

DEVELOPING THE RALLY

The essence of teaching tennis

The intersection of **art** and **science**



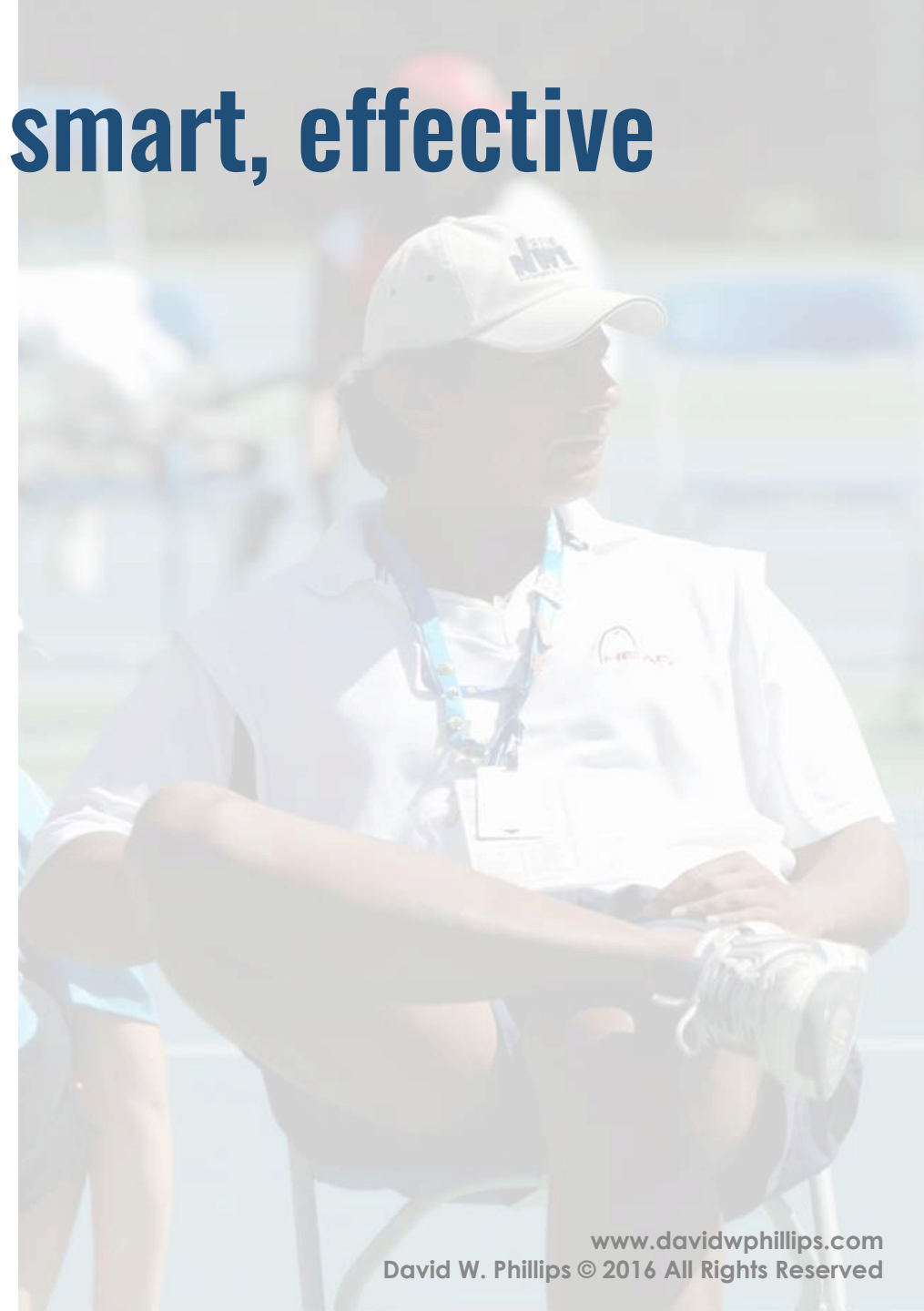


Going nowhere fast...



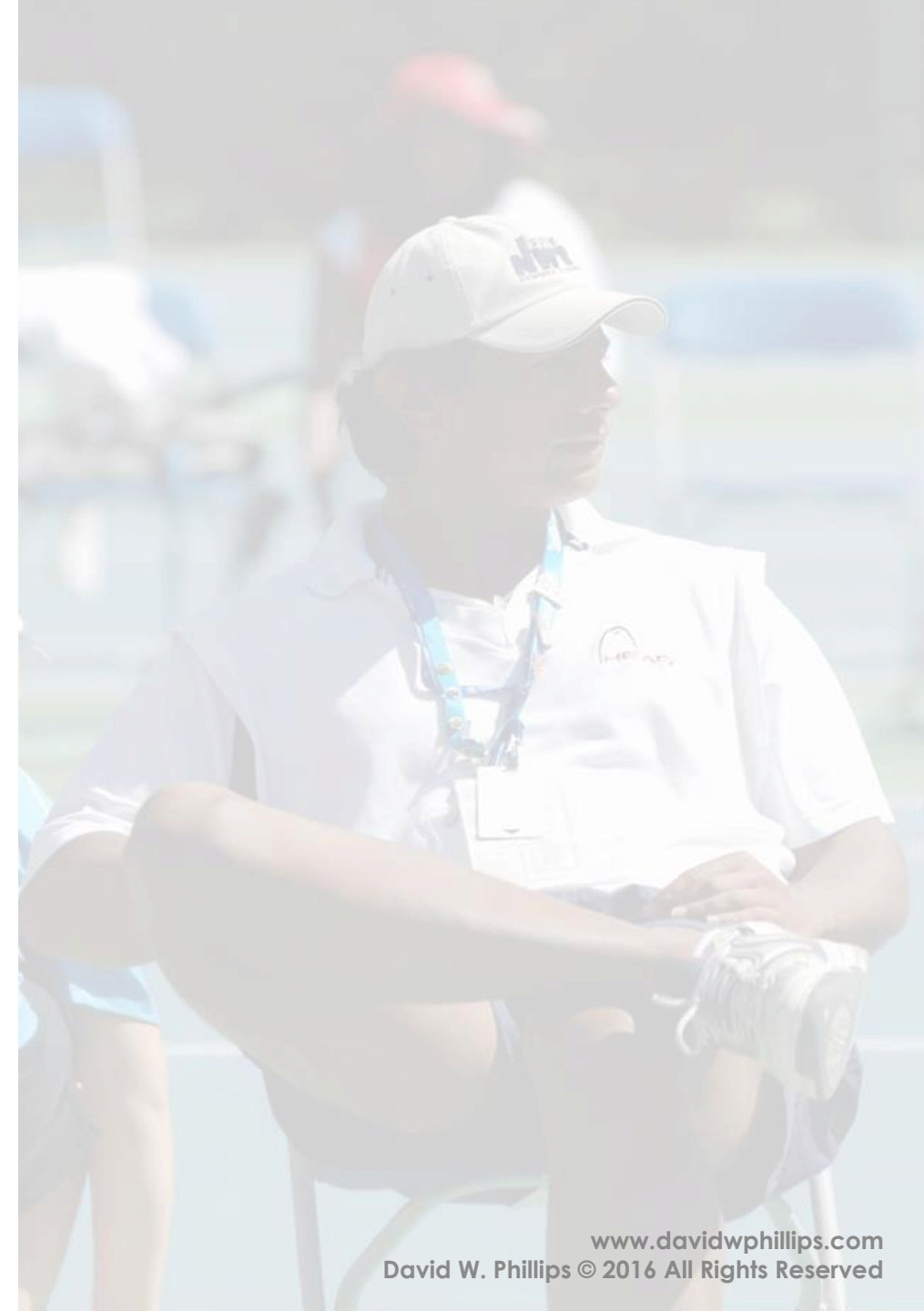
Begin with the end in mind: A smart, effective player...

- Love to compete (activation)
- Get to the ball early with balance
- Relaxed swing
- Centre the ball
- Direct the ball with purpose
- Find the center of the court



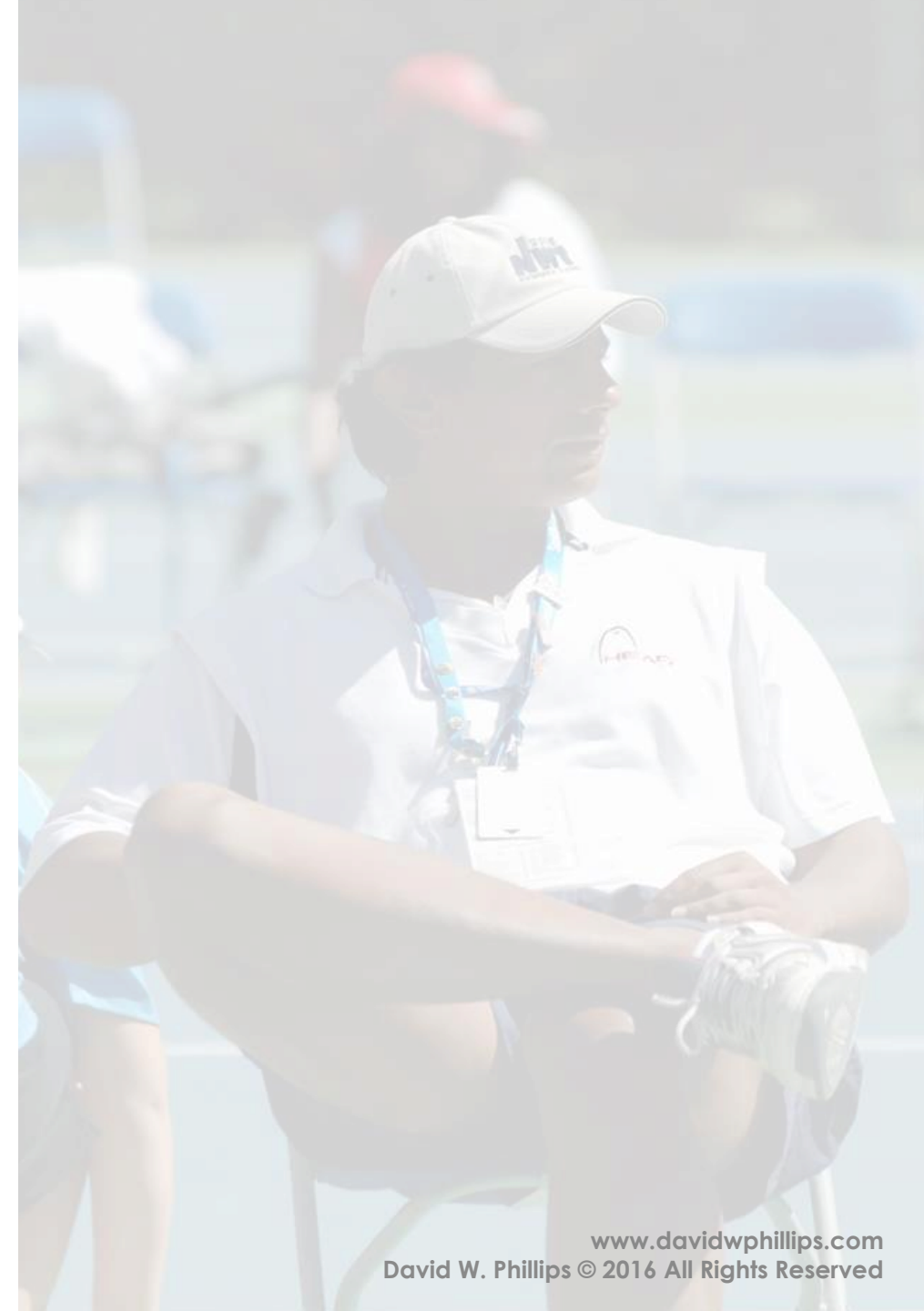
A short history of the Rally

- Technique/projection skills first...then you can rally
- Teaching the whole or parts? Progressions
- Graduated length method
- Discontinuous to continuous rally method
- Physical literacy development

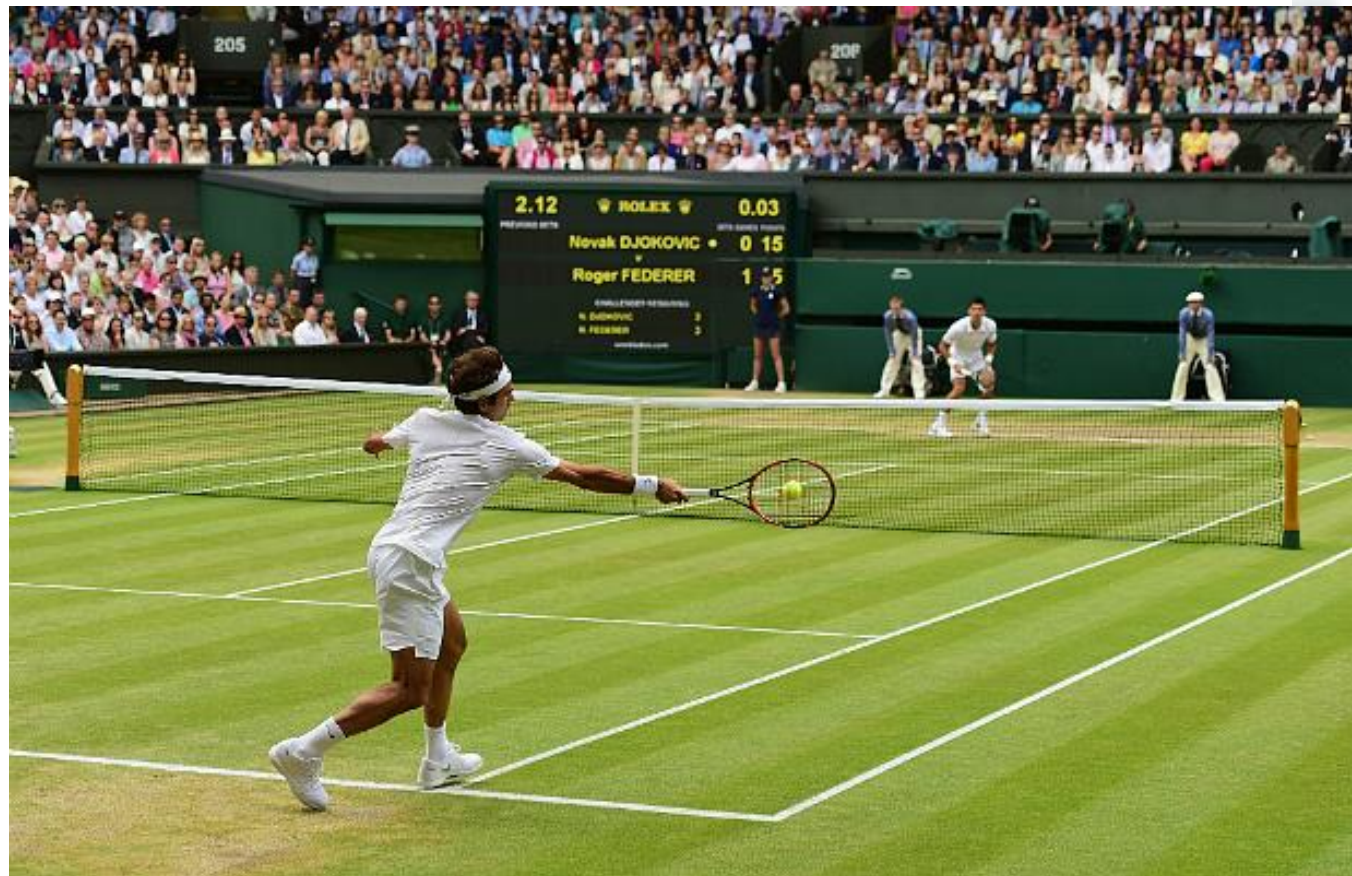


Rally is a COMPLEX word

- At it's most basic: to exchange
 - Racquet passes
 - The rolling rally
 - Juggle rally
- Quality rally ball?
 - When declining reception is ok
 - Rising
 - Using height
 - Without height
 - Adding movement
 - Adding a change of rhythm



And it's not just for groundstrokes



The most overlooked aspect of rallying:

Developing Reception Skills



Built into every lesson...at the start

Developing fundamentals through the warm up

- Orientation
 - Soccer taps
 - Basketball dribbling
 - Two racquets are better than one
-
- Be creative (physical literacy depends on it!)



Developing feeling and timing

- Block
- Catch
- Catch/carry
- Push
- Hit
- Punch
- Absorb
- Counter



Developing **groundstroke** (*throwing*) action

- Using the tennis ball tube
- Beach (or medicine balls)
- Two racquets (lobster catch and throw)



Discontinuous to continuous rally

- Self rally
- Juggle rally
- Volleyball



Cooperation is the essence of competition

- CRITICAL: Learning to rally with every person in the class
 - Rotating after each goal attained
- Engaging mental skills to facilitate control
 - Word association, first letter of the alphabet, capital cities
- Goal setting: using pyramids to promote success



Creating time

- Activities between “hits”
 - Touching lines
 - Footwork
 - Racquet skill work
- 2 ball rallies, 3 ball rallies
- 2 racquet rallies



Playing tennis...

