

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

As a tennis coach, it's important to keep your beginner classes fresh and fun. After all, if your students aren't enjoying themselves, they're less likely to stick with the game. That's why we've put together this list of 26 on-court activities that are perfect for beginner tennis classes.



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

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Warm-up Activities

1. **Footwork drills:** These drills help students improve their footwork and agility, which are essential for playing tennis. Some examples include:
 - Side shuffles
 - Forward and backward runs
 - Lateral jumps
 - Cone drills

2. **Stretching:** Stretching is important for preventing injuries and improving flexibility. Some examples of stretches that are good for tennis players include:
 - Hamstring stretch
 - Calf stretch
 - Quad stretch
 - Shoulder stretch

3. **Ball handling drills:** These drills help students develop their ball handling skills, which are essential for playing tennis. Some examples include:
 - Ball toss and catch
 - Ball bounce and catch
 - Ball roll and catch
 - Ball juggling

Skill-Building Activities

1. **Groundstrokes:** Groundstrokes are the most basic shots in tennis. They are used to hit the ball back and forth from the baseline. Some examples of groundstrokes include:
 - Forehand
 - Backhand
 - Volley
 - Overhead

2. **Serves:** Serves are used to start a point in tennis. They are hit from behind the baseline and must land in the service court on the other side of the net. Some examples of serves include:
 - Flat serve
 - Slice serve
 - Topspin serve

3. **Volleys:** Volleys are hit before the ball bounces. They are used to keep the ball in play and to put pressure on the opponent. Some examples of volleys include:
 - Forehand volley
 - Backhand volley
 - Overhead volley

Game-Based Activities

1. **Singles:** Singles is a game played between two players. Each player has their own court and they take turns hitting the ball back and forth.
2. **Doubles:** Doubles is a game played between two teams of two players each. Each team has their own court and they take turns hitting the ball back and forth.
3. **Rally score:** Rally score is a scoring system in which each point counts. The first player or team to reach a certain number of points wins the game.
4. **Timed games:** Timed games are games that are played for a certain amount of time. The player or team with the most points at the end of

the time wins the game.

Fun Activities

1. **Target practice:** This is a fun activity that can help students improve their accuracy and power. Set up a target on the court and have students try to hit the target with their shots.
2. **Around the world:** This is a fun game that can help students improve their footwork and agility. Have students line up around the outside of the court and have them hit the ball to each other in a clockwise direction.
3. **King of the court:** This is a fun game that can help students improve their competitive spirit. Have students play a game of singles or doubles, and the winner of each game becomes the "king" or "queen" of the court. The king or queen then plays against the next challenger, and so on.

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 a variety of activities into your lessons, you can help your students learn the game of tennis and have a great time while ng it.



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