

## S.B.Patil Public Scho

### Yearly Planning 20

#### LAWN TENNIS ST

Sr. No.	Month	Lesson Theme
1	July	Introduction the game & Rules, Fitness Training
2	August	Ball Sense application analysis basic groups
3	September	Four hand ground strokes
4	October	Back hand Ground strokes
5	November	Services Service return practice
6	December	Volleys
7	January	Smash (Over Head)
8	February	Other Shots
9	March	Tactics Single Doubles
10	April	Play points

# Vol, Ravet

2016-17

Skills
Explain the Rules And Regulations, warm up, ball sense exercises Fun games
Ball Bouncing with hands turn & catch ,Catch rally Racket use bounce and hit the ball
Four hand swing feed and hit the ball Four hand rally
Back hand swing feed and hit the ball
Throwing the ball hitting down with wrist simple service
Bounce and punch Volley Rally Game Depth Volley Rally
Smash Practice, smash recovery, Lob return practice, Lob Practice.
Four hand, back hand cross court, down the line Volleys cross court down the line.
Hitting into space Hitting the gap Doubles movement ,Movement as a pair
Play Singles, and doubles points