



***SWEET SPOT***  
**BRAIN TRAINING FOR SPORTS  
AND ACADEMICS**  
*Enhancing a Student's Ability to Focus*

**A Transformational Program  
for Physical Literacy**

Developed for America's Schools by  
Billie Jean King • PHIT America  
United States Tennis Association

**YOUR DAILY SWEET SPOT  
BALL-STRIKING GAME PLAN**





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## SWEET SPOT PROGRAM INFORMATION

### BREAKTHROUGH: SWEET SPOT BALL-STRIKING INSTRUCTION Teach The Last 3 Feet First

*Soccer, Baseball, Volleyball, Golf, Hockey, Tennis.*

Billie Jean King's Sweet Spot System automatically trains the eyes to stay on the ball in the last 3 feet, right up until contact is completed – beginning day one.

The brain then learns the other ball-striking skills 300% faster, and the student's enhanced ability to focus also improves their performance in the classroom.

**THE LAST 3 FEET**  
**THE BREAKTHROUGH**

**ROTATING TENNIS BALL**  
Topspin  
Backspin

**OSCILLATING ARM**  
Simulates live play with 1 to 2 second interval swing times

**ADJUSTABLE HEIGHT**  
**32"-39"**

**WEIGHTED BASE**  
17 different shots Plus

**FOR PLAYERS 3'1" AND TALLER**

**PORTABLE / EASY ASSEMBLY**



## SWEET SPOT PROGRAM INFORMATION

### BREAKTHROUGH: EYE TRAINING

#### Three Eye Functions: Scan - Track - Focus

The Sweet Spot 1-2-3 System is the first to scientifically synchronize all three eye functions required to strike a moving ball into one seamless unit of action to hit the Sweet Spot beginning day one.



#### Three Commands: Position - Swing - Move

Using these three cues automatically synchronizes with the Scan, Track and Focus functions of the eye, teaching the student to run, set up, and hit the Sweet Spot instinctively.

No additional words are required. Any additional instruction may pull the eye away from the ball causing unnatural loss of balance and mishits.



## SWEET SPOT PROGRAM INFORMATION

### BREAKTHROUGH: SWEET SPOT PROGRAM BENEFITS

#### The Student

- Eyes on ball learned day one – brain learns 300% faster
- Simulates a live ball rally for non-stop action games
- Cardio workouts built in
- No ball retrieval needed
- Instant non-verbal feedback for faster learning

#### The Instructor

- No tennis experience necessary
- No ball-tossing skills necessary
- Fun games-based system, always moving
- Physical distancing and safety built in
- It's portable and easy to set up – anywhere, anytime
- Lasting impact on other ball-striking sports



## SWEET SPOT PROGRAM INFORMATION

### OVERVIEW OF PERFORMANCE STANDARDS FOR GRADES K-12

**Average number of balls hit per class: 100**

**Solid hits per class: 30%**

**Average cardio activity per class: 1,000 yards**

<b>PHYSICAL EDUCATION SWEET SPOT BALL-STRIKING SKILLS</b>	<b>KINDERGARTEN</b>	<b>GRADES 1 AND 2</b>	<b>GRADES 3-12</b>
# of Sessions	8	10	10
Length of Session	30 minutes	30 minutes	30 minutes
Total Hours	4	5	5
Number of Kids per Eye Coach	6	6	6
Total Ball-Striking Hits/Program*	500	1,000	1,200
Still Ball	250	500	600
Moving Ball	250	500	600
Total Ball-Striking Hits/Student*	80	160	220
Left Side	50	80	110
Right Side	50	80	110
Cardio Movement/Student*	800 yards	1,600 yards	2,200 yards
# Football Fields Run per Student <i>Note: each ball hit = 10 yards running Back and forth distance from POC</i>	8	16	22



## SWEET SPOT PROGRAM INFORMATION

### SWEET SPOT BALL-STRIKING TEAM GAME RULES: How To Score Points

#### **SWEET SPOT BALL-STRIKING GAME 1: Still Balls**

1. "Position" – Student must run up (not walk) to get into position to swing
2. "Swing" – Student swings (slow to medium speed) and must finish swing with racket over shoulder and eye where ball WAS
3. "Move" – Student must run all the way back to the end of the line (only after finish of swing)

*All team members must jog in place until student returns for the point to count*

#### **SWEET SPOT BALL-STRIKING GAME 2: Moving Balls**

*"1-2-3" – 3 in 1 Eye Training System*

1. Scan "1" – Ball goes down (teacher pushes the ball down to start)
2. Track "2" – Ball returns up and begins to come toward the student
3. Focus "3" – Ball crosses home plate (lower cross bar). Student must say "3" ONLY when making contact to get a point (not before or after)

*All team members must jog in place until student returns for the point to count*

#### **SWEET SPOT BALL-STRIKING GAME 3: Live Balls/On Court (if available)**

*"1-2-3" – 3 in 1 Eye Training System*

1. Scan – Student says "1" as ball leaves other side
2. Track – Student says "2" as ball bounces, not before or after
3. Focus – Student says "3" as they make contact with the ball, not before or after, to score points (*Ball does not have to go over – make that a bonus point*)

#### **Parent/Teacher Reminders:**

- No technical instruction while ball is moving except for the 1-2-3 in this game (any attention not about the ball may pull their attention from the ball).
- Technical instruction may be downloaded on the Eye Coach, when the ball is still (not moving).



## SWEET SPOT PROGRAM INFORMATION

### SUMMARY

We are born with the potential to be natural ball-strikers.

Tennis is the ideal ball-striking sport for kids to learn first in Grades K–12. Any time, anywhere.

***Let the Sweet Spot ball-striking games begin!***





# SWEET SPOT LESSON 1: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Safety" (0:33)

**REVIEW VIDEO** "Grips" (0:58)

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 1 - Still Ball" (1:04)

## Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **20%** success rate in making solid contact with a still ball and racquet.
- Without needing to teach "eyes on the ball"

## Lesson Objectives:

- 40 – 60 balls hit/400 – 600 yards run
- Student learns grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball striking instincts to make solid contact with a still ball.
- Student learns to move forward and set up spacing skills in order to feel "when to swing" and "when to move" after contact has been completed.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Students will need to understand personal space in order to move freely through the activity area as well as understand how to change direction safely. Students learn importance of racquet safety and holding it still in the "ready position."

## Essential Questions:

- What are the 3 commands?
- Where's your eye when you finish your swing?
- Where's your racquet when you finish your swing?

**Fun Fact:** Tennis balls were originally white.



# SWEET SPOT LESSON 1

<b>OPENING ACTIVITY: Introduction to Game 1 and how to earn team points</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Students stand in hula hoop without picking up racquet	
<b>Skill &amp; Activity Progressions:</b> <ol style="list-style-type: none"><li>1. Teacher/Parent explains team rules and how to earn team points.</li><li>2. Teacher/Parent asks each student to verbally say each of the 3 cues "Position - Swing - Move."</li><li>3. As students say the cues the Teacher/Parent physically demonstrates each cue. While demonstrating the cues Teacher/Parent specifically asks: 1) Where are my eyes when I am finished with the swing? 2) Where is my racquet when I am finished with the swing?</li><li>4. Teacher/Parent assists as needed for set up of "Position - Swing - Move" after student runs up.</li></ol>	
<b>Instinct Cues:</b> Position - Swing - Move	

<b>SWEET SPOT BALL-STRIKING GAME 1: Team Game 1 (if more than one student)</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Teacher/Parent alternates calling out 1 student from Team 1 and then quickly 1 student from Team 2.	
<b>Skill &amp; Activity Progressions:</b> <ol style="list-style-type: none"><li>1. Team members keep feet moving ("hot feet"). Teacher/Parent uses Position cue to call Team 1 student to run to position. As soon as Team 1 student completes swing and moves, Teacher/Parent immediately calls Team 2 student to keep the line moving.</li><li>2. Point awarded after "Swing" when racquet over shoulder and eye on still ball and before instinct cue "Move."</li></ol>	
<b>Instinct Cues:</b> Position - Swing - Move	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reviews meaning of 3 cues "Position - Swing - Move."	

<b>QUIZ QUESTION:</b> How many points did each student earn for their team?
<b>KEY SKILLS:</b> Training the eyes to remain at contact until the finish of the swing to reinforce balance and timing at contact.



## SWEET SPOT LESSON 2: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 1 - Still Ball" (1:04)

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 2 - Moving Ball" (0:43)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **20%** success rate in making solid contact with a still ball and racquet and **10%** success rate in making solid contact with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 40 – 80 balls -hit/400 – 800 yards run
- Student learns and reinforces grips and swings for either right or left side (forehand or backhand) and utilize their natural ball-striking instincts to make solid contact with a still ball and moving ball.
- Student learns to move forward and set up spacing skills in order to feel when to swing and when to move AFTER contact has been completed.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Students will need to understand personal space in order to move freely through the activity area as well as understand how to change direction safely. Students learn importance of racquet safety and holding it still in the "ready position."

**Essential Question:** When to say "3" and simultaneously when to "swing"?

**Fun Fact:** Arthur Ashe was the first African American to win the US Open. Althea Gibson was the first African American female to win the US Nationals, later named the US Open.



## SWEET SPOT LESSON 2

<b>OPENING ACTIVITY: Safety</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students stand in hula hoop without picking up racquet	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent repeats team rules and how to earn team points. Teacher/Parent asks each student to verbally say each of the 3 cues "Position - Swing - Move." As students say the cues, the Teacher/Parent physically demonstrates each cue.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 1: Team Game 1</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Teacher/Parent alternates calling out 1 student from Team 1 and then quickly 1 student from Team 2.	
<b>Skill &amp; Activity Progressions:</b> Team members keep feet moving ("hot feet"). Teacher/Parent uses Position cue to call Team 1 student to run to position. As soon as Team 1 student completes swing and moves, Teacher/Parent immediately calls Team 2 student to keep the line moving.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 2: Team Game 2</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Students put racquets down. Teacher/Parent introduces timing skills (moving ball games).	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demonstrates on Eye Coach the moving ball and when to swing on 3. Teacher/Parent holds ball down at position 1 and says "one." Then moves ball back to position 2 and says "two." Then moves ball forward to position 3 and says "three." Students say the number with the Teacher/Parent. Team points are earned if student says 3 as they are hitting the moving ball as it comes toward them at the #3 position.	
<b>Instinct Cues:</b> 1 - 2 - 3	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reviews meaning of 3 athletic instinct cues "Position - Swing - Move" and trigger cue for what number to hit the ball - "3"	

<b>QUIZ QUESTION:</b> What is the correct number to hit the ball?	
<b>KEY SKILLS:</b> Feel of when to swing and when to say "3" at contact.	



## SWEET SPOT LESSON 3: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 1 - Still Ball" (1:04)

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 2 - Moving Ball" (0:43)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **20%** success rate in making solid contact with a still ball and racquet and **10%** success rate with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 60 – 100 balls hit/600 – 1,000 yards run
- Student reinforces use of grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball-striking instincts to make solid contact with a still ball and moving ball.
- Student learns and reinforces how to move forward and set up spacing skills in order to feel when to swing and when to move after contact has been completed.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** The term "Love" is used in the scoring system of tennis.



## SWEET SPOT LESSON 3

<b>OPENING ACTIVITY: Safety and Prep for Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students stand in hula hoop without picking up racquet	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent repeats team rules and how to earn team points. Teacher/Parent asks each student to verbally say each of the 3 cues "Position - Swing - Move." As students say the cues, the Teacher/Parent physically demonstrates each cue.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 1: Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent alternates calling out 1 student from Team 1 and then quickly 1 student from Team 2.	
<b>Skill &amp; Activity Progressions:</b> Team members keep feet moving ("hot feet"). Teacher/Parent uses Position cue to call Team 1 student to run to position. As soon as Team 1 student completes swing and moves, Teacher/Parent immediately calls Team 2 student to keep the line moving.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 2: Team Game 2</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Students put racquets down. Teacher/Parent introduces timing skills (moving ball games).	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demonstrates on Eye Coach the moving ball and when to swing on 3. Teacher/Parent holds ball down at position 1 and says "one." Then moves ball back to position 2 and says "two." Then moves ball forward to position 3 and says "three." Students say the number with the Teacher/Parent. Team points are earned if student says 3 as they are hitting the moving ball as it comes toward them at the #3 position.	
<b>Instinct Cues:</b> 1 - 2 - 3	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reminds students of their previous team scores and asks how much they have improved their team scores today and solid hits.	

<b>QUIZ QUESTION:</b> Where is your eye looking when you finish your swing?	
<b>KEY SKILLS:</b> Spacing, with racquet before swing. Timing, for when to swing at the "3" moving position of ball.	



## SWEET SPOT LESSON 4: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 1 - Still Ball" (1:04)

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 2 - Moving Ball" (0:43)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **30%** success rate in making solid contact with a still ball and racquet and **20%** success rate with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 60 – 100 balls hit/600 – 1,000 yards run
- Student reinforces use of grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball-striking instincts to make solid contact with a still ball and moving ball.
- Student learns and reinforces how to move forward and set up spacing skills in order to feel when to swing and when to move after contact has been completed.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** *The first tennis racquets were made of wood.*



## SWEET SPOT LESSON 4

<b>OPENING ACTIVITY: Safety and Prep for Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students stand in hula hoop without picking up racquet	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent repeats team rules and how to earn team points. Teacher/Parent asks each student to verbally say each of the 3 cues "Position - Swing - Move." Teacher/Parent selects one student to physically demonstrate each cue as other students say cues out loud.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 1: Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent alternates calling out 1 student from Team 1 and then quickly 1 student from Team 2.	
<b>Skill &amp; Activity Progressions:</b> Team members keep feet moving ("hot feet"). Teacher/Parent uses Position cue to call Team 1 student to run to position. As soon as Team 1 student completes swing and moves, Teacher/Parent immediately calls Team 2 student to keep the line moving.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 2: Team Game 2</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Students put racquets down. Teacher/Parent introduces timing skills (moving ball games).	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demonstrates on Eye Coach the moving ball and when to swing on 3. Teacher/Parent holds ball down at position 1 and says "one." Then moves ball back to position 2 and says "two." Then moves ball forward to position 3 and says "three." Students say the number with the Teacher/Parent. Team points are earned if student says 3 as they are hitting the moving ball as it comes toward them at the #3 position.	
<b>Instinct Cues:</b> 1 - 2 - 3	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reminds students of their previous team scores and asks how much they have improved their team scores today and solid hits.	

<b>QUIZ QUESTION:</b> Where is your racquet when you finish your swing?	
<b>KEY SKILLS:</b> How quickly can students self correct their swing and self correct the position of their eye after hearing cues?	





## SWEET SPOT LESSON 5: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 1 - Still Ball" (1:04)

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 2 - Moving Ball" (0:43)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **50%** success rate in making solid contact with a still ball and racquet and **30%** success rate with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 60 – 100 balls hit/600 – 1,000 yards run
- Student reinforces use of grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball-striking instincts to make solid contact with a still ball and moving ball.
- Student learns and reinforces how to move forward and set up spacing skills in order to feel when to swing and when to move after contact has been completed.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** Tennis is an Olympic sport and can be played by wheelchair users.



## SWEET SPOT LESSON 5

<b>OPENING ACTIVITY: Safety and Prep for Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students stand in hula hoop without picking up racquet	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent repeats team rules and how to earn team points. Teacher/Parent asks each student to verbally say each of the 3 cues "Position - Swing - Move." Teacher/Parent selects one student to physically demonstrate each cue as other students say cues out loud.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 1: Team Game 1</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent alternates calling out 1 student from Team 1 and then quickly 1 student from Team 2.	
<b>Skill &amp; Activity Progressions:</b> Team members keep feet moving ("hot feet"). Teacher/Parent uses Position cue to call Team 1 student to run to position. As soon as Team 1 student completes swing and moves, Teacher/Parent immediately calls Team 2 student to keep the line moving.	
<b>Instinct Cues:</b> Position - Swing - Move, Turn and Run	

<b>SWEET SPOT BALL-STRIKING GAME 2: Team Game 2</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Students put racquets down. Teacher/Parent introduces timing skills (moving ball games).	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent begins to use "1 - 2 - 3" in replacement of the words "Position - Swing - Move." Goal is to teach students to move at a faster pace and keep the ball moving. 1 - Begin running to position to swing, 2 - Get into position to get ready to swing, 3 - Hit the ball at the correct time on "3"	
<b>Instinct Cues:</b> 1 - 2 - 3	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent points out the improvement that students are making in their ball-striking skills from day 1 though present date.	

<b>QUIZ QUESTION:</b> When in ready position is your racquet still or moving? Why?	
<b>KEY SKILLS:</b> Increasing number of solid contacts. After student swings they move laterally to spot with rhythm and confidence.	



## SWEET SPOT LESSON 6: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 3 - Volleys" (2:31)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **50%** success rate in making solid contact with a still ball and racquet and **30%** success rate with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 80 – 120 balls hit/800 – 1,200 yards run
- Student will learn the "Volley" stroke ("TAP" and forward movement after contact) and the "split step" (hop and land on spot) to get ready to move to the next ball. Student continues to use learned grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball striking instincts to make solid contact with a still ball and moving ball.
- Student learns to move forward after contact and to coordinate a hop and land in a specific area on balance.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** *The shortest tennis match lasted 20 minutes.*



## SWEET SPOT LESSON 6

<b>OPENING ACTIVITY: Safety and Prep for Team Game 3</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent introduces new team game, "Volleys and Hop and Land." Sets up spots 3 feet past the Eye Coach and move lateral footwork spots 3 feet forward as well.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent will demonstrate ball-striking and forward movement after contact using "TAP." Teacher/Parent will also demonstrate the "split step" (hop and land) on the spot. Students will say cues while Teacher/Parent demonstrates hop and land. Team points are awarded AFTER student lands on spot after "TAP" and returns to back of line.	
<b>Instinct Cues:</b> 1 - 2 - TAP, Hop and Land	

<b>SWEET SPOT BALL-STRIKING GAME 3: Volleys - Still Ball</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Teacher/Parent uses "Position - Swing - Move" with still ball and demonstrates complete "TAP" with eye at contact. Then Teacher/Parent will say "Hop and Land." After landing, the student will move laterally, to the next spot, then turn and run to the back of the line.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent uses instinct cues to award team points and keeps lines moving quickly.	
<b>Instinct Cues:</b> Position - Swing - Move, TAP, Hop and Land	

<b>BALL-STRIKING GAME 3: Volleys - Moving Ball</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Teacher/Parent uses "Position - Swing - Move" with moving ball after completing "TAP" with eye at contact. Teacher/Parent will say "Hop and Land." After landing, the student will move laterally to the next spot, turn and run to the back of the line.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent begins to use "1 - 2 - TAP" to replace the words "Position - Swing - Move." Goal is to teach students to move at a faster pace and keep the ball moving. 1-Begin running to position to swing, 2 - Get into position to get ready to swing, 3 - "TAP" the ball at the correct time on "3"	
<b>Instinct Cues:</b> 1 - 2 - TAP, Hop and Land	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reviews with students their new skills "TAP and "Hop and Land."	

<b>QUIZ QUESTION:</b> What direction do you move after contact is made for a Volley?
<b>KEY SKILLS:</b> Students continue to improve their ball-striking skills with "1 - 2 - TAP." After making contact the student can comfortably move forward with "Hop and Land" on the spot (split step) and then turn and run



## SWEET SPOT LESSON 7: OVERVIEW

**Lesson Name:** \_\_\_\_\_

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** "Sweet Spot Ball-Striking Game 3 - Volleys" (2:31)

### Learning Outcomes:

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **60%** success rate in making solid contact with a still ball and racquet and **30%** success rate with moving balls.
- Without needing to teach "eyes on the ball"

### Lesson Objectives:

- 80 – 120 balls hit/800 – 1,200 yards run
- Student will reinforce the "Volley" stroke ("TAP" and forward movement after contact) and the "split step" (hop and land on spot) to get ready to move to the next ball. Student continues to use and reinforce learned grips and swings for either right or left side (forehand or backhand) and utilizes their natural ball striking instincts to make solid contact with a still ball and moving ball.
- Optional skill: Student learns side step movement to get to the back of the line after making contact.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** *The longest tennis match took 11 hours and 5 minutes to complete.*



## SWEET SPOT LESSON 7

<b>OPENING ACTIVITY: Safety and Prep for Team Game 3</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent introduces new team game, "Volleys and Hop and Land." Sets up spots 3 feet past the Eye Coach and move lateral footwork spots 3 feet forward as well.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent will demonstrate ball-striking "TAP" and forward movement after contact using the word "TAP" instead of "3." Teacher/Parent will also demonstrate the "split step" (hop and land) on the spot. Students will say cues while Teacher/Parent demonstrates hop and land. Team points are awarded AFTER student lands on spot after "TAP" and returns to back of line.	
<b>Instinct Cues:</b> 1 - 2 - TAP, Hop and Land	

<b>SWEET SPOT BALL-STRIKING GAME 3: Volleys - Still Ball</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent sets up Team 1 and Team 2 and the Eye Coach for the game. All kids in their hoops and racquets on the ground.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demos "Position - Swing - Move" with still ball and then "1 - 2 - TAP" with eye at contact. Then Teacher/Parent says "move" and using side steps moves laterally to the spot, turns and runs to the back of the line to get team points.	
<b>Instinct Cues:</b> Position - Swing - Move, 1 - 2 - TAP, Hop and Land	

<b>SWEET SPOT BALL-STRIKING GAME 3: Volleys - Moving Ball</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Teacher/Parent sets up Team 1 and Team 2 and the Eye Coach for the game. All kids in their hoops and racquets on the ground.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demos "Position - Swing - Move" with moving ball and saying "1 - 2 - TAP" with eye at contact. Then Teacher/Parent says "move" and using side steps moves laterally to the spot, turns and runs to the back of the line to get team points.	
<b>Instinct Cues:</b> 1 - 2 - TAP, Hop and Land	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reviews with the students their new Volley "TAP" skill.	

<b>QUIZ QUESTION:</b> Teacher/Parent quizzes students on racquet safety.	
<b>KEY SKILLS:</b> Students continue to reinforce their ball-striking skills with "1 - 2 - TAP" and after making contact the student can comfortably move forward with "Hop and Land" on the spot (split step) and then turn and run	



## SWEET SPOT LESSON 8: OVERVIEW

**Lesson Name:** “Spin Strokes”

**Grade Level:** K-12

**Lesson Length:** 30 minutes

**REVIEW VIDEO** “Sweet Spot Ball-Striking Game 4 - Spins” (1:16)

**Learning Outcomes:**

- Ignite, reinforce and strengthen instinctive movements for ball striking skills with a **60%** success rate in making solid contact with a still ball and racquet and **30%** success rate with moving balls.
- Without needing to teach “eyes on the ball”

**Lesson Objectives:**

- 80 – 100 balls hit/800 – 1,000 yards run
- Student learns the “Spin Stroke” skill to make the ball spin for better control. They continue to reinforce and strengthen their natural ball striking instincts for when to swing and when to move.

**Equipment Needed:** Hula Hoops, Racquets, Spots for Each Student, 1 Eye Coach

**Safety Considerations:** Hug your racquet when waiting in line.

**Essential Question:** How many solid hits did you get today?

**Fun Fact:** *Venus and Serena Williams became the first set of sisters ever to win Olympic gold medals in tennis.*



## SWEET SPOT LESSON 8

<b>OPENING ACTIVITY: Safety and Prep for Team Game 4</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Teacher/Parent sets up Eye Coaches for the Spin Stroke Game. Students stay in hula hoops and do not pick up racquets.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent demonstrates “Spin Stroke” by gently touching middle of ball with strings and moving upward. Asks the students to see the spin and ask the students “where is my racquet?” After the spin, the Teacher/Parent puts the racquet over the shoulder to show the finish of the spin stroke. 2 students may share the eye coach to learn spin - 1 hand side and 2 hand side alternating touches up. Points awarded only if they see the ball spin.	
<b>Instinct Cues:</b> Spin or Spin Stroke	

<b>SWEET SPOT BALL-STRIKING GAME 4: Spin Strokes - Still Ball</b>	<b>Time: 10 minutes</b>
<b>Organization:</b> Teacher/Parent calls out one student from Team 1 and one student from Team 2 to learn and see the Spin	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent uses instinct cue “Spin” to trigger the skill after they run up and get into position. Points awarded only if they see the ball spin.	
<b>Instinct Cues:</b> Spin or Spin Stroke	

<b>SWEET SPOT BALL-STRIKING GAME 4: Spin Strokes - Moving Ball</b>	<b>Time: 15 minutes</b>
<b>Organization:</b> Teacher/Parent uses “1 - 2” and must say “3” when they hit the moving ball. Teacher/Parent use “Spin Stroke” instinct cue reminders as needed.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent uses “1 - 2 - must hit 3” using Spin Stroke. Points awarded for hitting on “3” and the racquet is going up at contact.	
<b>Instinct Cues:</b> 1 - 2 - 3, Spin or Spin Stroke	

<b>CLOSURE</b>	<b>Time: 5 minutes</b>
<b>Organization:</b> Students instructed to put racquet on the ground and stand in hula hoop. Team cheer.	
<b>Skill &amp; Activity Progressions:</b> Teacher/Parent reminds students of the importance of using “1 - 2 - hit on 3” when playing tennis or any other ball-striking sports like soccer, baseball, golf or volleyball.	

<b>QUIZ QUESTION:</b> How many tennis strokes did you learn?	
<b>KEY SKILLS:</b> Self correction - students feel the difference and can self correct mistakes when given the correct cues.	