

## JTT SAMPLE LESSON PLANS FOR INTERMEDIATES

See [www.amadortennisclub.org/jtt\\_training.html](http://www.amadortennisclub.org/jtt_training.html) for more resources.

- Make it fun! Mix in games and group activities, and keep it moving. If an activity is working well, stay with it a few minutes. If it is not, move on. Remember that the kids don't know what you've planned.
- Keep it safe! Explain guidelines for proper behavior and use of equipment up front. Practice how to use the equipment properly and safely.
- Have players hug their racquet against their chest when instructed to stop an activity.
- Be sure to obtain everyone's attention before progressing to the next activity. Bring the group close to you for instructions.
- Provide clear visual demonstrations when demonstrating skill components.
- Get children started on an activity, roam the group to give feedback and assistance, then go to your clipboard and plan your next activity. Don't think you have to memorize it all!
- Check child's shoes and racquet sizes
- Typical format for a 1-hour practice:
  - 5 minutes intro/review from previous week
  - 5-7 minute warm-up/stretch
  - 5 -7 minutes games
  - 5-10 minutes skills practice (forehand, backhand, volley)
  - 10 minutes introduce new skill or concept and practice it
  - 15 minutes scrimmage using match day format
  - 5 minutes wrap-up/reminders

## Week 1:

How many have played intermediate before? Format changes this season (2 timed 30 minute sets on 2 courts with rotation every game). When time is called, whatever team has the lead wins that game. If tied at 30 min, play one extra point to determine winner. Keep track of total games won in both sets to determine week's winner.

### Warm up

1. Jog perimeter of the court always facing one direction
  - a. Bounce downs to net and back while dribbling.
  - b. **Advanced Variation:** Use edge of racquet (edgies down)
2. Bounce ups – Thumb up or down. Bounce should be no higher than nose (CONTROL).  
**Advanced Variation:** Flip flops up (change side of racquet used each time)

### STRETCH

3. Demonstrate forehand/backhand - practice some rally situations  
[ASSESS ABILITIES – If necessary, do some feeding to one line]
  - a. Short court rally 3 across with self drop-hit to start (then I call back up to move them back)
  - b. Live! Start with 2 balls rallying with partner across, then when one misses the other ball is LIVE and you play out the point. Then rotate 2 new players in.
  - c. Crosscourt rallies
4. Demonstrate volley (no swing!)
  - a. Try bounce hit to partner at net who volleys (then trap return volley after one bounce?)
  - b. Try volley-volley at net
5. Demonstrate serve then practice
  - a. Toss and let drop on racquet placed by foot
  - b. Toss and catch w/o moving feet
  - c. Minimize ball spin
  - d. Back scratch racquet
  - e. Toss and raise racquet (no strike)
  - f. Start serving from service line, then back up
  - g. Partner returns balls
6. Discuss doubles game, boundaries, line calls & court positioning
7. Split into two teams and scrimmage match with player rotation every game.

## Week 2

1. T shirts at end of practice
2. Chalk talk
  - a. Do you play other sports? Team sports?
  - b. Sportsperson like conduct
  - c. What it means to be on a team
  - d. Why are we here
  - e. On court and off; treat others like you want to be treated
  - f. Court conduct handout
1. Warm up (4 minutes)
  - a. Sideline to sideline racquet touches (30 seconds – how many?)
  - b. Identify parts of court and run to them on command (if you do this one, repeat it from week to week for review)
2. Stretch
3. Rally skills
  - a. Feed forehand, then backhand
  - b. Feed groundstroke then volley
  - c. Around the world full court (one team or two?)
4. Service practice
  - a. Review concepts from last week (toss, follow through)
3. **DOUBLES MOVEMENT**
  - Switching
  - Poaching
  - Mirror how you see opponents moving
  - Slide with your partner (like strings attached between you)
5. Scrimmage

### Week 3

1. Warm up
  - a. Jog in place while juggling one ball from right hand to left hand
  - b. Slow jog and fast juggle
  - c. Fast feet and slow juggle
  - d. High knees and regular juggle
  - e. Heel kicks and regular juggle
  - f. Pass ball under left leg 3x
  - g. Pass ball under right leg 3x
  - h. Dribble ball from right to left hand
  - i. Dribble ball from right to left hand while running through the group
2. Stretch
3. Practice feeding balls down the middle to two teammates at a time (teamwork – one player calls MINE)
4. Feed short balls to two on court (practice running up)
5. Accuracy and aim (hitting to targets). Two partners rally one point then switch.
  - a. Rally with partner. Award points for hitting different zones (alleys are 2 points, service boxes are 1 point, “no man’s land” is 2 points, hula hoops randomly placed are 10 points)
  
6. Service practice Practice using returners and rotate – aim to service box
  
7. (10 minutes) Scrimmage – what to expect Saturday. ARRIVE 3:45pm!!
  - a. **DOUBLES Movement/Teamwork**
    - o Switching
    - o Calling mine/yours
    - o Poaching
    - o Sliding as if on a rope with your partner
    - o Lets on serve and during point

## Week 4

Discuss match...what went right, what went wrong, what did you learn?

Warm up – “run” to net and back with ball on racquet – 3 players both sides  
Juggle ball all the way around outside of court

Stretch

### **Getting in position to hit each ball (anticipating and where to stand on the court)**

Practice feeding to two teammates at standing in proper doubles position – short balls, lobs, angles, etc

Then rotate two new players

Service practice - FIRST SERVES, then SECOND SERVES. Practice using returners and rotate – aim to service box using hoop targets. (4 at a time, other two hit against wall)

Scrimmage

### **DOUBLES STRATEGY**

Get the serve in

Keep the ball in play – give them a chance to miss

Hit to the middle

Angle shots away

Attack opponents' weaknesses or the weaker player

Play to your strengths

## Week 5

MATCH – won more games than ever, be proud and confident. Saw good teamwork, switching, concentration

Warm up (basket catch) & stretch

TENNIS (horse) – name shot and zone. If player doesn't make shot, they get a letter (to spell out "TENNIS"). If they make the shot, they get no letter and they get to decide on a new shot for everyone else to try.

### **DOUBLES Movement/Teamwork**

Calling mine/yours

Switching with lobs

Poaching (switching with volleys) – coach feeds practice shots to two players, then rotate

Sliding as if on a rope with your partner w/o looking backwards – play out practice points against coach

TRIPLES (including coach) - Players are divided into two teams of 3. Each side forms a triangle with one person at the net and two people at the corners of the baseline. The ball is fed into play and the point is played out. After each point, teams rotate clockwise. The first team to **11** wins the game. This game helps develop quicker reactions and alertness at the net.

Wipeout - Two teams on opposite baselines, start with singles point. Losing team rotates line, winning team adds player from their line. 2+ person teams play doubles court, 1 person team plays singles court

SCRIMMAGE

## Week 6

DEEP DESPERATION: A doubles team (champions) is placed on one baseline. All other players line up at the net post with a partner. The instructor begins each point with a high lob to the open court. The first team at the net post must chase down the lob (letting it bounce) and play out the point against the champion team. If the challenging team wins, they run over to replace the champions while a new ball is fed high into the air to the next challenging team. If a challenging team loses the point, they quickly go to the end of the line and the next team of challengers comes in to play out the lob. Whoever is left in the champion position after a designated number of points is played wins the game.

Ruler of the court (doubles). Two kids play a doubles point (with drop serve). Winning team stays on court, losers go to end of line as challenger. Ruler of the court is always on the same side of court, so when teams win a point, they might have to run over to the other side.

1. Scrimmage

## Final Practice

I like to let the kids be the coaches. You can still dictate pacing and the warmup and scrimmage if you want, but let each child choose their favorite activities. Bring all your "equipment so you are ready for any game or drill.

Reminder: Season end celebration.

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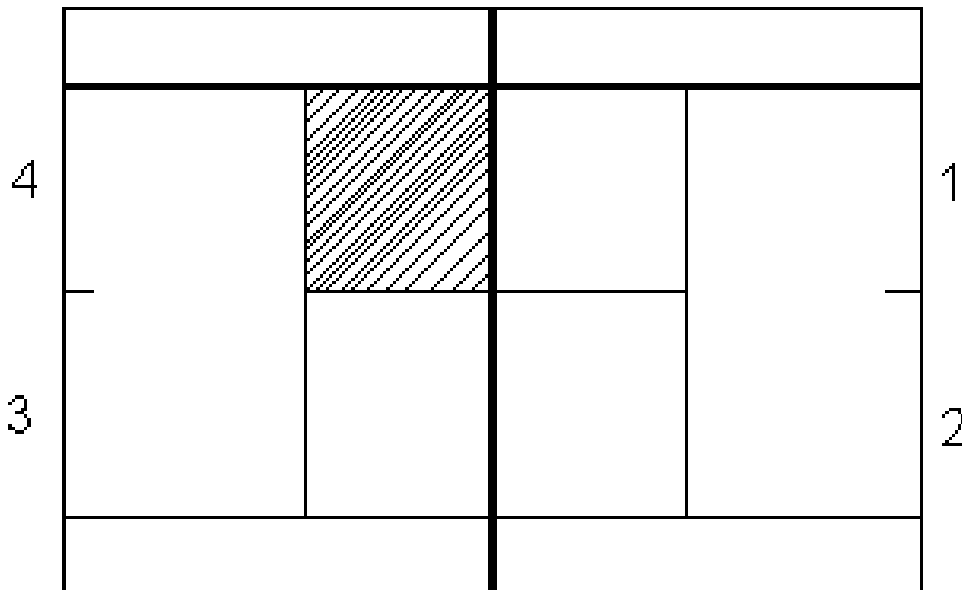
## INTERMEDIATE JTT MATCH FORMAT

### Court Set-up:

Full court is used, with all areas inside of the doubles lines being 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 2 serves. Do not call foot faults (allow weaker players to step into court to serve successfully). 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](http://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.