

INTERMEDIATE JTT FORMAT

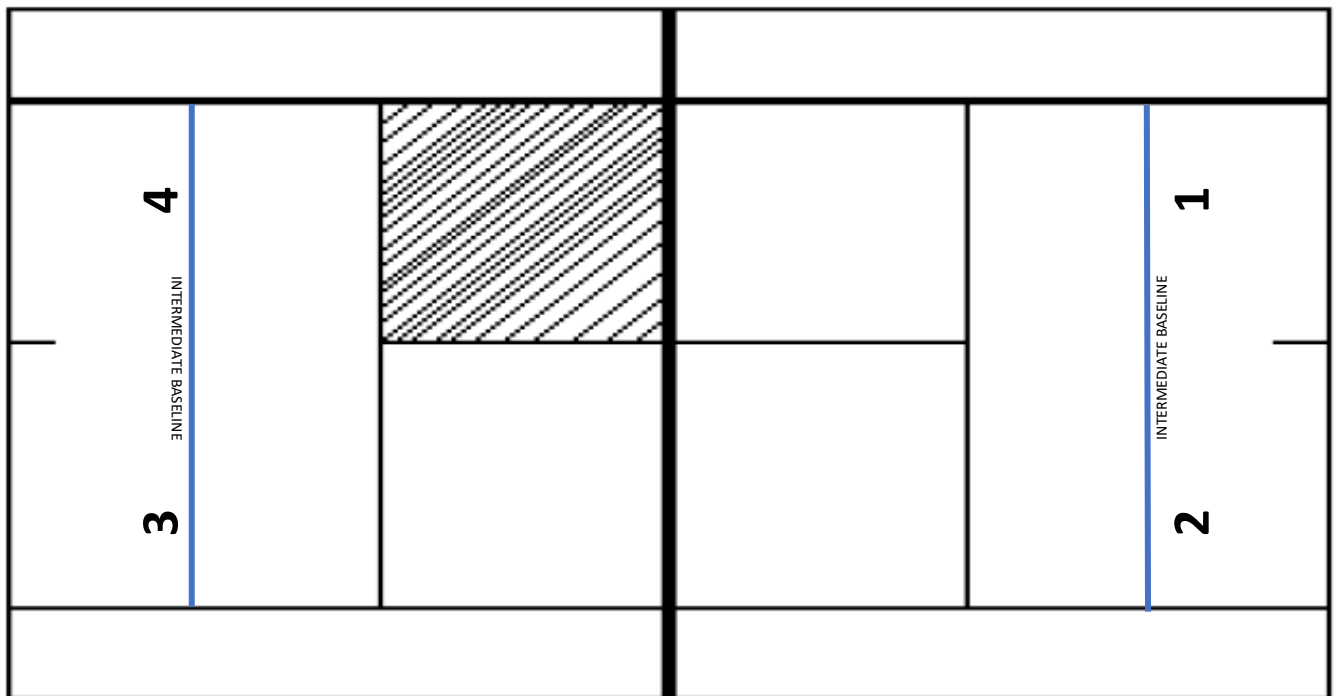
Court Set-up:

Full court is used, with baseline at $\frac{3}{4}$ court (blue tape at Argonaut). All other areas inside white court lines are in-play. On each court, two doubles players from each team are playing at a time (4 people total per court).

Play:

Spin a racquet to determine who serves first.

Server must serve crosscourt inside the service box (i.e. player 2 serves to shaded area). Server gets a second serve if the first one is out. Do not call foot faults. Bounce-serves are permitted, particularly on the second serve. One player serves an entire game. Teams switch ends of the court every other game (when the total of games is odd). Server should start each service point with TWO balls in his/her possession (wear pants with pockets!). Players should call their own "OUT" balls with assistance from coaches. It is the receiver's partner's job to call service faults.



Scorekeeping:

In order to get more players on the court and keep match lengths predictable, we will play TWO 30-minute matches. Each team will field two doubles teams (e.g., Martin-A and Martin-B will play Klement-A and Klement-B). If more than 4 players from a team are present, the extras rotate in every game. One coach monitors each court.

Use NO AD scoring with receiving team choosing side on deuce point. Use 15-30-40 scoring rather than 1-2-3. Server should call score before each point begins. Keep track of total games

won for each team for the 30 minutes. Whatever team is in the lead when time is called wins that game. If they are tied in score when time is called, they play one more point. After 30 minutes, teams switch and play another 30 minutes. Add up total games won for each team for all 60 minutes (e.g., all games won by Klement-A and Klement-B during both rotations) to determine the winning team for that week.

Substitution Rules:

Players are generally substituted every 1-2 games.

Subs must be inserted at the start of a game.

A sub cannot serve the first game he or she plays.

All players must play.

Coaching Suggestions:

Try to use intermediate level as a prep ground for real tennis and help them understand (for example why we would serve from a different, wider position in doubles than in singles), why we do what we do in doubles. What to watch for. How they need to watch what is happening on the other side of the net, not turn around to watch their partner, doubles strategy, etc. After that it is just skill building.

Resources:

www.amadortennisclub.org/jtt_training.html has links to various USTA manuals and documents that can help you develop your practice lesson plans with skill building as well as drills and doubles info.