

PROGRAM FOR TENNIS CLASSES

I year, I semester

	THEME	HOURS	DATE
1.	Organizationally class	2h.	
2.	Learning the basic rules. Grips, ready position, movement, ways of holding the racket	4h.	
3.	Waiting position – differences Preparing for the shot	4h.	
4.	Learning of the basic Forehand shot	4h.	
5.	Learning of the basic Backhand shot	4h.	
6.	Rules. Dictionary of the tennis player	4h.	
7.	The Serve – learning the basic technique	4h.	
8.	Learning games and matches with the coach	4h.	

TOTAL: 30h.

PROGRAM FOR TENNIS CLASSES

I year, II semester

	THEME	HOURS	DATE
1.	Development of the baseline shots (forehand and backhand)	4ч.	

2.	Hitting the running Forehand shot, moving towards the ball, forehand drills	2h.	
3.	Hitting the running Backhand shot, moving towards the ball, backhand drills	2h.	
4.	Learning the Volleys and the Smash (overhead shot)	4h.	
5.	Mixed drills, running towards the ball, controlling the ball, recovery from the shot, changing the directions	4h.	
6.	Learning of playing points and games. Learning the tennis scoring system	4h.	
7.	Tactics	2h.	
8.	Learning games with a partner between the students Doubles games and Single games	4h.	
9.	Competition between the students, Tournament	4h .	

TOTAL: 30h

**EXERCISES – THESES
I year, I semester**

EXERCISE #1 -2 hours

Organizationally exercise

1. Familiarizing the students with the facilities and the requirements of the Department concerning the trainings of physical education
2. Introduction of the students with the basic objectives of teaching physical education

EXERCISE #2 -2 hours

Learning the basic rules. Grips, ready position, movement

1. Teaching the rules and regulations

2. How to hold a tennis racket
3. Learning the basic grips
4. Learning the basic positions on the court

EXERCISE #3 - 2 hours

Waiting position – differences

1. Waiting positions
2. Execution of the shot
3. Preparing for the shot

EXERCISE #4 - 2 hours

Learning of the basic Forehand shot

1. Learning the basic technique of the forehand shot
2. Showing the right grip
3. Drills

EXERCISE #5 - 2 hours

Forehand shot

1. Tennis dictionary and terminology
2. Forehand from a single position (single shots)

EXERCISE #6 - 2 hours

Forehand shot

1. Forehand shot on a steady position
2. Phases of the forehand shot

EXERCISE #7 - 2 hours

Forehand shot

1. Preparation for the shot
2. Backswing and follow-through
3. Learning the different phases of the shot from steady position

EXERCISE #8 - 2 hours

Backhand shot

1. Showing the proper backhand grip
2. Variation of the grips
3. Ready backhand positions

EXERCISE #9 - 2 hours

Backhand shot

1. Showing the types of backhand
2. How to hold the racket with the proper backhand grip
3. Drills
4. Learning the basic rules

EXERCISE #10 - 2 hours

Backhand shot

1. Learning the two handed backhand
2. Hitting the ball from a steady position
3. Learning game

EXERCISE #11 - 2 hours

Backhand shot

1. Learning the one handed backhand shot
2. Hitting the ball from a steady position
3. Learning game
4. Tennis Rules

EXERCISE #12 - 2 hours

The Serve

1. Showing the right grip
2. Types of serve

EXERCISE #13 - 2 hours

The Serve

1. Learning the basic technique
2. Serve stances
3. Serving drills

EXERCISE #14 - 2 hours

Learning games and matches

1. Learning games with the coach
2. Drills

EXERCISE #15 - 2 hours

Learning games and matches

1. Playing different games with a partner between the students
2. Playing matches between the students
3. Games and competitions

**EXERCISES – THESES
I year, II semester**

EXERCISE #1 - 2 hours

Development of the baseline shots

1. Deeper technical analysis
2. Working on the consistency of the shots
3. Drills and games with the coach

EXERCISE #2 - 2 hours

Hitting the running Forehand shot

1. Moving towards the ball
2. Running and hitting the ball
3. Drills and exercises with the coach

EXERCISE #3 - 2 hours

Hitting the running Backhand shot

1. Moving towards the ball
2. Running and hitting the ball
3. Drills and exercises with the coach

EXERCISE #4 - 2 hours

Development of the baseline game

1. How to move around the ball
2. Learning to adjust for the shot with small steps
3. How to recover position after hitting the shot
4. Drills

EXERCISE #5 - 2 hours

Learning the Volleys and the Smash

1. When and where to hit a volley shot
2. Forehand volley technique
3. How to hit a smash
4. Drills

EXERCISE #6 - 2 hours

Learning the Volleys and the Smash

1. Backhand volley basics
2. Hitting a smash
3. Volley drills

EXERCISE #7 - 2 hours

Mixed drills, running towards the ball

1. Controlling the ball
2. How to position for the shot
3. Moving towards the ball and shot recovery
4. Drills with the coach

EXERCISE #8 - 2 hours

Mixed drills, running towards the ball

1. How to attack
2. How to defend
3. Going to the net
4. Drills with the coach

EXERCISE #9 - 2 hours

Learning of playing points and games

1. How to play points
2. How to start a rally
3. Learning to count the score
4. Paying points and games

EXERCISE #10 - 2 hours

Learning of playing points and games

1. How to play a game, set or match
2. Simulating games
3. Rules and scoring

EXERCISE #11 - 2 hours

Tactics

1. Learning the importance of tactics
2. How to move the opponent
3. How to win a point

EXERCISE #12 - 2 hours

Learning games

1. Playing a singles match with the coach
2. Playing different games with a partner
3. Playing a doubles match with the coach

EXERCISE #13 - 2 hours

Learning games

1. Playing a match between the students
2. Mixed doubles between the students
3. Different game variations between the students

EXERCISE #14 - 2 hours

Competitions

1. How to create and organize a tennis tournament
2. Playing a variety of competitive games and matches
3. Tactics

EXERCISE #15 - 2 hours

Competitions

1. Singles tournament
2. Doubles tournament
3. Mixed doubles tournament