



this.play

Sports for kids

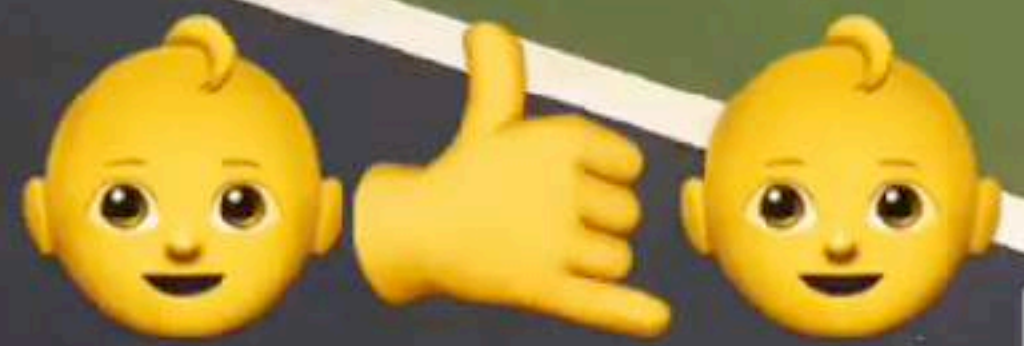
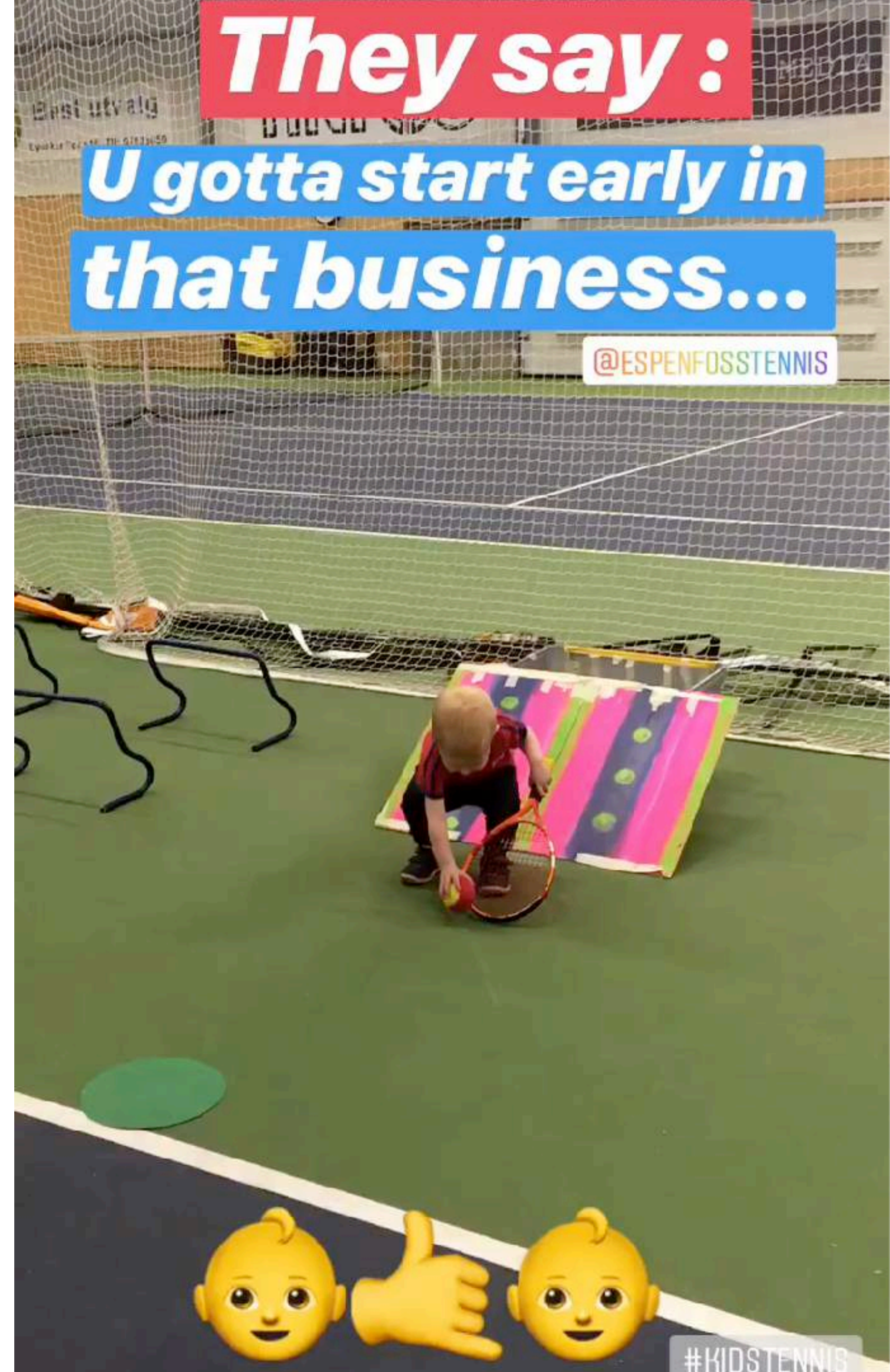
That grip....



They say :

***U gotta start early in
that business...***

@ESPENFOSSTENNIS



#KIDSTENNIS





MAKE THE
FUTURE
AWESOME





OVERALL MISSION:

Get more kids in the game- make them fall in love with tennis
And have a lot of fun while learning.

Motivate kids to play unsupervised

MISSION FOR WORKSHOP:

Share tools to make the kids fall in love with the game at their level

Inspire to go out on the court and have fun while teaching

Help you to structure competitions so that you will enjoy making events for kids

Structure classes in a way to maximise learning

Give kids the chance to have all the "tools" to play the game.





Schedule workshop

Time	Activity
09.00-09.30	Intro
9.30-11.00	Blue level Red level On court
11.00-11.20	Break- coffee
11.20-12.50	Red level Orange level Green level Recreational level on court
12.50-13.00	Closing and feedback

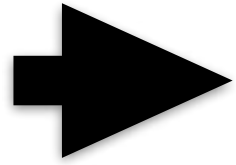
SEB NEXT GENERATION



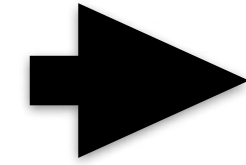
(Pilot)



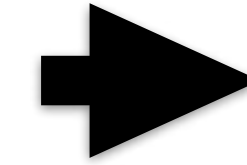
4 CLUBS



UNDER 8 TOUR



RED TOUR



ORANGE TOUR

GREEN TOUR

Level 1
Level 2

Level 1
Level 1

TEAM TENNISCHOOL

2018

200-300 kids on each tournament



He can not even hit the ball, how can I teach him to play ?

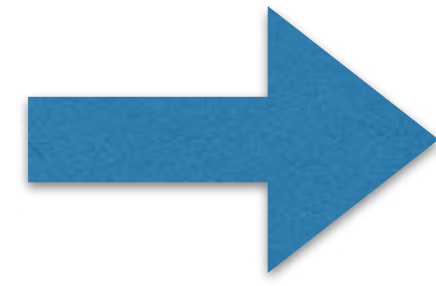
this.tennis

3-6

6-8

8-10

10-12



3-6

6-8

8-10

10-12



this.play

Skills

Receiving /
Moving to the ball

Balance

Room
Orientation

Walking on all four

Kicking the ball

Bouncing the ball

Agility ladder

Throwing

Jumping

General
Body control

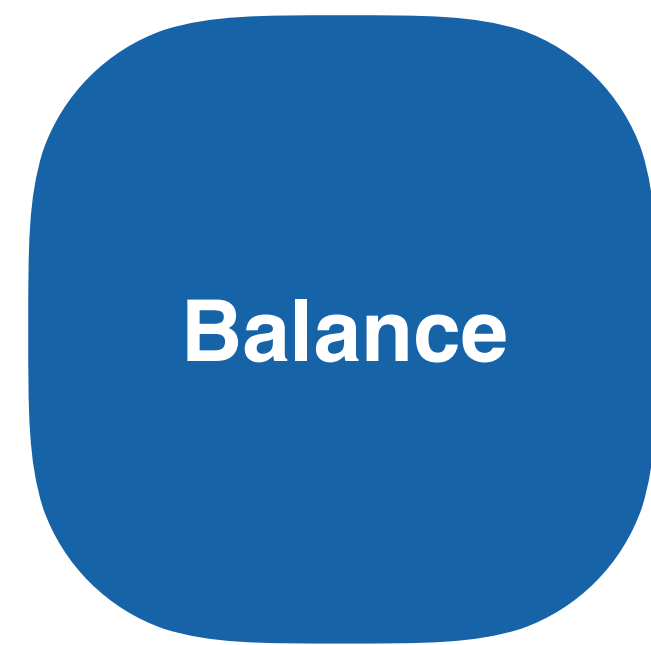
Sports for kids





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Skills



Receiving /
Moving to the ball

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Agility ladder

Throwing

Jumping

General
Body control

Balance

Exercise 1



Motivation 1

Bonus 1

Exercise 2

Motivation 2

Bonus 2

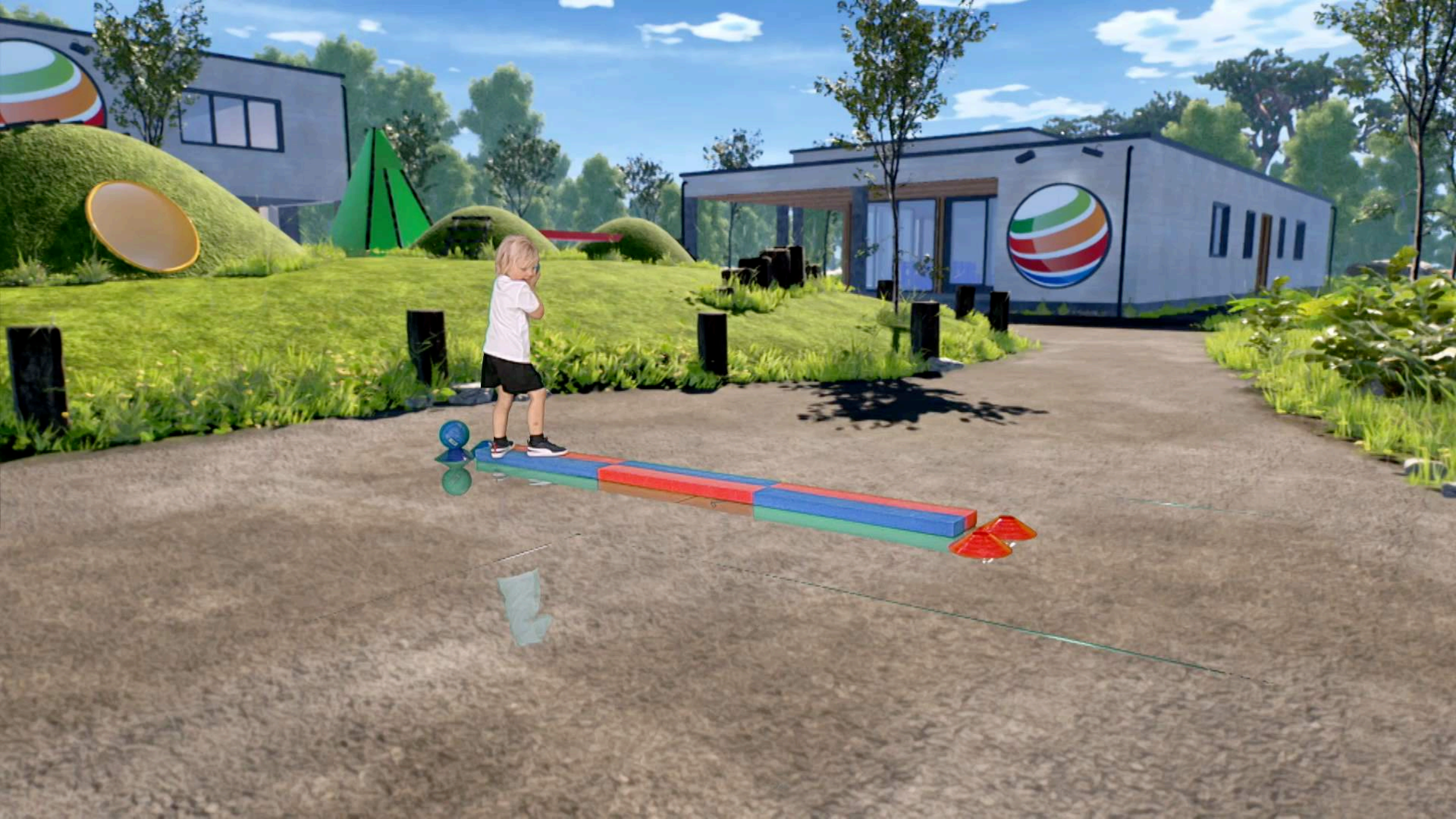
Exercise 3

Motivation 3

Bonus 3

Exercise 4

Exercise 5



Balance

Exercise 1



Motivation 1

Bonus 1

Exercise 2



Motivation 2

Bonus 2

Exercise 3

Motivation 3

Bonus 3

Exercise 4

Exercise 5



Balance

Exercise 1



Motivation 1

Bonus 1

Exercise 2



Motivation 2

Bonus 2

Exercise 3



Motivation 3

Bonus 3

Exercise 4

Exercise 5



Balance

Exercise 1



Motivation 1

Bonus 1

Exercise 2



Motivation 2

Bonus 2

Exercise 3



Motivation 3

Bonus 3

Exercise 4



Exercise 5



















Balance

- Exercise 1 ●
- Exercise 2 ●
- Exercise 3 ●
- Exercise 4 ●
- Exercise 5 ●

- Motivation 1
- Motivation 2
- Motivation 3

- Bonus 1
- Bonus 2
- Bonus 3



	JENS	JONAS	CAMILLA	CHRISTIAN	VILDE
Catching		20%			80%
Balance	60%	40%	20%	80%	20%
Room orientation					
Walking on all 4	60%	60%	20%	20%	20%
Kicking	40%	80%	60%	60%	20%
Bouncing		80%			20%
Agility ladder	40%	80%	80%	80%	80%
Throwing	40%	20%	80%	20%	20%
Jumping	40%	40%	40%	20%	80%
Body control					

Balance

- Exercise 1 ●
- Exercise 2 ●
- Exercise 3 ●
- Exercise 4 ●
- Exercise 5 ●

Motivasjon 1

Motivasjon 2

Motivasjon 3

Bonus 1

Bonus 2

Bonus 3

Balance master



Sports for kids

this.play

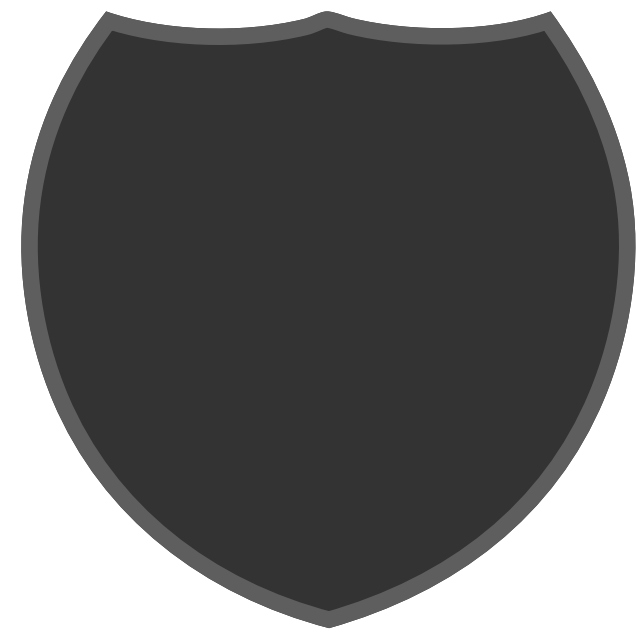


Sports for kids

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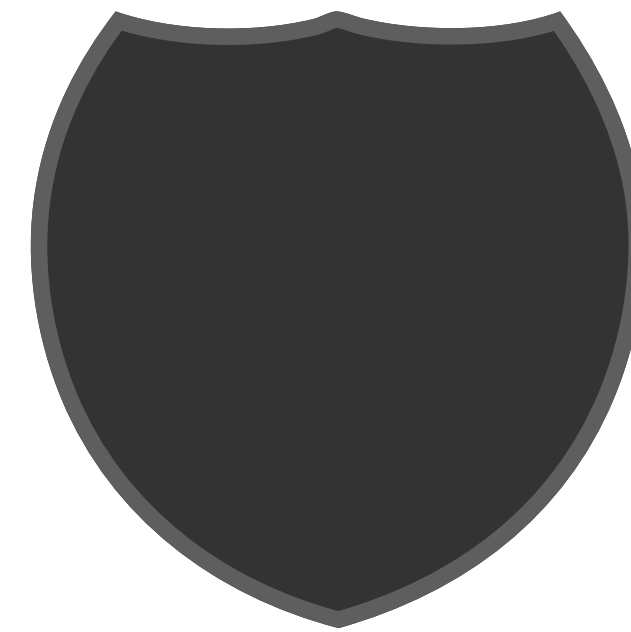
Catching



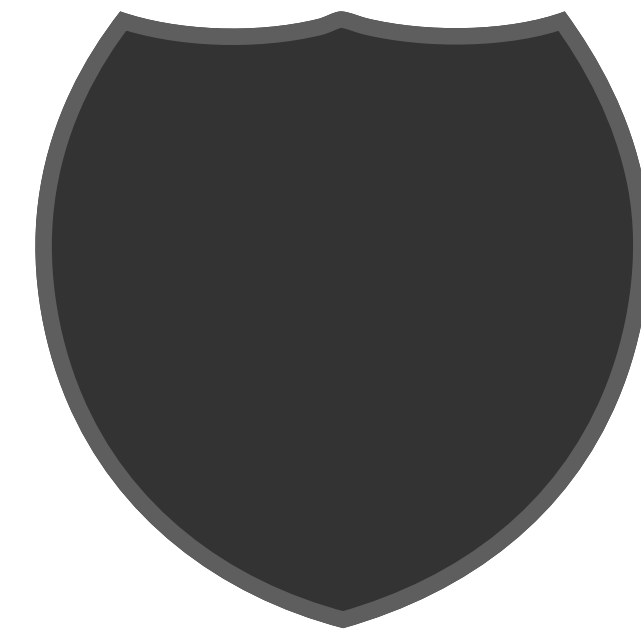
Balance



Room orientation



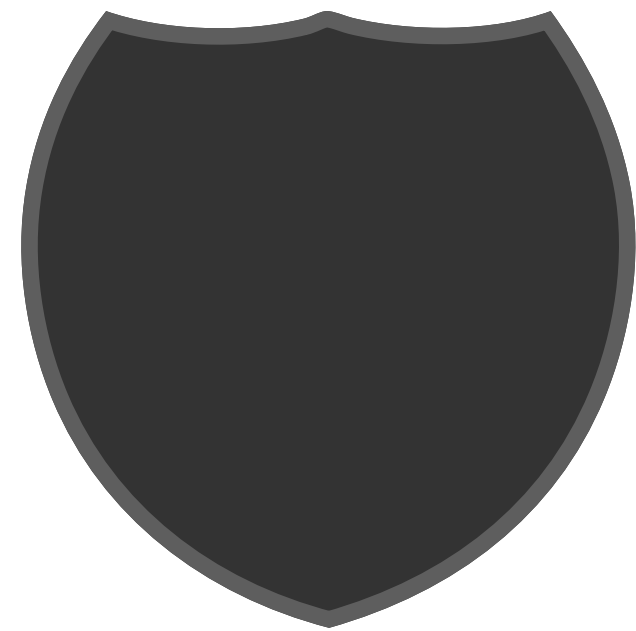
Walking on all four



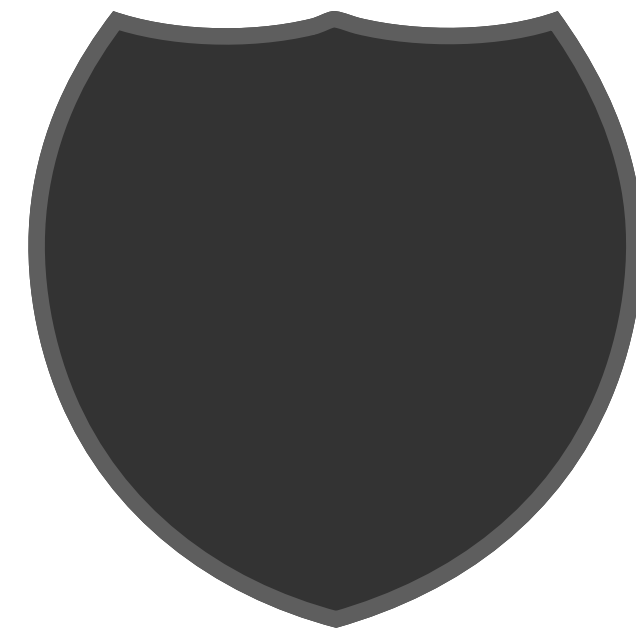
Kicking ball



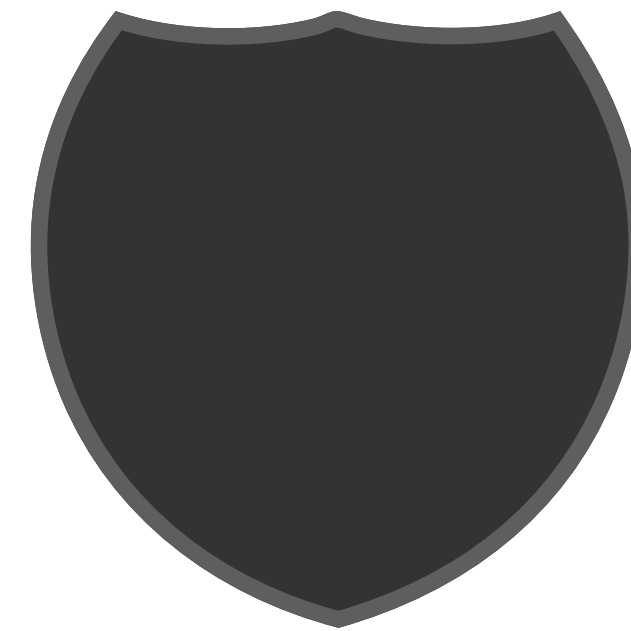
Bouncing ball



Ladder



Throwing



Jumping



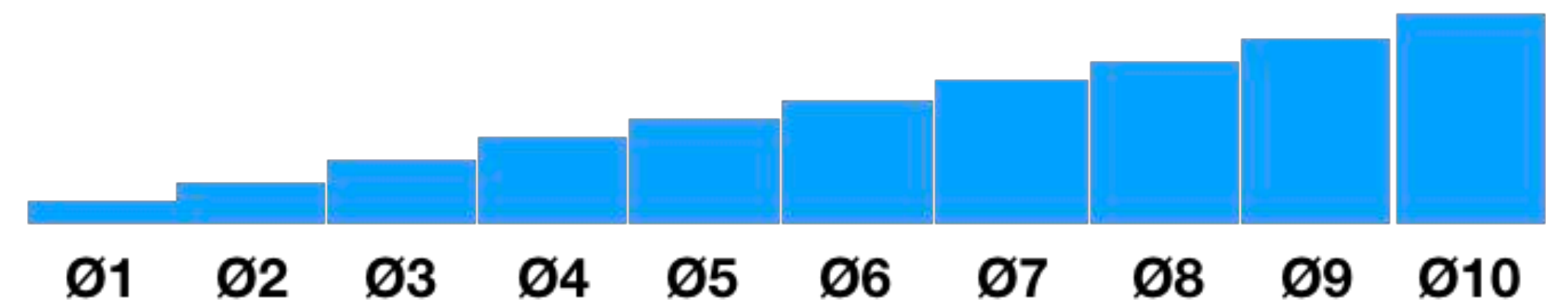
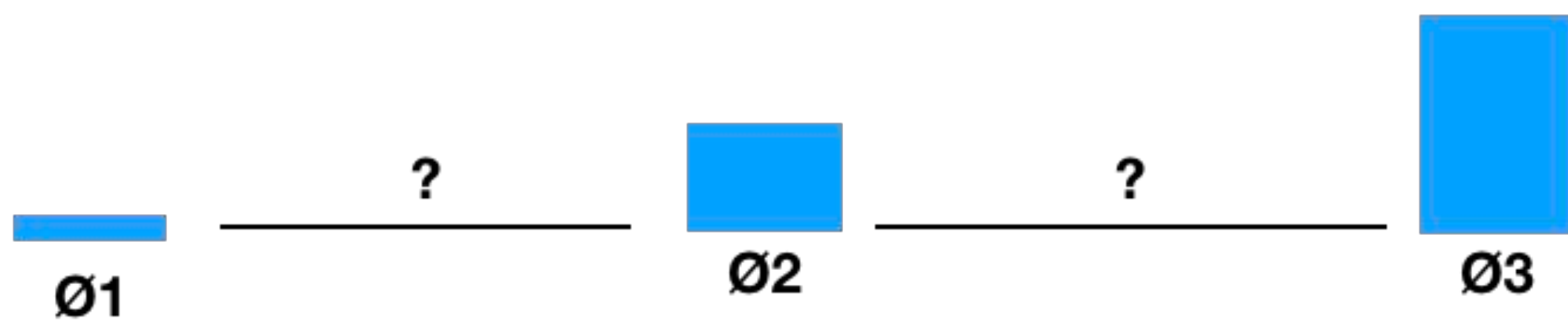
General
body control

Sports for kids

Progression steps

Traditional sports / Parents
/ wishful thinking

Gaming / micro learning principle





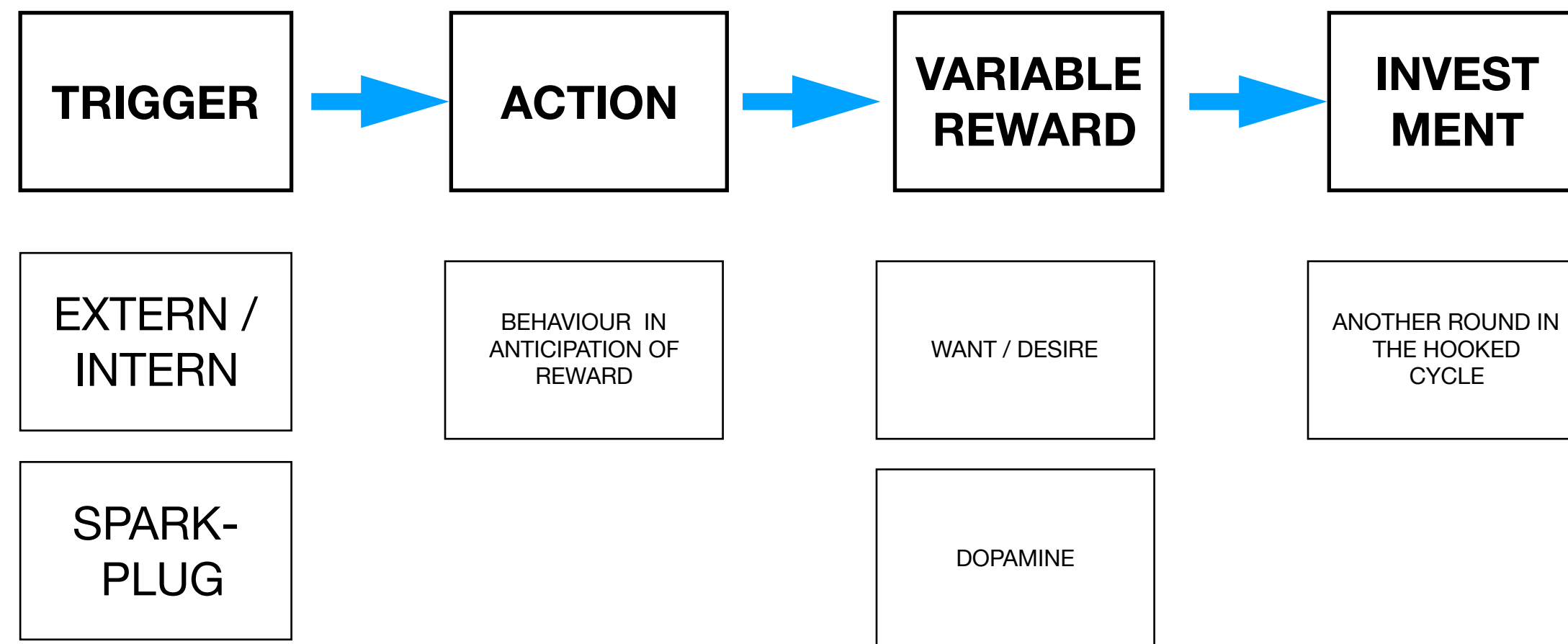
MOTIVATION





MOTIVATION

THE HOOKED MODEL



By : Nir Eyal

Can we transfer this model to teaching ?

ROUTINES



