

The Purpose of this Course:

*The objective of the Tennis Canada (TC) ½ Court Workshop is to help TC Certified Instructors & Coaches (and interested volunteers) to become familiar with using the TC Progressive Tennis Curriculum and DVD as a tool for 5-7 years olds to **learn and play**. It provides a working knowledge of the “Progressive Tennis” system of scale appropriate **balls, racquets, courts, and scoring** as well as developmentally appropriate physical, tactical, technical, and psychological training procedures. This is a ‘supplemental’ course designed to be used in conjunction with the TC Certification Course information and materials.*

Note CF. stands for Course Facilitator

Course Competencies

The Progressive Tennis Workshop is organized around 3 main competencies:

1. **Tactical/Technical knowledge:**
 - Understand Progressive Tennis 4 Integrated System Components (racquets, courts, balls, scoring) and rationale.
 - Understand tactical/technical development for 5-7 year olds.
2. **Implementation:**
 - Be able to introduce, set-up, and run drills from all three levels (Bronze, Silver, Gold) outlined in the TC Progressive Tennis Curriculum & DVD.
 - Be able to evaluate, train, and progress basic tasks and fundamentals (effectiveness & conformity) by using the tools provided in the curriculum and DVD.
 - Be able to take ½ Court players through a basic annual development path.
 - To be able to set-up ½ Court Competitions.
3. **Coaching Communication:**
 - Be able to communicate in an enthusiastic, professional and caring manner.
 - To be able to modify language and provide visual demonstrations appropriate for 5-7 year olds.

Course Structure

The course is organized into 6 Modules:

0. **Introduction to Progressive Tennis**
1. **The ½ Court Program**
2. **Bronze Level: “FUNdamentals”**
3. **Silver Level: “Basic Play”**
4. **Gold Level: “Consistent Precision”**
5. **Education & Marketing**
6. **Reflections**

Notes to Course Facilitator on Delivery of Workshop

1. The course must be delivered using an interactive approach which promotes discussion, problem-solving, etc. (Note: The intention is not to conduct a 6-hour lecture). Many of the sections include **Practical Learning Activity (PLA)**. These are interactive ways participants can learn through activity.
2. The CF should refer to the TC Progressive Tennis Curriculum throughout the course, using it as references to help in their own delivery of the material and to help candidates understand the materials.
3. Throughout the course, the CF should outline what is happening in your Province as it relates to Progressive Tennis programming (events, ‘best practices’ to observe, etc.). Help participants see the various initiatives and resources available to start, improve, and grow Progressive Tennis in their facility and beyond.
4. **There is no evaluation process for this course.** 100% attendance and TC Instructor level Certification or above are the only requirements to receive credit. Upon completing the Course, all participants certified by TC at the Instructor level or above will receive a TC ½ Court Workshop Certificate. (Participants not previously certified do not receive certification credit for this course)

Equipment Required

- DVD player and TV
- 2 Foam Balls per participant
- Samples of 19, 21 & 23 inch racquets (for ½ Court Players)
- Court creation materials (Mini nets or ropes, Drop-down-lines, Roll-down-lines, masking tape, tape measure or yardstick)

TENNIS CANADA PROGRESSIVE TENNIS 1/2 COURT WORKSHOP

TIME	TOPICS & REFERENCES	IMPLEMENTATION
9:00am to 9:30am (30 min.)	<p>MODULE 0: INTRODUCTION</p> <p>TC ½ Court DVD</p> <ul style="list-style-type: none"> • Gold Level • Groundstroke Development • Drill 1.5: Direction Control in a rally <p>TC ½ Court Workshop powerpoint Slides 1-4</p> <p>Tennis Canada Progressive Tennis Curriculum Pages 3,4,9,10,11.</p>	<p>Welcome Participants</p> <ol style="list-style-type: none"> 1. Introduce yourself: Provide some background on your tennis experience. 2. Have participants introduce themselves listing their: <ul style="list-style-type: none"> • Tennis Background • Interest in being in this course 3. Show DVD of skillful Progressive Tennis players 4. Provide an overview of the Progressive Tennis system and the ‘key messages’ that Tennis Canada is communicating: <ul style="list-style-type: none"> • Rationale for Scale appropriate racquets, balls, courts & scoring • Kids <u>can</u> play skillfully • The ‘power’ is in the systematic progressive package. Scale appropriate for each age range, using the 4 Integrated Components (Balls, Courts, Racquets, Scoring) • It is important players are able to perform all tasks at a specific stage (1/2 Court, ¾ Court, Full Court Transition) and have solid fundamentals before moving to next stage (e.g. from ½ Court to ¾ Court). • Ensure there is fun competitions 5. Hand out Tennis Canada Curriculum & DVD and provide a brief overview <ul style="list-style-type: none"> • 3 Levels of development (Bronze, Silver, Gold) • Annual plan (primarily for year-round TDC’s) • Competencies, evaluations for each level • Competition and practice set-up <p>Main Goal of this Module: CF ensures that the key messages (listed above) are well communicated.</p>
9:30 am to 10:15 am (45 min.)	<p>MODULE 1: THE ½ COURT PROGRAM</p> <p>Tennis Canada Progressive Tennis Curriculum Pages 6-8</p> <p>TC ½ Court Workshop powerpoint Slides 5-12</p>	<ol style="list-style-type: none"> 1. Have participants set-up and participate in ½ Court Competition (15 min) <ul style="list-style-type: none"> • Split participants into groups of 3-5 to play Progressive Tennis in order to experience the balls, racquets, courts and scoring for the 1/2 Court Competitive set-up. • PLA: Participants are placed into groups (3-5 participants/group) and set-up the scale-appropriate ½ Court competition set-up (4 x ½ Court configuration). They must read the scoring options in the Progressive Tennis Curriculum and organize themselves to play. 2. Overview the ½ Court Program and court set-up options (5 min) <ul style="list-style-type: none"> • 4 integrated components (just experienced) • Sideways (across the court) set-up is the recommended option • Other Set-up options (e.g. only if sideways set-up is not an option) 3. 5 Technical Fundamentals (25 min) CF introduces the 5 Technical Fundamentals that will be prioritized in all the ½ Court development (show DVD chapter or demonstrate on court) <ul style="list-style-type: none"> • Grip (5 min) • Set-up (5 min) • Impact Point (5 min) • Hitting Zone (5 min) • Recovery (5 min) <p>Main Goal of this Module: CF ensures that participants experience setting-up ½ Courts for competition and use modified scoring in non-elimination formats. Participants must also understand the 5 technical fundamentals</p>

TIME	TOPICS & REFERENCES	IMPLEMENTATION
10:15 am to 12:00 pm (1 hr 45 min) 10 Min Break 10:45- 10:55	MODULE 2: BRONZE LEVEL: “FUN- DAMENTALS” Tennis Canada Progressive Tennis Curriculum Pages 13, 20-27 TC ½ Court DVD • Bronze level TC ½ Court Workshop powerpoint Slides 5-12	1. Bronze Level: “FUNdamentals” (5 min) <ul style="list-style-type: none"> Outline goals and competencies for Bronze Level. Ensure participants have a clear picture of the ‘final product’ of the program (Drill 4.4). Outline the 3 “Skill Blocks” that build into Block #4: Rally Skills: <ul style="list-style-type: none"> Block #1: Track/Catch/Throws Skills Block#2: Racquet Skills Block #3: Body Work Skills 2. Physical development Exercises (10 min) CF leads all participants through selected physical development exercises <ul style="list-style-type: none"> PLA: Participants practice coaching (use other participants as students who use their non-dominant hand to re-create a skill challenge). CF picks 1-2 selected drills from each of the skill blocks. If it is available to view on the court, it is a good idea to view the selected drills from the DVD before trying them on-court. 3. Block #1: Track/Catch/Throws Skills (15 min) <ul style="list-style-type: none"> Quickly show progression of drills 1.1-1.4 (have coaches take group through progressions) 4. Block#2: Racquet Skills (15 min) <ul style="list-style-type: none"> Quickly show progression of drills 2.1-2.3 (have coaches take group through progressions. Emphasize fundamentals) 5. Block #3: Body Work Skills (10 min) <ul style="list-style-type: none"> Quickly show progression of drills 3.1-3.2 (have coaches take group through progressions. Emphasize fundamentals) 6. Block#2: Rally Skills (25 min) <ul style="list-style-type: none"> Quickly show progression of drills 4.1-4.4 (have coaches take group through progressions. Emphasize fundamentals) 7. Block#1: Track/Catch/Throw Skills (Serve Development) (15 min) <ul style="list-style-type: none"> Quickly show progression of drills 1.5 (have coaches take group through progressions. Emphasize fundamentals) <p>Main Goal of this Module: CF ensures that participants understand the skill block progressions that build rally skills for the Bronze level and can implement the drills provided in the materials. Bronze level development is the majority of the work going on in recreational tennis and in the starter level at tennis facilities.</p>
Lunch 12:00-1:00pm		
1:00 pm to 2:30 pm (1 hr 30 min.)	MODULE 2: SILVER LEVEL: “BASIC EXCHANGE” Tennis Canada Progressive Tennis Curriculum Pages 14, 28-33 TC ½ Court DVD • Silver level TC ½ Court Workshop powerpoint Slides 16-18	1. Silver Level: “Basic Exchange” (5 min) <ul style="list-style-type: none"> Outline goals and competencies for Silver Level. Ensure participants have a clear picture of the ‘final product’ of the program. 2. Physical development Exercises (15 min) CF demonstrates differences of Silver level exercises 3. Tactical Grid (5 min) CF demonstrates the use of the Tactical Grid and how all areas can be made with 4 drop-down lines. Highlight the advantages of working with the Tactical Grid (4 -Area grid) <ul style="list-style-type: none"> PLA: Participants practice coaching (use other participants as students and have them use their non-dominant hand to re-create a skill challenge). Go through each drill in the Silver program. <ul style="list-style-type: none"> Groundstroke Development Drills (20 min) Net Play Development Drills (15 min) Serve & Return Development Drills (15 min) Tactical Decision-making Drills (15 min) <p>Main Goal of this Module: CF ensures that participants understand the competencies for the Silver level and can implement the drills provided in the materials.</p>
BREAK 2:30-2:35		

TIME	TOPICS & REFERENCES	IMPLEMENTATION
2:35 pm to 3:30 pm (55 min.)	MODULE 4: GOLD LEVEL: “CONSISTENT PRECISION” Tennis Canada Progressive Tennis Curriculum Pages 15, 34-39 TC ½ Court DVD • Gold level TC ½ Court Workshop powerpoint Slides 19-22	1. Gold Level “Consistent Precision” (5 min) <ul style="list-style-type: none"> Outline goals and competencies for Gold Level. Ensure participants have a clear picture of the ‘final product’ of the program. 2. Physical development Exercises (5 min) CF demonstrates differences of Silver level exercises 3. Tactical Grid (5 min) CF demonstrates the use of the Tactical Grid and how all areas can be made with 4 drop-down lines. Highlight how the Gold level changes to a 6-area grid to increase precision demands. <ul style="list-style-type: none"> PLA: Participants practice coaching (use other participants as students and have them use their non-dominant hand to re-create a skill challenge). Go through a sample of selected drills in the Gold program. Show the progression from the Silver drills <ul style="list-style-type: none"> Groundstroke Development Drills (15 min) Net Play Development Drills (5 min) Serve & Return Development Drills (5 min) Tactical Decision-making Drills (15 min) <p>Main Goal of this Module: CF ensures that participants understand the competencies for the Silver level and can implement the drills provided in the materials.</p>
3:30 pm to 3:45 pm (15 min.)	MODULE 5: MARKETING & EDUCATION TC ½ Court Workshop powerpoint Slides 23, 25	1. Overcoming Barriers (10 min.) <ul style="list-style-type: none"> PLA: On a white-board or flip chart, list all the barriers the participants can brainstorm to implementing Progressive Tennis. Typical ones include: <ul style="list-style-type: none"> ‘Traditional’ attitudes of coaches (Kids can’t play so just ‘have fun’) ‘Traditional’ attitudes of parents (‘That’s not ‘real’ tennis) Additional Equipment/set-up required Better court management skills required 2. Educational Tools (5 min.) Show that Progressive Tennis is part of a bigger ITF world-wide initiative. <p>Main Goal of this Module: CF helps participants with solutions/examples to overcome the typical (and their own unique) barriers to implementing the program and to see the TC video and its usefulness as a reference.</p>
3:45 pm to 4:00 pm (15 min.)	MODULE 6: REFLECTIONS TC ½ Court Workshop powerpoint Slide 24, 26	1. Take down courts/equipment (5 min.) <ul style="list-style-type: none"> Participants take-down courts and put away equipment (experience what an actual class would do) 2. Reflections (10 min.) <ul style="list-style-type: none"> Have players go through Impact/stop/start/continue reflective exercise (each participant should share with the group what impacted them most from the workshop) Provide resource options: <ul style="list-style-type: none"> tenniscanada.com (TPA) tennisplayandstay.com www.acecoach.com