



How to Effectively Practice Tennis With Your Kids

A Survival Guide

Complete Beginners Guide 4 years +

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 survival guide is all about. Let's not kid ourselves, asking our kids to do anything when it 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 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

Correct Grip for Tennis



<https://youtu.be/HP2cC5wSU40?si=Q-2V9RvBaq5P5ZWL>



https://youtu.be/RLSA_F_v_Gg?si=BekONxyh2FTXZWyp

Three Basic Fundamentals



2

Dynamic Warm Up

A dynamic warm-up involves mimicking the movements you'll perform during your practice session. For instance, if you're practising forehands, walk across the court while swinging through the forehand motion. Gradually increase speed over a few minutes, ensuring a full range of movement for each shot. Avoid static stretching before starting, as stretching cold muscles can lead to injury. Instead, focus on controlled, dynamic motions to prepare your body effectively for activity.

3

Easy Practice Drills

Feeding the ball can be intimidating for beginners practicing with their kids. To start, feed by hand while standing to the side to avoid getting hit. Toss the ball underarm so it bounces at hip height, making it easy for your child to hit. Avoid feeding too low or too high, as this can make control difficult. Focus on the "swing zone"—around hip height. As you gain confidence, increase the distance between you and your child. Always prioritise safety and avoid standing too close.

Target Practice

As with computer games, practice drills should start easy and gradually become more challenging, offering small rewards along the way. Begin with a large target area, such as cones or court sections. Have your child toss or hit the ball into this area to understand the objective. Once they grasp the goal, follow these key steps:

1. **Define Success:** Agree on a specific goal, such as hitting the target 2–3 times. Keep the task achievable to ensure quick success and maintain engagement.
2. **Keep It Simple:** Start with easy tasks and gradually make them harder. Avoid correcting technique except for basic grips and three core fundamentals.
3. **Vary the Drill:** Spend only a few minutes per drill to prevent boredom. Change the target size or distance to adjust difficulty and keep things exciting.
4. **Celebrate Wins:** Reward success with smiles, high fives, and encouragement. Positive reinforcement, rather than material rewards, is most meaningful to kids.

By focusing on simplicity, variety, and positive feedback, your practice sessions will be both fun and productive.

4

Warm Down

A simple game is the best way to conclude a practice session.

If your child struggles to hit the ball with a racquet, start by throwing the ball back and forth over the net using the service box as a mini tennis court. Toss the ball underarm until someone drops it or misses a catch. Play to five points to declare a winner.

Adjust the difficulty by varying the pace or distance. As the adult, remember to encourage rather than dominate—be humble and let the game remain fun and engaging.

Closing Note

Thank you for learning how to practice tennis effectively with your child. I'm here to help, so feel free to call or email me with any questions.

Every good wish,

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