



Tennis and Racquet Games at School

30 frontal hours (5 ECTs)

Course Instructor: Dr. Meir Zemach

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A. Aims:

Exposure to the game of tennis with an emphasis on understanding the game, learning the rules and practicing the skills of the game. The skills of the game are practiced within the framework of singles and doubles. In addition, students will receive general information on this sport branch.

B. Curriculum

Week	Lesson Topic	Lesson Details
1	Basic rules of the game	The game "as it is" in facilitating conditions
2	Grand Slam and history of the game	The rules of the game, the court and its composition, and scoring
3	Positioning and tactical thinking	Learning and practicing basic tactics of the game
4	Dynamic thinking	Decision making in changing game situations
5	Positions	Learning and practicing ground strokes: palm and back hand
6	Focus on "closed" grip and racquet	Ground stroke practice: forehand and backhand
7	Focus on timing	Ground strokes - directions
8	Continental grip, "hammer"	Serving + Practice (Initial Steps)
9	Backward lifting practice and passing correctly	Serving + Practice (Final Steps)
10	Practice in a game setting	Combining the serve stroke in the game + the return stroke
11	Practice in a game setting	Incorporate strokes in the game + return stroke practice
12	Phases of learning	Volleys
13	Practice in doubles	Volleys
14	Observations	Concluding Tournament + Practical Exam
15		Theoretical Exam

C. Methods

Practical lessons, lectures and video clips

D. Student Obligations:

The student is required to attend lessons with tennis attire and a tennis racquet. Attendance and participation are required.

E. Grade Composition:

Practical Exam and Progress – 75%

Theoretical Exam/Paper – 25%

F. Sources:

Braden, V.S., Bruns, B. (1980). Teaching Children Tennis. Vic Braden: Boston: Wayne, Little, Brown.

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