



LESSON PLANS & PLANNERS

Version 7.6



LEARN to PLAY

Three tennis rackets are arranged vertically on the right side of the "LEARN to PLAY" text. The top racket has a red head, the middle one has an orange head, and the bottom one has a green head. Each racket is tilted and has its head facing towards the text.

A CURRICULUM FOR THE FUNDAMENTAL STAGE OF DEVELOPMENT



TABLE OF CONTENTS

Red Lesson Plan descriptions	2
6 x 1 hr Red Level 1	3
6 x 1 hr Red Level 2	5
2 hr camp Red Level 1	7
2 hr camp Red Level 2	8
Orange Lesson Plan descriptions	9
6 x 1.5 hr Orange Level 1	10
6 x 1.5 hr Orange Level 2	12
2 hr camp Orange Level 1	14
2 hr camp Orange Level 2	15
Green Lesson Plan descriptions	16
6 x 1.5 hr Green Level 1.0	17
6 x 1.5 hr Green Level 1.5	19
2 hr camp Green Level 1.0	21
2 hr camp Green Level 1.5	22
APPENDIX 1: Lesson Planners	23
APPENDIX 2: Running Leagues	32



RED LESSON PLANS

- 6 x 1 hour
- 2 hour camps

The Red 1 & 2 programs take players through a number of skill sets:

- [“I Can Rally”](#)
- [“I Can Start a Point”](#)
- [“I Can Play the Net”](#)
- [“I Can Play Points”](#)
- “I am a Good Sport”
- “My FUNdamentals”

4-5 day camp (2 hrs/day)

It is recommended to have both Red 1 and Red 2 levels at the same time (on different courts).

For outdoor facilities, run the camp for 4 days with the 5th day as a possible ‘make-up’ day in case of poor weather (or for weeks that have a holiday on the Monday). For indoor facilities, use the 5th day as a ‘Competition’ day.



This icon is used during times where Instructors can evaluate players for Certificate of Achievement

LEVEL DESCRIPTIONS

RED LEVEL 1 (6-8 yrs)

This program introduces the foundational skills of tennis with an oversized low-compression ball on a smaller court. Players learn basic rally, serve and net play skills along with activities that build tennis specific coordination. Rules of play and I am a Good Sport behaviours are also introduced.


RED LEVEL 2 (6-8 yrs)

This follow-up to Red Level 1 further refines the rally, serve, and net play skills. Players learn to compete on a Red Court with oversized low-compression balls. ‘I am a Good Sport’ behaviours are reinforced as well.



RED 1 (6 x 1 hr. lessons)




Note: Light grey shaded boxes are, “I Can Play a Point” activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	<u>'Line races'</u> <u>Court Set-up</u> (15 min.)	<i>"I Can Rally"</i> Practice Activity P1 (10 min.) <i>"Throw Rally"</i>	Court Clean-up Summarize & encourage (10 min.)
			<i>"I Can Rally"</i> Practice Activity P3 (10 min.) <i>"Floor Rally"</i>	
			<i>"I Can Rally"</i> Practice Activity P7 (10 min.) <i>"Groundstroke Rally"</i>	
Lesson 2	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Line races'</u> (10 min.)	<i>"I Can Play Points"</i> Play Activity G1 (10 min.) <i>"Throw Tennis"</i>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P7 (10 min.) <i>"Groundstroke Feed"</i>	
			<i>"I Can Start a Point"</i> Practice Activity P11 (10 min.) <i>"Sky Ball"</i>	
			<i>"I Can Play a Point"</i> Play Activity G3 (10 min.) <i>"Skill Olympics"</i>	
Lesson 3	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Clean up your room'</u> (10 min.)	<i>"I Can Play Points"</i> Play Activity G2 (10 min.) <i>"Floor Tennis"</i>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P4 (10 min.) <i>"Floor Footwork"</i>	
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) <i>"Groundstroke Rally"</i>	
			<i>"I Can Play Points"</i> Play Activity G3 (10 min.)  <i>"Skill Olympics"</i>	



RED 1 (6 x 1 hr. lessons)

Red 1 Continued...

Lesson 4	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Clean up your room'</u> (10 min.)	"I Can Play Points" Play Activity G4 (10 min.) <u>"Rally Ball"</u>	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P6 (10 min.) <u>"Self Rally"</u>	
			"I Can Start a Point" Practice Activity P13 (10 min.) <u>"Underhand Serve & Return"</u>	
			"I Can Play Points" Play Activity G4 (10 min.)  <u>"Rally Ball"</u>	
Lesson 5	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Throw/catch coordination'</u> (10 min.)	"I Can Play Points" Play Activity G5 (10 min.) <u>"Team Cones"</u>	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P7 (10 min.) <u>"Groundstroke Feed"</u>	
			"I Can Start a Point" Practice Activity P15 (10 min.) <u>"Serve & Return Teams"</u>	
			"I Can Play Points" Play Activity G5 (10 min.)  <u>"Team Cones"</u>	
Lesson 6	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Throw/catch coordination'</u> (10 min.)	"I Can Play Points" Play Activity G5 (10 min.) <u>"Team Cones"</u>	Court Clean-up Summarize & encourage (5 min.) Distribute Certificates of Achievement if applicable
			"I Can Rally" Practice Activity P8 (10 min.) <u>"Groundstroke Rally"</u>	
			"I Can Start a Point" Practice Activity P15 (10 min.) <u>"Serve & Return Teams"</u>	
			"I Can Play Points" Play Activity G5 (10 min.)  <u>"Team Cones"</u>	



RED 2 (6 x 1 hr. lessons)




Note: Light grey shaded boxes are, “I Can Play a Point” activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	‘Line races’ Court Set-up (15 min.)	“I Can Rally” Practice Activity P1 (10 min.) “Throw Rally”	Court Clean-up Summarize & encourage (10 min.)
			“I Can Rally” Practice Activity P3 (10 min.) “Floor Rally”	
			“I Can Rally” Practice Activity P8 (10 min.) “Groundstroke Rally”	
Lesson 2	Welcome & Attendance (5 min.)	Court set-up ‘Line races’ (10 min.)	“I Can Play Points” Play Activity G1 (10 min.) “Throw Tennis”	Court Clean-up Summarize & encourage (5 min.)
			“I Can Rally” Practice Activity P8 (10 min.) “Groundstroke Rally”	
			“I Can Start a Point” Practice Activity P11 (10 min.) “Sky Ball”	
			“I Can Play Points” Play Activity G3 (10 min.) “Skill Olympics”	
Lesson 3	Welcome & Attendance (5 min.)	Court set-up ‘Clean up your room’ (10 min.)	“I Can Play Points” Play Activity G2 (10 min.) “Floor Tennis”	Court Clean-up Summarize & encourage (5 min.)
			“I Can Rally” Practice Activity P4 (10 min.) “Floor Footwork”	
			“I Can Rally” Practice Activity P8 (10 min.) “Groundstroke Rally”	
			“I Can Play Points” Play Activity G4 (10 min.)  “Rally Ball”	



RED 2 (6 x 1 hr. lessons)



Red 2 Continued...

Lesson 4	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Clean up your room'</u> (10 min.)	"I Can Play Points" Play Activity G4 (10 min.) <u>"Rally Ball"</u>	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P6 (10 min.) <u>"Self Rally"</u>	
			"I Can Start a Point" Practice Activity P13 (10 min.) <u>"Underhand Serve & Return"</u>	
			"I Can Play Points" Play Activity G5(10 min.)  <u>"Team Cones"</u>	
Lesson 5	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Throw/catch coordination'</u> (10 min.)	"I Can Play Points" Play Activity G5(10 min.) <u>"Team Cones"</u>	Court Clean-up Summarize & encourage (5 min.)
			"I Can Start a Point" Practice Activity P15 (10 min.) <u>"Serve & Return Teams"</u>	
			"I Can Play the Net" Practice Activity P20 (10 min.) <u>"Throw to Volley"</u>	
			"I Can Play Points" Play Activity G5 (10 min.)  <u>"Team Cones"</u>	
Lesson 6	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Ball Steal'</u> (10 min.)	"I Can Play Points" Play Activity G6 (10 min.) <u>"Stop Tennis"</u>	Court Clean-up Summarize & encourage (5 min.) Distribute Certificates of Achievement if applicable
			"I Can Rally" Practice Activity P8 (10 min.) <u>"Groundstroke Rally"</u>	
			"I Can Start a Point" Practice Activity P14 (10 min.) <u>"Climb Serve Mountain"</u>	
			"I Can Play Points" Play Activity G6 (10 min.)  <u>"Stop Tennis"</u>	



RED 1 (2 hrs/day camp)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5 (Optional)
Warm-up (Court set-up) (15 min.) Court Parts	Warm-up (Court set-up) (15 min.) Shadow strokes	Warm-up (Court set-up) (15 min.) Throw/catch Coordination	Warm-up (Court set-up) (15 min.) Throw/catch Coordination (overhand throw)	Warm-up (Court set-up) (15 min.) Tag Games
"I Can Rally" (15 min.) Practice Activity P1 Throw Rally	"I Can Play Points" (15 min.) Play Activity G1 Throw Tennis	"I Can Play Points" (15 min.) Play Activity G2 Floor Tennis	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min each competition)
"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Feed	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Feed	 G1 Throw Tennis
"I Can Rally" (10 min.) Practice Activity P3 Floor Rally	"I Can Rally" (10 min.) Practice Activity P4 Floor Footwork	"I Can Play Net" (10 min.) Practice Activity P18 Catch Ball	"I Can Rally" (10 min.) Practice Activity G4 Rally Ball	G4 Rally Ball
"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Rally" (10 min.) Practice Activity P1 Throw Rally	"I Can Play Net" (10 min.) Practice Activity P20 Throw to Volley	G5 Team Cones
Break (10 min.)				
"I Can Rally" (10 min.) Practice Activity P6 Self Rally	"I Can Start a Point" (10 min.) Practice Activity P13 Underhand Serve & Return	"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Play Net" (10 min.) Practice Activity P21 Ground stroke to Volley	 G7 Tag Team Tennis
"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	G8 Up & Down
"I Can Play Points" (15 min.) Play Activity G1 Throw Tennis	"I Can Play Points" (15 min.) Play Activity G3 Skill Olympics	"I Can Play Points" (15 min.) Play Activity G4 Rally Ball	"I Can Play Points" (15 min.) Play Activity G6 Stop Tennis	G9 No-Ad Game

Note: Light grey boxes are Play Activities

WRAP-UP (5 min.) (court take-down)

Summarize key points from the day.



RED 2 (2 hrs/day camp)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5 (Optional)
Warm-up (Court set-up) (15 min.) Court Parts	Warm-up (Court set-up) (15 min.) 'Ball Steal'	Warm-up (Court set-up) (15 min.) Throw/catch Coordination (overhand throw)	Warm-up (Court set-up) (15 min.) Throw/catch Coordination	Warm-up (Court set-up) (15 min.) Tag Games
"I Can Rally" (15 min.) Practice Activity P1 Throw Rally	"I Can Play Points" (15 min.) Play Activity G3 Skill Olympics	"I Can Rally" (10 min.) Practice Activity P5 Floor Cross courts & Down-the-lines	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min each competition)  G1 Throw Tennis G4 Rally Ball G5 Team Cones
"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Feed	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Feed	
"I Can Rally" (10 min.) Practice Activity P3 Floor Rally	"I Can Rally" (10 min.) Practice Activity P2 Throw Cross courts & Down-the-lines	"I Can Play Net" (10 min.) Practice Activity P18 Catch Ball	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	
"I Can Rally" (10 min.) Practice Activity p8 Groundstroke Rally	"I Can Start a Point" (10 min.) Practice Activity P13 Underhand Serve & Return	"I Can Play Net" (10 min.) Practice Activity P19 Grip Flip	"I Can Play Net" (10 min.) Practice Activity P20 Throw to Volley	
Break (10 min.)				
"I Can Rally" (10 min.) Practice Activity P6 Self Rally	"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Start a Point" (10 min.) Practice Activity P12 Flying Target	"I Can Play Net" (10 min.) Practice Activity P21 Ground stroke to Volley	 G6 Stop Tennis G7 Tag team Tennis G8 Up & Down
"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	
"I Can Play Points" (15 min.) Play Activity G1 Throw Tennis	"I Can Play Points" (15 min.) Play Activity G4 Rally Ball	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	

Note: Light grey boxes are Play Activities

WRAP-UP (5 min.) (court take-down)

Summarize key points from the day.



ORANGE LESSON PLANS

- 6 x 1.5 hours
- 4-5 day camp (2 hrs/day)

The Orange 1 & 2 programs take players through a number of skill sets:

- [“I Can Rally”](#)
- [“I Can Start a Point”](#)
- [“I Can Play The Net”](#)
- [“I Can Play Points”](#)
- “I am a Good Sport”
- “My FUNdamentals”

NOTE: The Orange program begins with many Red activities as review/reinforcement. In Orange, the Red activities should be done service line to service line with an Orange ball.

4-5 day camp (2 hrs/day)

It is recommended to have both Red 1 and Red 2 levels at the same time (on different courts).

For outdoor facilities, run the camp for 4 days with the 5th day as a possible ‘make-up’ day in case of poor weather (or for weeks that have a holiday on the Monday). For indoor facilities, use the 5th day as a ‘Competition’ day.



This icon is used during times where Instructors can evaluate players for Certificate of Achievement

LEVEL DESCRIPTIONS

ORANGE LEVEL 1 (9-10 yrs)

Orange tennis is played on a $\frac{3}{4}$ size court with a low-compression ball. Players learn how to serve, rally, score and play at the net. “I am a Good Sport” behaviours are reinforced.

ORANGE LEVEL 2 (9-10 yrs)


This follow-up to Orange Level 1 is on a $\frac{3}{4}$ size court with a low-compression ball. Players learn to maintain a rally when receiving more challenging shots, serve with improved placement, approach the net, and place volleys.



ORANGE 1 (6 X 1.5 HR. Lessons)




6 x 1.5 hr lessons

Note: Light grey shaded boxes are, "I Can Play a Point" activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	<u>'Line races'</u> <u>Court Set-up</u> (15 min.)	"I Can Rally" Practice Activity P1 (15 min.) "Throw Rally"	Court Clean-up Summarize & encourage (10 min.)
			"I Can Rally" Practice Activity P7 (10 min.) "Groundstroke Feed"	
			"I Can Rally" Practice Activity P3 (10 min.) "Floor Rally"	
			"I Can Rally" Practice Activity P8 (10 min.) "Groundstroke Rally"	
			"I Can Play Points" Play Activity G1 (15 min.) "Throw Tennis"	
Lesson 2	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Line races'</u> (10 min.)	"I Can Play Points" Play Activity G1 (15 min.) "Throw Tennis"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8 (10 min.) "Groundstroke Rally"	
			"I Can Rally" Practice Activity P6 (10 min.) "Self Rally"	
			"I Can Start a Point" Practice Activity P14 (10 min.) "Climb Serve Mountain"	
			"I Can Play a Point" Play Activity G3 (15 min.) "Skill Olympics"	
Lesson 3	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Throw/catch coordination'</u> (10 min.)	"I Can Play Points" Play Activity G4 (10 min.) "Rally Ball"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8 (10 min.) "Groundstroke Rally"	
			"I Can Start a Point" Practice Activity P11 (10 min.) "Sky Ball"	
			"I Can Start a Point" Practice Activity P15 (10 min.) "Serve & Return Teams"	
			"I Can Play Points" Play Activity G5 (10 min.) "Team Cones" 	



ORANGE 1 (6 X 1.5 HR. Lessons)



Lesson 4	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Clean up your room'</u> (10 min.)	"I Can Play Points" Play Activity G6 (10 min.) "Stop Tennis"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Play the Net" Practice Activity P18 (10 min.) "Catch Ball"	
			"I Can Play the Net" Practice Activity P19 (10 min.) "Grip Flip"	
			"I Can Play the Net" Practice Activity P20 (10 min.) "Throw to Volley"	
			"I Can Play Points" Play Activity G6 (10 min.)  "Stop Tennis"	
Lesson 5	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Tag Games'</u> (10 min.)	"I Can Play Points" Play Activity G5(10 min.) "Team Cones"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8(10 min.) "Groundstroke Rally"	
			"I Can Start a Point" Practice Activity P12 (10 min.) "Flying Target"	
			"I Can Play the Net" Practice Activity P21 (10 min.) "Groundstroke to Volley"	
			"I Can Play Points" Play Activity G6 (10 min.)  "Stop Tennis"	
Lesson 6	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Shadow Strokes'</u> (10 min.)	"I Can Play Points" Play Activity G5 (10 min.) "Team Cones"	Court Clean-up Summarize & encourage (5 min.) Distribute Certificates of Achievement if applicable
			"I Can Rally" Practice Activity P2 (10 min.) "Throw Crosscourts & Lines"	
			"I Can Rally" Practice Activity P8(10 min.) "Groundstroke Rally"	
			"I Can Start a Point" Practice Activity P14 (10 min.) "Climb Serve Mountain"	
			"I Can Play Points" Play Activity G5 (10 min.)  "Team Cones"	



ORANGE 2 (6 X 1.5 HR. Lessons)




6 x 1.5 hr lessons

Note: Light grey shaded boxes are, "I Can Play a Point" activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	Court set-up ‘Throw/catch coordination’ (10 min.)	<i>"I Can Rally"</i> Practice Activity P1 (15 min.) "Throw Rally"	Court Clean-up Summarize & encourage (10 min.)
			<i>"I Can Rally"</i> Practice Activity P7 (10 min.) "Groundstroke Feed"	
			<i>"I Can Rally"</i> Practice Activity P5 (10 min.) "Floor Crosscourts & Lines"	
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) "Groundstroke Rally" (Red)	
			<i>"I Can Play Points"</i> Play Activity G5 (10 min.) "Team Cones"	
Lesson 2	Welcome & Attendance (5 min.)	Court set-up ‘Clean up your room’ (10 min.)	<i>"I Can Play Points"</i> Play Activity G5 (10 min.) "Team Cones"	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) "Groundstroke Rally" (Red)	
			<i>"I Can Start a Point"</i> Practice Activity P12 (10 min.) "Flying Target"	
			<i>"I Can Start a Point"</i> Practice Activity P14 (10 min.) "Climb Serve Mountain"	
			<i>"I Can Play Points"</i> Play Activity G5 (10 min.) "Team Cones" 	
Lesson 3	Welcome & Attendance (5 min.)	Court set-up ‘Throw/catch coordination’ (10 min.)	<i>"I Can Play Points"</i> Play Activity G4 (10 min.) "Rally Ball" (Red)	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) "Groundstroke Rally" (Red)	
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) "Groundstroke Rally" (Orange)	
			<i>"I Can Start a Point"</i> Practice Activity P15 (10 min.) "Serve & Return Teams"	
			<i>"I Can Play Points"</i> Play Activity G5 (10 min.) "Team Cones" 	



ORANGE 2 (6 X 1.5 HR. Lessons)

Lesson 4	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Clean up your room'</u> (10 min.)	"I Can Play Points" Play Activity G6 (10 min.) "Stop Tennis"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Play the Net" Practice Activity P18 (10 min.) "Catch Ball"	
			"I Can Play the Net" Practice Activity P20 (10 min.) "Throw to Volley"	
			"I Can Play the Net" Practice Activity P22 (10 min.) "Approach Shot & Volley"	
			"I Can Play Points" Play Activity G6 (10 min.)  "Stop Tennis"	
Lesson 5	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Tag Games'</u> (10 min.)	"I Can Play Points" Play Activity G6 (10 min.) "Stop Tennis"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8 (10 min.) "Groundstroke Rally" (Orange)	
			"I Can Play the Net" Practice Activity P22 (10 min.) "Approach Shot & Volley"	
			"I Can Start a Point" Practice Activity P16 (10 min.) "Serve to Targets"	
			"I Can Play Points" Play Activity G7 (10 min.)  "Tag Team Tennis"	
Lesson 6	Welcome & Attendance (5 min.)	<u>Court set-up</u> <u>'Ball steal'</u> (10 min.)	"I Can Play Points" Play Activity G7 (10 min.) "Tag Team Tennis"	Court Clean-up Summarize & encourage (5 min.) Distribute Certificates of Achievement if applicable
			"I Can Rally" Practice Activity P8 (10 min.) "Groundstroke Rally" (Orange)	
			"I Can Play the Net" Practice Activity P23 (10 min.) "Lob & Overhead"	
			"I Can Start a Point" Practice Activity P15 (10 min.) "Serve & Return Teams"	
			"I Can Play Points" Play Activity G8 (10 min.)  "Up & Down"	



ORANGE 1 (2 hrs/day Camp)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5 (Optional)
Warm-up (Court set-up) (15 min.) Court Parts	Warm-up (Court set-up) (15 min.) Shadow strokes	Warm-up (Court set-up) (15 min.) Throw/catch Coordination	Warm-up (Court set-up) (15 min.) Throw/catch Coordination (overhand throw)	Warm-up (Court set-up) (15 min.) Tag Games
"I Can Rally" (15 min.) Practice Activity P1 Throw Rally	"I Can Play Points" (15 min.) Play Activity G1 Throw Tennis	"I Can Play Points" (15 min.) Play Activity G2 Floor Tennis	"I Can Play Points" (15 min.) Play Activity G6 Stop Tennis	"I Can Play Points" (15 min each competition)  G5 Team Cones G4 Rally Ball
"I Can Rally" (10 min.) Practice Activity P7 Groundstroke feed (Red)	"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Rally (Red)	"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Rally (Red)	"I Can Rally" (10 min.) Practice Activity P7 Groundstroke Feed	
"I Can Rally" (10 min.) Practice Activity P3 Floor Rally	"I Can Rally" (10 min.) Practice Activity P4 Floor Footwork	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	
"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Red)	"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Play Net" (10 min.) Practice Activity P19 Grip Flip	"I Can Play Net" (10 min.) Practice Activity P20 Throw to Volley	
Break (10 min.)				
"I Can Rally" (10 min.) Practice Activity P6 Self Rally	"I Can Start a Point" (10 min.) Practice Activity P14 Climb Serve Mountain	"I Can Play Net" (10 min.) Practice Activity P18 Catch Ball	"I Can Play Net" (10 min.) Practice Activity P21 Ground stroke to Volley	 G5 Team Cones G6 Stop Tennis G8 Up & Down
"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally	"I Can Start a Point" (10 min.) Practice Activity P14 Climb Serve Mountain	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	
"I Can Play Points" (15 min.) Play Activity G1 Throw Tennis	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min.) Play Activity G8 Up & Down	

Note: All Red activities can be done from service line to service line and with an Orange ball.

WRAP-UP (5 min.) (court take-down)

Summarize key points from the day.



ORANGE 2 (6 X 1.5 HR. Lessons)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5 (Optional)
Warm-up (Court set-up) (15 min.) Court Parts	Warm-up (Court set-up) (15 min.) Throw/catch Coordination	Warm-up (Court set-up) (15 min.) 'Ball Steal'	Warm-up (Court set-up) (15 min.) Throw/catch Coordination (overhand throw)	Warm-up (Court set-up) (15 min.) Tag Games
"I Can Rally" (15 min.) Practice Activity P1 Throw Rally	"I Can Play Points" (15 min.) Play Activity G4 Rally Ball	"I Can Play Points" (15 min.) Play Activity G6 Stop Tennis	"I Can Play Points" (15 min.) Play Activity G6 Stop Tennis	"I Can Play Points" (15 min each competition)  G4 Rally Ball G5 Team Cones G6 Stop Tennis
"I Can Rally" (10 min.) Practice Activity P7 Groundstroke feed (Red)	"I Can Rally" (15 min.) Practice Activity P2 Throw CC & Lines	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	
"I Can Rally" (10 min.) Practice Activity P3 Floor Rally	"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	"I Can Play Net" (10 min.) Practice Activity P18 Catch Ball	"I Can Rally" (10 min.) Practice Activity P9 Groundstroke Height	
"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Red)	"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Play Net" (10 min.) Practice Activity P20 Throw to Volley	"I Can Play Net" (10 min.) Practice Activity P21 Groundstroke to Volley	
Break (10 min.)				
"I Can Rally" (10 min.) Practice Activity P8 Groundstroke Rally (Orange)	"I Can Start a Point" (10 min.) Practice Activity P12 Flying Target	"I Can Play Net" (10 min.) Practice Activity P21 Groundstroke to Volley	"I Can Start a Point" (10 min.) Practice Activity P16 Serve to Targets	 G7 Tag Team Tennis G98 No-Ad Game G8 Up & Down
"I Can Start a Point" (10 min.) Practice Activity P11 Sky Ball	"I Can Start a Point" (10 min.) Practice Activity P14 Climb Serve Mountain	"I Can Play Net" (10 min.) Practice Activity P22 Approach & Volley	"I Can Start a Point" (10 min.) Practice Activity P15 Serve & Return Teams	
"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min.) Play Activity G5 Team Cones	"I Can Play Points" (15 min.) Play Activity G7 Tag Team Tennis	"I Can Play Points" (15 min.) Play Activity G8 Up & Down	

Note: All Red activities can be done from service line to service line and with an Orange ball.

WRAP-UP (5 min.) (court take-down)

Summarize key points from the day.



GREEN LESSON PLANS

- 6 x 1.5 hours
- 4-5 day camp (2 hrs/day)

The Green 1.0 & 1.5 programs take players through a number of skill sets:

- [“I Can Rally”](#)
- [“I Can Start a Point”](#)
- [“I Can Play The Net”](#)
- [“I Can Play Points”](#)
- “I am a Good Sport”
- “My FUNdamentals”

NOTE: The Green program begins with Red and Orange activities as review/reinforcement. Red activities should be done service line to service line with a Green ball. Orange activities are done at $\frac{3}{4}$ Court with a Green ball.

4-5 day camp (2 hrs/day)

It is recommended to have both Green 1.0 & Green 1.5 levels at the same time (on different courts).

For outdoor facilities, run the camp for 4 days with the 5th day as a possible ‘make-up’ day in case of poor weather (or for weeks that have a holiday on the Monday). For indoor facilities, use the 5th day as a ‘Competition’ day.

LEVEL DESCRIPTIONS

GREEN LEVEL 1.0 (11+ yrs and Adults)

Players learn to serve, rally, score, and play at net in singles and doubles on a regulation sized court with a low-compression transition ball. Lessons take players through a progression of skill building activities that speed learning.

GREEN LEVEL 1.5 (11+ yrs and adults)

This follow-up to Green level 1.0 also uses a low-compression transition ball. Players learn to rally with improved direction and height control, serve with better power and control, return serves, and approach and play net with volleys and overheads.



GREEN 1.0 (6 x 1.5 hr. Lessons)

6 x 1.5 hr lessons

Note: Light grey shaded boxes are, "I Can Play a Point" activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	<u>'Starting Picture'</u> Have players try to rally full-court/regular ball and outline the challenges to sell the Progressive Tennis approach <u>Red Court Set-up</u> (15 min.)	<u>"I Can Rally"</u> Practice Activity P1 (15 min.) <u>"Throw Rally"</u>	Court Clean-up Summarize & encourage (10 min.)
			<u>"I Can Rally"</u> Practice Activity P6 (10 min.) <u>"Self Rally"</u>	
			<u>"I Can Rally"</u> Practice Activity P6 (10 min.) <u>"Self Rally" (repeat)</u>	
			<u>"I Can Rally"</u> Practice Activity P8 (10 min.) <u>"Groundstroke Rally" (Red)</u>	
			<u>"I Can Play Points"</u> Play Activity G1 (15 min.) <u>"Throw Tennis"</u>	
Lesson 2	Welcome & Attendance (5 min.)	<u>Court set-up (Red)</u> Juniors = <u>'Clean up your room'</u> (overhead throw) Adults = <u>Self rally</u> (10 min.)	<u>"I Can Play Points"</u> Play Activity G1 (15 min.) <u>"Throw Tennis"</u>	Court Clean-up Summarize & encourage (5 min.)
			<u>"I Can Rally"</u> Practice Activity P8 (10 min.) <u>"Groundstroke Rally" (Red)</u>	
			<u>"I Can Start a Point"</u> Practice Activity P11 (10 min.) <u>"Sky Ball"</u>	
			<u>"I Can Start a Point"</u> Practice Activity P14 (10 min.) <u>"Climb Serve Mountain"</u>	
			<u>"I Can Play Points"</u> Play Activity G5 (10 min.) <u>"Team Cones" (Red)</u>	
			(Light grey shaded box)	
Lesson 3	Welcome & Attendance (5 min.)	<u>Court set-up (Orange)</u> Juniors = <u>'Throw/catch coordination'</u> Adults = <u>Self Rally</u> (10 min.)	<u>"I Can Rally"</u> Practice Activity P8 (10 min.) <u>"Groundstroke Rally" (Orange)</u>	Court Clean-up Summarize & encourage (5 min.)
			<u>"I Can Rally"</u> Practice Activity P5 (10 min.) <u>"Floor Crosscourts & Lines"</u>	
			<u>"I Can Start a Point"</u> Practice Activity P12 (10 min.) <u>"Flying Target"</u>	
			<u>"I Can Start a Point"</u> Practice Activity P14 (10 min.) <u>"Climb Serve Mountain"</u>	
			<u>"I Can Play Points"</u> Play Activity G5 (10 min.) <u>"Team Cones"</u>	
			(Light grey shaded box)	



GREEN 1.0 (6 x 1.5 hr. Lessons)

Lesson 4	Welcome & Attendance (5 min.)	<u>Court set-up (Orange)</u> Juniors = <u>'Shadow Strokes'</u> Adults = <u>Self Rally</u> (10 min.)	<i>"I Can Play Points"</i> Play Activity G6 (10 min.) <u>"Stop Tennis"</u>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Play the Net"</i> Practice Activity P18 (10 min.) <u>"Catch Ball"</u>	
			<i>"I Can Play the Net"</i> Practice Activity P20 (10 min.) <u>"Throw to Volley"</u>	
			<i>"I Can Play the Net"</i> Practice Activity P22 (10 min.) <u>"Approach Shot & Volley"</u>	
			<i>"I Can Play Points"</i> Play Activity G6 (10 min.) <u>"Stop Tennis"</u>	
Lesson 5	Welcome & Attendance (5 min.)	<u>Court set-up (Green)</u> Juniors = <u>'Tag Games'</u> Adults = <u>Self Rally</u> (10 min.)	<i>"I Can Play Points"</i> Play Activity G7 (10 min.) <u>"Tag Team Tennis"</u>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P8 (10 min.) <u>"Groundstroke Rally" (Green)</u>	
			<i>"I Can Play the Net"</i> Practice Activity P22 (10 min.) <u>"Approach Shot & Volley"</u>	
			<i>"I Can Start a Point"</i> Practice Activity P15 (10 min.) <u>"Serve & Return Teams"</u>	
			<i>"I Can Play Points"</i> Play Activity G8 (10 min.) <u>"Up & Down"</u>	
Lesson 6	Welcome & Attendance (5 min.)	<u>Court set-up (Green)</u> Juniors = <u>'Ball Steal'</u> Adults = <u>Self Rally</u> (10 min.)	<i>"I Can Rally"</i> Practice Activity P8 (10 min.) <u>"Groundstroke Rally" (Green)</u>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Play the Net"</i> Practice Activity P23 (10 min.) <u>"Lob & Overhead"</u>	
			<i>"I Can Start a Point"</i> Practice Activity P17 (10 min.) <u>"Singles/Doubles Serve/Return"</u>	
			<i>"I Can Play Points"</i> Play Activity G10 (20 min.) <u>"Tennis Doubles"</u>	

6 x 1.5 hr lessons



GREEN 1.5 (6 x 1.5 hr. Lessons)

Note: Light grey shaded boxes are, "I Can Play a Point" activities

	Meet & Greet	Warm-up	Play & Practice	Wrap-up
Lesson 1	Introduction & Attendance (5 min.)	Juniors = ‘Throw/catch coordination’ Adults = Self Rally (10 min.)	"I Can Play Points" Play Activity G5(10 min.) "Team Cones" (Serviceline)	Court Clean-up Summarize & encourage (10 min.)
			"I Can Rally" Practice Activity P1 (15 min.) "Throw Rally"	
			"I Can Rally" Practice Activity P6 (10 min.) "Self Rally"	
			"I Can Rally" Practice Activity P8(10 min.) "Groundstroke Rally" (Green)	
			"I Can Play Points" Play Activity G5 (10 min.) "Team Cones"	
Lesson 2	Welcome & Attendance (5 min.)	Juniors = ‘Throw/catch coordination’ Adults = Groundstroke Rally (Serviceline to serviceline with Green ball) (10 min.)	"I Can Play Points" Play Activity G6 (10 min.) "Stop Tennis"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8(10 min.) "Groundstroke Rally" (Green)	
			"I Can Start a Point" Practice Activity P12 (10 min.) "Flying Target"	
			"I Can Start a Point" Practice Activity P14 (10 min.) "Climb Serve Mountain"	
			"I Can Play Points" Play Activity G7 (10 min.) "Tag Team Tennis"	
			"I Can Play Points" Play Activity G8 (10 min.) "Up & Down"	
Lesson 3	Welcome & Attendance (5 min.)	Juniors = ‘Clean up your room’ (Overhead throw) Adults = Groundstroke Rally (Serviceline to serviceline with Green ball) (10 min.)	"I Can Rally" Practice Activity P5 (10 min.) "Floor Crosscourts & Lines"	Court Clean-up Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P10 (10 min.) "Crosscourt Groundstrokes"	
			"I Can Start a Point" Practice Activity P15 (10 min.) "Serve & Return Teams"	
			"I Can Play Points" Play Activity G8 (10 min.) "Up & Down"	



GREEN 1.5 (6 x 1.5 hr. Lessons)

Green 1.5 Continued...

Lesson 4	Welcome & Attendance (5 min.)	Juniors = <u>'Shadow Strokes'</u> Adults = <u>Groundstroke Rally</u> (Serviceline to serviceline with Green ball) (10 min.)	<i>"I Can Play Points"</i> Play Activity G7 (10 min.) <u>"Tag Team Tennis"</u>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P9 (10 min.) <u>"Groundstroke Height"</u>	
			<i>"I Can Play the Net"</i> Practice Activity P21 (10 min.) <u>"Groundstroke to Volley"</u>	
			<i>"I Can Play the Net"</i> Practice Activity P22 (10 min.) <u>"Approach Shot & Volley"</u>	
			<i>"I Can Play Points"</i> Play Activity G6 (10 min.) <u>"Stop Tennis"</u>	
Lesson 5	Welcome & Attendance (5 min.)	Juniors = <u>'Ball Steal'</u> Adults = <u>Groundstroke Rally</u> (Serviceline to serviceline with Green ball) (10 min.)	<i>"I Can Play Points"</i> Play Activity G10 (20 min.) <u>"Tennis Doubles"</u>	Court Clean-up Summarize & encourage (5 min.)
			<i>"I Can Rally"</i> Practice Activity P9(10 min.) <u>"Groundstroke Height"</u>	
			<i>"I Can Play the Net"</i> Practice Activity P23 (10 min.) <u>"Lob & Overhead"</u>	
			<i>"I Can Start a Point"</i> Practice Activity P16 (10 min.) <u>"Serve to Targets"</u>	
			<i>"I Can Play Points"</i> Play Activity G10 (20 min.) <u>"Tennis Doubles"</u>	
Lesson 6	Welcome & Attendance (5 min.)	Juniors = <u>'Tag Games'</u> Adults = <u>Groundstroke Rally</u> (Serviceline to serviceline with Green ball) (10 min.)	<i>"I Can Rally"</i> Practice Activity P10 (10 min.) <u>"Crosscourt Groundstrokes"</u>	Court Clean-up Summarize & encourage (5 min.) Distribute Certificates of Achievement if applicable
			<i>"I Can Play the Net"</i> Practice Activity P24 (10 min.) <u>"Approach & Net Play"</u>	
			<i>"I Can Start a Point"</i> Practice Activity P17 (10 min.) <u>"Singles/Doubles, Serve/Return"</u>	
			<i>"I Can Play Points"</i> Play Activity G10 (20 min.) <u>"Tennis Doubles"</u>	



GREEN 1.0 (2 hrs/day Camp)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up (Court set-up) (15 min.) 'Court Parts'	Warm-up (Court set-up) (15 min.) 'Shadow strokes'	Warm-up (Court set-up) (15 min.) 'Throw/catch Coordination'	Warm-up (Court set-up) (15 min.) 'Clean up your Room' (Overhand throw)	Warm-up (Court set-up) (15 min.) 'Ball Steal'
"I Can Rally" (15 min.) Practice Activity P1 "Throw Rally" (Red)	"I Can Play Points" (15 min.) Play Activity G5 'Team Cones' (Red)	"I Can Play Points" (15 min.) Play Activity G6 'Stop Tennis'	"I Can Play Points" (15 min.) Play Activity G7 'Tag Team Tennis' (Green)	"I Can Play Points" (15 min each competition)
"I Can Rally" (10 min.) Practice Activity P8 "Groundstroke Rally" (Red)	"I Can Rally" (10 min.) Practice Activity P8 "Groundstroke Rally" (Red)	"I Can Rally" (10 min.) Practice Activity P8 "Groundstroke Rally" (Red)	"I Can Rally" (10 min.) Practice Activity P8 "Groundstroke Rally" (Green)	G5 Team Cones
"I Can Start a Point" (10 min.) Practice Activity P11 'Sky Ball' (Red)	"I Can Rally" (10 min.) Practice Activity P5 'Floor CC & Lines'	"I Can Play Net" (10 min.) Practice Activity P18 'Catch Ball'	"I Can Play Net" (10 min.) Practice Activity P21 'Ground stroke to Volley' (Green)	G6 Stop Tennis
"I Can Start a Point" (10 min.) Practice Activity P14 'Climb Serve Mountain'	"I Can Rally" (10 min.) Practice Activity P10 'Crosscourt Groundstrokes' (Orange)	"I Can Play Net" (10 min.) Practice Activity P21 'Ground stroke to Volley'	"I Can Start a Point" (10 min.) Practice Activity P17 'Singles/Doubles Serve & Return' (Green)	G7 Tag Team Tennis
Break (10 min.)				
"I Can Play Net" (10 min.) Practice Activity P18 'Catch Ball'	"I Can Start a Point" (10 min.) Practice Activity P11 'Sky Ball' (Orange)	"I Can Rally" (10 min.) Practice Activity P8 "Groundstroke Rally" (Green)	"I Can Play Net" (10 min.) Practice Activity P23 'Lob to Overhead' (Green)	G8 Up & Down
"I Can Play Net" (10 min.) Practice Activity P21 'Ground stroke to Volley' (Red)	"I Can Start a Point" (10 min.) Practice Activity P14 'Climb Serve Mountain'	"I Can Start a Point" (10 min.) Practice Activity P14 'Climb Serve Mountain'	"I Can Play Points" (25 min.) Play Activity G10 'Tennis Doubles' (Green)	G10 Tennis Doubles (20 min.)
"I Can Play Points" (15 min.) Play Activity G5 'Team Cones' (Red)	"I Can Play Points" (15 min.) Play Activity G6 'Stop Tennis' (Orange)	"I Can Play Points" (15 min.) Play Activity G6 'Stop Tennis'		

This camp is a progression Day 1 = Red. Day 2,3 = Orange. Day 4 (5) = Green

WRAP-UP (5 min.) (court take-down)

Summarize key points from the day.



GREEN 1.0 (2 hrs/day Camp)

MEET & GREET (10 min.)

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up (Court set-up) (15 min.) <u>'Throw/catch Coordination'</u>	Warm-up (Court set-up) (15 min.) <u>'Shadow strokes'</u>	Warm-up (Court set-up) (15 min.) <u>'Clean up your Room'</u> (Overhand throw)	Warm-up (Court set-up) (15 min.) <u>'Ball Steal'</u>	Warm-up (Court set-up) (15 min.) <u>'Shadow strokes'</u>
"I Can Play Points" (15 min.) Play Activity G5 <u>'Team Cones'</u> (Red)	"I Can Play Points" (15 min.) Play Activity G6 <u>'Stop Tennis'</u> (Green)	"I Can Play Points" (15 min.) Play Activity G7 <u>'Tag Team Tennis'</u> (Green)	"I Can Play Points" (15 min.) Play Activity G8 <u>'Up & Down'</u>	"I Can Play Points" (15 min each competition)
"I Can Rally" (10 min.) Practice Activity P8 <u>"Groundstroke Rally"</u> (Red)	"I Can Rally" (10 min.) Practice Activity P8 <u>"Groundstroke Rally"</u> (Green)	"I Can Rally" (10 min.) Practice Activity P9 <u>'Groundstroke Height'</u> (Green)	"I Can Rally" (10 min.) Practice Activity P8 <u>"Groundstroke Rally"</u>	G5 <u>Team Cones</u>
"I Can Rally" (10 min.) Practice Activity P6 <u>'Self Rally'</u>	"I Can Rally" (10 min.) Practice Activity P5 <u>'Floor CC & Lines'</u>	"I Can Play Net" (10 min.) Practice Activity P18 <u>'Catch Ball'</u>	"I Can Rally" (10 min.) Practice Activity P9 <u>'Groundstroke Height'</u>	G6 <u>Stop Tennis</u>
"I Can Rally" (10 min.) Practice Activity P8 <u>"Groundstroke Rally"</u> (Green)	"I Can Rally" (10 min.) Practice Activity P8 <u>"Groundstroke Rally"</u> (Green)	"I Can Play Net" (10 min.) Practice Activity P22 <u>'Approach & Volley'</u> (Green)	"I Can Play Net" (10 min.) Practice Activity P21 <u>'Ground stroke to Volley'</u>	G7 <u>Tag Team Tennis</u>
Break (10 min.)				
"I Can Start a Point" (10 min.) Practice Activity P12 <u>'Flying Target'</u>	"I Can Start a Point" (10 min.) Practice Activity P15 <u>'Serve & Return Teams'</u> (Green)	"I Can Play Net" (10 min.) Practice Activity P23 <u>'Lob to Overhead'</u> (Green)	"I Can Start a Point" (10 min.) Practice Activity P17 <u>'Singles/Doubles Serve & Return'</u>	G8 <u>Up & Down</u>
"I Can Start a Point" (10 min.) Practice Activity P14 <u>'Climb Serve Mountain'</u>	"I Can Start a Point" (10 min.) Practice Activity P16 <u>'Serve to Targets'</u> (Green)	"I Can Start a Point" (10 min.) Practice Activity P16 <u>'Serve to Targets'</u> (Green)	"I Can Play Points" (25 min.) Play Activity G10 <u>'Tennis Doubles'</u> (Green)	G10 <u>Tennis Doubles</u> (20 min.)
"I Can Play Points" (15 min.) Play Activity G6 <u>'Stop Tennis'</u> (Green)	"I Can Play Points" (15 min.) Play Activity G6 <u>'Stop Tennis'</u> (Green)	"I Can Play Points" (25 min.) Play Activity G10 <u>'Tennis Doubles'</u> (Green)		

This camp is primarily on a Green court but may use Red activities as practice (Green Ball)

WRAP-UP (5 min.) (court take-down)



APPENDIX 1: LESSON PLANNERS



LESSON PLANNER (1 hour)

Instructor:	Date:
--------------------	--------------

1. MEET & GREET (5 min.)

Key Notes:

2. WARM-UP (10 min)

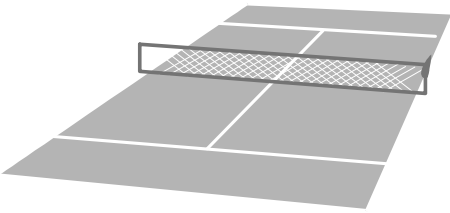
Warm-up Activity description (1-3 activities)

3. PLAY & PRACTICE (40 min.)

PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PLAY ACTIVITY (“I Can play Points”):

Set-up:

Rules:



5. WRAP-UP (5 min.)

Key Summary Points:

Instructor:	Date:
--------------------	--------------

1. MEET & GREET (5 min.)

Key Notes:

2. WARM-UP (10 min)

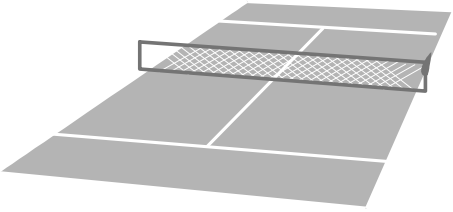
Warm-up Activity description (1-3 activities)

3. PLAY & PRACTICE (70 min.)

PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:

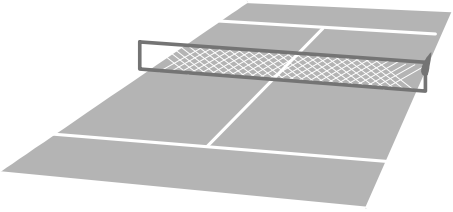


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

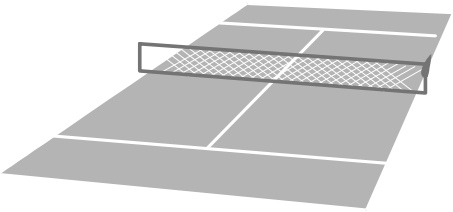


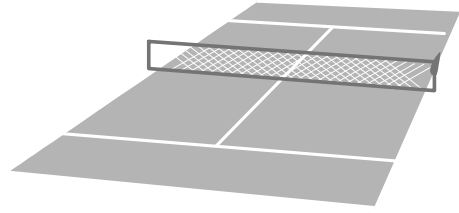
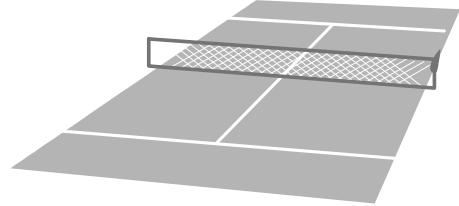
PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PRACTICE ACTIVITY:**Tactic:****Technical Highlight:****Activity Description:****PLAY ACTIVITY (“I Can Play Points”):****Set-up:****Rules:****5. WRAP-UP (5 min.)**

Key Summary Points:

LESSON PLANNER (2 hr "Camp")

Instructor:	Date:
-------------	-------

1. MEET & GREET (5 min.)

Key Notes:

2. WARM-UP (10 min)

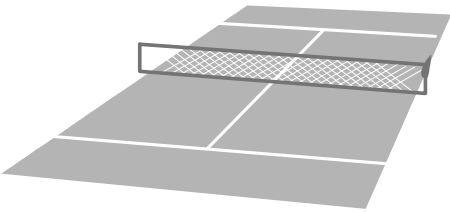
Warm-up Activity description (1-3 activities)

3. PLAY & PRACTICE (1 hr 40 min.)

PLAY ACTIVITY ("I Can Play Points"):

Set-up:

Rules:

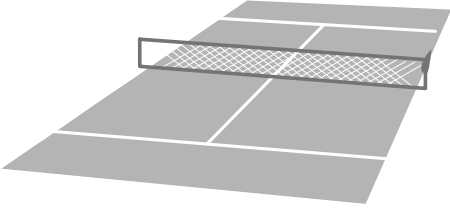


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



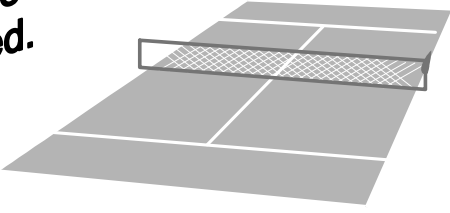
PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

Use this activity time for a break if required.



PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

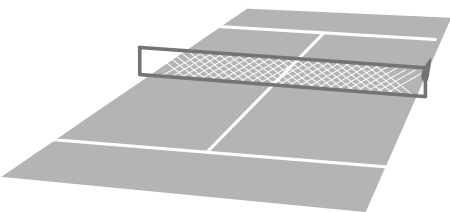


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

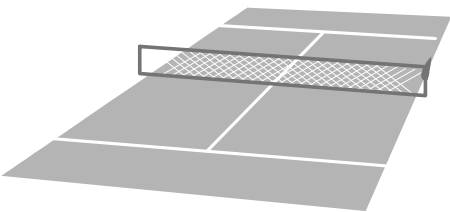
Activity Description:



PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:



5. WRAP-UP (5 min.)

Key Summary Points:

LESSON PLANNER (3 hr "Camp")

Instructor:	Date:
--------------------	--------------

1. MEET & GREET (5 min.)

Key Notes:

2. WARM-UP (15 min)

Warm-up Activity description (1-3 activities)

3. PLAY & PRACTICE (2 hrs 35 min.)

PLAY ACTIVITY ("I Can Play Points") ACTIVITY:

Set-up:

Rules:



PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

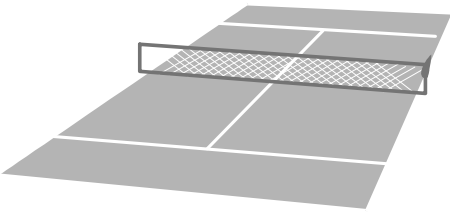


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:



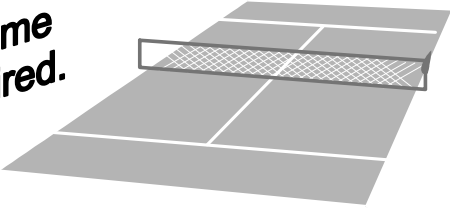
PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

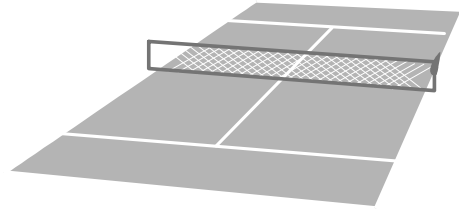
Use this activity time for a break if required.



PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:

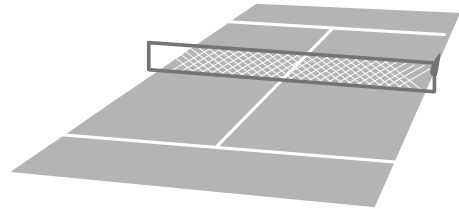


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

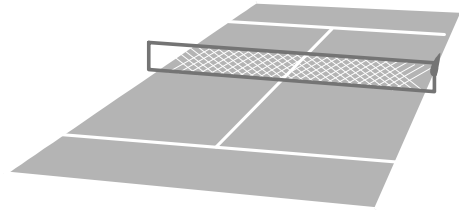


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

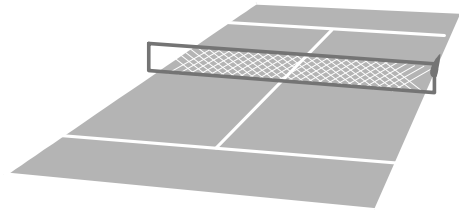


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

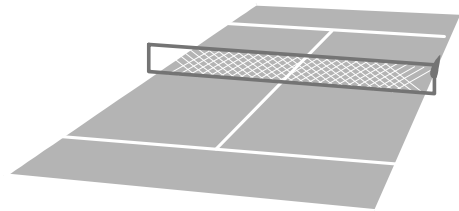
Activity Description:



PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:



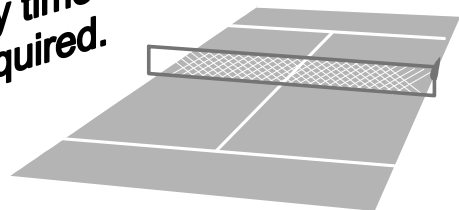
PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

*Use this activity time
for a break if required.*

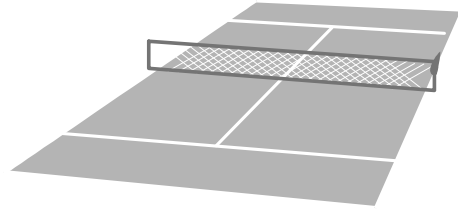


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

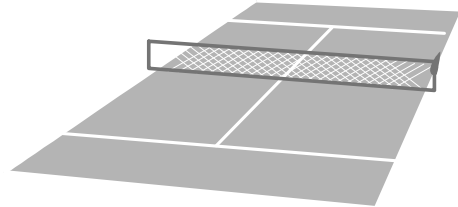


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

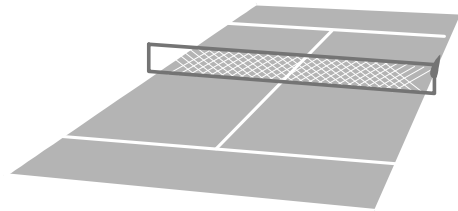
Activity Description:



PLAY ACTIVITY (“I Can Play Points”):

Set-up:

Rules:



5. WRAP-UP (5 min.)

Key Summary Points:



APPENDIX 2: RUNNING LEAGUES

Doubles leagues are the ideal follow-up to any lesson program. Players rotate partners (any mix of genders) for an enjoyable time of low-key doubles play. The League is run by an Instructor. Doubles leagues can use Orange (9-10 yrs) or Green (12+ yrs) courts and balls. Program leagues to run after a set of lessons.

LEAGUE SCHEDULE (1.5 hrs x 4 sessions)

- 10 Min: Warm-up
- 5 Min: Organization
- 25 Min: Round #1
- 25 Min: Round #2
- 25 Min: Round #3
- 5 Min: Wrap-up

1) WARM-UP: (10 min)

Warm-up with rallies, volleys, and serve & returns. Use a set warm-up routine so players can use it when playing on their own. Players warm-up with a partner on half the width of the court.

- Groundstrokes (4 min)
- Volleys to groundstrokes (4 min)
- Serves & returns (2 min)

The warm-up time also gives a 'buffer' of extra time in case any players come late.

2) ORGANIZATION: (5 min)

- The Instructor running the league gathers all the players to organize them into courts. Follow the schedule provided below and use the rotations provided:

3) ROTATIONS: (75 min)

- Players are rotated every 25 minutes. The rotation is done by a set-schedule. Players will have a chance to play with and against each other over the course of the league.
- The schedule is designed for maximum flexibility. All first round rotations start 1 & 2 vs 2 & 4, etc. For example, the Instructor can start a schedule with the minimum number of players (e.g. only 7 players show up in a 10 player league). If others show up late, simply have them wait until the next round (the consequences of being late) and start the second round of the appropriate rotation (e.g round 2 of a 10 player league).

4) WRAP-UP: (5 min)

Collect all the balls and thank all participants. Ask if they know their schedules in advance to alert the Instructor if they will not be there on any of the weeks.



APPENDIX 2: RUNNING LEAGUES

ROTATIONS

Rotations for 5 Players

A 5-player league is run on 1 court. One player sits off while the other four play doubles. After every service game, the server rotates off. The Player who was off becomes a returner. If an instructor runs the league, they should play singles with the player who is sitting off (Use, 'Rotation for 6' Schedule below).

Rotations for 6 Players

Note: League with 6-8 players is run on 2 courts

Session	Round	Court 1	Court 2
1	1	1 & 2 vs 3 & 4	5 vs 6
	2	2 & 5 vs 4 & 6	1 vs 3
	3	1 & 3 vs 5 & 6	2 vs 4
2	4	1 & 5 vs 2 & 4	3 vs 6
	5	3 & 5 vs 2 & 6	1 vs 4
	6	3 & 6 vs 1 & 4	2 vs 5
3	7	1 & 6 vs 2 & 3	4 vs 5
	8	4 & 5 vs 1 & 2	3 vs 6
	9	1 & 2 vs 3 & 4	5 vs 6
4	10	2 & 5 vs 4 & 6	1 vs 3
	11	1 & 3 vs 5 & 6	2 vs 4
	12	1 & 5 vs 2 & 4	3 vs 6

Note: by round #8, all players have played with each other and the schedule repeats starting in round #9



APPENDIX 2: RUNNING LEAGUES

Rotations for 7 Players

Note: Ideally, when there are 7 players, the Instructor fills in to make the 8th player. If there are only 7 players, and no Instructor to fill in, no player should sit off. The three players will play 2 verses one. The single player gets the singles court, the doubles players get the doubles court. Players rotate after every service game and the single player is always the server.

Session	Round	Court 1	Court 2
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7
	2	3 & 2 vs 7 & 6	1 & 4 vs 5
	3	5 & 4 vs 3 & 6	1 & 2 vs 7
2	4	1 & 7 vs 6 & 4	2 & 3 vs 5
	5	5 & 2 vs 7 & 4	1 & 3 vs 6
	6	7 & 5 vs 3 & 1	2 & 4 vs 6
3	7	1 & 5 vs 2 & 6	3 & 4 vs 7
	8	1 & 2 vs 3 & 4	5 & 6 vs 7
	9	3 & 2 vs 7 & 6	1 & 4 vs 5
4	10	5 & 4 vs 3 & 6	1 & 2 vs 7
	11	1 & 7 vs 6 & 4	2 & 3 vs 5
	12	5 & 2 vs 7 & 4	1 & 3 vs 6

**APPENDIX 2: RUNNING LEAGUES****Rotations for 8 Players**

Session	Round	Court 1	Court 2
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8
	2	3 & 2 vs 7 & 6	1 & 4 vs 5 & 8
	3	5 & 4 vs 3 & 6	7 & 2 vs 1 & 8
2	4	4 & 7 vs 5 & 2	1 & 6 vs 3 & 8
	5	5 & 7 vs 1 & 3	2 & 4 vs 6 & 8
	6	1 & 5 vs 2 & 6	3 & 7 vs 4 & 8
3	7	4 & 6 vs 1 & 7	3 & 5 vs 2 & 8
	8	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8
	9	3 & 2 vs 7 & 6	1 & 4 vs 5 & 8
4	10	5 & 4 vs 3 & 6	7 & 2 vs 1 & 8
	11	4 & 7 vs 5 & 2	1 & 6 vs 3 & 8
	12	5 & 7 vs 1 & 3	2 & 4 vs 6 & 8



APPENDIX 2: RUNNING LEAGUES

Rotations for 9 Players

Note: League with 9-12 players is run on 3 courts.

Session	Round	Court 1	Court 2	Court 3
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 vs Instructor
	2	9 & 2 vs 7 & 6	3 & 8 vs 5 & 4	1 vs Instructor
	3	9 & 1 vs 5 & 8	7 & 4 vs 3 & 6	2 vs Instructor
2	4	3 & 7 vs 8 & 2	9 & 6 vs 4 & 1	5 vs Instructor
	5	5 & 7 vs 4 & 9	8 & 1 vs 6 & 2	3 vs Instructor
	6	5 & 3 vs 1 & 6	4 & 2 vs 8 & 9	7 vs Instructor
3	7	4 & 8 vs 1 & 7	5 & 9 vs 2 & 3	6 vs Instructor
	8	6 & 4 vs 2 & 5	1 & 3 vs 7 & 9	8 vs Instructor
	9	6 & 8 vs 9 & 3	2 & 7 vs 5 & 1	4 vs Instructor
4	10	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 vs Instructor
	11	9 & 2 vs 7 & 6	3 & 8 vs 5 & 4	1 vs Instructor
	12	9 & 1 vs 5 & 8	7 & 4 vs 3 & 6	2 vs Instructor

**APPENDIX 2: RUNNING LEAGUES****Rotations for 10 Players**

Session	Round	Court 1	Court 2	Court 3
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 vs 10
	2	3 & 6 vs 5 & 10	9 & 8 vs 1 & 4	7 vs 2
	3	5 & 8 vs 9 & 2	7 & 4 vs 3 & 10	1 vs 6
2	4	9 & 4 vs 7 & 6	1 & 10 vs 5 & 2	3 vs 8
	5	10 & 7 vs 1 & 8	3 & 2 vs 6 & 9	5 vs 4
	6	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 vs 10
3	7	3 & 6 vs 5 & 10	9 & 8 vs 1 & 4	7 vs 2
	8	5 & 8 vs 9 & 2	7 & 4 vs 3 & 10	1 vs 6
	9	9 & 4 vs 7 & 6	1 & 10 vs 5 & 2	3 vs 8
4	10	10 & 7 vs 1 & 8	3 & 2 vs 6 & 9	5 vs 4
	11	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 vs 10
	12	3 & 6 vs 5 & 10	9 & 8 vs 1 & 4	7 vs 2



APPENDIX 2: RUNNING LEAGUES

Rotations for 11 Players

Note: Ideally, when there are 11 players, the Instructor fills in to make the 12th player. If there are only 11 players, and no Instructor to fill in, no player should sit off. The three players will play 2 verses one. The single player gets the singles court, the doubles players get the doubles court. Players rotate after every service game and the single player is always the server.

Session	Round	Court 1	Court 2	Court 3
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 & 10 vs 11
	2	9 & 8 vs 7 & 4	1 & 6 vs 11 & 10	5 & 2 vs 3
	3	3 & 10 vs 5 & 8	9 & 6 vs 11 & 2	7 & 1 vs 4
2	4	9 & 2 vs 7 & 10	5 & 4 vs 1 & 8	3 & 11 vs 6
	5	9 & 4 vs 3 & 6	11 & 8 vs 1 & 10	5 & 7 vs 2
	6	11 & 4 vs 5 & 10	3 & 2 vs 7 & 6	9 & 8 vs 1
3	7	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 & 10 vs 11
	8	9 & 8 vs 7 & 4	1 & 6 vs 11 & 10	5 & 2 vs 3
	9	3 & 10 vs 5 & 8	9 & 6 vs 11 & 2	7 & 1 vs 4
4	10	9 & 2 vs 7 & 10	5 & 4 vs 1 & 8	3 & 11 vs 6
	11	9 & 4 vs 3 & 6	11 & 8 vs 1 & 10	5 & 7 vs 2
	12	11 & 4 vs 5 & 10	3 & 2 vs 7 & 6	9 & 8 vs 1



APPENDIX 2: RUNNING LEAGUES

Rotations for 12 Players

Session	Round	Court 1	Court 2	Court 3
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	9 & 10 vs 11 & 12
	2	5 & 10 vs 11 & 4	9 & 8 vs 1 & 12	3 & 2 vs 7 & 6
	3	7 & 10 vs 9 & 2	3 & 12 vs 6 & 11	4 & 5 vs 1 & 8
2	4	5 & 2 vs 9 & 12	1 & 6 vs 11 & 10	3 & 8 vs 7 & 4
	5	9 & 4 vs 3 & 6	8 & 11 vs 7 & 2	5 & 12 vs 1 & 10
	6	10 & 3 vs 5 & 8	7 & 12 vs 1 & 4	9 & 6 vs 11 & 2
3	7	4 & 1 vs 6 & 5	10 & 3 vs 7 & 9	2 & 8 vs 11 & 12
	8	5 & 2 vs 7 & 6	11 & 4 vs 8 & 10	3 & 9 vs 1 & 12
	9	6 & 3 vs 7 & 8	1 & 5 vs 9 & 11	4 & 10 vs 2 & 11
4	10	1 & 2 vs 3 & 4	5 & 6 vs 7 & 8	5 & 6 vs 7 & 8
	11	9 & 2 vs 7 & 6	3 & 8 vs 5 & 4	5 & 6 vs 7 & 8
	12	9 & 1 vs 5 & 8	7 & 4 vs 3 & 6	5 & 6 vs 7 & 8

Note: It is critical the Instructor creates a welcoming atmosphere and reinforces basic elements while players are playing:

- Basic positions
- Scoring
- 'Quick' technical tips

Circulate around the courts. The Instructor's job is more than simply rotating players.