

## Week 1: Lesson Plans -- Contact Point/Forehand

### 6th Grade Program -- AAATA

- Show LISTENING POSITION -- hug racquet while they listen to coach and watch demo
- Explain drill verbally in less than 20 seconds or less and DEMONSTRATE (visually).
- Ask players to "show you" they can do the skill, or ask "Can you do that?" After you demonstrate skill
- USE players' names constantly
- Show WHOLE SHAPE of Forehand

Time (approx)	Activity	Activity Name/Purpose	Description/Notes
3 min	Intros	Names! Overview, excited they are here.	Start learning player names and using them right away!
3 min	Dynamic Warm Up	<b>Circle Jog/Ball Toss:</b> Gets heart rate up, legs warmed up and watching incoming ball.	Players and coaches get in BIG circle using whole side of court. Depending on size of group, have about 1 ball for every 3-4 players. Jog slowly in circle and GENTLY toss ball over your shoulder to the person behind you. She gently tosses it behind her, to next player etc. Switch direction.
3 min	Athletic Warm up	<b>Ball Drop</b>	Partner 1 holds 2 balls (1 in each hand) with arms outstretched to the sides of body at shoulder height. Partner 2 stands about 5 feet away. Partner 1 opens fingers and lets one ball drop. Partner 2 tries to catch the ball in 1 or 2 bounces (partner 1 calls 1 or 2 bounces). Increase/decrease distance from partner to make harder/easier. Anticipation/First step quickness
1 min	Racquet Warm up	<b>Anatomy of Racquet</b>	Racquet Face, Butt, Grip, Handle, Tip, Strings, Sweet Spot, Throat, etc.
3 min	Racquet Warm up	<b>Racquet Handling</b>	Roll ball around racquet face, try popping ball up on strings with palm up, then palm down (no higher than eyebrows/forehead); try dribbling -- no higher than waist. Can be stationary, then try it "casually walking"
10 min	Skill Development	<b>FAST TENNIS/Instant Tennis Progression</b>	Work on contact point that is off to the side and in front. <b>Fast tennis progression: 1) Player self rallies to line/target</b> ball no higher than face height, palm up: <b>2) partners rally to one line/target. 3) partners facing, KISS RAQUETS (or "face to face", and rally close in over line</b> (Make sure feet are parallel to net) - kiss kiss every time the "rally" ends <b>4) partners back up, kiss-kiss and rally 5) partners start kiss-kiss across net(or caution tape) close in, and back up when successful.</b> Keep resetting kiss-kiss when rally ends. Remind players to reset with the kiss-kiss before starting each rally.

			AFTER PROGRESSION. SHOW WHOLE SHAPE OF FOREHAND STROKE.
5-7min	Skill Dvpt	<b>Graduation Scoring with Forehand</b>	Cooperative with partner. Short court inside service box or on 36' court with caution tape.. Players try to "Graduate". Need 2 ball rally to graduate from 2nd grade, then 3 ball rally to graduate from 3rd grade, then 4 ball rally to graduate to 5th grade, etc. Rotate partners after a goal number has been met, or just every 2 minutes-3 min. Can "kiss" racquets if need to reset.
5 min	Skill Dvp	<b>Popcorn Rally</b>	Popcorn rally means instead of directly hitting ball back over net, player pops ball off strings first, lets bounce, then hit groundstroke to partner. "Pop, bounce, hit." For stronger players, use net barrier. For weaker can face each other in 36' court. Stronger players can back up. Popcorn rally develops contact point.
10 min	Game	<b>Champs and Challengers (singles - popcorn rally, then without)</b>	Play fun, competitive points. Challenger drop hits ball to start rally and point is played out. Need to collect 3 points to get to take champ spot. "Play 2 points in a row, collect 3 to get over". Can referee if not friendly. Switch courts when rotate out. Number of champs and challengers depends on size of group (need 2-3 challengers for every 1 champ). Start by using popcorn rally, then play without it!
And/OR	Game	<b>Champs and Challengers (doubles-popcorn rally, then without)</b>	Same game as above 2 v 2. Depending on time/size of group. Some groups prefer to play doubles. Have them pick their partner. Start by using popcorn rally, then play without it!
5 min	Brief Relay Game/Cool down	<b>Racquet Relay Race</b>	Teams of 4-6 players. Use 3 racquets per team. First player sprints with racquet to designated area and lays racquet on court. 2nd player puts her racquet in front of 1st (butt of racquet to head of 1st racquet -- making a line to finish), 3rd player lays racquet in front of 2nd. 4th player must take 1st racquet and place in front of 3rd racquet. 5th player takes 2nd racquet and places in front of last one. Racquets are inching way to finish line.
2 min	Cool down	<b>Ball Roll (bowling)</b>	Line up players with back to net and have one ball. Each player rolls ball toward baseline. Ball closest to baseline is winner.
3 min	Cooldown/ Homework	<b>Review/Preview/Thank you/Homework</b>	Get the "team together". Homework: practice pop up and pop downs, self rallies and use both "sides" of the racquet (holding racquet palm up and palm down)

You can "pepper" these activities with others, or cut some out. "Regress" or "progress" them. Just make sure everyone is **having fun!**

## Week 2: Lesson Plans -- Backhand

### 6th Grade Program -- AAATA

-Explain drill verbally in less than 20 seconds or less and DEMONSTRATE (visually).

-Ask players to “show you” they can do the skill, or ask “Can you do that?” After you demonstrate skill

-USE players’ names constantly

-Show WHOLE SHAPE of Forehand; Show WHOLE SHAPE of Backhand (*same shape as forehand/on non-dominant side/2 hands*)

-Concept: Backhand is a “left-handed forehand” (for righthanded players)

Time	Activity	Activity Name/Purpose	Decription/Notes
1 min	Warm up	<b>Jog Around Court(s)</b>	Team jog. Medium pace. Follow the leader. No passing. One line.
3 min	Dynamic Warm Up	<b>Dynamic Warm up</b> (players line up on doubles sideline) and move together as a team to opposite doubles sideline - 36’ court)	Pick a few body movements (and demonstrate each one): ideas to choose from:: "frankensteins/zombies"( leg slowly kicks up to have toes touch outstretched arms) , shuffling, carioca step, bottle caps, 1000 little steps, shuffle jacks, speed skaters, high skips, butt kicks,swimmers (crawl stroke and backstroke) hops, back pedaling, sprints, twist and lunge etc.to get the body moving.
3 min	Athletic Warm up	<b>."Alley Shuffle"</b> (no racquet) Partners	Partners each have a ball and face each other with one parnter with back to net and one back to baseline. Partners are around 3-4 feet apart, moving with shuffle step together from doubles sideline to doubles sideline across 36’ cour while tossing ball in this progression: 1ball bounce down; 2 balls bounce down; " juggler" 2 balls tossed underhand, no bounce (catch out of air). Have players time toss at same time. The can say “go” as a cue to toss. If smaller group, you can use the alley. Have them practice the “hand” skill in place before they start moving.
2 min	Racquet Warm up	<b>Twisty Pass</b> -Partners	Partners are back to back and transfer one ball back and forth by twisting their upper body and hips. After a few passes, take a step away from each other, and again. Change pass direction.
2 min	Racquet Warm up	<b>Racquet Handling/ Warm up</b>	Self Rally with Palm up; Self Rally with Palm down (backhand feel) trying to hit sweet spot. In place and casually walk.Pop ups with palm up and palm down. (or you can say knuckles up for backhand feel)
3 min	Skill Dvpt	<b>Brief - Forehand/Contact Point Partner</b> <b>Introduce Rallyball Scoring</b>	Start close in to net. Pplayers “kiss racquets” or go “face to face” on forehand side as last week -- check feet are parallel to net). <i>Demonstrate rallyball scoring</i> . Each player gets a point individually for each ball she gets over. Feed counts. This is cumulative (not consecutive) scoring, so if player got 2 hits in first rally, she goes up from there in scoring -- my next hit would start with 3, not 0. Set goal number. When number is reached, have players progress back a few feet until the reach the service line. Can rotate partners. Can change individual goal number for partners who are more advanced. If players are having trouble, have them “reset” with racquet “kiss-kiss” for easy contact point.

5min	Skill Dvpt	<b>Introduce Backhand Contact Point</b>	Start close in to net. Have players “kiss racquets” or go “face to face” on BACKHAND side. Make sure players have BOTH HANDS on racquet and are FACING opposite direction from forehand. (Some kids will try to do a 2 handed forehand). This time have them work for score with partner. See how many consecutive backhands team can get in a rally, or give Goal Number (we need 3 sets of 3 backhand rallies for the group, then 4 sets of 4, etc.) Have players back up and “re-kiss” racquets to backhand side when miss. <i>Okay for players to try to feed with backhand -- it is awkward. It is okay to let them try to work it out -- this is all non-dominant side exploration.</i>
1 min	Skill Dvp	<b>Backhand Shape of Stroke and Partner Drill</b>	REVIEW BY SHOWING WHOLE SHAPE OF FOREHAND. THEN SHOW 2 HANDS ON BACKHAND WHOLE SHAPE OF STROKE IS THE SAME but on the non-dominant side -- like a “left-handed” forehand with 2 hands. Players shadow if you feel there is enough room and they can focus.
5 min	Skill Dvp	<b>Backhands with partner ball drop</b>	Working on backhand shape of stroke with partners. If big group use “tossers”, “hitter” , “ball shagger” and rotate positions. If small group no need for shagger. Each rotation have player hit 10 balls or more. Partner 1 drops ball off to backhand side (and slightly in front) of partner 2 (hitter), and partner 3 shags ball. Demonstrate this so they understand it is an underhand straight up and down toss with no pace, direction or spin. Make sure tosser is in a safe position. <i>Coaches walk around and help players individually as they are hitting.</i>
10 min	Game	<b>Champs and Challengers (singles)</b>	Play fun, competitive points. Challenger drop hits ball (forehand) to start rally and point is played out. Need to collect 3 points to get to take champ spot. “Play 2 points in a row, need 3 to get over”. Can referee if not friendly. Switch courts when rotate out. Number of champs and challengers depends on size of group (need 2-3 challengers for every 1 champ). Can <b>REWARD/Incentive using backhands</b> -- Challenger scores 2 points if they win point with a backhand, 1 point with forehand. <i>*can use Rallyball scoring instead of competitive points. Need to collect 5 points to take champ spot.</i>
10 min	Game	<b>Champs and Challengers (doubles)</b>	COACH STARTS doubles point with FEED to challenger team partner 1’s BACKHAND. Point is played out. 2nd ball is fed to partner 2’s backhand and played out. Give each player a couple tries if they miss. Scoring: Teams need 2 out of 3 points to go over (3rd point is deciding point if score is 1-1), OR each team plays 2 points and needs to collect 3 total points to get over. Switch courts if team does not make it to champ side.
3-5 min	Cool Down	<b>Racquet Circle</b> - team activity	Start circle in fairly close. Each player balances racquet on its head and tries to grab the next racquet in the circle before it drops. Each time whole group grabs next racquet without one falling, the group take a step back. See how big circle can get. If group is really big, divide into 2 teams and see which circle is biggest at end.
2 min	Cooldown/ Homework	<b>Review/Preview/Thank you/Homework</b>	Get the “team together”. Homework: Continue practice pop up and pop downs, self rallies and use both “sides” of the racquet (holding racquet palm up and palm down) but focus on “Edgies” hitting ball off “edge” of frame up and down (working on continental grip) -- this is challenging!!

You can “pepper” these activities with others, or cut some out. “Regress” or “progress” them. Just make sure everyone is having fun!

## Week 3: Lesson Plans -- Forehand/Backhand - Anticipation/Positioning

### 6th Grade Program -- AACTA

**-Concept: Early anticipation and movement to hit ball in ideal strike zone (i.e. waist/hip height)**

-Explain drill verbally in less than 20 seconds or less and DEMONSTRATE (visually).

-Ask players to “show you” they can do the skill, or ask “Can you do that?” After you demonstrate skill

-USE players’ names constantly

-Show WHOLE SHAPE of Forehand; Show WHOLE SHAPE of Backhand (*same shape as forehand/on non-dominant side/2 hands*)

Time	Activity	Activity Name/Purpose	Decription/Notes
1 min	Warm up	<b>Jog Around Court(s)</b>	Team jog. Medium pace. Follow the leader. No passing. One line.
3 min	Dynamic Warm Up	<b>Dynamic Warm up</b> (players all line up on doubles sideline) and move together as a team to opposite doubles sideline - 36’ court)	Pick a few body movements (and demonstrate each one): ideas to choose from:: "frankensteins/zombies"( leg slowly kicks up to have toes touch outstreched arms) , shuffling, carioca step, bottle caps, 1000 little steps, shuffle jacks, speed skaters, high skips, butt kicks,swimmers (crawl stroke and backstroke) hops, back pedaling, sprints, twist and lunge etc.to get the body moving.
3 min	Racquet Warm up	<b>Racquet Handling/ Warm up</b> (individual, but moving together as a team)	Get racquets. Start whole group on same doubles side line (like dynamic warm up). Have them move across 36’ court using Self Rally with Palm up to other doubles sideline, return back with self rally palm down. Move across again with Pop ups (dribble up with no bounce) and return with dribbling down on ground. Emphasize balance/control/sweet spot.
3 min	Athetic Warm Up	<b>Racquet Grab</b> (partners) First step quickness	Partners start about 2 feet apart with racquet hande up (racquet tip on ground). When players say go, they try to grab each other’s racquet before it falls. If successful, back up. If not, get closer again.
5 min	Warm up-Sending +Receiving	<b>Anticipation</b> (partners) Progression - no racquet	<b>No racquet</b> .Partners begin tossing to each other underhand (can use barrier if available). Players try to “ <b>call</b> ” the <b>incoming ball coming from their partner</b> as early as possible-- before it crosses the barrier. Players should be moving/”cutting” to the ball and catching after 1 bounce. 1) <b>Call High or Low</b> (height over barrier); after a couple <b>min switch to</b> 2) <b>Call Short or Deep.</b> (Can make competitive and keep score (tennis points with no racquet for sharper focus.)
5 min	Skill Dvpt.	<b>Anticipation</b> (partners) Progression - <b>WITH Racquet</b>	Use this as a cooperative short court warm up with friendly feed drop hit. (Same drill as above.) First have them call High or Low before ball crosses net. After a few minutes swtich to Short or Deep. Rotate partners.

3 min	Skill Devp	<b>Remind Shape of Forehand and Backhand Stroke - Shadow Swing with a Partner</b>	Reinforce READY POSITION between each stroke. Have players shadow stroke briefly to remind the shape of the stroke on forehand and backhand and return to ready position. Partner 1 holds her racquet horizontally near Partner 2's hip. Partner 2 starts in ready position and practices a shadow swing that drops below Partner 1's racquet then follows through.
9 min	Skill Dvpt	<b>Anticipation/Positioning: "Call the Bounce" (partners) UP, BACK, STAY</b>	Cooperative. Pairs. Concept. Recover to "home base". Strike ball at right height/strike zone around waist or hip height. READY POSITION between each hit. SPLIT STEP when partner hits the ball. <b>Anticipate/ Call where ball will bounce.</b> Rally DTL(Down the line) with partner. As ball comes to you call <b>"UP"</b> (moving up to the ball forward) <b>"BACK"</b> (backing up) or <b>"STAY"</b> (not needing to move up or back. Rotate.
10	Game	<b>Champs and Challengers Singles</b>	Competitive. Play 2 points/need 3 cumulative points to become champ. Friendly feed. Call UP, BACK or STAY. If UP ball, can convert to offensive ball; if "BACK" play defensive ball back HIGH and DEEP. Players recover back to home base.
10 min	Game	<b>DOUBLES CRAZY FEED</b>	Competitive. All 4 players start back at their baseline. COACH STARTS doubles point with CRAZY FEED to player 1 of challenger team ("coaches choice" on the feed -- can be short, high and deep, or neutral -- players should recognize the "up" "back" or "stay" balls!) to challenger team. Point is played out. 2nd crazy feed ball is fed to partner 2's and played out. Give each player a couple tries if they miss. You can say that teams need 2 out of 3 points to go over (3rd point is deciding point if score is 1-1), OR you say each team needs to collect 3 points to get over. Switch courts if team does not make it to champ side.
7 min	Game/Cool Down	<b>Star Wars</b>	Divide group into 2 teams (max of 6 per team) Coach feeds ball 1 v 1. Whoever wins, another person from that team comes in so 2 v 1 (loser on other team rotates out). If same team wins, 3rd person in and other team rotate singles player. If Singles player wins, all 3 players are knocked out on other team, and new singles player comes in (v 2). Team scores point only if all their players come into court and win.
3 min	Athletic Warm up	<b>"What's the Point?"</b> (no racquet) Partners	Partners try to play a point out with just <b>underhand</b> tossing the ball, moving each other from side to side and short and deep. Only 1 bounce allowed. As soon as ball is caught, partner tosses it back again quickly to keep "rally" going. 36' court. Competitive!
2 min	Cooldown/Homework	<b>Review/Preview/Thank you/Homework</b>	Get the "team together". Homework: hit against wall switching from forehand to backhand with control. If out of control restart rally. Rhythm is "Wall, bounce, hit; wall, bounce hit".

You can "pepper" these activities with others, or cut some out. "Regress" or "progress" them. Just make sure everyone is having fun!

## Week 4: Lesson Plans -- Volley

### 6th Grade Program -- AAATA

**-Concept: Volley is a “catching” motion** -Volley cuts off the ball with no bounce.

-Show how to “catch” with hand out in front and to the side of torso around face level to “cut off/cut to the ball” with feet moving, and arm still

-Volley Ready Position; Continental Grip

Time	Activity	Activity Name/Purpose	Decription/Notes
1 min	Warm up	<b>Jog Around Court(s)</b>	Team jog. Medium pace. Follow the leader. No passing. One line.
3 min	Dynamic Warm Up	<b>Dynamic Warm up</b> (players all line up on doubles sideline) and move together as a team to opposite doubles sideline - 36' court)	Pick <i>a few</i> body movements (and demonstrate each one): ideas to choose from:: "frankensteins/zombies"( leg slowly kicks up to have toes touch outstretched arms) , shuffling, carioca step, bottle caps, 1000 little steps, shuffle jacks, <b>speed skaters</b> , high skips, butt kicks,swimmers (crawl stroke and backstroke) hops, back pedaling, sprints, twist and lunge etc.to get the body moving.
3 min	Racquet Warm up	<b>Racquet Handling/ Warm up</b> (individual, but moving together as a team)	Get racquets. Start whole group on same doubles side line (like dynamic warm up). Have them move across 36' court using Self Rally with Palm up to other doubles sideline, return back with self rally palm down. Move across again with Pop ups (dribble up with no bounce) and return with dribbling down on ground. Emphasize balance/control/sweet spot.
3 min	Athletic Warm Up	<b>Ball catch/“snatch”</b> (partners) No bounce (No racquet)	Partners start about 3 feet apart, facing each other. partner 1 underhand tosses ball off to side and around head height of partner 2 who catches/“snatches” ball out of air with one hand with no bounce. Partner 1 and partner 2 move together as team (backs facing doubles sidelines) from doubles sideline to other doubles sideline keeping same distance apart. Switch roles. Encourage little adjusting steps and “stepping forward” and cutting to catch ball off to the side at at face height before it drops. Catcher underhand tosses ball back to partner.
3 min	Warm up-Sending+Receiving	<b>Rallyball Warm up</b> (partners)	Use rallyball scoring to work on consistent/controlled rally using forehands and backhands. Give goal number of hits. Rotate.
5 min	Warm up Game	<b>Sprinter</b> (partners)	Partners play out competitive rally point. Winner awarded 1 point.When point is finished a second point is awarded to player who “sprints” and taps net first.Focus quick reaction forward. Tap net/caution tape=natural grip change to continental grip. Rotate partners.

1 min	Skill Devp	<b>Demonstrate Volley</b> (brief)	Show simple volley with no backswing or follow through. Focus on legs moving forward to cut ball off (still arm, no swing) with racquet head positioned off to side of torso around face height. Show VOLLEY READY POSITION with racquet around face height with tip up. Can show CONTINENTAL GRIP.
10 min	Skill Dvpt	<b>Volley Progression</b> (Partners/Groups of 3)	Tosser needs own "stash" of balls. Can use shagger for groups of 3 (tosser, hitter, shagger). Move quickly through each step. <b>-Partner 1</b> (tosser) <b>tosses</b> to partner <b>underhand around Face height off to side of partner across net/tape</b> -- make sure toss has enough pace <b>-Partner 2:</b> 1) <b>No racquet:</b> catches ball off to side of body with one hand out in front (feet moving at angle to cut off the ball (repeat for about 30 sec) 2) <b>With Racquet</b> with hand on <b>THROAT</b> (choked up) and block ball back with strings (start in ready position with hand on throat) 3) <b>Slide hand down to grip handle</b> (use continental grip) start in Ready Position and block ball back. Ready position for volley is higher and racquet tip is up around face height. Switch Roles; <i>Can practice backhand volley same way but skip catching (step 1)</i>
5-7 min	Skill Dvt	<b>"Go" Ball Drill</b> (partners)	Start rally with drop hit. Players try to recognize short ball with early anticipation. If they see short "UP" ball they call "GO", hit the ball and follow it into the net for a volley. Either side can come in. Want "organic" transition to net, finishing point with volley (no bounce).
10	Game	<b>"Go Ball" Game</b> Competitive. Singles. Champs and Challengers Style	Play 2 points/need 4 cumulative points to become champ. Players are again looking for a "Go Ball" (i.e. short or weak ball) to get into the net and finish the point with a volley. Players yell "Go" as the ball crosses the net -- anticipating they can attack it. If win with Volley score 2 points, if win with a groundstroke, score 1 point.
10 min	Game	<b>DOUBLES - Rip City</b>	All 4 players start back (both the champs and the challengers). Coach feeds a "GO" ball (i.e. short ball) and both partners must come into the net. If win, each partner gets a volley feed at net. Need 2 out of 3 winning points to become champs.
7 min	Game/Cool Down	<b>Star Relay Race</b> (2 or 4 teams; winners play winners)	Place a ball on baseline where each singles sideline and baseline meet. Do same where service line and singles sideline meet, and one touching netstrap in middle of court. One racquet at baseline at service mark. First player must sprint collecting all 5 balls <i>one at a time</i> and place on baseline racquet head. Next player must put them all back <i>one at a time</i> in original positions. (Variation: no turning around, can only backpedal.) 1 or 2 courts.
2 min	Cooldown/Homework	<b>Review/Preview/Thank you/Homework</b>	Get the "team together". Show "Edgies". Try to hit ball off edge (frame) of racquet. Ups, downs, alternate ups .and downs.. Reinforces continental grip. Practice at home.

You can "pepper" these activities with others, or cut some out. "Regress" or "progress" them. Just make sure everyone is having fun!

**6th Grade Program -- AAATA**

**Week 5: Review and cover material from weeks 1-4 you did not have time for**

**Week 6: Review and Ralleyball preparation**