

# Introduction

It is really important to understand that if you practice the wrong things at anything you get really good at the wrong thing. So knowing a few fundamentals when it comes to tennis is essential to getting the best from any practice session, this is what this survivals guide is all about. Let's not kid ourselves, asking our kids to do anything when comes to practicing is like banging our heads against a brick wall. So let's think like a kid and make the practice session interesting and fun because if it is not, well you know what happens after two minutes.

## **How to Make Practice Interesting and Fun.**

Think of why kids love computer games, computer games start off easy and get harder over time and there are lots of rewards along the way. If you can make a practice session just like a computer game then you will have them hooked. Tennis is traditionally the opposite of a computer game that is why kids don't want to practice, why would you want to practice something that is hard in the beginning, boring and with no rewards straight away?

Ok, now we have a basic understanding that if it is not interesting and fun we will not survive a simple practice session without it ending in tears and that practicing the wrong things is not a good idea.

## **What you will learn -**

1. Basic Fundamentals
2. Warm Up
3. Easy Practice Drills
4. Warm Down Games

# 1 Basic Fundamentals

[www.marconitennis.com/video-tutorial](http://www.marconitennis.com/video-tutorial)

## Correct Grip for Tennis



## Three Basic Fundamentals

# 2 Dynamic Warm Up

A Dynamic warm up is simply going through the movements that you will be doing in your practice session. For example if you are going to practice forehands walk across the court swinging through the forehand, make sure you complete the full range of movement for that shot. Repeat this for all the shots you will be doing in the practice session. Your warm up should start slow and get faster over a few minutes. Stretching is not a good idea before you start as stretching cold muscles could lead to injuries. Going through the full range of movement for a few minutes is the best warm up for all activities.

## 3 Easy Practice Drills

Feeding the ball is the scariest thing for people new to practicing with their kids. If you don't get this right then it is over before you even start. Start by feeding by hand, you don't want to get hit by the ball so stand off to the side and toss the ball under arm. You want to make sure the ball bounces around hip high to your child so it is easy for them to swing and hit, if you feed too low or too high it will be harder to control the ball. There is a sweet spot in swinging called the swing zone, this is just around hip high. When you feel more confident in feeding in the swing zone then you can start moving further away from your child. Remember safety is number one so don't get too close or you will get hit.

### Target Practice

Remember I mentioned that computer games start easy and get harder over time and there are lots of rewards, that is why kids love playing them. Well this is how you are going to design your drills, Start easy and get harder over time. Using a large target area like cones set up or sections of a court, get your child to first throw or toss a ball into that area. Once they understand the objective of aiming at a target area then the following steps are really important.

You must determine before you start what success is, you must both agree that getting a certain number of balls in the target area is the objective and if they do then they win. Start with a small number to aim for, for them to win (2 or 3). You want them to succeed within a few minutes otherwise they will get bored and give up. Remember that starting simple and getting harder over time is the best way to keep your kids interested in practicing. Don't correct your kids technique, except for the basic grips and three fundamentals that you learnt from our video tutorial.

Once they get success in a drill then move on to a different stroke. Don't spend more than a few minutes doing the same drill. Kids get bored if things are not constantly changing. Vary the distance with your feeding the ball to make it easier or harder and make your target area bigger or smaller to get the quickest success.

Smiling is the best reward your kids will get when you practice with them, so smile when they get close to a target and smile and make a big deal when they hit the target. Encouraging words and a high five with lots of smiles is the only thing you can reward your kids with that will mean the most to them

## 4 Warm Down

Playing a simple game is the best warm down for a basic practice session. If you can not hit a ball with a tennis racquet, then get rid of the racquets and just throw a ball back and forth over the net. Use the service box as a mini tennis court and throw the ball under arm back and forth until someone drops the ball or does not catch it. Play first to 5 points to get a winner. You can vary this game to make it easier or harder. Remember your the adult and if you are like me and don't like to lose things can get pretty competitive, so in the beginning be humble and don't win every game.

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**Thank you for wanting to Learn How to Practice Tennis  
Effectively with Your Child.**

**I love helping people learn so if you have any questions please  
give me a call or send me an email.**

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Every Good Wish,

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