

IMPORTANT FOR EACH CLASS:

- Learn ALL Player Names and Use Constantly
- We are All Role Models for the Players
- Maximize "Touches" on the ball by Each Player
 - Use Partner/Team activities
 - Use 36' court
- 70% Successful

Giving Directions:

- Directions should be less than 20 seconds
- Show WHOLE STROKE
- Everyone should use <26' racquets too (including instructors)
- Adjust drill to the players skill

STRUCTURE of TRAINING/CLASS:

Warm up (10 min)

Skill Development (25 min)

Games (20 min)

Cool Down (5 min)

WARM-UP:

Dynamic Warm-Up:

Jog + Dynamic Warm-Up

- Positional Starts (Start facing away, seated, etc.)
- "Frankensteins", Lunge and Twist
- Shuffle, Serpentine shuffle, Shuffle Jacks, Carioca Step
- 1000 little steps, High Skips, High Knees, Butt Kicks, Speed Skaters, Backpedaling

Circle Jog/Toss, Circle Shuffle

Steal the Bacon (2-3 simultaneous games)

- Circle of players around pile of balls (3 balls/player +1) with racquet on the ground. Players can "steal" ball from others when they are not near racquet. Only take one ball at a time.

36' Court Partner Warm-Ups:

Toss/Cut/Catch

- Partner 1 moves backwards, Partner 2 moves forwards - toss to the side of Partner 1 while moving towards opposite doubles sideline. Switch roles.
- Partner 1 does a high/low toss or short/deep toss, Partner 2 catches + tosses back then recovers back to doubles sideline (anticipation activity)

Tunnel Ball/Blind Chase:

- Tunnel Ball: Partners face each other, Partner 1 rolls the ball through Partner 2 legs, Partner 1 turns and sprints to catch the ball. Switch positions
- Blind Chase: Partners face each other, Partner 1 tosses the ball over Partner 2's head, Partner 2 turns and has to catch on 1, 2 or no bounce. Switch positions

"Alley Shuffle" across 36' court

- Partner faces each other and shuffle to opposite doubles sideline while 1 or 2 ball bounce down, 1 or 2 ball no bounce, 1 bounce and 1 no bounce

What's the point?

- Play out tennis points using only underhand tosses within the 36' court boundaries.

Athletic Warm-Up:

Racquet Grab

Ball Drop

Twisty Pass

"Call My Name"

- Partner 1 faces away from Partner 2, Partner 2 calls "Partner 1" and tosses the ball. Partner 1 must turn around and catch off 1, 2 or no bounce

Red Light/Green Light

- Red Light (split step), Green Light (speed walk), Yellow Light (buzz feet) while balancing ball on racquet

Racquet Handling: ***PERSONAL SPACE***

Tap ups, downs, flip flops, bungee jumps - add walking and running to go to opposite doubles sideline on 36' court

Stick tricks - use edge, handle of racquet

SKILL DEVELOPMENT:

FH & BH Contact Point:

Fast Tennis for FH (and BH)

- Player self rallies to target
- Partners rally to target
- Kiss racquets and rally over a line ***Players feet should be parallel to net***
- Partners back up, still doing kiss-kiss
- Kiss-Kiss across the net and back up

Graduation Scoring

- Players rotate after 4 pairs reach 4th grade, 5 pairs reach 5th grade
- Grade school each partner group has a different goal

Team Sets Scoring

- Achieve a rally of 3 balls 3 times (3 sets of 3), rotate and try for 4 sets of 4

Rallyball Scoring

- Score a point for hitting the ball over the net. Friendly feed counts.
- To focus on Backhand: only score points for hitting Backhand over the net

Popcorn Rally

- Pop/tap ball up, let it bounce, then hit across the net ("Pop, Bounce, Hit")

Four Square (w/ and w/out popcorn)

Shape of Stroke:

Forehand & Backhand ***SHOW WHOLE STROKE***

- Shadow swing with partner

Ready Position

Volley - Progression:

- Toss & Catch: catching motion
- Toss & Throat Volley
- Toss & Volley
- Ready Position

HITTING DRILLS/GAMES:

Cooperative Hitting Drills:

“Graduation”

Popcorn Rally

Send/Receive Anticipation - players call the ball aloud as early as possible during the rally

- High/Low
- Short/Deep
- Up-back-stay

Competitive Singles Games:

Grinder

- Whoever wins rally collects all the points. Set a goal and rotate accordingly.

Let it Be

- Get a point for the ball hitting the net tape and going over to partner’s side. Players should be close to the net

Sprinter

- Play out rally. After rally finishes players race to touch the net with their racquet. Players can win a Tennis point and/or Sprinting point.

Four Square (singles or doubles)

Singles Champs and Challengers (play 2, need 3)

- Challengers feed and play out rally
- Coach feeds approach shot and come into net.
- Bonus point for clean/volley winner

Competitive Doubles Games:

Doubles Champs and Challengers (play 2, need 3)

- Each partner feeds and play out rally

Doubles 2 up, 2 back (play 2, need 4)

Rip City

- Coach feeds approach, volley and overhead (players have to win 2 or 3 out of the 3 points to become champ)

Competitive Team Games:

Silly Tennis

- Rules - lose the point if the ball rolls or bounces outside the court boundaries.
- Emphasize that players communicate (“mine” and “yours”)

Star Wars

- Add a player every time you win a point, return to one player if your team loses the point. Win the round if your whole team is on court and win the point.

Pass the Racquet/Team Singles

- Pass the Racquet: One racquet per team. Hit the ball and pass the racquet to the next player on the team

COOL DOWN:

Cool Down Games: *TEAMBUILDING* (Teams of 4 to 6)

Sandwich Relay

- 1st player balances ball on racquet, races to net and back to team. Next player adds racquet with ball on strings and both players go together to the net and back.

Racquet Relay Race

- 3 racquets per team. Start at baseline, first player runs and places on service line. Each player adds a racquet. The 4th player will take the 1st racquet and put in front of the 3rd racquet. Trying to get their racquets to the net first.

Star Relay Race

- Place 5 balls on one side of net. Each player must grab the 5 balls, one at a time, and place them on racquet or return the balls to its original locations.

Racquet Circle

- Similar to racquet grab but with whole group

Cool Down Partner Activities:

Racquet Grab

- Partners face each other with racquets on head and trade places by grabbing the other racquet handle. Move apart with each successful "grab"

Juggling with Partner (1,2,3,4 ball progression)

Body Bump with Partner - 36' court

Cool Down Individual Activities:

Ball roll (bowling)

Stick tricks

Wrap Up:

Review - the stroke/skills practiced

Preview - next class

Thank You (belongings)

Homework