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# HOW TO TEACH TENNIS FOR BEGINNERS

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## At start:

First practice bouncing the tennis ball on the racket

After being able to bounce 10, practice dribbling the tennis ball on the racket

After being able to dribble 40-50 and bounce 20, start hitting

Normally 2-3 weeks

## At start of hitting:

First practice the posture of front hands

(Posture of front hands)

Then practice hitting without the ball

Then practice hitting with the ball by making the student in hitting posture and placing the ball in front of them (front hands)

Then after getting the ball across the net a lot of times, practice the posture of back hands

(Posture of back hands)

Repeat

(Then practice hitting without the ball

Then practice hitting with the ball by making the student in hitting posture and placing the ball in front of them (front hands))

Then after getting the ball across the net a lot of times, start hitting practice

Normally 3 weeks

## Hitting practice:

Begin with front and back hands-

After being able to hit the tennis balls across the net, start with the serving posture (real serving please ;-;)

After that, keep practicing hitting tennis balls with front and back hands

After being able to hit both hands perfectly, move on to serve practice

Normally 2 weeks

## Serve practice:

Start with mastering the posture

Then serve while also practicing front and back hands

After experience, begin experience training

Normally 1-2 weeks

Experience training:

Start with

## Games:

Tennis Ball (Beginner):

2 teams (student's team and "bots" team)

In total there are 50 points

Student's team gets to hit 10 balls

By getting points you have to hit the tennis balls by ranking

- 1 point: Didn't hit
- 2 points: Hit, but not even close to the net
- 3 points: Hit, but not across the net
- 4 points: Hit, on the first half of the opposite court
- 5 points: Hit, on the other half of the opposite court
- 6 points, Hit, very high, on the other half of opposite court

After all 10 balls are hit, subtract the score with 50

For example, I get 3, 4, 5, 1, 2, 3, 6, 4,

