

SOFT TENNIS

History of Soft Tennis:

Soft tennis is exactly like regular tennis but with a softer and lighter ball and, optionally, lighter rackets. Soft tennis is most popular in Japan, where it was first played at the end of the 19th century. A special racket and ball were developed, and the game became known as soft tennis. The International Soft Tennis Federation was established in 1973. The first world championships followed in 1975, and they are now held every four years. Soft tennis was included in the 1990 Asian Games as an exhibition game and 4 years later became a permanent official event.

It is played primarily in Asia, especially in Japan, Taiwan and South Korea. In 2004, soft tennis was introduced into Europe. Some European countries, including Czech Republic now have active soft tennis federations. All of them are also members of the European Soft Tennis Federation, and the International Federation. Tournaments are held regularly in Hungary, Czech Republic, Poland, etc.

Rules of Soft Tennis:

- Soft tennis is a racket game played on a court of two halves, separated by a net. It is played in singles or doubles, whose objective is to hit the ball over the net, landing within the boundaries of the court, preventing the opponent from doing the same.
- Soft tennis differs from regular tennis in that it uses soft rubber balls instead of the standard ones.
- Most of the rules are the same as for regular tennis. Play starts with a serve, which can be underarm or overhead, and typical shots include forehand and backhand ground strokes, the overhead smash and the volley.
- The first player or pair to reach four points wins, with a deuce-style decider when players are tied on three points each, although the terminology is simplified. Unlike regular tennis, serve changes after two points in each game.
- Soft tennis can be played indoors or outdoors. The winner is the first to seven games in singles or nine games in doubles. A tie-break decides the winner if opponents are at three all or four all.

Dimensions:

The standard size of a soft tennis court is 23.77 meters x 8.23 meters for singles, and 23.77 meters x 10.97 meters for doubles (same as in regular tennis).

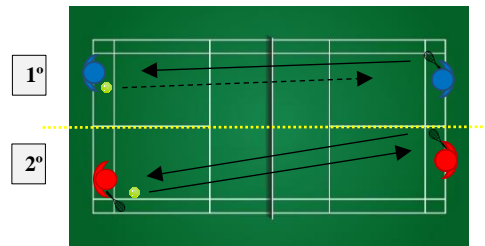
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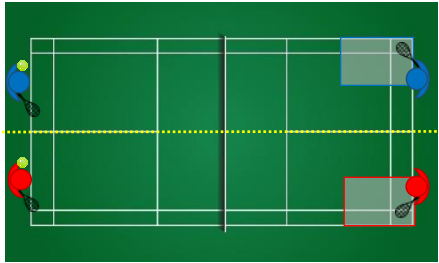
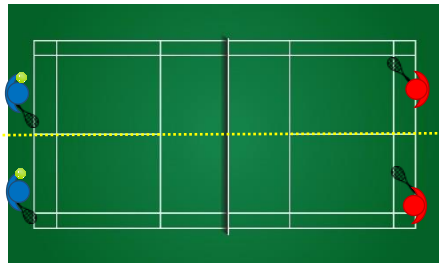
As regular tennis, soft tennis is a four-point game that must be won by a two-point lead. The name of these four points is 0 (zero), 15, 30, 40, and game. If the game is tied at 40, it extends until one player wins by a two-point lead. There are six games in a set and two or three games in a match.

CLASS PLAN

Teachers: Afonso Santos UCO 532669 and Hugo Barros UCO 532343			Date: 14/11/2022	Time: 10h00 – 11h00	Duration: 60 minutes
Sport: Soft Tennis	N° of students expected: 16	Semester: 2º semester	Place: Faculty of Sports Studies MU, ball sports hall		
Purpose of the class: Learning the basics of Soft Tennis			Material resources: rackets and soft tennis balls		

Time		Teacher goals	Task/Organization	Key components	Success criteria
T	P				
INITIAL PART					
5'	5'	<ul style="list-style-type: none"> - Increase body temperature and heart rate; - Avoid injuries; - Mobilize and prepare the students for the class. 	<p>Warm-up: The students are distributed in the lateral line of the field and are tasked with executing joint mobilization exercises for the upper and lower limbs that the teacher asks for.</p>	---	---
FUNDAMENTAL PART					
15'	10'	<ul style="list-style-type: none"> - Comprehend the technical gesture correctly. - Improve the technique of the forehand and backhand. 	<p>In pairs, the students spread out across de badminton fields (one in each half of the fields). The first task is: one student only throws the ball with the hand to his playmate and the other one returns it. Do 5x times to the left and right side and then change rolls [1º].</p> <p>The second task is to play with crossed right only. After a while, with crossed left only [2º]. If it's too difficult, the player can hit the ball up before returning the ball.</p>	<p align="center">Forehand:</p> <ul style="list-style-type: none"> - The racket retreats above and advances below); - The racket ends on the opposite side of the body, with the elbow at shoulder height and pointing forward. <p align="center">Backhand:</p> <ul style="list-style-type: none"> - Rotation of the hip and shoulders, making a continuous and circular movement of the racket backwards and down; - Contact with the ball at the front and at waist height, keeping the racket parallel to the net; - The movement ends with the racket on the opposite side of the body and hands on top of the shoulder. 	<ul style="list-style-type: none"> - The students are able to correctly perform the technique of the forehand; - The students are able to correctly perform the technique of the backhand; - The students are able to correctly place the ball within the boundaries of the opponent's field; - The students are able to cooperate with each other.



25'	10'	<ul style="list-style-type: none"> - Improve the technique of the forehand and backhand; - Improve the movement and footwork of the players on the field. 	<p>- On this exercise, one participant plays only to the opponent's right and the other plays free, then switch to the left. After a while change roles.</p> 	<p>Forehand and Backhand (above)</p> <p>Split Step:</p> <ul style="list-style-type: none"> - Take a small balanced jump when the opponent is hitting the ball. With this, it is possible to perceive the gesture of the player to allow the possibility of a fast movement/reaction for the return of the ball. 	<ul style="list-style-type: none"> - The students are able to perform the two strikes with this variant; - The students are able to strike the ball and come back to the center of the field; - The students are able to do the split step for a faster reaction.
35'	10'	<ul style="list-style-type: none"> - Train the service technique. 	<p>- With the same pairs, each one will practice the service. After 5 times each with the other one responding the service, change rolls.</p> 	<p>Service:</p> <ul style="list-style-type: none"> - Lateral position in relation to the net, with feet at shoulder height; - Abduction of the upper limbs simultaneously in opposite directions; - Impact with the elongated, at the highest possible point and minimized in front of the body; - The racket must be facing forward to hit. 	<ul style="list-style-type: none"> - The students are able to perform the service correctly; - The students are able to correctly place the ball within the boundaries of the opponent's service area; - The students are able to correctly return the ball after the service within the boundaries of the opponent's field.
55'	20'	<ul style="list-style-type: none"> - Improve and consolidate the learning of movements/techniques learned in class. 	<p>Match 1 vs 1 in each half of the field. Change opponents from the same badminton field.</p>	<ul style="list-style-type: none"> - All of the above. 	<ul style="list-style-type: none"> - The students are able to play a full game of soft tennis following the rules of the game and using different movements/techniques.
FINAL PART					
60'	5'	<ul style="list-style-type: none"> - Return to calm; - Reduce heart-rate. 	<p>After the exercise is over, the students run slowly around the field (1 lap). Then they join the midfield to stretch.</p>	---	---