

GREEN BALL



BALL

COACH'S CURRICULUM

Green Ball Practice And Play Plans

GREEN BALL 02 / GREEN BALL 01

DEAR COACH,

WELCOME TO NET GENERATION!

On behalf of the USTA, we thank you for supporting Net Generation. You are the key to growing the game, and together, we can shape the future of tennis. Net Generation isn't just a new brand—it's a comprehensive platform and development program for kids ages 5 through 18. By creating a singular platform for tennis that we all can rally behind, and through the support the USTA will offer along the way, we believe we can grow participation, instill the love of the game in future generations, and ensure that tennis remains a vibrant sport in our communities for years to come.

As U.S. Fed Cup and U.S. Davis Cup captains, former professional tennis players, and parents, we are Net Generation ambassadors because we believe this new approach will benefit the growth of youth tennis. We believe that no other sport is meeting the needs of today's discerning parents, players, coaches, and community organizations quite like we will with Net Generation.

By registering and becoming an active part of Net Generation, you will get access to the very best in coaching curriculum, digital tools and resources that make teaching, coaching, planning and playing easier, and marketing resources and support to enhance your programs' visibility. The USTA created Net Generation with you in mind and we hope to hear from you about what is working, what is not, and what materials, curriculum and tools will help you. After all, this is your brand and without your talents as a coach, teacher, and mentor, we cannot inspire kids to get in the game—and stay in it.

This coach's manual is just one item under the Net Generation brand. It's comprehensive, competency-based, collaborative, and packaged conveniently online with additional resources to help you customize your approach to teaching the sport you love.

Again, thank you for being a part of Net Generation! Together, we will shape the future of tennis!

Jim Courier

U.S. Davis Cup Captain
Net Generation Ambassador



Kathy Rinaldi

U.S. Fed Cup Captain
Net Generation Ambassador



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INTRODUCTION

Thank you for registering your to Net Generation. It is great to have you as part of the team where our focus is to have more kids playing tennis more often. Net Generation starts with all of us, and we're here to usher in a new era of tennis in the United States.

Net Generation is the United States Tennis Association (USTA) official youth brand and development program that captures the imagination of parents and children ages 5 through 18. One that taps into the adaptability and creativity children and parents seek when choosing activities.

The following practice and play plans are unique to the USTA and have been developed and designed specifically for you, the coach. In doing so they are:

COMPREHENSIVE

Covers the beginner Red Ball to the advanced Green Ball player.

COMPETENCY BASED

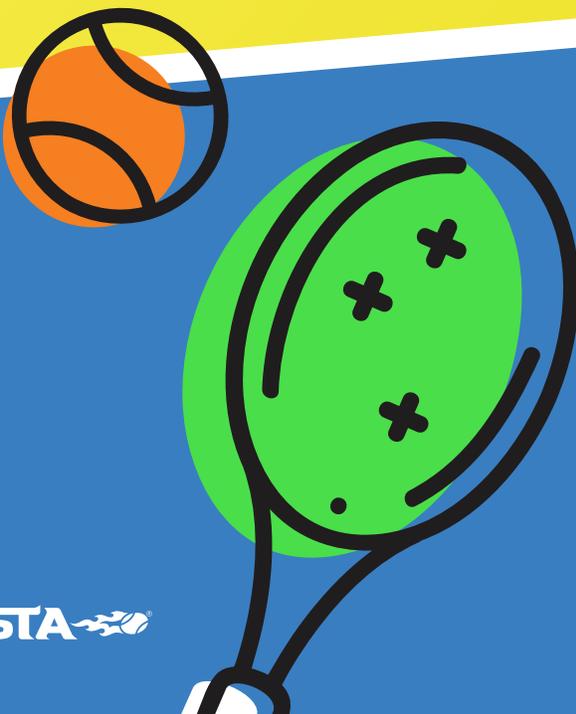
Spells out the skills and knowledge each player should have before moving to the next ball and court size.

COLLABORATIVE

Includes nine levels developed by the USTA Community Tennis and Player Development divisions, USPTA and PTR, and subject matter experts in the field from the U.S. and abroad.

CONVENIENT

Lets you select the method of delivery that works best for you—printed manual, downloadable PDFs, or coaches app.

An illustration of a tennis racket with a green head and a black handle, positioned in the lower right. To its left is an orange tennis ball with black lines. The background is a blue gradient with white lines suggesting a tennis court.

Inside this manual you'll find two levels of Practice and Play Plans—Green Ball 2 and Green Ball 1. Each plan consists of eight chapters. We recommend you use each Practice Plan twice before moving on to the next plan. When you finish all the plans, you can start from the beginning again or move certain players to the next level.

Before you get started, take some time to review the necessary equipment, structure of the plans and descriptions of the activities.

EQUIPMENT NEEDED

MEDICINE BALLS

Lightweight medicine balls or junior-size basketball.

GREEN BALLS

Used on the 78-foot court. Must be yellow with a green dot.

RACQUETS

25 inches and larger for the 78-foot court with green ball.

BALL BUCKETS

40 to 60-quart plastic containers or small plastic paint buckets. The large containers can hold playground balls or orange/green balls, and the small buckets are ideal when players work in small groups and need a limited supply of balls.

POLY-SPOTS AND THROW-DOWN LINES (TDLs)

For targets, recovery spots, court lines, group control, etc.

HULA HOOPS

Available at most big-box stores.

CONES

9-inch and half-cones.



STRUCTURE OF PRACTICE AND PLAY PLANS

WARMUP

Partner-based activities that focus on control and theme of the day.

SKILL DEVELOPMENT

Athletic: Covers tennis-specific movement, ABCs (agility, balance, coordination), speed, strength and advanced tossing/throwing/catching activities.

Tennis: Focuses on developing all five ball controls (direction, height, depth, speed, spin) and all phases of movement.

GAMES

Skills learned from practices will be applied to tactical situations during games.

CHARACTER

Practices have a character theme that can apply to tennis and life.

PLAY AT HOME

After each lesson, players are assigned specific challenges to practice at home with friends or family, or on the court.



DESCRIPTIONS OF ACTIVITIES



TYPE

Individual: Independent skill development.

Team: Two or more players.

Cooperative: Pairs or groups focused on improving skills together.

Competitive: Scoring and declaring a winner.

Hand/Racquet-Feed: How the ball is introduced into the activity—can be player or coach.

FOCUS

Specific areas to work on.

SETUP

Location of players, balls and equipment.

MISSION

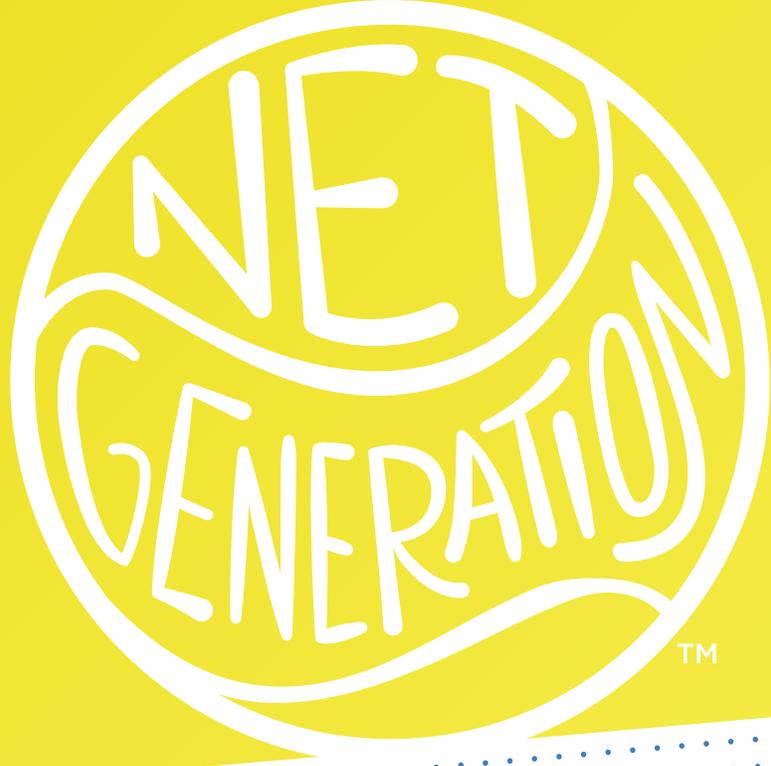
What we want players to do, followed by bullets with specific instructions.

GOAL

How we want players to execute the activity, generally related to a specific competency.

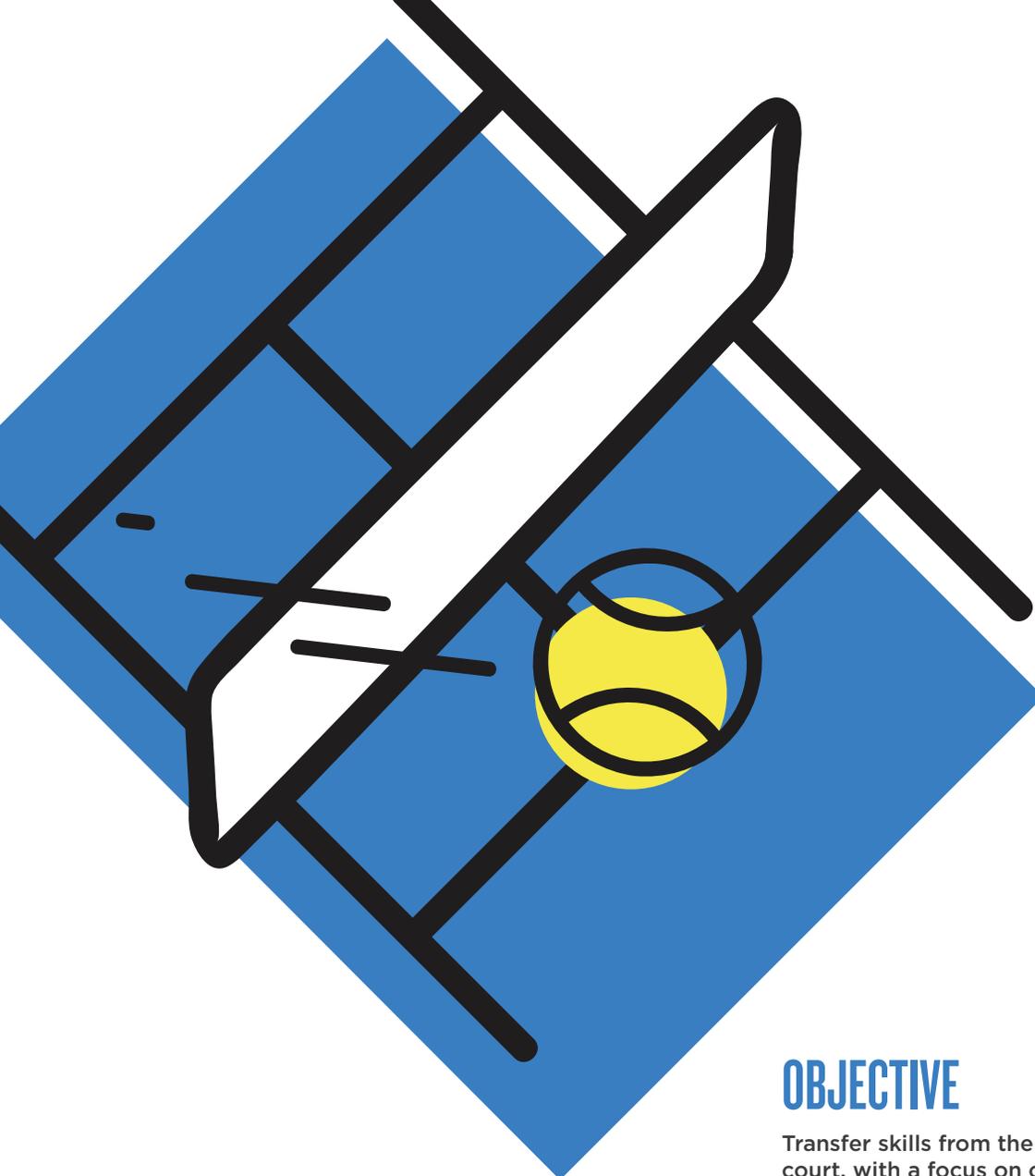
PROGRESSIONS

Specific steps to increase the difficulty of the skill/activity, to be used in subsequent practices or to handle mixed abilities.



GREEN
BALL 02





NOTES:

For this level, a dynamic stretch at the beginning and static stretch at the end are important. If properly trained, players can do these outside of the practice session.

OBJECTIVE

Transfer skills from the 60-foot court to the 78-foot court, with a focus on court coverage.

SAMPLE LESSON PLAN

Total: 90 minutes

- Warmup: 6 - 8 minutes
- Character: 3 minutes or less
- Skills (athletic and tennis): 30 - 35 minutes
- Games: 25 - 30 minutes
- Play-on-Your-Own Review: 3 minutes or less

PLANS AT A GLANCE



| Warmup | Character | Athletic Skills | Tennis Skills | Games | Play on Your Own |
|--------------------------------|------------------------------------|---|----------------------------------|-------------------------------------|------------------------------|
| 01 Going Green | Mini-Tennis Independence | Skips Knee Tag Four-Corner Toss | Call the Bounce X Drill | Up and Down the River Crazy Feed | Depth Games |
| 02 Open Up the Court | Mini-Tennis Angles Play fair | Skate and Volley Compass Jumps Make 'Em Move | Alley Rally | Sideline Defend and Recover | Angle the Angler |
| 03 Put It In Neutral | Mini-Tennis Points Independence | 4x4 Tag Jump Rope All-Fours Catch | Tempo Drill Alley Rally | Team Up and Down the River | Use Your Slice |
| 04 Attack and Defend | Mini-Tennis Effort | Skate and Hit Two-Cone Jump Hi-Lo Toss | Tempo Drill Depth Drill | Absorb and Rip Team Defender | Serve & Volley/Chip & Charge |
| 05 Serve to Spots | Mini-Tennis Points Independence | Copy Cat Agility Ladder Three-Level Throw | Drag Serve Serve Index | Return the Cannon Point Play | Drag Serve |
| 06 Make the Pass | Figure 8 Independence | Obstacle Course Crossover Shuffle Make 'Em Move | Call the Bounce Make the Pass | Triples Point Play | Trick Shots |
| 07 Return to Sender | Over and Under Effort | Red Light/Green Light Knee Tag | Pinch | Serve Pyramids Two-on-One Attack | Step Up |
| 08 Game On! | Trick Shots Effort | Player's Choice | Five-Minute Warmup | Defend and Recover Team Defender | Start a Journal |

GOING GREEN

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots, and TDLs.

I. WARMUP

MINI-TENNIS

Type: Cooperative, players in pairs.

Focus: Groundstroke direction.

Setup

- Two pairs per court, using half-court.
- All players on service line.
- Hit into service box and alley.

Mission—Crosscourt groundstroke patterns.

- Pairs rally crosscourt with outside stroke only.
- After two minutes, switch sides of court.

Goal—Take advantage of extra width.

Progressions

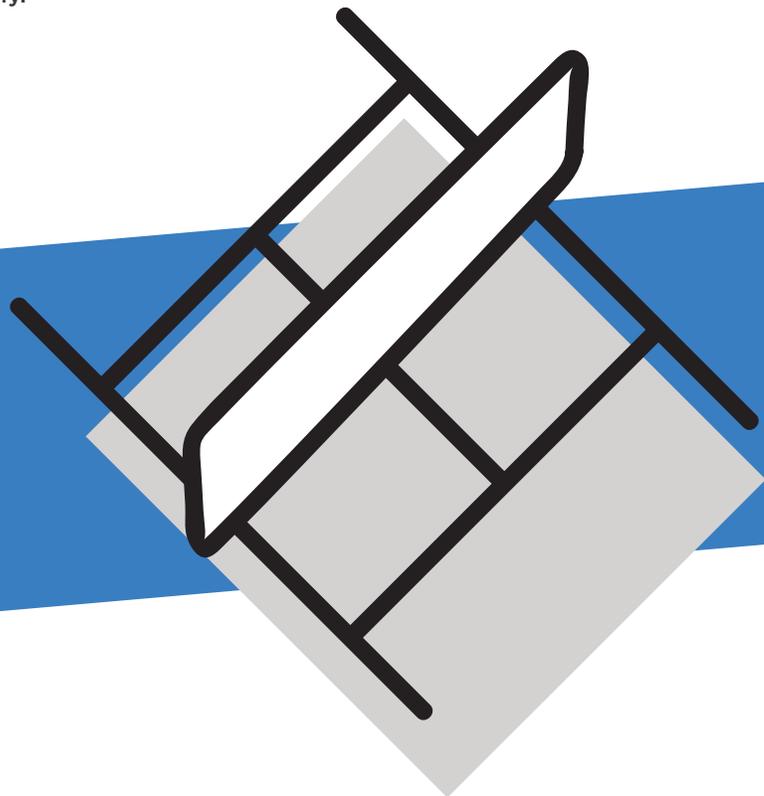
1. Rally into service-box corners.
2. Rally with more angle into alleys.

II. CHARACTER

INDEPENDENCE

Show commitment by scheduling your own practice time outside of lessons.

III. ATHLETIC SKILLS



SKIPS

Setup

- Up to four players on each side of net, spread out along baselines.
- Place cones or TDLs in front of net so players know when to stop.

Mission

- Warm up with basic skip to net and back.
- Next, call out specific types of skips to net and back. Perform two rounds and move on to progressions.

Progressions

1. Skips with arm circles, changing direction of arms on each round.
2. Loud skips, soft skips, medium skips. Note: Ask players how loud skip felt how soft skip felt.
3. Micro skips (low to ground).
4. High-knee skips to net and back, trying to stay in the air as long as possible.
5. Skips for distance.

KNEE TAG

Setup

- Players in pairs, no more than four on each side of net.
- Pairs face each other in athletic stance two to three feet apart.

Mission

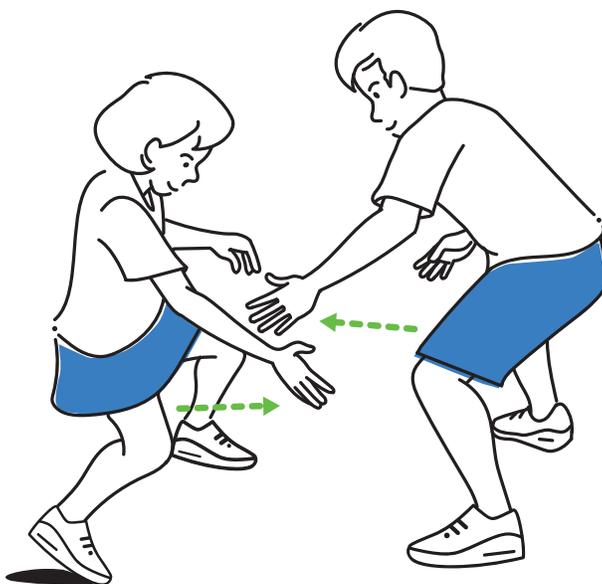
- Attempt to tag opponent's knee while avoiding being tagged.
- Stay on your feet at all times.
- Can't use hands to block tag.

- After 60 seconds, player with most touches wins. Rotate opponents each game or play two out of three.
- Emphasize moving feet and staying in an athletic stance during play.

Progressions

1. Set playing boundaries, then experiment by changing court size.
2. Use only one hand.

ILLUSTRATION: KNEE TAG



FOUR-CORNER TOSS

Setup

- Players in pairs, no more than four pairs on each side of net.
- Pairs stand about four feet apart facing each other, with four green balls.

Mission

- Toss ball with right hand to partner, who catches in the air with left hand.
- Partner then passes ball from left hand to right before tossing back to player's left hand.
- Toss ball to side of body.
- Once successful, add movement, going from sideline to sideline and back while tossing.

Progressions

1. Toss two balls, continuing to toss with right hand, catch in left, and pass ball from left hand to right. Do in a stationary position, then add movement.
2. Toss three balls—first stationary, then add movement.
3. Toss four balls—first stationary, then with movement.

IV. TENNIS SKILLS

CALL THE BOUNCE

Type: Cooperative, players in pairs.

Focus: Ball recognition.

Setup

- Two or three pairs per court, using half-court.
- All players spread out on baseline.

Mission—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up” “back” or “stay” then move to that spot to return shot.
- Follow a really short “up” ball to net, finish rally and move back.

Goal—Call location and move to ball as it crosses net.

Progressions

1. Rally crosscourt.
2. Any stroke, one stroke, alternate strokes.

X DRILL

Type: Hand feed, players in groups of three.

Focus: Diagonal movement for groundstrokes.

Setup

- One group of three per court, one feeder and two hitters.
- One hitter is in center of baseline, other hitter is behind at safe distance.
- Feeder is in middle of court between baseline and service line on same side as hitters.
- Feeder has a supply of balls.
- Targets in deep and short corners of court on other side.

Mission—Roll deep ball and angle midcourt ball.

- Feeder tosses high and deep to one side; hitter backs up and returns high and deep crosscourt with heavy topspin and recovers to middle.
- Second feed is high and short to opposite side; hitter plays short angle and recovers.
- Repeat to opposite sides.
- Complete two sequences and switch hitters. After each hitter has gone, change the feeder.
- Can do with four and have one player picking up.

Goal—Move in diagonals up and back using appropriate stances.

Progressions

1. Hand-feed, then racquet-feed from other side of net.
2. Coach feeds to increase tempo and difficulty.



TEACHING TIP

Moving from the 60 to the 78-foot court means lots of extra space. Most players' overall skill level will drop, and that should be expected. The most important thing to work on, initially, is court coverage.

UP AND DOWN THE RIVER

Type: Competitive, one on one.

Focus: Groundstroke depth and consistency.

Setup

- Two pairs per court, using half-court. Boundaries are middle to doubles line.
- Use TDLs to split court from service line to baseline.

Mission—Stay consistent while keeping ball deep.

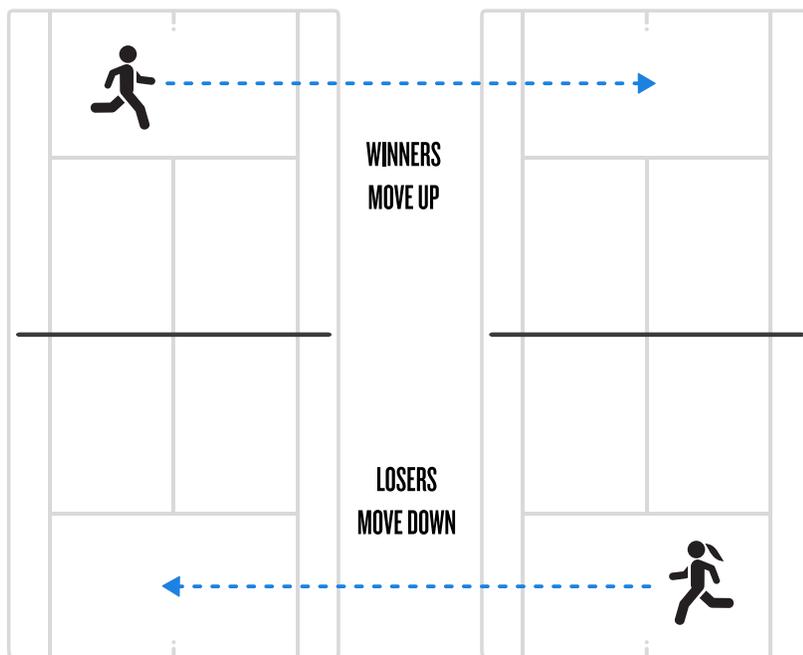
- Start points after serve and return.
- Both players must let ball bounce.
- Play to four points, then volley cooperatively until last court finishes.
- After all courts finish, winner moves up half a court; loser moves down.

Goal—Use height, spin, and speed to keep ball deep.

Progressions

1. Start points straight ahead with one stroke.
2. Play crosscourt with outside stroke only.

ILLUSTRATION: UP AND DOWN THE RIVER





COURT CENTS

When using TDLs to separate court spaces, use just a few. This keeps costs down and encourages kids to play balls that are close to the boundary.

CRAZY FEED

Type: Competitive, team.

Focus: Heavy topspin.

Setup

- Teams of three or four on opposite baselines.
- Two play at a time, full-court points.

Mission—Put opponent on defensive with high loop.

- One side attacks; other defends.
- Attackers self-feed deep ball from behind baseline, hitting high and deep to opponent's weakness.
- Play out point. Attacker can't come to net off feed.
- Rotate players every point.
- Attackers score one for winning point; defenders two.
- Play first to seven, then adjust teams or order so players have different opponents.

Goal—Take advantage of increased length and width by rolling balls deep to corners.

Progressions

1. Self-feed forehands, then backhands.
2. Defender feeds high, deep ball with little spin to attacker, who hits back with heavy topspin.

VI. PLAY ON YOUR OWN

DEPTH GAMES

- Play points or rally with a friend.
- All balls must bounce between service line and baseline.

OPEN UP THE COURT

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

MINI-TENNIS ANGLES

Type: Cooperative, players in pairs.

Focus: Groundstroke depth.

Setup

- Two pairs per court, using half-court.
- All activities inside service lines.
- Use TDLs to split service box in half horizontally.
- TDLs in service box are baseline.

Mission—Rally crosscourt angles.

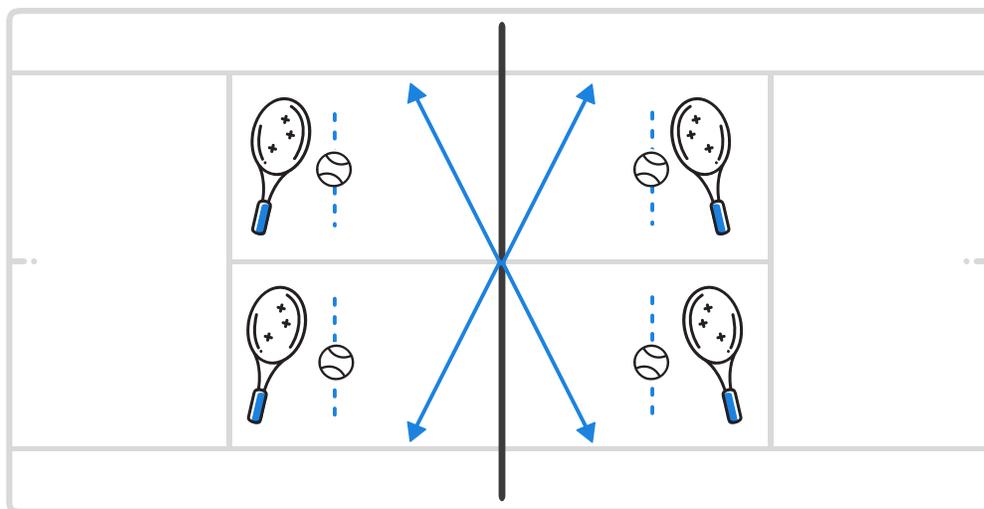
- Pairs rally crosscourt angles with outside stroke only.
- Switch sides after two minutes.

Goal—Make ball bounce in alley to pull partner off court.

Progressions

1. With service line as baseline, alternate rallies between short, sharp angles, and deep between TDLs and service line.
2. Play points with bonus for hitting into alley.

ILLUSTRATION: MINI-TENNIS ANGLES



II. CHARACTER

PLAY FAIR

Learn to handle adversity.



III. ATHLETIC SKILLS

SKATE AND VOLLEY

Setup

Players spread out on baseline, up to five on each side of net.

Mission

SKATE

- Warm up by “skating” to net, moving with outside foot only.
- Start off facing net in ready position. Step diagonally to right with right foot and bring left foot up next to right.
- Next, step diagonally to left with left foot, and bring right foot up next to left.
- Continue to net, then turn around and “skate” back to baseline.

SKATE AND VOLLEY

- Start at baseline with racquet in hand in volley-ready position.
- Step out diagonally to forehand side. As outside foot hits ground, pause, then turn upper body and set hands in ready position for forehand volley.
- Shadow-volley, stepping forward diagonally with back foot.
- Come back to ready position and make same movement on other side for one-handed backhand volley.
- Continue to net in this manner.
- Need help? Just do one forehand volley, back up and do it again. Then switch to backhand.

Progressions

1. Skate-volley to net and back.
2. Skate-volley to net, shadow three overheads, then back to baseline.



TEACHING TIP

An advanced volley involves moving with outside foot first, which requires separation of upper and lower body to execute shot. On forehand volley, upper-body turn is key to maintaining continental grip.

COMPASS JUMPS

Setup

- Place four cones in a square to represent north, south, east and west. Cones should be about two feet from center.
- Players in groups of two or three per “compass.”

Mission

- Starting in center, jump to a cone and jump back back to center. Work your way around compass in this manner.
- Jump around compass twice, then next player goes.
- After all players have gone twice, change direction; then move on to next progression.

Progressions

1. Jump on one leg, pausing after each jump. Do twice, then switch legs.
2. Jump on one leg continuously.

MAKE 'EM MOVE

Setup

- Players in pairs with green ball and TDL.
- Up to three pairs spread out on each side of court.
- Pairs face each other, four to six feet apart.
- One player feeds; other catches.
- Catcher uses TDL as “home base.”

Mission

- Start off catching all balls in the air, like a volley.
- Toss to forehand side about five feet away, with enough height so catcher has to take two steps. Catch at chest level.
- Catcher steps with outside foot first, then diagonally with front foot.
- All catches made with opposite foot and hand.
- Switch roles every minute, then switch to backhand side.

Progressions

1. Add a groundstroke/volley combination—catch first ball after bounce, second in the air.
2. Stand farther apart.



TEACHING TIP

When catching on backhand side, players don't need to use their dominant hand. Focus should be on proper movement and shoulder turn.

IV. TENNIS SKILLS

ALLEY RALLY

Type: Cooperative, players in pairs.

Focus: Direction and consistency on groundstrokes.

Setup

- Two pairs per court.
- All players on baseline.

Mission—Rally ball into doubles alley.

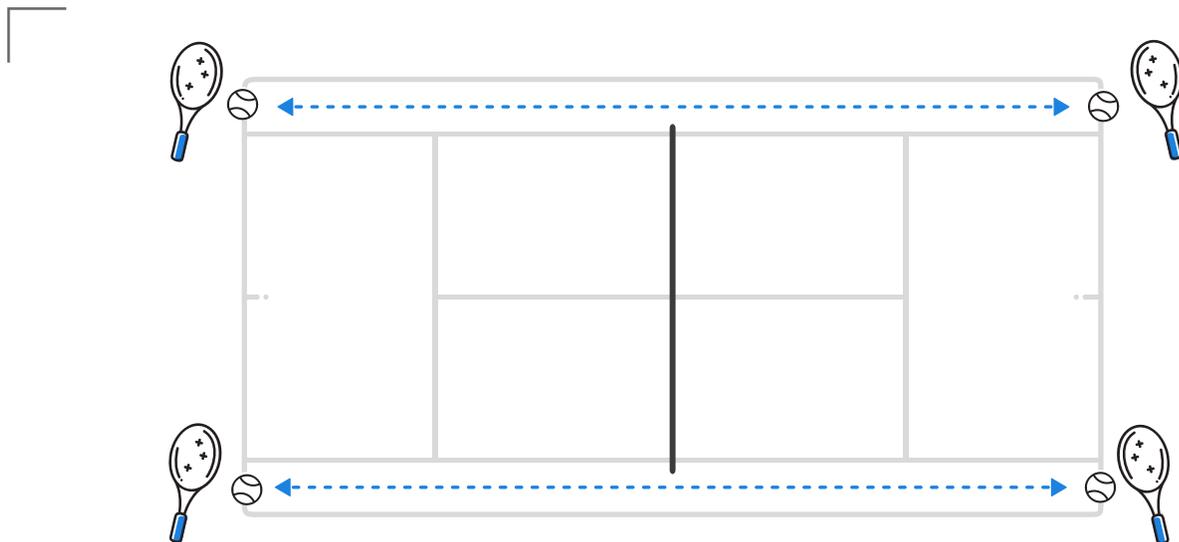
- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.

Goal—Stay consistent hitting with square stance and good extension.

Progressions

1. One stroke, alternate strokes.
2. Topspin only, slice only.

ILLUSTRATION: ALLEY RALLY



V. GAMES

SIDELINER

Type: Competitive, one on one.

Focus: Angle groundstrokes.

Setup

- Four to six per court, using half-court.
- Use TDLs to split court in half. Alleys count.

Mission—Move opponent outside sideline.

- Play all points crosscourt. Two pairs can play at same time.
- Start with serve. After that, must hit outside stroke.
- Score for winning point and forcing opponent outside sideline.
- Use up-and-down-the-river or champion-of-the-court format.

Goal—Use spin and proper height to move ball off court.

Progressions

1. Every ball must bounce.
2. Play full court.

DEFEND AND RECOVER

Type: Competitive.

Focus: Use of angles and court coverage.

Setup

- Teams of two or three on opposite baselines.
- Full-court points, two players at a time.
- One side feeds; other angles.

Mission—Open up court.

- Feeder stands on far right side of baseline behind alley. Angler starts in center of baseline.
- Feed crosscourt to service box, recover to center, and split-step, with left foot on center mark.
- Angler moves up, plays short-court angle and recovers to baseline. Play out point.
- Rotate players after each point, play games to seven, then switch roles. Switch feed side every other game.

Goal—Move opponent with combinations of shots (angle/down-the-line).

Progressions

1. Angler plays first ball down the line and can come in.
2. Angler can play angle or down the line.
3. Angle must bounce inside service box; down the line must bounce past service line.

VI. PLAY ON YOUR OWN

ANGLE THE ANGLER

Setup

Play with partner on driveway, flat surface or tennis court.

Mission—Hit crazy angles.

- Play points or rally with a friend. Create playing area that is wide and shallow.
- See how wide you can send ball.
- Use topspin and slice.

CHAPTER 03

PUT IT IN NEUTRAL

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots, jump ropes and TDLs.

I. WARMUP

MINI-TENNIS POINTS

Type: Competitive, one on one.

Focus: Touch shots.

Setup

- Two pairs per court, using half-court.
- All points straight ahead inside service line, alleys included.

Mission—Play all slices.

- Either player starts with drop-hit.
- Play all shots with continental grip and slice; backhands are one-handed.
- Move opponent around short court with touch shots.
- Play up-and-down-the-river format.
- Play to four points, then volley cooperatively until last court finishes.

Goal—Use touch and move opponent.

Progressions

1. Play crosscourt.
2. One stroke, alternate strokes.
3. Players can volley.



TEACHING TIP

At this age and stage, you should slowly introduce one-on-one competition. When using an up-and-down-the-river format, start with player combinations that won't have the same kids playing each other on the top and bottom courts.

II. CHARACTER

INDEPENDENCE

Make decisions and find solutions on your own.



III. ATHLETIC SKILLS

4X4 TAG

Setup

- Create a square on each side of net using baseline and sidelines, and adding TDLs or cones in front of net.
- Up to eight players on each side of net. Half of group on one corner of square; other half on opposite corner.

Mission

- One player from each team in box—tagger and avoider.
- Avoider attempts to dodge tag for seven seconds. Game ends when someone is tagged or steps out of playing area.
- When finished, players go to back of opposite line and next two begin.

Progressions

1. Shrink square.
2. Create a different shape.

JUMP ROPE

Note: Have each player bring a jump rope to practice, or provide one.

Setup

Players, each with jump rope, spread out around court.

Mission

- In small area, work on different movements coach calls out.
- Attempt each for 60 seconds, rest briefly, then try again.

Progressions

1. Move by zigzagging with feet.
2. Use in and out patterns (jumping jacks).
3. Double jumps.
4. Hops.

ALL-FOURS CATCH

Setup

- Players in pairs, spread out on both sides of net, up to four pairs per side.
- Each pair has green ball.

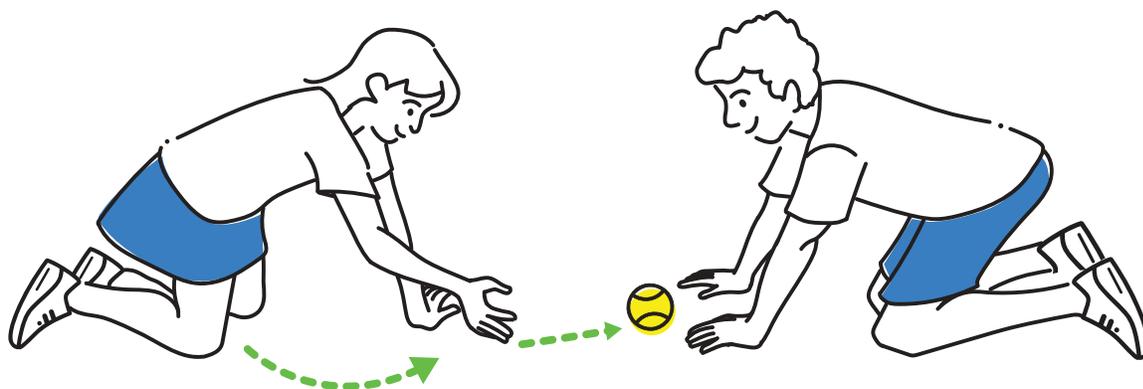
Mission

- Kneel on all fours with back straight, facing partner.
- Roll ball with one hand to partner, who stops it and rolls it back.
- After eight successful rolls, repeat using other hand.

Progressions

1. Repeat with gentle toss for partner to catch.
2. Players in plank (push-up) position with back straight.

ILLUSTRATION: ALL-FOURS CATCH



IV. TENNIS SKILLS

TEMPO DRILL

Type: Cooperative, players in pairs.

Focus: Consistency and spin on groundstrokes.

Setup

- Two or three pairs per court.
- All players on baseline.

Mission—Hit as many balls as possible in a set period of time.

- See how many balls you can rally in one minute using one ball.
- If you miss, start again at same number.
- Repeat and try to beat record.

Goal—Hit with spin and speed to increase numbers.

Progressions

1. Straight ahead then crosscourt.
2. Straight ahead with one stroke.
3. Crosscourt with outside stroke.

ALLEY RALLY

Type: Cooperative, players in pairs.

Focus: Direction and consistency on groundstrokes.

Setup

- Two pairs per court.
- All players on baseline.

Mission—Rally ball into doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- Rally for numbers. If you miss, go back to zero.

Goal—Stay consistent, hitting with square stance and good extension.

Progressions

1. One stroke, alternate strokes.
2. Topspin only, slice only.

V. GAMES

TEAM UP AND DOWN THE RIVER

Type: Competitive, team.

Focus: Groundstroke direction and defense.

Setup

- Teams of two or three on opposite baselines.
- Play two at a time on full court.
- One side covers entire court; other covers baseline and 60-foot-court sidelines. If there are no blended lines for 60-foot court, use TDLs.



COACHING TIP

Depth is key on the green court, so encourage players to use their lower body to start, and then extend with their hands all the way through the shot. Players who just hit high and loopy topspin to keep the ball deep will struggle as the game becomes more advanced on the 78-foot court.

Mission—Move opponent.

- Start point with serve and return. Returner hits into 60-foot-court sideline.
- Server tries to move opponent around court and take advantage of extra space.
- Play one point and rotate players. Play to seven and switch servers.
- After both sides have served, winning team moves up a court; losing team moves down.

Note: With smaller numbers, play individually.

Goal—Use all five controls to move opponent: direction, height, depth, speed and spin.

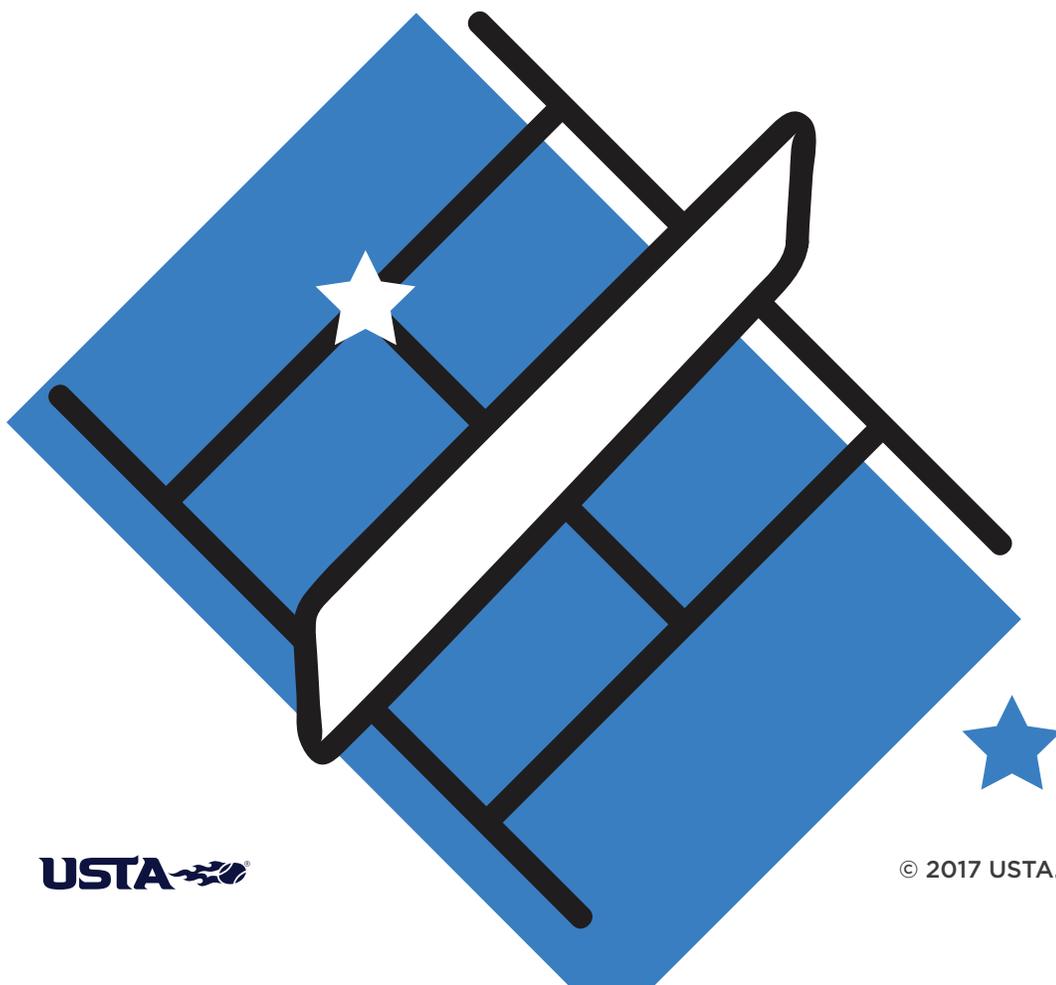
Progressions

1. Server must hit forehand on second ball.
2. Use 78-foot-court sidelines after return and next ball.

VI. PLAY ON YOUR OWN

USE YOUR SLICE

- Play points with a friend.
- Try to play at least one slice every rally.



ATTACK AND DEFEND

Equipment: 25 to 27-inch racquets, green balls, cones, poly-spots and TDLs.

I. WARMUP

MINI-TENNIS

Type: Cooperative, players in pairs.

Focus: Direction, spin.

Setup

- Two pairs per court, using half-court.
- All activities inside service box.

Mission—Rally with groundstrokes and volleys.

- Both players on service line rallying easy groundstrokes straight ahead.
- One player at net; other on service line. Groundstroke to volley, then switch.
- Volley to volley.
- After one minute, switch roles or activities.

Goal—Continuous movement of feet and dynamic split step.

Progressions

1. One stroke only.
2. Alternate strokes.



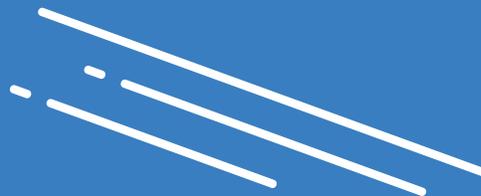
TEACHING TIP

Just because players are on the 78-foot court doesn't mean they have to play with an adult-size racquet. Use the right size for the player, and steadily move up to a 27-inch racquet as control improves.

II. CHARACTER

EFFORT

Never give up when the score is against you.



III. ATHLETIC SKILLS

SKATE AND HIT

Setup

Players spread out on baseline, no more than five on each side of net.

Mission

SKATE

- Warm up by “skating” to net, moving with outside foot only.
- Start off facing net in ready position. Step diagonally to right with right foot and bring left foot up next to right.
- Next, step diagonally to left with left foot, and bring right foot up next to left.
- Continue to net in this manner, then turn around and “skate” back to baseline.

SKATE AND HIT

- Start at baseline in ready position with racquet in hand.
- Step out diagonally to forehand side with a unit turn, pausing on outside foot to load (bend).
- As outside foot hits ground, separate hands, bring racquet back and up, and front hand to a balance position at side of body.
- Shadow-swing a forehand. As you swing, push off back foot, land on front. Momentum should force back foot to come through.
- After finishing forehand groundstroke, come back to ready position, then make same movement on other foot for a backhand.
- With backhand, keep non-dominant hand on racquet during preparation.
- Continue to net, making forehand and backhand groundstrokes, leading with outside foot.
- Need help? Just do one forehand groundstroke, back up and do it again. Once successful, switch to backhand.

Progressions

1. Do forehands and backhands to net and back.
2. Combine an approach, volley and overhead.



TEACHING TIP

This movement can be for a return of serve, approach shot or any ball that's inside the court and away from the player.

TWO-CONE JUMP

Setup

- Players spread out on court in groups of three.
- Up to four groups on each side of net.
- Each group has two nine-inch cones placed two feet apart.

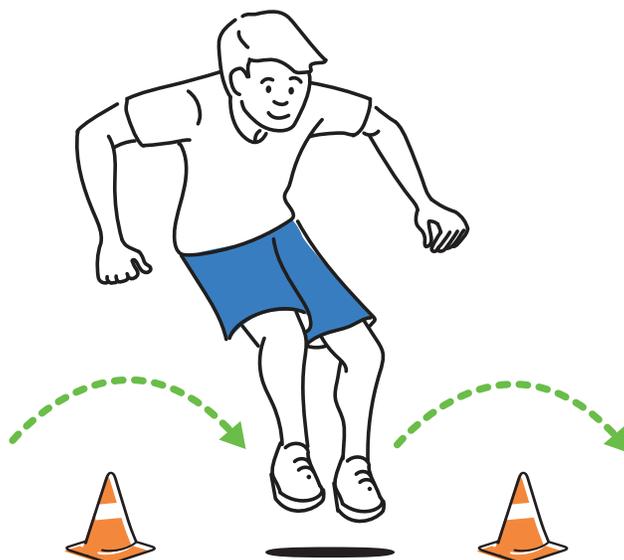
Mission

- Standing sideways to cones, jump over first one, then second and back again. Do this twice and rotate out.
- Pause after jumping over each cone. Once successful, jump continuously. Some players will still need to pause after jumping over second cone and changing direction.
- Need help? Use half-cone or jump over lines.

Progressions

1. Front and back jumps.
2. One-leg jumps—sideways then front and back.

ILLUSTRATION: TWO-CONE JUMP



HI-LO TOSS

Setup

- Players in pairs with green ball.
- Up to four pairs spread out on each side of net.
- Players face each other, four to five feet apart.

Mission

- One player feeds; other catches.
- Catch first ball in the air above waist level, second after bounce.
- Catch with right hand on right side, left hand on left.
- After four successful hi-lo catches on each side, switch roles.

Progressions

1. Toss first ball high over catcher's shoulder, second in front of catcher.
2. Toss first ball short and high, second over shoulder.
3. Toss randomly.

IV. TENNIS SKILLS

TEMPO DRILL

Type: Cooperative, players in pairs.

Focus: Consistency and spin on groundstrokes.

Setup

- Two or three pairs per court.
- All players on baseline.

Mission—Hit as many balls as possible in set period of time.

- See how many balls you can rally in one minute using one ball.
- If you miss, start again at same number.
- Repeat and try to beat record.

Goal—Hit with spin and speed to increase numbers.

Progressions

1. Straight ahead with one stroke.
2. Crosscourt with outside stroke.

DEPTH DRILL

Type: Cooperative, players in pairs.

Focus: Hitting with depth and spin on groundstrokes.

Setup

- Two or three pairs per court.
- All players on baseline.

Mission—Keep groundstrokes deep.

- Rally, aiming past service line.
- See how many balls you can hit in one minute that are rising as they cross baseline. One player in pair counts.

Goal—Hit with height, spin and speed for consistent depth.

Progressions

1. Score one point for inside court, two if ball rises as it crosses baseline. First team to 25 wins.
2. Hit crosscourt with outside stroke.

V. GAMES

ABSORB AND RIP

Type: Competitive, team.

Focus: Big-forehand and continental-grip defense.

Setup

- Teams of three or four on opposite baselines.
- Use TDLs to split court in half.
- All players on baseline.

Mission—Defend and rip.

- Play points straight ahead; either side starts with drop-hit.
- “Juggle” first ball by hitting it up in the air off of bounce, let it bounce again and rip next ball.
- Must use continental grip on juggle ball. Can hit it up and forward as long as it’s a groundstroke.
- Winners stay in for two points.
- Play to a set number of points, then rotate opponents and/or teammates.

Goal—Use spin on first ball to take pace off and set up for next ball.

Progressions

1. All forehands.
2. Backhand (one hand) on first ball, forehand on second.
3. Play crosscourt points.

TEAM DEFENDER

Type: Competitive, team.

Focus: Approach and volley.

Setup

- Minimum six players and two courts, using full court.
- Players in teams of three or four.
- Each team is assigned a court to “defend.”

Mission—Attack second serve.

- Each team sends one player to compete against another team on a different court.
- Others remain on their court to defend it. Defenders play one point against challenger and rotate out.
- Challenger gets one serve; defender must return and come in.
- Play for time or set number of points. After each game, teams send another player to compete against another team.

Goal—Take return early and use lower body for more power.

Progressions

1. Hit return to open court.
2. Serve/hit to designated spot.

VI. PLAY ON YOUR OWN

SERVE AND VOLLEY/CHIP AND CHARGE

- Play half-court points with a friend.
- First serve must serve and volley; second serve, returner must slice and come to net.

SERVE TO SPOTS

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

MINI-TENNIS POINTS

Type: Competitive, one on one.

Focus: Touch shots.

Setup

- Two pairs per court, using half-court.
- All points crosscourt with service-box boundaries, alleys included.

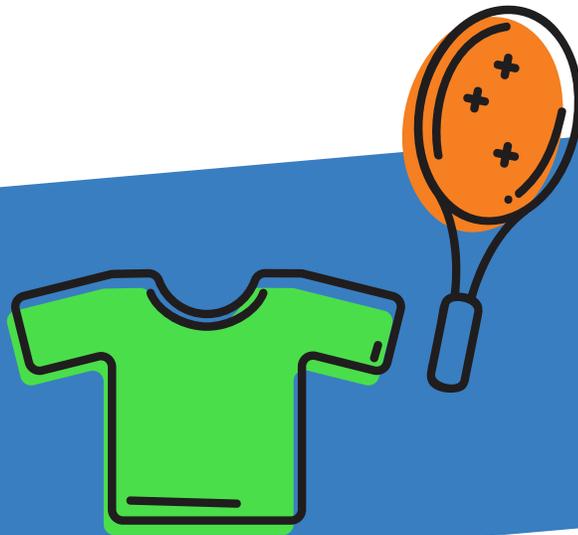
Mission—Play all slices.

- Either player starts point with drop-hit.
- Play all shots with continental grip and slice, play backhands with one hand.
- Players move each other around short court with touch shots; no volleys.
- Play first to four in up-and-down-the-river format. Ad is higher court, deuce is lower court.
- After four points, volley cooperatively until last court finishes.

Goal—Take advantage of angle.

Progressions

1. One stroke, alternate strokes.
2. Players can volley.



II. CHARACTER

INDEPENDENCE

Be accountable—take responsibility and “own” your tennis training.

III. ATHLETIC SKILLS



COPY CAT

Setup

Players spread out around court, up to four on each side of net.

Mission

Coach demonstrates specific movement, then players copy, using shadow movements.

Progressions

1. Players in line from net to baseline. Warm up side-to-side groundstrokes with open stance and crossover recovery.
2. Players in line across baseline. Perform three approaches (using hop move) to net, then three overhands from net to baseline.
3. Players in line across baseline. Perform three backhand-slice approaches with carioca move to net, turn around and do three more backhand-slice approaches to baseline.

AGILITY LADDER

Setup

- Set up one agility ladder for every four to six players; up to two ladders on each side of net.
- If ladders aren't available, use chalk or TDLs.
- For larger numbers, have some players do station work.

Mission

- Players form a line and coach demonstrates a specific movement. Have players perform each movement twice before introducing a new one.
- Next player goes when previous player is halfway through.

Suggested movements

- Two feet in (1-2, 1-2 rhythm).
- Sideways 1-2, 1-2 (both directions).
- One-leg hops.
- Two-leg hops.
- Split-step outside, two feet inside.
- Let player pick movement.

THREE-LEVEL THROW

Setup

- Three to six players per court.
- Players are on one side of net, in two lines behind baseline.

Mission—Throw ball various distances.

- Two players at a time throw from baseline—one from deuce side, other from ad.
- First throw into appropriate service box. Throw twice and rotate.
- Next throw between service line and baseline. Throw twice and rotate.
- Final throw between baseline and fence.

Progressions

1. Throw three in a row—service box, past service line, past baseline.
2. Split service box and court into two sides and throw to specific area.
3. See who can hit opposite fence.

IV. TENNIS SKILLS

DRAG SERVE

Type: Cooperative, players in pairs.

Focus: Relaxed hitting arm on serve.

Setup

Two pairs per court, on baseline diagonally across from each other.

Mission—Tossing arm ahead of hitting arm on serve.

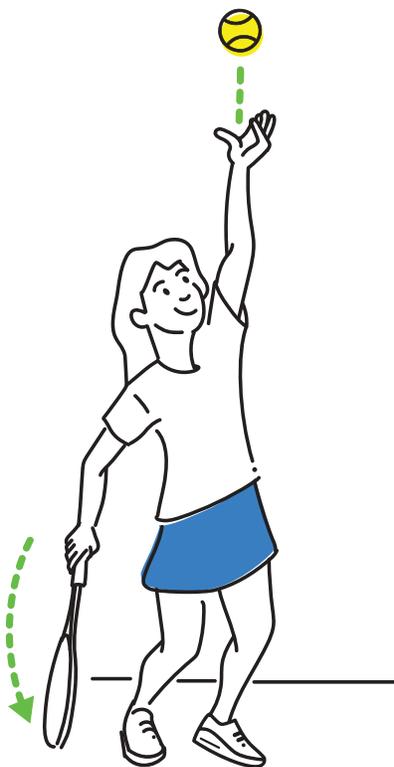
- Serve twice; partner catches and serves back.
- Start with racquet pointing straight down, slightly behind back leg.
- Toss first. Move hitting arm when ball reaches its peak.

Goal—Increase racquet-head speed on serve.

Progression

Drag serve on one, full motion on next.

ILLUSTRATION: DRAG SERVE



TEACHING TIP

This motion teaches players to keep their palm down in the backswing, which simulates a throwing motion.

SERVE INDEX

Type: Individual best.

Focus: Serve direction.

Setup

- Up to four players per court, all on one side of net.
- Two players serve at a time—one from deuce side, other from ad.
- Use TDLs to split each service box vertically into two zones.

Note: Use extra players as returners.

Mission—Serve to each zone.

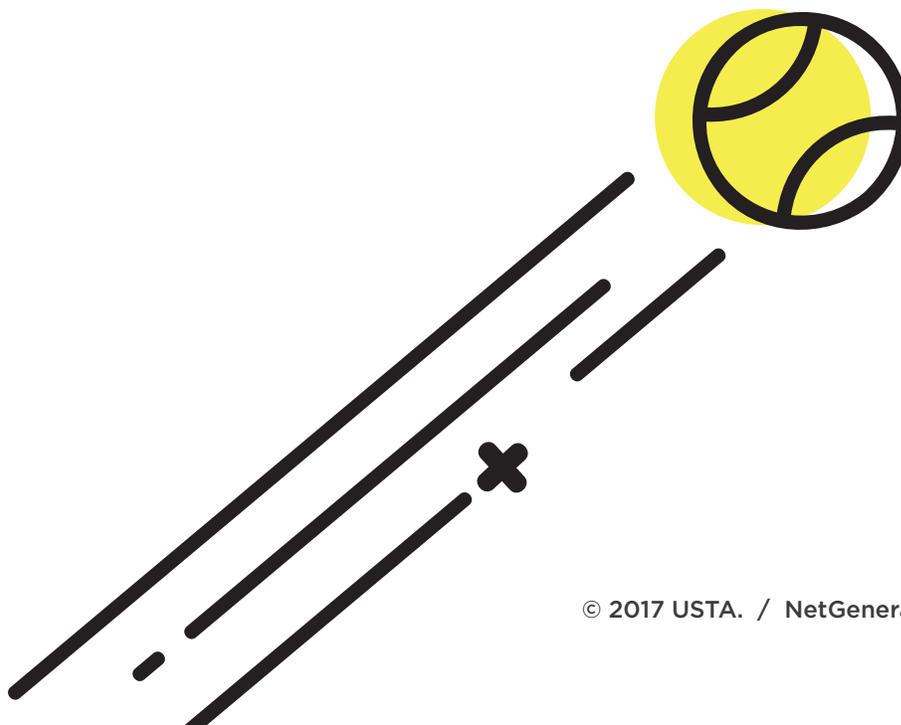
- Count how many balls it takes to serve successfully to all four zones. This is your “serve index.”
- Only counts if you use same rituals before each serve.
- Once all players have served to all four zones, start over and go for personal best.

Goal—Use spin to add control.

Progression

- All serves must have spin.

V. GAMES



RETURN THE CANNON

Type: Competitive, one on one.

Focus: Racquet-head speed on serve.

Setup

- Two pairs per court, using half-court.
- One serves; other returns.
- Use TDLs to split court in half. Play all points crosscourt.

Mission—Serve aggressively and return back to server.

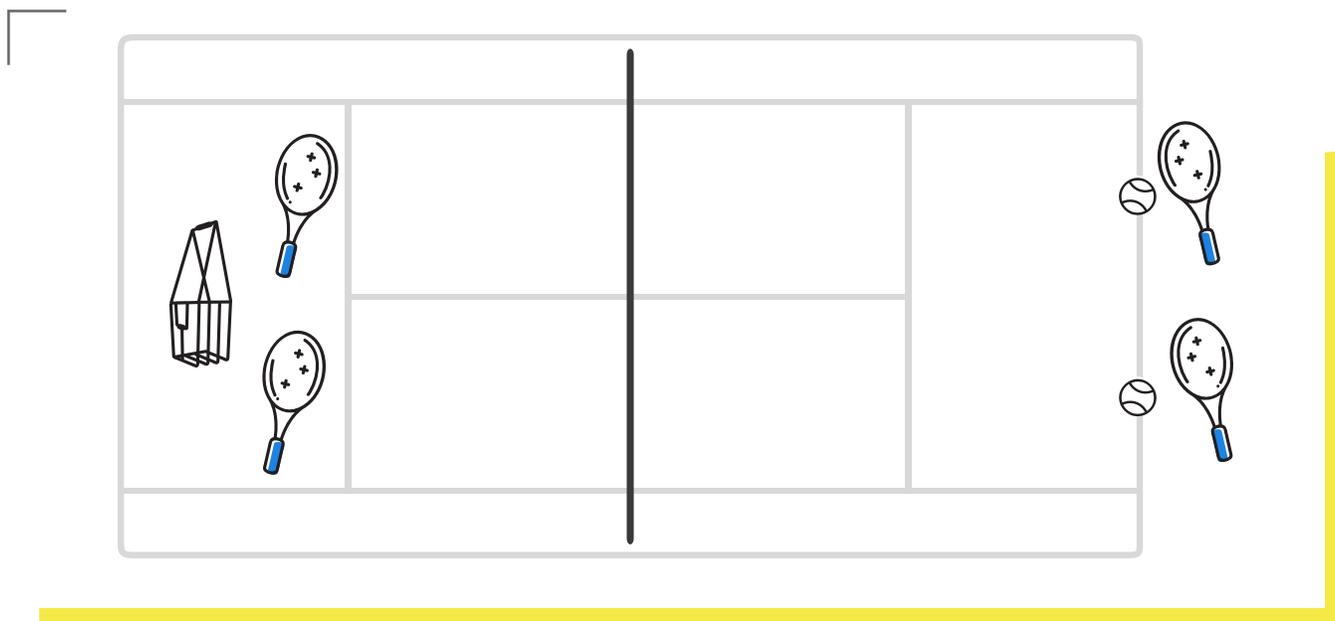
- Standing on service line, try to hit unreturnable serve.
- Server wins point if returner can't return crosscourt.
- Returner wins point for returning crosscourt.
- Play to four, switch roles, then switch sides.

Goal—Use spin, speed and direction on serve.

Progressions

1. Play out point on half-court. Returner scores two points for winning rally.
2. Serve between service line and baseline.

ILLUSTRATION: RETURN THE CANNON



POINT PLAY

Note: Whenever there's time left, add point play.

Setup

- Two teams of two or three per court, using full court.
- One team serves, other returns.

Mission—Play points with serve and return.

- Play out games as a team.
- Play one point and rotate if three on a team; two points and rotate if two on a team.
- Switch servers when game ends.

Goal—Apply day's theme to point play (serve to spots).

VI. PLAY ON YOUR OWN

DRAG SERVE

- Play points with a friend or practice against a wall.
- Work on “drag” serve.

MAKE THE PASS

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

FIGURE 8

Type: Cooperative, players in pairs.

Focus: Change of direction on groundstrokes.

Setup

Two pairs per court on opposite service lines.

Mission—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

Goal—Find a rally pace you can control with appropriate speed and spin.

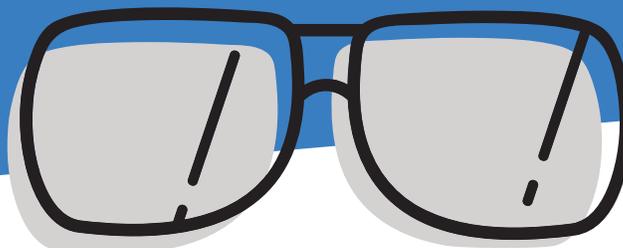
Progressions

1. Slice and topspin from service line.
2. One side hits all forehands.

II. CHARACTER

INDEPENDENCE

Set simple goals.



III. ATHLETIC SKILLS

OBSTACLE COURSE

Setup

- Use four cones to create a 20x20-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

Mission

- Proceed from cone to cone using different movements. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

Progressions

1. Skip/shuffle. Skip, shuffle facing outward, backward skip, shuffle facing inward.
2. Sprint. Starting on right side of square, sprint to cones and stop on right foot. Push off and sprint to next cone. After two rounds, start on left side and stop on left foot.
3. Circles. Run to each cone and make complete circle around it. Face same direction entire time.
4. Ask questions. Have players answer specific questions as they perform various movements. What are your favorite foods? Name 10 states.

CROSSOVER SHUFFLE

Setup

Players spread out from net to baseline, up to five on each side of net.

Mission

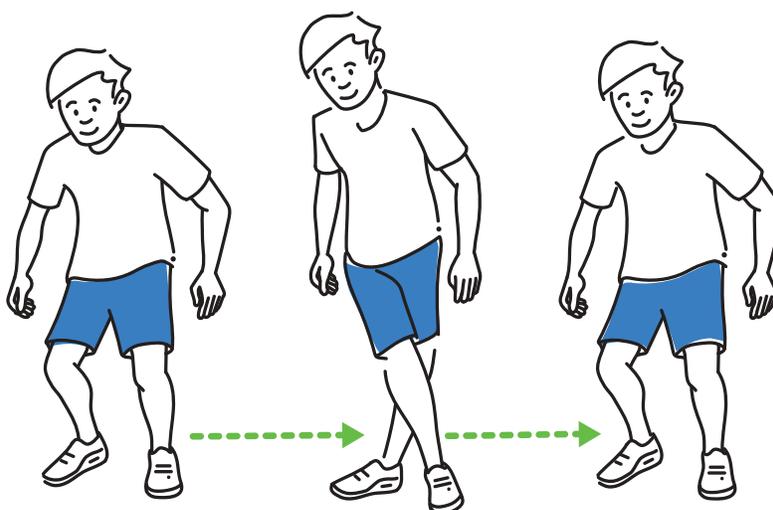
- From ready position, execute one crossover into a shuffle and stop, then switch directions, performing same movements back to where you started.

- Start slowly until you develop rhythm, then speed up.
- Goal is to go back and forth with smooth change of direction.

Progression

Go continuously back and forth.

ILLUSTRATION: CROSSOVER SHUFFLE



MAKE 'EM MOVE

Setup

- Players in pairs with green ball.
- Up to three pairs spread out on each side of net.
- Face each other, four to six feet apart.
- One feeds, other catches.

Mission

- Feeder tosses while moving; catcher catches after bounce and keeps following feeder.
- Feeder can toss and move backward, forward or sideways.

Progressions

1. Add groundstroke/volley combination—catch first ball after bounce, second in the air.
2. Catch with specific hand.
3. Use two balls—feeder tosses next ball as catcher tosses other one back.

IV. TENNIS SKILLS

CALL THE BOUNCE

Type: Cooperative, players in pairs.

Focus: Ball recognition.

Setup

- Two or three pairs per court.
- All players spread out on baseline.

Mission—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up,” “back” or “stay” then move to that spot (or stay) to return shot.
- Follow really short “up” ball to net, finish rally and move back.

Goal—Call location and move to ball as it crosses net.

Progressions

1. Straight ahead, then crosscourt.
2. One stroke, alternate strokes.



TEACHING TIP

With the increased length of the 78-foot court, players get in the habit of waiting on balls. If the ball isn't bouncing too high, players should move inside the baseline to take the ball as it's rising.

MAKE THE PASS

Type: Hand-feed, players in pairs.

Focus: Passing shots.

Setup

- Players in pairs on half-court—one feeds, other hits.
- Hitters next to each other at center of baseline.
- Feeders on same side as hitters, next to “T” with a supply of balls.
- Place targets in service-box corners and deep corners.

Mission—Alternate angle and down-the-line passing shots.

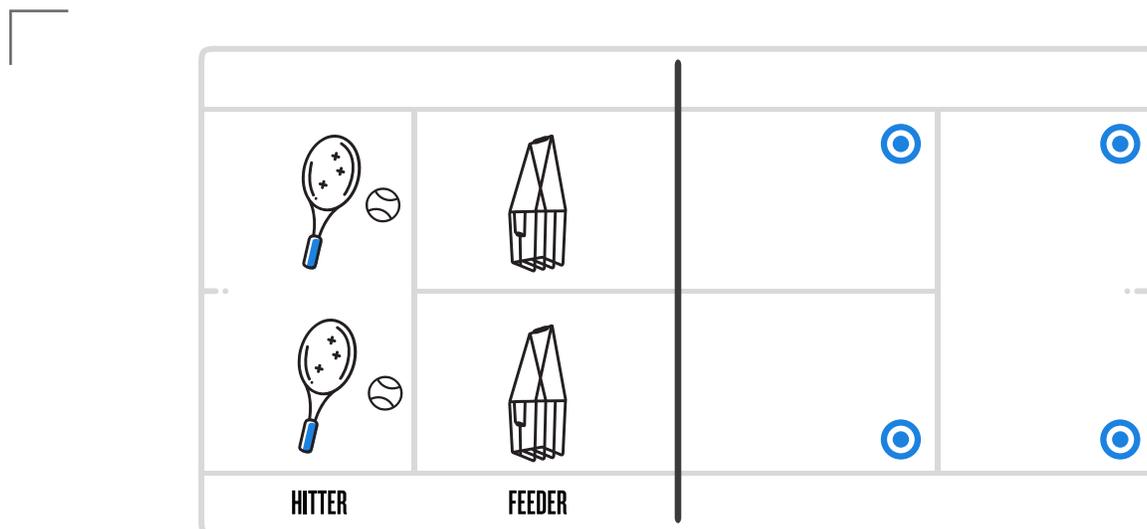
- First toss is out wide; hitter plays an angle into service box and recovers.
- Second toss is to same spot; hitter plays down-the-line pass and recovers.
- Complete four sequences and switch positions. After a complete rotation, switch sides of court.

Goal—Use appropriate spin to dip angle short and more extension on down-the-line pass.

Progressions

1. Hand-feed, then racquet-feed from other side.
2. Coach feeds; use net player.
3. Add a topspin lob.

ILLUSTRATION: MAKE THE PASS



V. GAMES

TRIPLES

Type: Competitive, team.

Focus: Volleys and passing shots.

Setup

- Two teams of three or four per court.
- Start with three players on each side of net—one at net and two on baseline.
- Extra players behind baseline.

Mission—Be aggressive at net, make passing shots.

- Coach or player feeds first ball to deep player.
- After each point, players rotate one spot.
- Only net player can volley.
- Play games to set number of points, then change teams.

Goal—Use spin on passing shots, close the net and angle volleys.

Progressions

1. Switch to two up/one back to encourage lobs.
2. Use doubles or singles boundaries.

POINT PLAY

Note: Whenever there's time left, add point play.

Setup

- Two teams of two or three per court, using full court and hitting singles.
- One team serves, other returns.

Mission—Play points with serve and return.

- Play out games as a team.
- Play one point and rotate if three on a team; two points and rotate if two on a team.
- Switch servers after game ends.

Goal—Apply day's theme to point play (e.g., must come in off second-serve return).



COACHING TIP

With the increased length and width of the court, players need to learn three passing shots—down-the-line, short-angle and topspin lob.

VI. PLAY ON YOUR OWN

TRICK SHOTS

Setup

Play on driveway or any flat surface.

Mission—Create cool shots on bounce and in the air.

- Play with a friend and take video.
- Share video with coach and friends.

RETURN TO SENDER

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

OVER AND UNDER

Type: Cooperative, players in pairs.

Focus: Alternating topspin and slice.

Setup

- Two or three pairs per court.
- Players on service line.

Mission—Keep rally going while changing spins.

- One side hits easy topspin groundstroke, other alternates topspin and slice.
- Switch roles after two minutes.

Goal—Switch grips and/or hands when moving from slice to topspin.

Progressions

1. Straight ahead, then crosscourt.
2. Straight ahead, then outside stroke crosscourt.
3. Alternate strokes.

II. CHARACTER

EFFORT

Practice positive self-talk and be encouraging.



III. ATHLETIC SKILLS

RED LIGHT/GREEN LIGHT

Setup

- Up to four players on each side of net, spread out along baseline.
- Place cones or TDLs in front of net so players know when to stop.

Mission

- Name a specific movement such as carioca, shuffle, bear walks, etc. Then use red light/green light commands—go fast when coach calls out “green light,” slow down for yellow, stop for red.
- Once majority of players get to net, turn around and start again in other direction.

Progressions

1. Use colors as verbal cues to change direction: Blue light means shuffle left, pink means shuffle right.
2. Let players create their own lights.

KNEE TAG

Setup

- Players in pairs, up to four on each side of net.
- Pairs face each other in athletic stance two to three feet apart.

Mission

- Attempt to tag opponent’s knee while avoiding being tagged.
- Stay on your feet at all times.
- Can’t use hands to block a tag.
- After 60 seconds, player with most touches wins. Rotate opponents each game or play two out of three.
- Emphasize moving feet and staying in athletic stance during play.

Progressions

1. Set playing boundaries and then experiment by changing court size.
2. Use only one hand.

IV. TENNIS SKILLS

PINCH

Type: Cooperative, players in pairs.

Focus: Groundstrokes on the rise.

Setup

Two or three pairs per court.

Mission—Keep rally going without backing up.

- With toes on service line, rally any groundstrokes. Don’t step backward.
- Back up and rally groundstrokes with toes on baseline.
- Take deep shots on the rise. If it’s in the air, volley it!
- Up to two minutes on each line.

Goal—Prepare earlier for deep balls on the rise.

Progressions

1. Straight ahead then crosscourt.
2. Straight ahead then outside stroke crosscourt.
3. Alternate strokes.

V. GAMES

SERVE PYRAMIDS

Type: Competitive, team.

Focus: Aggressive return.

Setup

- Two teams of two or three, using half-court.
- One player serves, other returns.
- Each team has designated area behind baseline for four-ball pyramid.

Mission—Hit aggressive return to open court.

- Server gets one serve, returner gets two chances.
- Returner moves in, drives ball to open court and plays out point.
- Team adds ball to pyramid for each point scored.
- First team to complete pyramid wins. Start new game and switch serving team.

Goal—Take return on the rise and load from legs.

Progressions

1. Returner can hit to either side.
2. Returner must hit forehand on return.
3. Returner must come in.

TWO-ON-ONE ATTACK

Type: Competitive.

Focus: Return and come in.

Setup

- Four or five players per court.
- Net player and baseliner on one side covering doubles court. Extra players lined up behind baseliner.
- Single player (champ) on opposite baseline covering half-court, middle to doubles line.

Mission—Attack net and play out point.

- Champ gets one serve; returner comes to net. Play out point two on one.
- Champ can't lob first two balls.
- After point, rotate—baseliner to net, net player to back of line.
- After seven points, bring over new champ.

Goal—Take return early and use hop move to approach net.



COACHING TIP

Players need at least two types of returns on the 78-foot court with a green ball. First is a rally return where they're behind the baseline and just put the ball in play. Second is an attacking return on the rise when the serve is more predictable.

Progressions

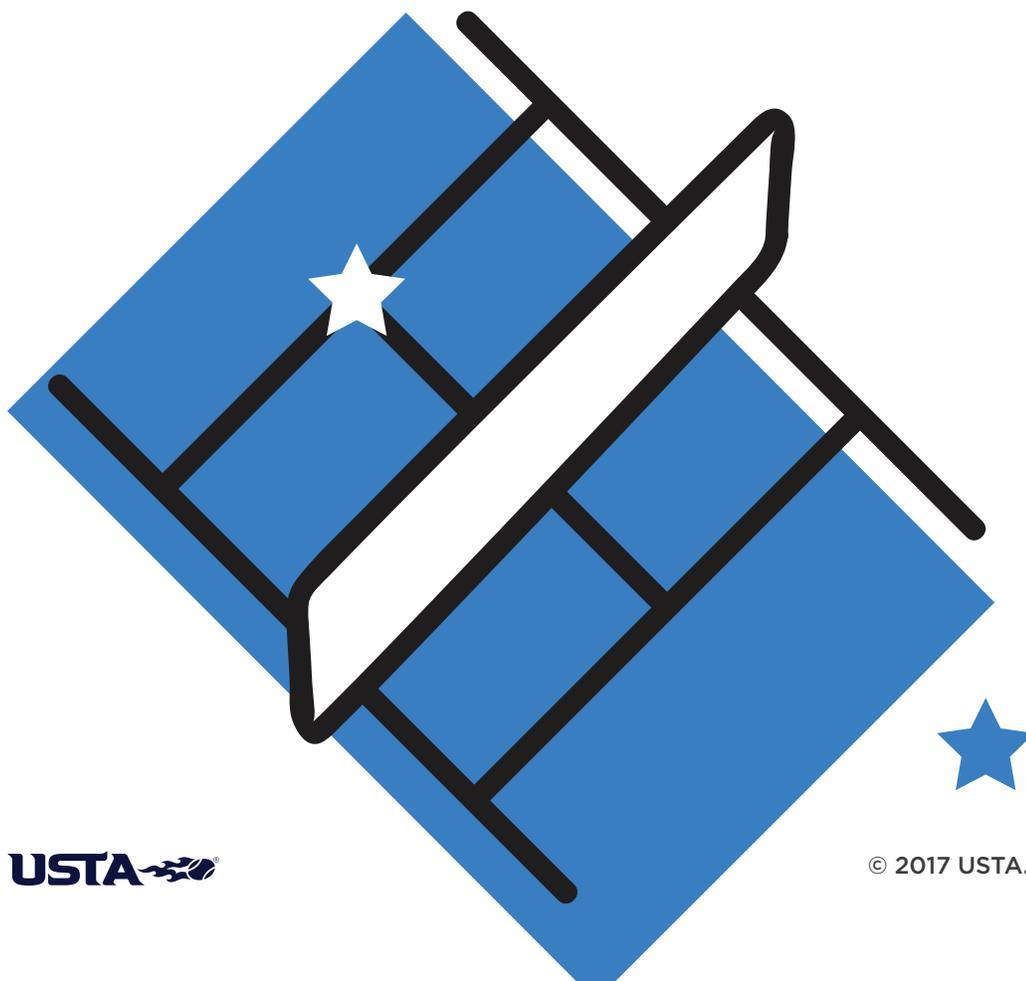
1. Champ must lob within first two shots.
2. Must use forehand on return.

VI. PLAY ON YOUR OWN

STEP UP

Setup

- Play points with a friend.
- Stand right behind service line to return second serves.



GAME ON!

Equipment: 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

TRICK SHOTS

- Players spread out around court.
- Show coach your best trick shots!

FIGURE 8

Type: Cooperative, players in pairs.

Focus: Change of direction on groundstrokes.

Setup

- Two pairs per court, starting on opposite service lines.

Mission—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

Goal—Find a rally pace you can control with appropriate speed and spin.

Progressions

1. Slice and topspin from service line.
2. One side hits all forehands.

II. CHARACTER

EFFORT

Fully focus on what matters in the moment.

III. ATHLETIC SKILLS

PLAYERS CHOICE

- Let two players pick a different athletic skill that's already been done in practice, or even create one.
- Be sure to select players who have demonstrated good character during session.

IV. TENNIS SKILLS

FIVE-MINUTE WARMUP

Type: Cooperative with partner.

Focus: Managing a timed warmup.

Setup

- Two or three pairs per court.
- Players start on baseline.

Mission—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, gives two-minute, then one-minute warning.

Goal—Hit all strokes within five-minute period.

V. GAMES

DEFEND AND RECOVER

Type: Competitive, team.

Focus: Attacking short ball, playing defense.

Setup

- Teams of two or three on opposite baselines.
- Full-court points, two players at a time.
- One side feeds, other attacks.

Mission—Move opponent.

- Feeder stands on far right side of baseline behind alley; attacker starts in center of baseline.
- Feed crosscourt to service box, recover to center, and split-step with left foot on center mark.
- Attacker moves up and plays short angle or rips down the line.
- Rotate players after each point, play to seven, then switch roles. Switch sides for feeders every other game.

Goal—Have same setup (disguise) for short ball, whether hitting angle or down the line.

Progressions

1. Angle must bounce inside service box; down-the-line must bounce past service line.
2. Attacker can play a drop shot.

TEAM DEFENDER

Type: Competitive, team.

Focus: Approach and volley.

Setup

- Minimum six players and two courts, using full court.
- Players in teams of three or four.
- Each team is assigned a court to “defend.”

Mission—Hit an offensive return.

- Each team sends one player to compete against another team on a different court.
- Others remain on their court to defend it. Defenders play one point against challenger and rotate out.
- Challenger gets one serve; defender must return and come in.
- Play for time or set number of points. After each game, teams send another player to compete against another team.

Goal—Disguise return.

Progression

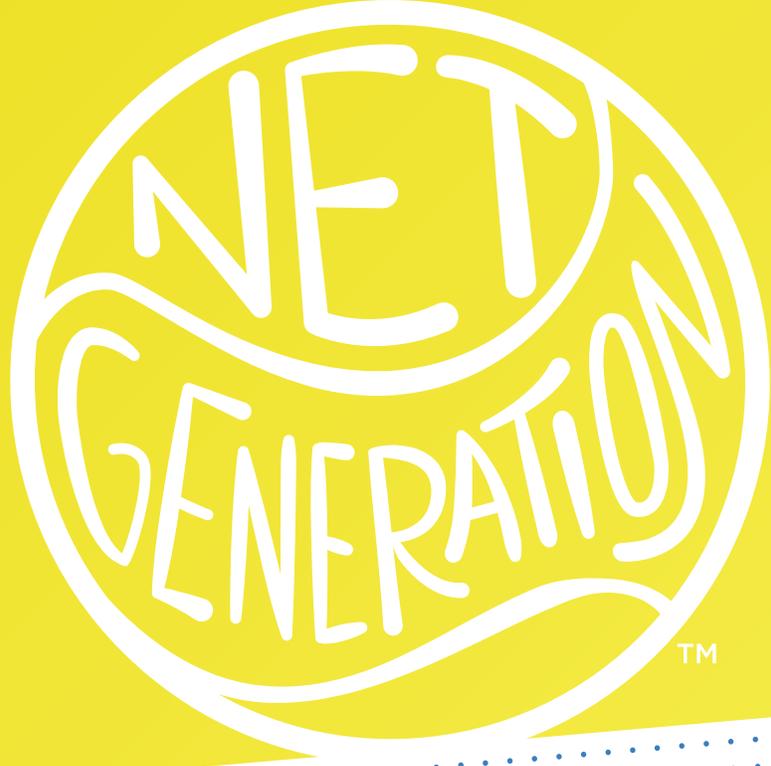
- Let players pick.

VI. PLAY ON YOUR OWN

START A JOURNAL

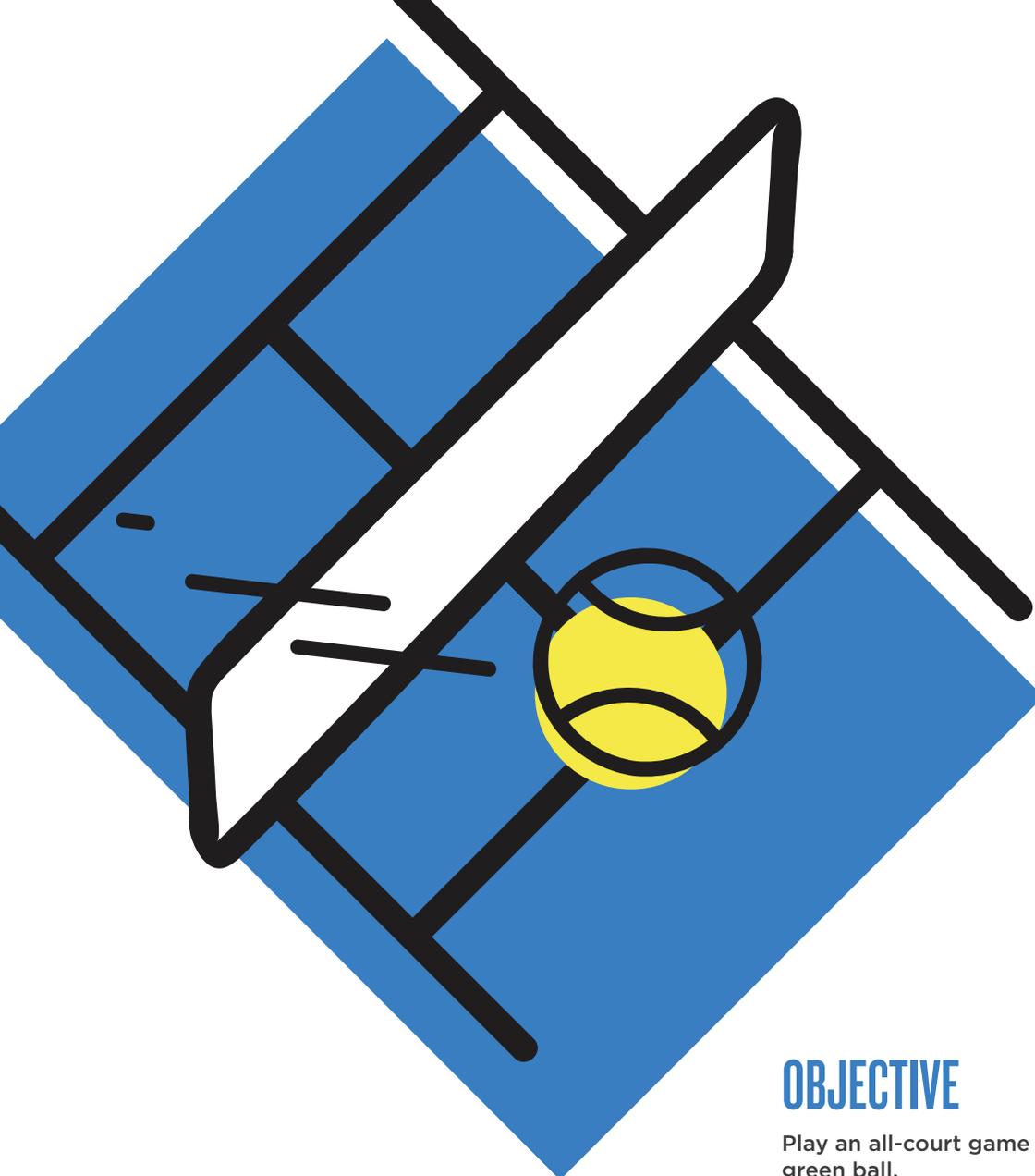
Get a notebook/journal and start writing.

- What did you accomplish in practice today?
- What are your goals for the week?
- Review your matches: What did you do well? What did your opponent do well?



GREEN BALL 01





NOTES:

Suggested Session Time: 90 minutes to 2 hours

For this level, a dynamic stretch at the beginning and static stretch at the end are important. If properly trained, players can do these outside of the practice session.

OBJECTIVE

Play an all-court game on the 78-foot court with the green ball.

SAMPLE LESSON PLAN

Total: 120 minutes

- Dynamic Stretch and Warmup Hit: 10 - 15 minutes
- Character: 3 minutes or less
- Skills (athletic and tennis): 40 - 45 minutes
- Games: 50 - 60 minutes
- Static Stretch and Play-On-Your-Own Review: 8 minutes or less

PLANS AT A GLANCE



| | Warmup | Character | Athletic Skills | Tennis Skills | Games | Play on Your Own |
|------------------------------------|--------------------------------|--------------|--|-------------------------------|---|-------------------|
| 01 Hit It Heavy | Figure 8 | Independence | Agility Course Crossover Shuffle Big-Ball Toss | Tempo Drill X Drill | Sideline Ping Pong Triples | All Top |
| 02 I'm the Boss | Alley Rally | Independence | Copy Cat Two-Cone Jumps Four-Corner Toss | Two on Ones | Half-Court Battle I'm the Boss | Big Forehand |
| 03 Drop It | Over and Under | Respect | Positional Starts Compass Jumps All-Fours Catch | Drop the Dropper Roll Out | Drop or Top | Drop Shot |
| 04 Three Spots | Center Third, Outside Third | Effort | Red Light/Green Light Jump to the Line Three-Level Throw | Cobra Serve Serve Index | Serve Plus Forehand Serve Plus Forehand Live | Serve to the Body |
| 05 Make Your Move | Up-and-Back Volley | Effort | Obstacle Course Crossover Shuffle Hi-Lo Toss | Alley Rally Chip-Lob Rally | Lob and Play Chip and Charge | Floater Volleys |
| 06 Double Trouble | Figure 8 | Independence | Jump Rope Agility Ladder Make 'Em Move | Five-Minute Warmup | Poach and Play Chip and Charge Dubs Both Sides Attack | Attacking Doubles |
| 07 Crack the Code | Drop the Dropper | Respect | Copy Cat Knee Tag Big-Ball Tennis | Call the Bounce | Lob and Rob One Ball Live | Mini-Tennis |
| 08 Prime Time | Center Third, Outside Third | Effort | Player's Choice | Five-Minute Warmup | Half-Court Battle One-Side Attack I'm the Boss | Yellow Ball |

HIT IT HEAVY

Equipment: 26 to 27-inch racquets; green balls and playground balls (light medicine ball or junior basketball); cones, poly-spots and TDLs.

I. WARMUP

FIGURE 8

Type: Cooperative, players in pairs.

Focus: Change of direction on groundstrokes.

Setup

Two pairs per court, using half-court.

Mission—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

Goal—Find a rally pace you can control with appropriate speed and spin.

Progressions

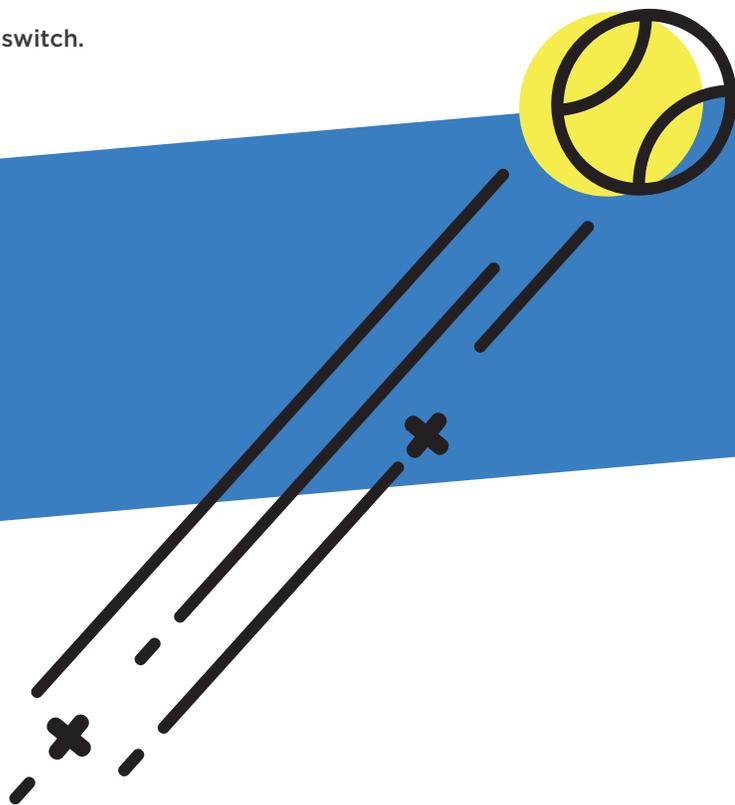
1. Must hit specific number of shots before a switch.
2. Slice and topspin from service line.
3. One side hits all forehands.

II. CHARACTER

INDEPENDENCE

Set goals to focus on improvement.

III. ATHLETIC SKILLS



AGILITY COURSE

Setup

- Set up an agility course on each side of net, starting on baseline.
- Create a zigzag pattern in both alleys: Space cones eight feet apart from baseline to net on doubles lines. Same on singles line, starting four feet past first cone on doubles line.
- Up to eight players on each side of net, lined up on far right side of baseline.

Note: If you don't have enough cones, use balls or poly-spots.

Mission

- Proceed diagonally from cone to cone with specific movement.
- Once at net, shuffle across court, turning to face other direction at center line, perform a specific movement through next set of cones, and go to back of line.
- Next player goes when previous player reaches fourth cone.
- Each player goes twice, then switch movement.

Progressions

1. Run in zigzag pattern through cones, pausing slightly on outside foot to help push off and change direction. Backpedal around left-side cones.
2. Shuffle to each cone, bend down and touch cone with inside hand (left hand when going to right, right hand when going to left).
3. Touch each cone as if it were a low volley, using opposite foot and hand.

CROSSOVER SHUFFLE

Setup

- Up to five players on each side of net.
- Players spread out from net to baseline.

Mission

- From a ready position, execute one crossover into a shuffle and stop, then switch directions, performing same movements back to where you started.
- Start slowly until you develop a rhythm, then speed up.
- Goal is to go back and forth with smooth change of direction.

BIG-BALL TOSS

Setup

- Two pairs per court, using half-court.
- Pairs start on service, each with big ball.

Mission

- Toss back and forth over net, catching after bounce.
- Toss over net from side of body and catch in front of body.
- Switch patterns every minute.

Progressions

1. Square-stance throws—forehand only, backhand only, alternate.
2. Open-stance throws.
3. Crosscourt with movement, all open-stance.



TEACHING TIP

The focus for this level is on use of the lower body. Players need to be in an athletic position for all throws, with good posture and a balanced head.

IV. TENNIS SKILLS

TEMPO DRILL

Type: Cooperative, players in pairs.

Focus: Consistency and spin on groundstrokes.

Setup

- Two or three pairs per court.
- All players on baseline.

Mission—Hit as many balls as possible in set period of time.

- See how many balls you can rally in one minute using one ball.

Goal—Hit with spin to increase consistency.

Progressions

1. Straight ahead and crosscourt with recovery.
2. Straight ahead with one stroke.
3. Crosscourt with outside stroke.

X DRILL

Type: Hand-feed, players in pairs.

Focus: Move diagonally up and back for groundstrokes.

Setup

- Two pairs per court, using half-court.
- Hitters on baseline in middle of half-court. Tossers in service box on same side as hitters.
- Tosser has supply of balls.
- Targets in deep and short corners of each half-court.

Mission—Roll deep ball and angle midcourt ball.

- Feeder tosses high, deep ball; hitter rolls deep crosscourt.
- Second ball is short to opposite side; hitter plays aggressive ball to corner.
- Repeat to opposite sides.
- Complete four sequences and switch positions. After complete rotation, switch sides of court.

Goal—Drop-step and cross moving to deep ball, increased racquet speed on high loop.

Progressions

1. Short angle or rip to corner on short ball.
2. Coach feeds to increase tempo and difficulty.
3. Play competitively with partners as a team.

SIDELINER PING PONG

Type: Competitive, team.

Focus: Width on groundstrokes.

Setup

- Divide group into doubles teams.
- Play games diagonally on half-court.
- Use extra TDLs to split court in half; alleys count.

Mission—Move opponent outside sideline.

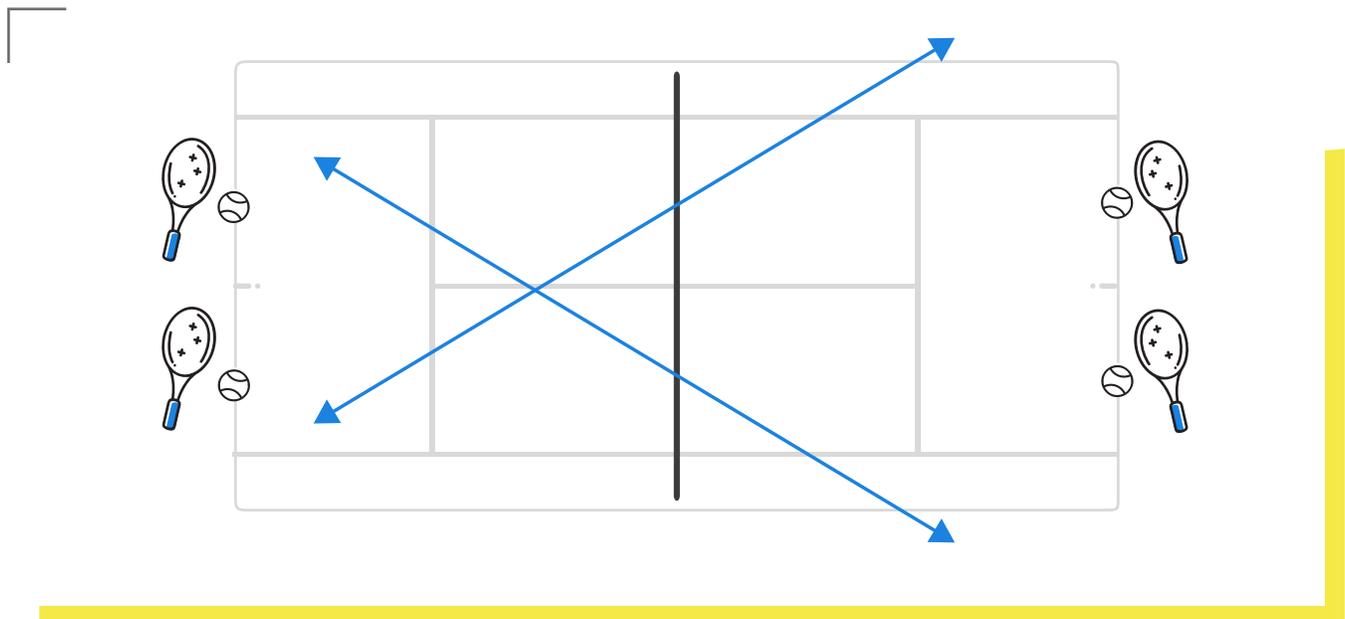
- Play all points crosscourt, both pairs hitting simultaneously.
- Use ping pong doubles format—partners alternate hitting balls.
- Start point with a serve; players must hit their outside stroke.
- All balls must bounce.
- Score points for your team by winning point and forcing opponent outside sideline.
- Play to seven, then change servers.

Goal—Use spin and height to take ball off court.

Progressions

1. Volleys count.
2. Play full court.

ILLUSTRATION: SIDELINER PING PONG



TRIPLES

Type: Competitive, team.

Focus: Volleys and passing shots.

Setup

- Two teams of three or four per court.
- Start with one at net, two on baseline.
- Extra player behind baseline.

Mission—Be aggressive at net, make passing shots.

- Coach or player feeds first ball to deep player.
- After each point, players rotate one spot.
- Only net player can volley.
- Play games to set number of points, then change teams.

Goal—Use spin on passing shots, close net, and angle volleys.

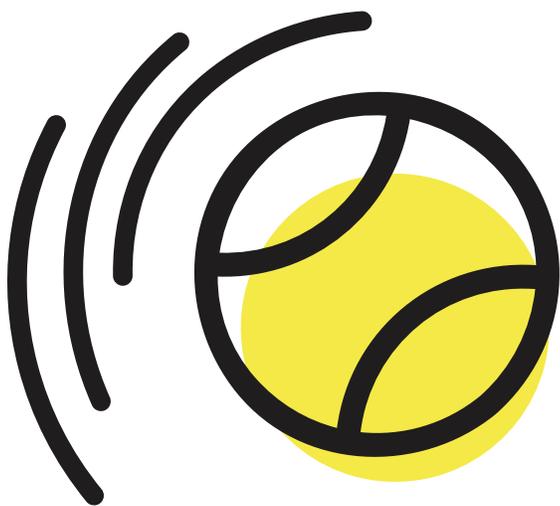
Progressions

1. Switch to two up/one back to encourage lobs.
2. Use doubles or singles boundaries.
3. Award extra points for specific passes (e.g., down-the-line is worth two points).

VI. PLAY ON YOUR OWN

ALL TOP

- Play points with a friend.
- Play all topspin. Try to stay back and play baseline points.



I'M THE BOSS

Equipment: 26 to 27-inch racquets; green balls; cones, poly-spots and TDLS.

I. WARMUP

ALLEY RALLY

Type: Cooperative, players in pairs.

Focus: Direction and consistency on groundstrokes.

Setup

- Two pairs per court.
- All players on baseline.

Mission—Rally ball in doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- After 10 forehands each in alley, switch to backhands, then move to baseline.

Goal—Stay consistent, hitting with square stance and good extension.

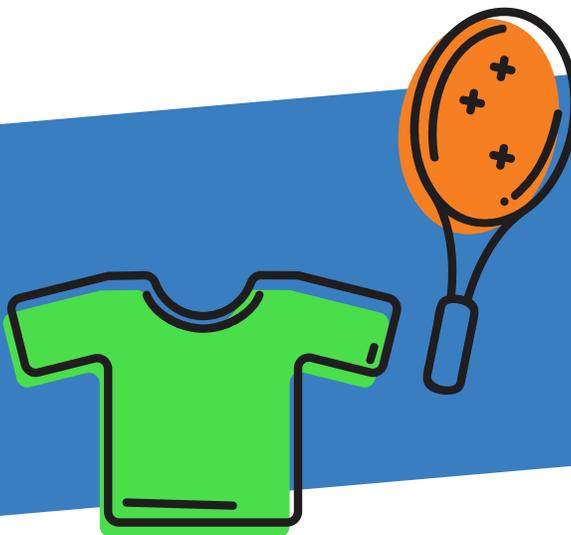
Progressions

1. Any stroke, one stroke, alternate strokes.
2. Topspin only, then slice only.

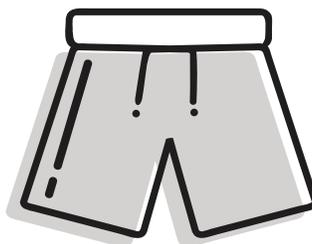
II. CHARACTER

INDEPENDENCE

Be a student of the game—be inquisitive, ask questions and seek improvement.



III. ATHLETIC SKILLS



COPY CAT

Setup

Players spread out on court, no more than four on each side of net.

Mission

Coach demonstrates a specific movement, then players copy using shadow movements.

Progressions

1. Players in line across baseline alternating forehand and backhand volleys to net and back.
2. Players in line across baseline alternating open-stance forehand and backhand groundstrokes to net and back.
3. Coach calls out a sequence and players execute—approach/volley/overhead, slice approach/two volleys, etc.

TWO-CONE JUMPS

Setup

- Players spread out on court in groups of three.
- Up to four groups on each side of net.
- Each group has two nine-inch cones spaced two feet apart.

Mission

- Standing sideways to cones, jump over first cone, then second and back again. Do this twice, then rotate out.
- Jump over each cone without pausing.

Progressions

1. Front and back jumps.
2. Jump on one leg, pause, switch legs.

FOUR-CORNER TOSS

Setup

- Up to four pairs on each side of net.
- Pairs stand about four feet apart facing each other, with four green balls.

Mission

- Toss ball with right hand to partner, who catches in the air with left hand.
- Partner then passes ball from left hand to right before tossing back to player's left hand.
- Toss ball to side of body.
- Once successful, add movement, going from sideline to sideline and back while tossing.

Progressions

1. Toss two balls in a stationary position, then add movement.
2. Toss three balls stationary, then add movement.
3. Toss four balls stationary, then add movement.



TEACHING TIP

Have players hit volleys like a midcourt volley—stepping forward on a diagonal on outside foot, then moving onto front foot as they shadow-volley. Hit groundstrokes like an approach shot—wide in court, waist level or below.

IV. TENNIS SKILLS

TWO ON ONES

Type: Cooperative, groups of three.

Focus: Change of direction.

Setup

- One or two groups of three per court.
- Two players on one side of net, one on other. All players on baseline.

Mission—Change direction on groundstrokes.

- Players rally, with group of two hitting all balls to single player's forehand (isolation).
- Single player hits side to side.
- Switch spots every minute or after a certain number of successful sequences.

Goal—Change direction and recover according to location and type of shot.

Progressions

1. Isolate to backhand side of single player, but must hit forehand.
2. Any stroke, then outside stroke only for side with two players.



TEACHING TIP

Create an environment where movement is part of everything players do. After each shot, players should recover to the right spot to simulate match play. If necessary, count only sequences where players recover properly.

V. GAMES

HALF-COURT BATTLE

Type: Competitive, players in pairs.

Focus: Dictate with forehand.

Setup

- Two pairs per court, playing half-court points on a diagonal.
- Use TDLs to split court in half.

Mission—Use forehand to dictate play.

- Begin point with serve and alternate every two serves.
- Forehands only.
- Play games to seven, then switch opponents.

Goal—Use five controls to force opponent to hit backhand or make error.

Progressions

1. Play straight ahead, then crosscourt.
2. Server must hit forehand only.

I'M THE BOSS

Type: Competitive, team.

Focus: Forehand change of direction.

Setup

- Two or three players per team, full-court points.
- Serving team members are “bosses.”

Mission—Change direction of groundstroke.

- Begin points with serve from baseline.
- Play return crosscourt to server and continue point crosscourt with outside strokes.
- Boss can change direction (with forehand only); returners must hit everything crosscourt.
- After initial change of direction, play is open.
- Boss gets bonus point for changing direction with forehand and winning point.
- On ad side points (for righties), boss can change direction with inside-in forehand.
- Play games to seven, then switch servers.

Goal—Wait for short ball or sitter on baseline to change directions.

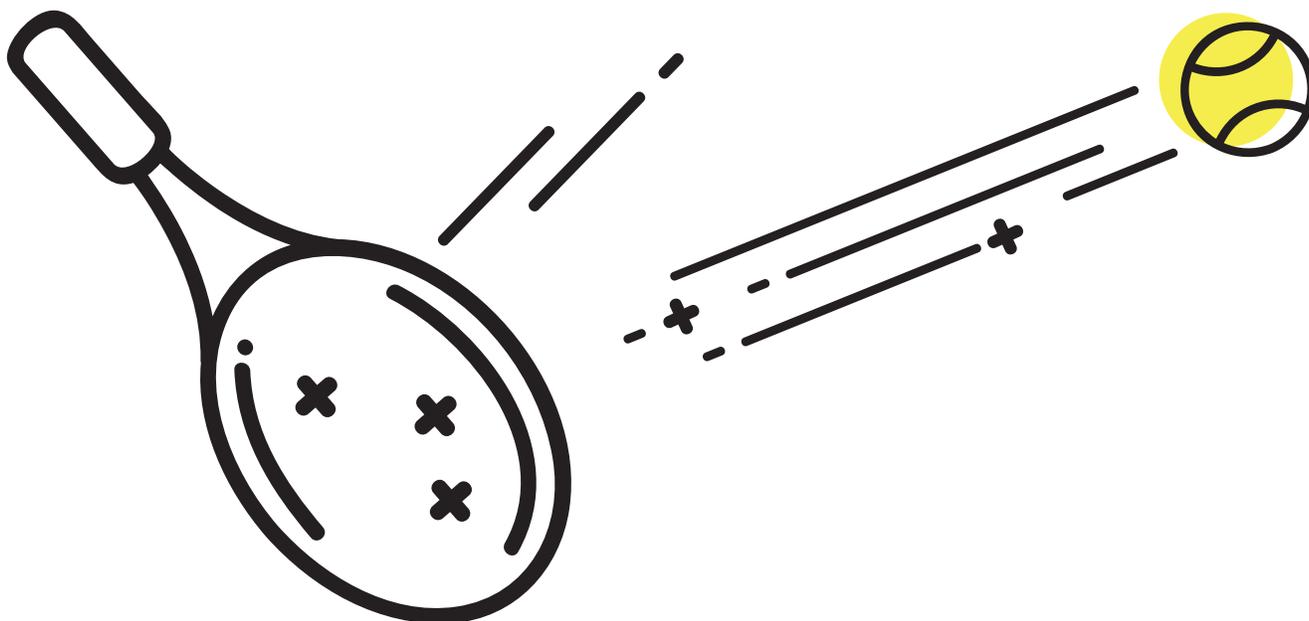
Progressions

1. Outside stroke only, then any stroke during rally.
2. Boss gets negative point for losing point on change of direction.
3. Both sides can be boss.

VI. PLAY ON YOUR OWN

BIG FOREHAND

- Play points with a friend.
- Look to hit forehands on all short balls and second-serve returns.



DROP IT

Equipment: 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

OVER AND UNDER

Type: Cooperative, players in pairs.

Focus: Alternating topspin and slice.

Setup

- Two or three pairs per court.
- Players start on service line.

Mission—Keep rally going while changing spins.

- One side hits easy topspin groundstroke, other alternates topspin and slice.
- Switch roles after two minutes.

Goal—Switch grips and/or hands when moving from slice to topspin.

Progressions

1. Straight ahead, then crosscourt.
2. One stroke straight ahead, outside stroke crosscourt.
3. Alternate strokes.

II. CHARACTER

RESPECT

Honor the game and be grateful for the opportunity to compete.

III. ATHLETIC SKILLS



POSITIONAL STARTS

Setup

Players spread out on sideline on both sides of net, up to four per side.

Mission

- Players start in various positions, and on coach's command, sprint and stop on opposite sideline in athletic position.
- Emphasis is on big, strong strides and driving arms.
- Do each movement twice, then switch.

Progressions

1. Start sideways in athletic position. Face different direction each time.
2. Start backward in athletic position.
3. One knee on ground, both knees on ground.
4. From lunge position.



TEACHING TIP

To challenge players further, ask questions before "go" command: "What is six minus three?" "Say alphabet backward from letter D."

COMPASS JUMPS

Setup

- Place four cones in a square to represent north, south, east and west. Cones should be about two feet from center.
- Players in groups of two or three per "compass."

Mission

- Stand in center of cones and jump to each cone, jumping back to center each time.
- Jump around compass twice, then next player goes.
- After all players have gone twice, change direction, then move on to next progression.

Progressions

1. Jump on one leg, pausing after each jump. Do twice, then switch legs.
2. Jump on one leg continuously.

ALL-FOURS CATCH

Setup

- Players in pairs, spread out on both sides of net, up to four pairs per side.
- Each pair has green ball.

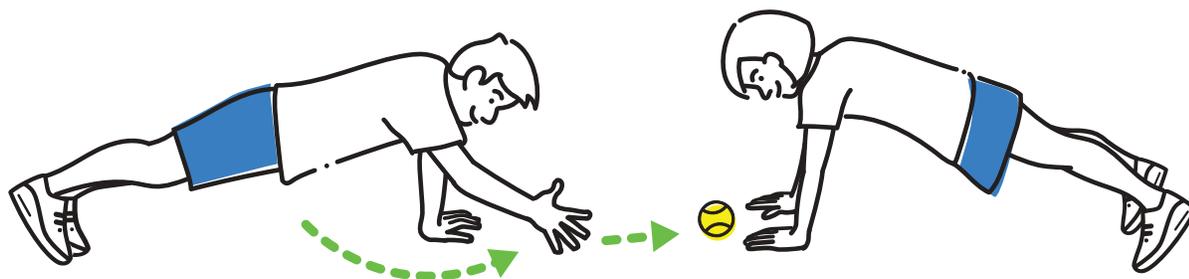
Mission

- Pairs assume plank position, facing each other with toes and palms on ground. Keep body as straight as possible from heels to shoulders.
- Roll ball with one hand to partner, who stops it and rolls it back. Both players use same hand, rolling in a crosscourt pattern.
- After eight successful rolls and tosses, repeat using other hand.

Progressions

1. Do Figure 8s.
2. Make partner move a little.

ILLUSTRATION: ALL-FOURS CATCH



IV. TENNIS SKILLS

DROP THE DROPPER

Type: Competitive, players in pairs.

Focus: Drop shots and touch.

Setup

- Two pairs per court, using half-court.
- Boundaries are service boxes.
- Play all points straight ahead.

Mission—Play a better drop shot than your opponent.

- Start point with a drop-hit.
- Hit a drop shot and recover back to service line, touching line with foot.
- Play continues until someone misses or can't get to ball.
- Play to seven, then switch opponents.

Goal—Play all shots with continental grip and try to make ball stop on bounce.

Progressions

1. Crosscourt.
2. Anywhere in service box as long as you slice.





COURT CENTS: PLAYING ON CLAY

When possible, have practice on clay courts. Clay helps develop endurance, athleticism and creativity. When developing lesson plans, use drills that take advantage of the surface—drop shots, heavy topspin and hitting behind the opponent.

ROLL OUT

Type: Hand-feed, players in pairs.

Focus: Drop shot.

Setup

- Two or three teams per court.
- Hitter on service line, feeder close to net on opposite side.

Mission—Play drop shot with slice, inside service box.

- Toss low ball inside service box.
- Hitter plays drop shot with continental grip.
- Six attempts, then switch roles. After complete rotation, switch strokes.

Goal—Drop shot bounces multiple times in service box; even better if ball rolls out.

Progressions

1. Hitter moves to midcourt, then baseline.
2. Racquet feed from further back.
3. Play with partner as a team, earning points for number of bounces in service box (most points for roll-outs).



V. GAMES

DROP OR TOP

Type: Competitive, team.

Focus: Hitting and handling a short slice.

Setup

- Teams of three or four on opposite baselines, playing full-court points.
- One team feeds, other drops.
- Feeder starts on “T,” dropper on opposite baseline.

Mission—Hit slice drop or topspin approach.

- Toss short over net into service box, then backpedal and touch baseline.
- Dropper runs up and either plays short slice and retreats or hits topspin approach and comes to net.
- When point ends, new players rotate in.
- Play set number of points and switch roles.

Goal—Make good decisions based on where short slice is located.

Progressions

1. Dropper comes to net after drop shot.
2. Game ends if feeder can’t touch drop shot before second bounce.

VI. PLAY ON YOUR OWN

DROP SHOT

- Play points or a practice match.
- Score two for points won with drop shot.

THREE SPOTS

Equipment: 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

CENTER THIRD, OUTSIDE THIRD

Type: Cooperative, players in pairs.

Focus: Direct ball to center and outside of court.

Setup

- Two pairs per court, hitting on a diagonal.
- On one side of net, divide court vertically into thirds with TDLs; service line is baseline

Mission—Move partner from middle to outside of court.

- One player hits every ball to same spot crosscourt, other alternates between middle and outside third of court.
- Switch roles and then switch sides of court.

Goal—Move player out wide by increasing spin and angle.

Progressions

1. Both sides have court marked and hit same patterns.
2. Two or three players per court and allow full service-court patterns.

ILLUSTRATION: CENTER THIRD, OUTSIDE THIRD



II. CHARACTER

EFFORT

Bounce back after a difficult loss; view tough competition as an opportunity.



III. ATHLETIC SKILLS

RED LIGHT/GREEN LIGHT

Setup

- Up to four players on each side of net, spread out along baseline.
- Place cones or TDLs in front of net so players know when to stop.

Mission

- Name specific movement such as carioca, shuffle, bear walks, etc. Then use red light/green light commands—go fast when coach calls out “green light,” slow down for yellow, stop for red.
- Once majority of players get to net, turn around and start again in other direction.

Progressions

1. Use colors as verbal cues to change direction: Blue light means shuffle left, pink means shuffle right.
2. Let players create their own lights.

JUMP TO THE LINE

Setup

Players stand two to three steps behind line.

Mission

- On coach’s command, jump as close to line as possible.
- Use low, athletic stance before jump and on landing.

Progressions

1. Turn backward standing right behind line, do a 180-degree spin jump, and land with toes as close to line as possible. Switch directions each jump.
2. Start with toes right behind line, do a 360-degree spin jump, and land with toes as close to line as possible. Switch directions each jump.

THREE-LEVEL THROW

Setup

- Three to six players per court.
- Players are on one side of net in two lines behind baseline.

Mission—Throw ball various distances.

- Two players at a time throw from baseline—one from deuce side; other from ad.
- First throw into appropriate service box; throw twice and rotate.
- Next throw between service line and baseline; throw twice and rotate.
- Final throw between baseline and fence.

Progressions

1. Divide service box and court into three areas on each side and throw to specific area.
2. See who can hit opposite fence.

IV. TENNIS SKILLS

COBRA SERVE

Type: Cooperative, players in pair.

Focus: Develop more speed on serve.

Setup

- Two or three pairs per court.
- Partners on baseline diagonally across from each other.

Mission—Serve with abbreviated motion.

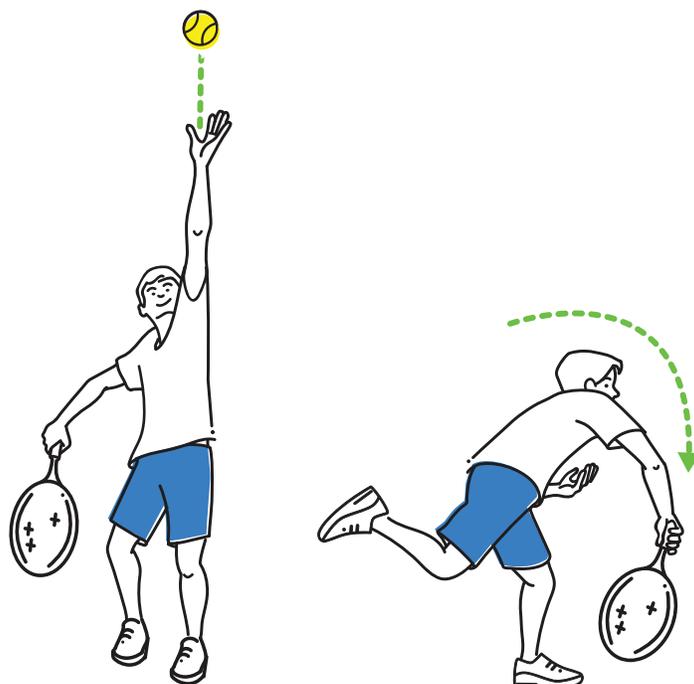
- Serve two to partner, who catches and serves two back.
- Start with hitting arm at mid-motion with palm down, like a cobra.
- Toss first. Once ball is at its peak, move hitting arm.

Goal—Increase racquet-head speed on serve.

Progressions

1. Cobra serve on first serve, full motion on next.
2. Serve from service line and see how high ball can bounce on fence.

ILLUSTRATION: COBRA SERVE



SERVE INDEX

Type: Individual best.

Focus: Serve direction.

Setup

- Up to four players per court.
- All players on one side of net, one serving from deuce side, other from ad.
- Divide each service box into three zones using TDLs.

Note: Use extra players as returners.

Mission—Serve to each zone.

- Count how many balls it takes to serve successfully to all six zones. This is your “serve index.”
- Once all players have served to all six zones, start over and go for personal best.

Goal—Use spin and speed for control.

Progressions

1. Only counts if same rituals are used before serve.
2. Righties must use slice for out wide on deuce side and down the “T” on ad side (opposite for lefties).
3. Righties must use topspin/kick for serves to “T” on deuce side and out wide for ad side (opposite for lefties).

V. GAMES

SERVE PLUS FOREHAND

Type: Cooperative with partner.

Focus: Serve and return direction and consistency.

Setup

- Two pairs per court, diagonally across net from each other—one serves, other returns.
- Divide each service box into three areas using TDLs.

Mission—Execute serve, return and first ball.

- Serve, return, plus forehand, then returner traps ball (all on a diagonal).
- Switch roles.
- Coach calls target for serve and return (three spots for server, two for returner).
- Complete four sequences each as server/returner, then switch sides of court (deuce to ad).

Goal—Recover after serve and use quick movements to set up for forehand.

SERVE PLUS FOREHAND LIVE

Setup

- Same as Serve Plus Forehand.
- Play point live on full court.

Mission

- Call serve targets in advance.
- Server must play forehand on first ball, then point is live.
- Alternate pairs after each point.
- Play first to seven, switch roles, then change opponents.

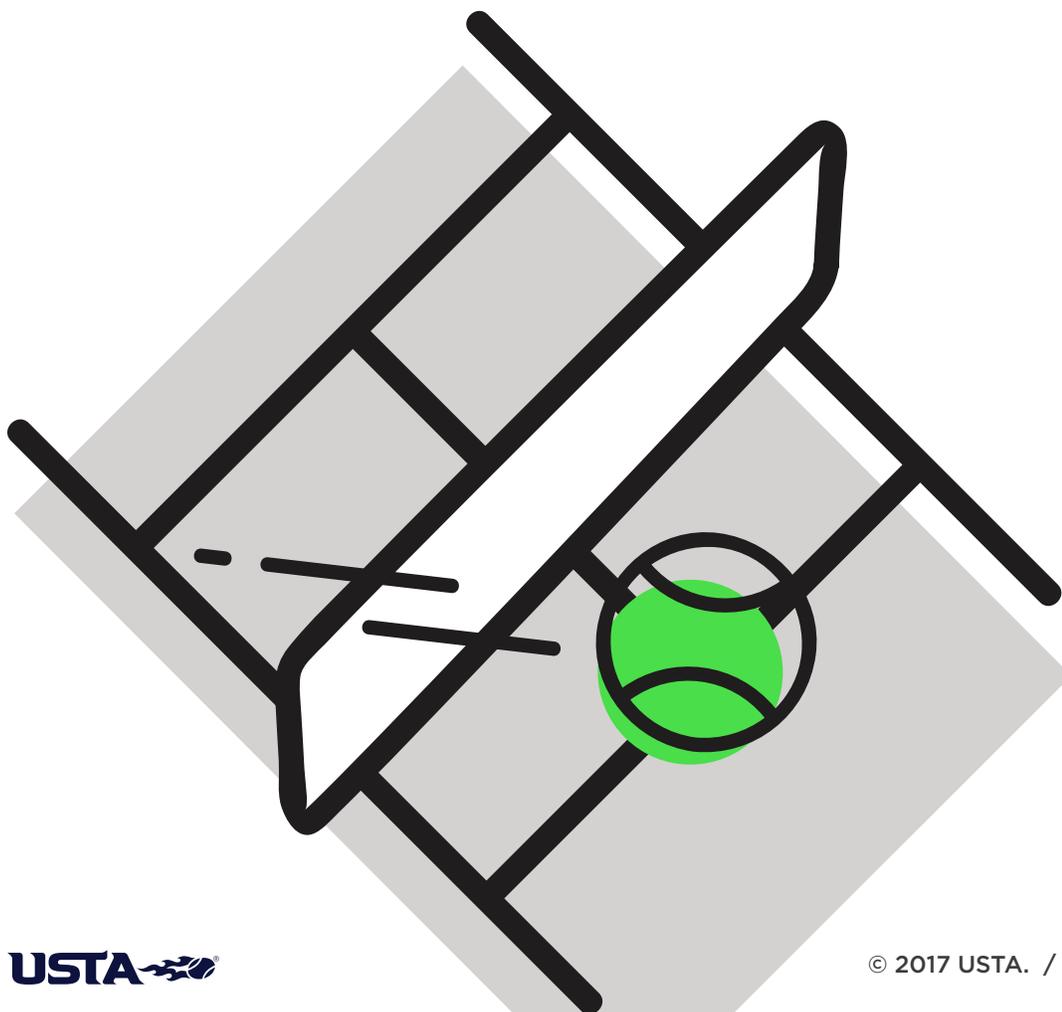
Progressions

1. Server calls spots for serve and first forehand in advance.
2. Returner plays first serve down center, second to any of three spots, calling spots in advance.

VI. PLAY ON YOUR OWN

SERVE TO THE BODY

- Play points or a match with a friend.
- All first serves to body.
- Return first serves down middle.



MAKE YOUR MOVE

Equipment: 26 to 27-inch racquets, green balls, cones, poly-spots and TDLs.

I. WARMUP

UP-AND-BACK VOLLEY

Type: Cooperative, players in pairs.

Focus: Approach and volley.

Setup

- Two pairs per court, using half-court.
- Start on service line.

Mission—Approach, split and volley.

- Player 1 drop-feeds short ball; player 2 hits approach shot, comes to net, and split steps.
- Player 1 hits easy groundstroke; player 2 volleys ball short with underspin and retreats back to service line.
- Player 1 uses volley as approach shot, comes to net and split steps.
- Player 2 hits it back to player 1, who volleys and retreats.
- Need help? Trap each groundstroke and drop-hit back to partner.

Goal—Work on correct approach footwork, proper grips and ready position.

Progressions

1. Start with topspin approach, then slice.
2. Use appropriate footwork—carioca move on slice backhand, hop move (on front foot) for topspin approach.

II. CHARACTER

EFFORT

Be willing to change and adapt when things don't go as planned.

III. ATHLETIC SKILLS

OBSTACLE COURSE

Setup

- Use four cones to create a 20x20-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

Mission

- Proceed from cone to cone using different movements. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

Progressions

1. Skips. High knee, for distance, micro, backwards.
2. Sprint. Starting on right side of square, sprint to cones and stop on right foot. Push off and sprint to next cone. After two rounds, start on left side and stop on left foot.
3. Circles. Run to each cone and make complete circle around it. Face same direction entire time.
4. Ask questions. Have players answer specific questions as they perform various movements.

CROSSOVER SHUFFLE

Setup

Players spread out from net to baseline, up to five on each side of net.

Mission

- From ready position, execute one crossover into shuffle and stop, then switch directions, performing same movements back to where you started.
- Start slowly until you develop a rhythm, then speed up.
- Goal is to go back and forth with smooth change of direction.

HI-LO TOSS

Setup

- Players in pairs with green ball.
- Up to four pairs spread out on each side of net.
- Players face each other, four to five feet apart.

Mission

- One player feeds, other catches.
- Catch first ball in the air, second after bounce.
- Catch with right hand on right side, left hand on left.
- After four successful hi-lo catches on each side, switch roles.

Progressions

1. Toss first ball high over catcher's shoulder, second in front of catcher.
2. Toss first ball short and high, second over shoulder.
3. Toss randomly.

IV. TENNIS SKILLS

ALLEY RALLY

Type: Cooperative, players in pairs.

Focus: Direction and consistency on groundstrokes.

Setup

- Two pairs per court.
- All players on baseline.

Mission—Rally ball in doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- Must alternate groundstrokes each time.

Goal—Work on quick shuffles to get around alley for alternate shots.

Progressions

1. Two in a row of same stroke, then switch stroke.
2. Topspin only, slice only.

CHIP-LOB RALLY

Type: Cooperative, players in pairs.

Focus: Chip lob.

Setup

- Two pairs per court, using half-court.
- One player at net, other at baseline.

Mission—Rally lobs and overheads.

- Drop-hit lob using continental grip to net player, who plays controlled overhead back to lobber.
- Attempt continuous rally of chip lobs and overheads.
- Rotate positions every minute.

Goal—Use continental grip and one-handed backhand for chip lobs.

Progressions

1. Change pattern to lob/overhead/groundstroke/volley/lob.
2. Play two on one with two lobbers and one net player. Net player alternates sides on overhead.

V. GAMES

LOB AND PLAY

Type: Competitive, doubles.

Focus: Doubles positioning.

Setup

- Four to six players per court.
- Begin in one up/one back doubles position.

Mission—Lob net player then play out point.

- Play doubles points, starting with serve.
- Returner must lob down the line.
- If lob is deep, returner comes to net; if short, returner plays defense.
- Play no-ad games, rotating players in every two to four points. Switch opponents every two games.
- For large groups, play up-and-down-the-river format. For smaller groups, change partners every two games.
- Need help? Start point with drop-hit lob down the line.

Goal—Play deep lob down the line and take over net.**Progressions**

1. Must play a chip lob.
2. Lob first-serve return, come in on second.

**COACHING TIP**

Use this time to review different situations that occur in doubles. Wait for situations to occur during a point, then ask players how they responded or could have responded.

CHIP AND CHARGE

Type: Competitive, one on one.

Focus: Slice and come in off return.

Setup

- Four to six players per court, playing half-court points.
- Boundaries are middle line to doubles line; use TDLs to split court.
- Two champs on baseline as servers, challengers on opposite baseline as returners. Extra players at back of fence.

Mission—Slice return and come to net.

- Play all points on a diagonal, one side at a time so no one gets hit.
- Champ gets one serve; returner must slice and come to net. Play out point.
- Rotate players to champ's spot after a set amount of time or number of points.

Goal—Take return on the rise and keep ball low to force opponent to hit up.**Progressions**

1. Play straight ahead.
2. Use singles lines.
3. No lobs.

VI. PLAY ON YOUR OWN

FLOATER VOLLEYS

- Play points or a match with a friend.
- Come in and volley all aggressive balls that come back as floaters.

DOUBLE TROUBLE

Equipment: 26 to 27-inch racquets; green balls; jump ropes, cones, poly-spots and TDs.

I. WARMUP

FIGURE 8

Type: Cooperative, players in pairs.

Focus: Volley and groundstroke direction.

Setup

- Two pairs per court, using half-court.
- Hit in service boxes, half-court straight ahead.

Mission—Change of direction on groundstrokes and volleys.

- One player at net, other on service line. Figure 8 groundstroke and volley, moving player just one step to each side.
- Volley-to-volley Figure 8.
- After one minute on each pattern, switch roles or activities.

Goal—Continuous movement of feet and dynamic split step.

Progression

One minute for each pattern, then must hit a set number of shots in a row before progressing.

II. CHARACTER

INDEPENDENCE

Take responsibility—step up and lead where there is a need.



III. ATHLETIC SKILLS

JUMP ROPE

Note: Have each player bring a jump rope to practice, or provide one.

Setup

Players spread out around court, each with jump rope.

Mission

- In small area, work on different movements coach calls out.
- Attempt each for 60 seconds, rest briefly, then try again.

Progressions

1. Move by zigzagging with feet.
2. Use in and out patterns (jumping jacks).
3. Double jumps.
4. One-leg jumps.

AGILITY LADDER

Setup

- Set up one agility ladder for every four to six players, up to two ladders on each side of net.
- If ladders aren't available, use chalk or TDLs.
- For larger numbers, have some players do station work.

Mission

- Players form line and coach demonstrates specific movement. Have players perform each movement twice before demonstrating a new one.
- Next player goes when previous player is halfway through.

Suggested movements

- Two feet in (1-2, 1-2 rhythm).
- Sideways (1-2, 1-2, both directions).
- One-leg hops.
- Two-leg hops.
- Split step outside, two feet inside.
- Let player pick movement.

MAKE 'EM MOVE

Setup

- Players in pairs with green ball.
- Maximum three pairs spread out on each side of net.
- Face each other, four to six feet apart.
- One feeds, other catches.

Mission

- Feeder tosses while moving; catcher catches after bounce and keeps following feeder.
- Feeder can toss and move backward, forward or sideways.

Progressions

1. Add groundstroke/volley combination—catch first ball after bounce, second in the air.
2. Must catch with specific hand.

IV. TENNIS SKILLS

FIVE-MINUTE WARMUP

Type: Cooperative with partner.

Focus: Managing a timed warmup.

Setup

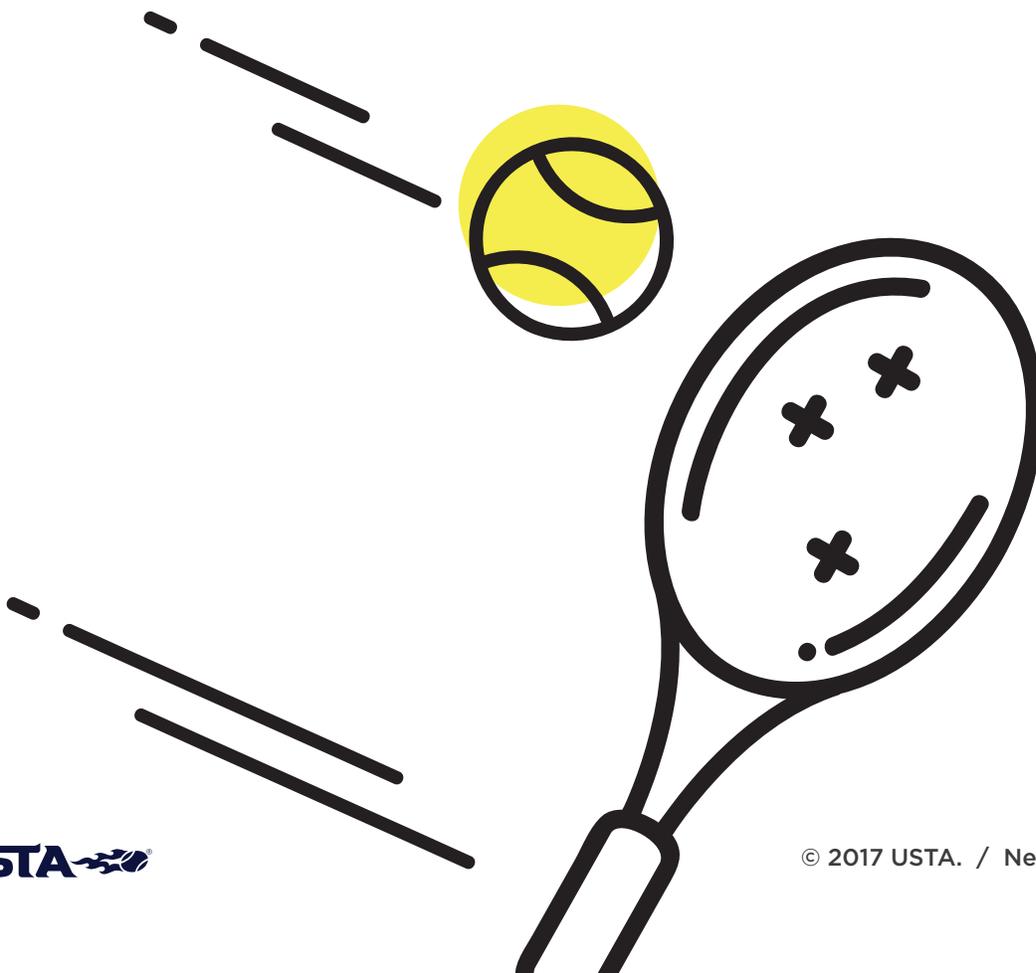
- Two or three pairs per court.
- Players start on baseline.

Mission—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, coach gives two-minute, then one-minute warning.

Goal—Hit all strokes within five-minute period.

V. GAMES



POACH AND PLAY

Type: Competitive, team.

Focus: Poaching and diagonal movement at net for doubles.

Setup

- Four to six players per court, starting in one up/one back formation.
- Start with coach as returner.

Mission—Poach off first serve.

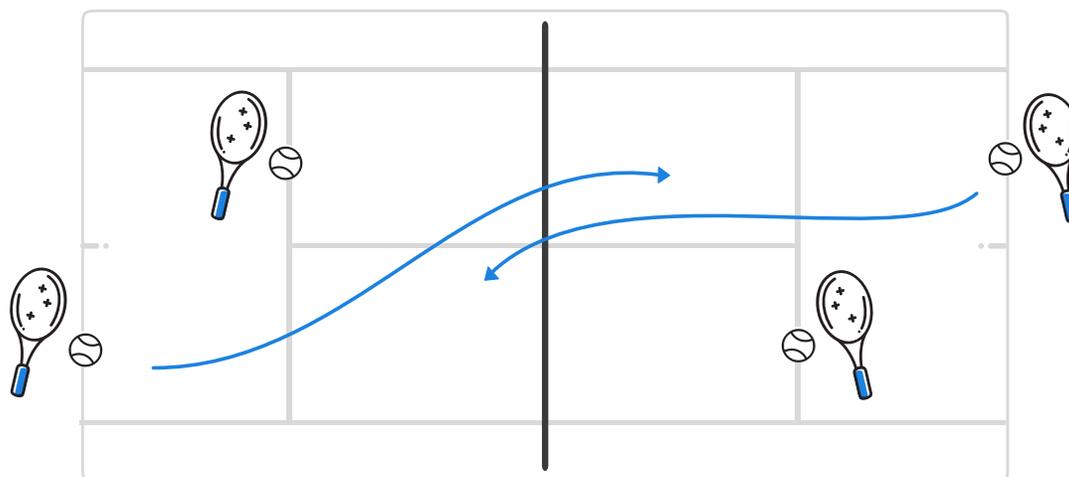
- Start point with serve; return must go crosscourt.
- Server's partner moves diagonally forward as serve bounces, and intercepts return as volley. Play out point.
- Adjust scoring and rotations to number of players. Ensure equal time on deuce and ad courts.

Goal—Time poach so that movement to volley is continuous.

Progressions

1. Players return serves.
2. Returner's partner poaches off second-serve return.
3. Returner can hit crosscourt or down the line; net player can fake, stay or poach.

ILLUSTRATION: POACH AND PLAY



CHIP AND CHARGE DUBS

Type: Competitive, doubles.

Focus: Slice and come in off return.

Setup

- Two or three doubles teams per court.
- Full-court doubles boundaries.

Mission—Slice return and come to net.

- One serve only. Returner must slice and come to net. Play out point.
- Adjust scoring and rotations to number of players. Ensure equal time on deuce and ad courts.

Goal—Take return on the rise and keep ball low to force opponent to hit up.

Progressions

1. Use singles lines.
2. No lobs.

BOTH SIDES ATTACK

Type: Competitive, doubles.

Focus: Transition to net.

Setup

- Four to six players per court.
- Start in one up/one back doubles formation.

Mission—Get to net in different ways.

- Play doubles points. Must serve and volley, and return and come in.
- Returner can't lob.

Goal—Keep closing on net to end points.

Progressions

1. Topspin approach, then slice approach.
2. Return must go crosscourt.

VI. PLAY ON YOUR OWN

ATTACKING DOUBLES

- Play points or a match with a friend.
- Serve and volley on first serve and return and come in off opponent's second serve.

CRACK THE CODE

Equipment: 26 to 27-inch racquets; green balls and playground balls (light medicine ball or junior basketball); cones, poly-spots and TDLs.

I. WARMUP

DROP THE DROPPER

Type: Competitive, players in pairs.

Focus: Drop shots and touch.

Setup

- Two pairs per court, using half-court.
- Boundaries are service boxes.
- Play all points straight ahead.

Mission—Play a better drop shot than your opponent.

- Start point with drop-hit.
- Hit drop shot and recover back to service line, touching line with foot.
- Play continues until someone misses or can't get to ball.
- Play to seven, then switch opponents.

Goal—Play all shots with continental grip and try to make ball stop on bounce.

Progressions

1. Hit crosscourt.
2. Can play anywhere in service box as long as you slice.

II. CHARACTER

RESPECT

Be fair, honest and true to your words and actions.

III. ATHLETIC SKILLS

COPY CAT

Setup

Players spread out on court, up to four on each side of net.

Mission—Coach demonstrates specific movement; players copy using shadow movements.

Progressions

1. Players in line across baseline alternating forehand and backhand volleys to net and back.
2. Players in line across baseline alternating open-stance forehand and backhand groundstrokes to net and back.
3. Coach calls out sequence and players execute—approach/volley/overhead, slice approach/two volleys, etc.

KNEE TAG

Setup

- Players in pairs, up to four on each side of net.
- Pairs face each other in athletic stance two to three feet apart.

Mission

- Attempt to tag opponent's knee while avoiding being tagged.
- Stay on your feet at all times.
- Can't use hands to block tag.
- After 60 seconds, player with most touches wins. Rotate opponents each game or play two out of three.
- Emphasize moving feet and staying in athletic stance during play.

Progressions

1. Set playing boundaries and experiment by changing court size.
2. Use only one hand.

BIG-BALL TENNIS

Setup

- Two teams of two or three per court.
- Play matches inside service boxes. One big ball per court.

Mission

- Begin by tossing serve into appropriate service box.
- Toss all balls from side of body. Must land within court boundaries.
- Catch all balls after bounce and throw from same spot.
- For teams of three, rotate positions every two points.
- Play to set number of points, then switch opponents.

Progressions

1. Can catch ball in the air.
2. Throw serve overhead, like soccer throw.

IV. TENNIS SKILLS

CALL THE BOUNCE

Type: Cooperative, players in pairs.

Focus: Ball recognition.

Setup

- Two or three pairs per court.
- All players spread out on baseline.

Mission—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up” “back” or “stay” then move to that spot (or stay) to return shot.
- Follow a really short “up” ball to net, finish rally, and move back.

Goal—Call location and move to ball as it crosses net.

Progressions

1. Straight ahead with one stroke.
2. Crosscourt with outside stroke.

V. GAMES

LOB AND ROB

Type: Competitive, team.

Focus: Sneak attack in singles or doubles.

Setup

- Four to six players per court, starting on baseline.
- Two players at a time hitting to singles lines.

Mission—Feed high ball and sneak into net.

- Feeder hits high ball deep to opponent’s backhand.
- Opponents must back up before ball bounces on their side.
- Feeder waits until ball bounces, then sneaks into net. Play out point.
- Adjust scoring and rotations to number of players.

Goal—Wait as long as possible so opponent doesn’t see you coming in.

Progressions

1. One side hits high with heavy topspin, and can come in on any ball.
2. Let feeders pick which side they feed to.
3. Make returners start at fence.

ONE BALL LIVE

Type: Competitive, players in pairs.

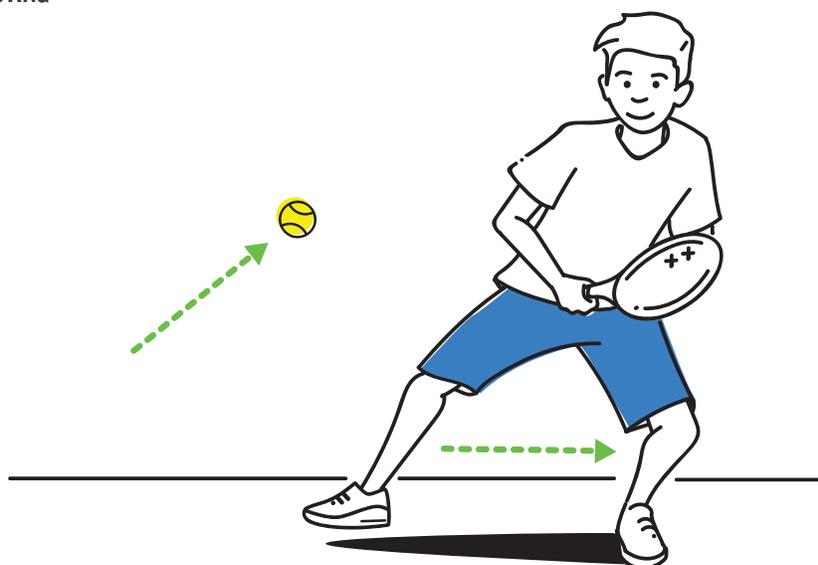
Focus: Groundstroke consistency and attacking net.



COACHING TIP

This is a great time to discuss hitting behind the opponent, also known as “wrong footing.” When you take the ball out of the air and your opponent has recovered to the middle, that’s a good time to volley back to the same side the ball came from.

COACHING TIP: WRONG FOOTING



Setup

- Four to six players per court.
- Half-court and full-court points.

Mission—Go from defense to offense, and offense to defense.

- Two pairs rally on half-court, straight ahead. Alleys count.
- Each pair rallies simultaneously, starting with drop-hit.
- Once error is made, player calls out “point,” and all four play remaining ball as doubles point.
- Winning team scores a point.
- Adjust scoring and rotations to number of players.

Goal—Look for opportunities to attack after first point ends.

Progressions

1. Must win first rally and next point in order to score.
2. No volleys on first point.
3. Bonus point for team that wins second point at net.

VI. PLAY ON YOUR OWN

MINI-TENNIS

- Get a friend, make up a court and play mini-tennis.
- Got a cool court? Take a picture or video and share with your coach and friends.

PRIME TIME

Equipment: 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

I. WARMUP

CENTER THIRD, OUTSIDE THIRD

Type: Cooperative, players in pairs.

Focus: Work center and outside of court.

Setup

- Two pairs per court, hitting on a diagonal.
- On one side of net, divide court vertically into thirds with TDLs; service line is baseline.

Mission—Move partner from middle to outside of court.

- One player hits every ball to same spot crosscourt; other alternates between middle and outside third of court.
- Switch roles and then switch sides of court.

Goal—Move player out wide by increasing spin and angle.

Progressions

1. Both sides have court marked and hit same patterns.
2. Two or three players on court and allow full service-court patterns.

II. CHARACTER

EFFORT

Consistently practice and compete with full engagement.

III. ATHLETIC SKILLS



PLAYER'S CHOICE

- Let two players pick a different athletic skill that's already been done in practice, or even create one.
- Be sure to select players who have demonstrated good character during session.

IV. TENNIS SKILLS

FIVE-MINUTE WARMUP

Type: Cooperative with partner.

Focus: Managing a timed warmup.

Setup

- Two or three pairs per court.
- Players start on baseline.

Mission—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, give two-minute, then one-minute warning.

Goal—Hit all strokes within five-minute period.

V. GAMES

HALF-COURT BATTLE

Type: Competitive, players in pairs.

Focus: Dictate with forehand.

Setup

- Two pairs per court, hitting on a diagonal.
- Use TDLs to split court in half.

Mission—Use forehand to dictate play.

- Begin point with serve; alternate every two serves.
- Forehands only.
- Play games to seven, then switch opponents.

Goal—Use five controls to force opponent to hit backhand or make error.

Progressions

1. Play straight ahead, then crosscourt.
2. Server must hit forehand only.



COACHING TIP

This game is full of tactical decisions. Be sure to use questions that challenge players to think, "How can you make your opponent hit a backhand?" "When should you hit to the forehand side?"

ONE-SIDE ATTACK

Type: Competitive, doubles.

Focus: Get to net.

Setup

- Four to six players per court.
- One up/one back formation.

Mission—Serve and volley on first serve, return and come in on second.

- Play out points with serving team serving and volleying on first serve.
- Second serve, servers stay back and returning team comes in.

Goal—Take control of net with partner and put ball away.

Progressions

1. Allow returners or servers to play two back.
2. Returners must chip and charge.

I'M THE BOSS

Type: Competitive, one-on-one or doubles.

Focus: Aggressive groundstrokes.

Setup and Mission

- Let players pick game.
- Must be centered around an aggressive shot that's a strength.
- Can be previous game, version of previous game or completely new.

VI. PLAY ON YOUR OWN

YELLOW BALL

It's time to start playing Yellow Ball on a 78-foot court, if you're not already!

TOGETHER WE WILL

GROW THE GAME

