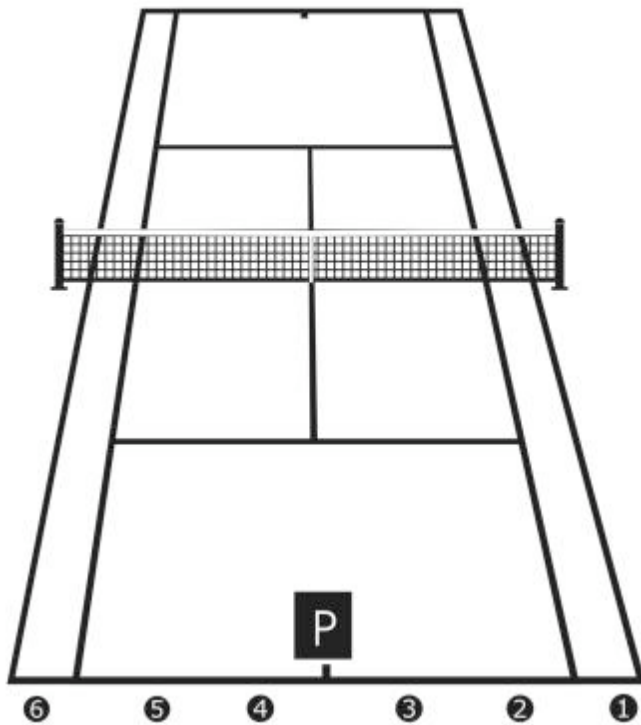
## **Sample Cardio Tennis Lesson Plans**

\*Students wearing heart monitors\*

\*Music will start\*

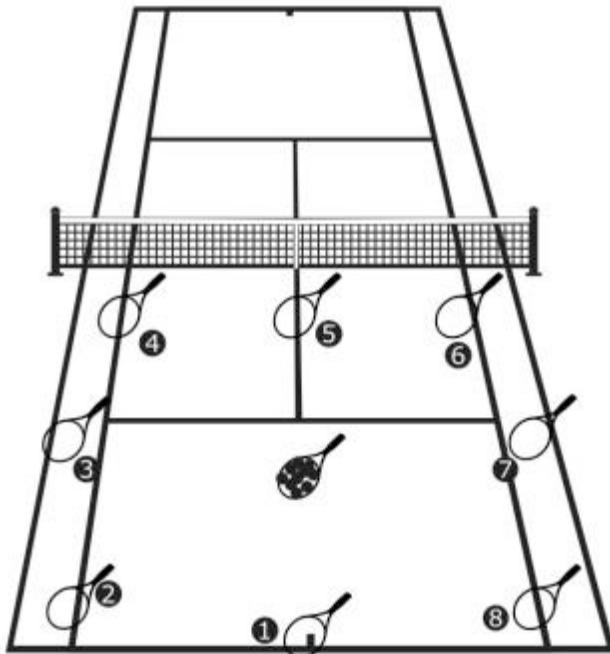
Warm Up (5-10 minutes)

1. **Active Stretch** – Done on two courts, using all four sides with one pro at the front for participants to follow. Students will follow directions as to what tennis stroke to shadow. Purpose – to quickly and effectively raise the heart rate of participants into their targeted Cardio zone (65% - 85% of maximum heart rate)



\*Check Heart Rate

2. **Burglar** – Done on two courts, using all four sides, students will form one large circle separated by at least three large steps from the students beside them. Each student will place their racquet on the ground in front of them and have three tennis balls on their racquet. On the pro's signal, students will run to another racquet, steal one ball and return it to their racquet, while other students do the same. Let it be clear that they are only allowed to carry one ball at a time, and they are not allowed to guard their racquet from thieves. Students will attempt to accumulate as many balls on their racquet until the time has run out.

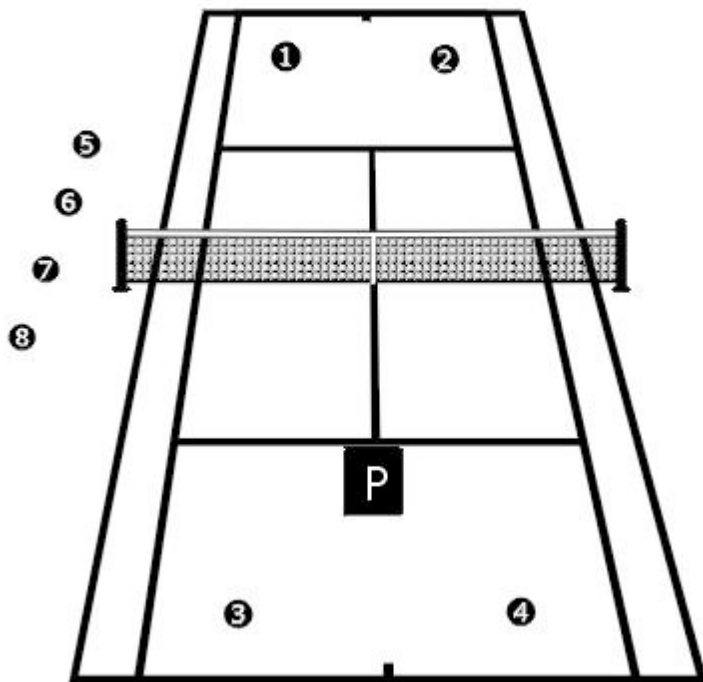


P

## Break onto four courts

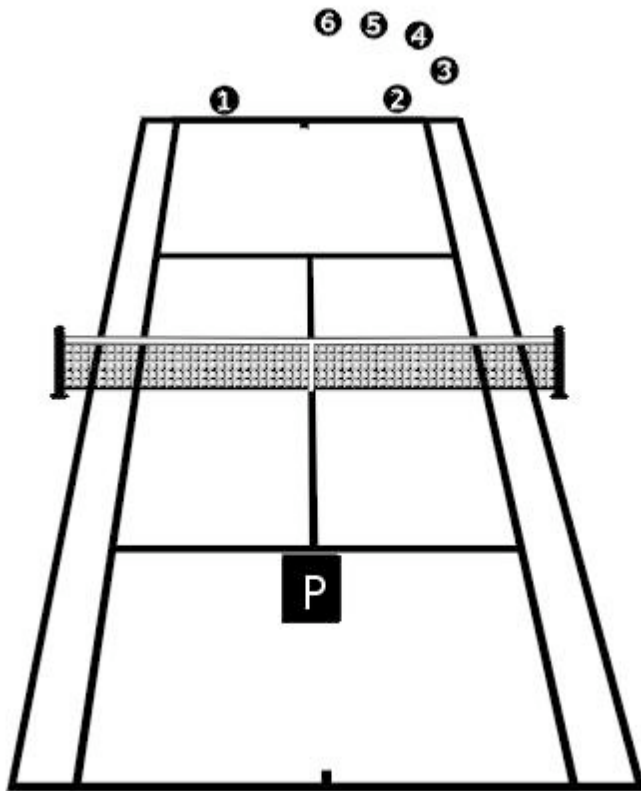
Play/Drill Based Activities (30-40 minutes)

1. **Doubles down the line consistency rally**, switch sides upon mistake – Students will rally with a partner from the baseline on half the court allowing two sets of rallies to occur at once. As soon as one person makes a mistake or reaches 10 rallies, all four students will switch sides. The two players on the side that does not make an error earn 1 point.



\*Check Heart Rate

2. **2 Ball across forehand/backhand** – Students will line up along the back wall. When it is their turn, they will walk up to the first forehand station, hit a ball and then move to the second station, hit a ball. They will proceed to go through the physical challenge, and wait for their next turn, which will shortly arrive.

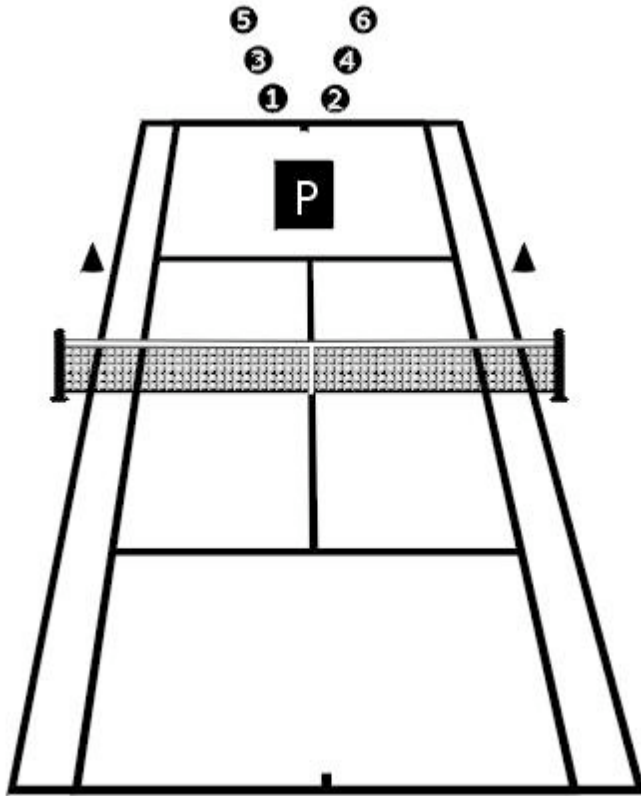


The same drill will be done from the backhand side

\*Check Heart Rate

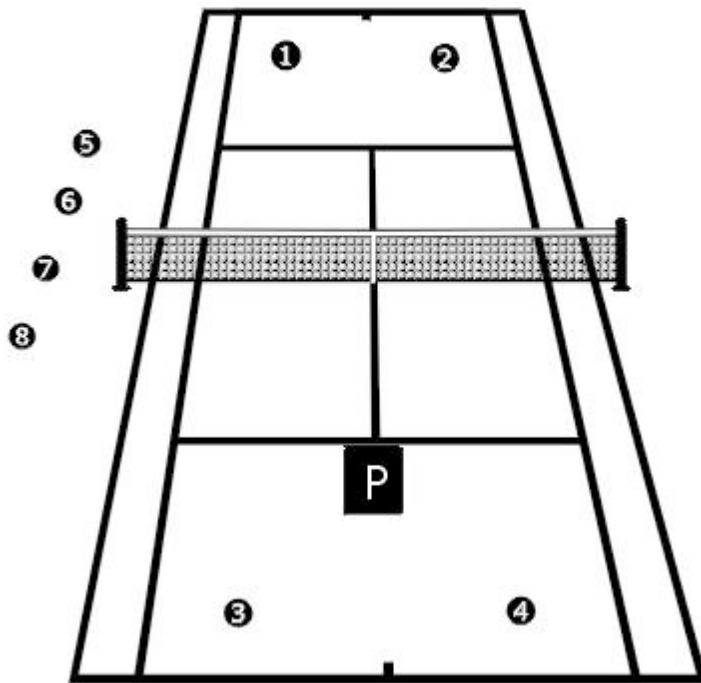
3. **Midcourt crusher** – Two lines of students will form on either side of the hash mark at the base line. The Pro will feed two, high put-a-way balls, at a time

bouncing around the service line. Students are encouraged to “crush” the ball, and then go through the physical challenge before returning to the end of the line.



\*Check Heart Rate

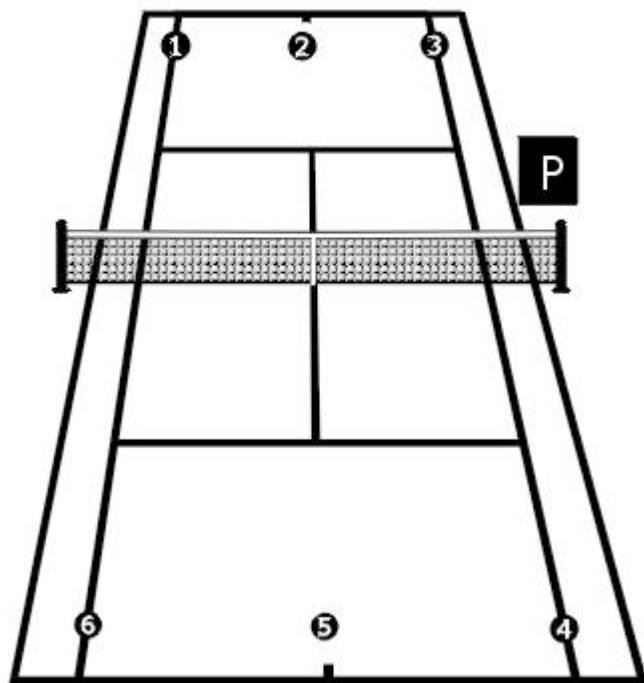
4. **Doubles Drop** – Two teams of doubles will start at the base line. Pro will feed a drop shot to any of the four students. All students must run up to the net, and play out the point. Lobs are not permitted past the service line. At the conclusion of the point, students will go through a physical challenge following them to the other side of the court. Teams will keep track of points earned.



\*Check Heart Rate

Cool Down (5-10 minutes)

1. **Volleyball** – 5-10 Students per side will be designated a space on the court by the pro. Pro will feed a ball in play, which must be volleyed either in the air, or on 1 bounce by no more or less than three students. The ball must be hit over the net on the third hit. Students must say the name of the person they are passing it to. This game will be played up to 15 points. Purpose: To slowly bring the heart rate back down to a resting zone.



\*Check Heart Rate

**Thank you for participating in Give Tennis A Shot – Cardio Tennis!**