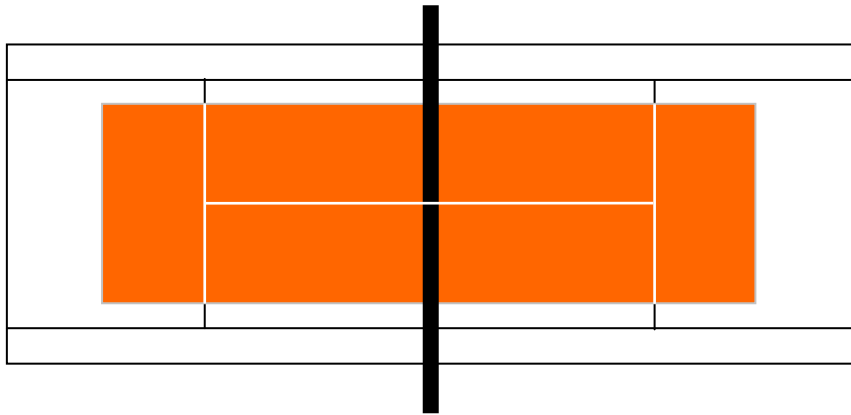




Progressive Tennis

3/4 COURT TENNIS



TENNIS CANADA 3/4 COURT CURRICULUM
(7-9 YEARS OLD)

Last updated July 2009

ACKNOWLEDGEMENTS

The purpose of this manual is to provide clubs and coaches with a curriculum to effectively implement a $\frac{3}{4}$ court progressive tennis program which will ultimately lead to children learning quickly, playing successfully and having fun. (Note: This document is designed to work in conjunction with the accompanied DVD)

We would like to acknowledge the work of a number of individuals who helped make the design of this curriculum possible:

Jacques Leriche and Yves Beckers from the Belgium Tennis Federation for their inspiration and input in the development of this project

Wayne Elderton for his outstanding work as project manager for the design of the $\frac{1}{2}$ court curriculum

Larry Jurovich for his outstanding work on the design of the $\frac{3}{4}$ court curriculum

Committee members Louis Cayer, Conrad Pineau, David Phillips and Andre Labelle for all of their input.

Finally, Marie-France Mercier for all of her outstanding work in the design and editing of both the $\frac{1}{2}$ court and $\frac{3}{4}$ court curriculum

Thanks again for all your efforts.

We hope that you find this document helpful in implementing your $\frac{3}{4}$ Court program.

Yours truly,



Ari Novick
Director, Coaching Development
TENNIS CANADA

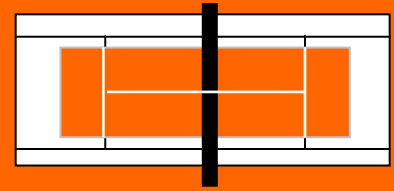
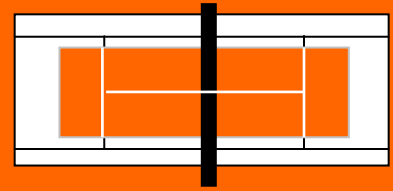


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Progressive Tennis Curriculum

A. Introduction to Progressive Tennis

A mini-revolution is brewing in North America. The approach is called "Progressive Tennis". It is imported from European countries such as France and Belgium where it was used to successfully develop players like Justine Henin and Olivier Rochus. Progressive Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level for 5-10 year olds.

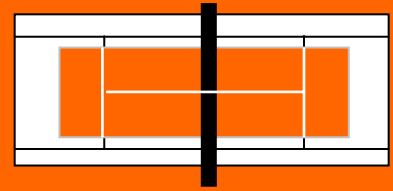
Modified racquets and balls are not new. The equipment has been around for a while, as the "graduated length" concept. Coaches have used bits and pieces for years seeing the advantage from the perspective of success, fun and safety. The difference now is that all these elements have been brought together in a much more systematic way than ever before.

The power of the progressive tennis system is that it allows players to play quickly and successfully. In Progressive tennis, the philosophy is that tennis is a great fun game and the quicker and more skillfully a player can play the more fun it is. Each stage not only has specific equipment to aid success, but particular skills to develop as well. **The coach's job is to get them to play, and help them to play better.**

In Canada Progressive Tennis is divided in three stages:

- 1- Half-Court Tennis (5-7 years-old)
- 2- $\frac{3}{4}$ Court Tennis (7-9 years-old)
- 3- Full Court transition (9-10 years-old)

This document has been created to provide Clubs and Coaches with a tool to implement Progressive Tennis and more specifically the $\frac{3}{4}$ court tennis curriculum.



B. Introduction to $\frac{3}{4}$ Court Program

The $\frac{3}{4}$ court Curriculum allows young players to play on an 18m court with the same rules as those used on a regulation court. Playing the “real” game will promote the development of Fundamentals required in game situations. For 7-9 year-old, the ratio of length to width is basically the same as a full sized court is to an adult. As the court and equipment dimensions are scaled down, young players are able to develop an all-court game style.

The $\frac{3}{4}$ Court Tennis uses low-compression balls that facilitate this tactical development. The balls are easier to control and don’t bounce as lively as a regular ball. On these courts players use 23-25 inch racquets (depending on player size) which gives better racquet control. The modified equipment also assists with development of good biomechanics.

The Tennis Canada $\frac{3}{4}$ court Curriculum is a series of game based drills, to develop players globally with a strong emphasis on fundamentals. This program will help coaches understand the critical tactical and technical fundamentals required to play the game effectively.

In the Half-court curriculum, a grid was used to establish the various level of precision that will now be used in the $\frac{3}{4}$ court curriculum as the basis of tactical development. In the $\frac{3}{4}$ court curriculum each drill should be presented in a manner that relates the drill in what you are attempting to do during point play i.e. to move your opponent, to keep your opponent back, to play to your opponent’s BH.

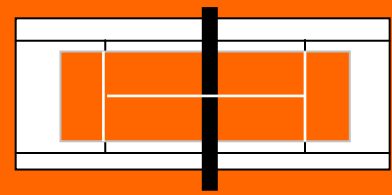
The $\frac{3}{4}$ court Curriculum is divided in 3 levels: bronze, silver and gold. Each level builds fundamentals with a core tactical theme:

- Bronze¹: Pressure through consistency
- Silver: Pressure with increased precision and power while maintaining consistency
- Gold: Pressure by moving the opponent and playing an all-court game with consistency

The three level program has been designed such that an average player will need 2 years (36 weeks per year) to acquire the skills required to meet the standards for all levels.

Level	Duration
Bronze	12 weeks
Silver	24 weeks
Gold	36 weeks

¹ The bronze level will provide those players who completed the half-court curriculum an opportunity to adapt to the new ball as well as the increased distance. It will also provide an opportunity for kids a little bit older just starting to develop the pre-requisites for $\frac{3}{4}$ court tennis. Kids coming from an extensive half court program might make the transition through the bronze level quicker than 12 weeks while new kids just starting might take longer than the 12 weeks.



C. Guidelines for Training

1. What is an Overall Tennis Program?

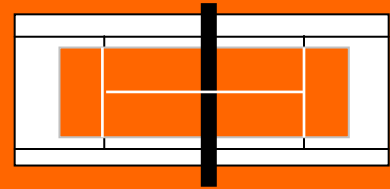
An overall tennis program is made up of physical development, tennis training and competition. The combination of these elements can be called the overall “tennis environment” and ultimately will determine the ability to maximize the players’ potential. The tennis environment includes:

- Physical development: tennis specific fitness, other sports including school P.E
- Tennis training: group lessons & match play, private lessons
- Competition: tournaments, ladder matches, house league matches and team events

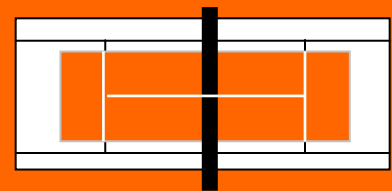
2. Training/Competitive Guidelines

The following guidelines are designed for maximizing a player’s improvement while taking into account they will be active in other sports and activities.

AGES	PLAYING				PRACTICING					
	# of Peaks	# of Tournaments Per year	# of matches per year Singles Doubles		Types of Competition	Physical Training (By this stage)	Tennis Training	Total # of hours/ week	Other Matches (practices/ Leagues, etc.)/yr	Rest and Regeneration weeks per year (break from tennis)
BOYS										
5-6	0	0	0		½ court, within the club, schools and parks and recreation	4 hours (which includes 2.5 hours in other sports)	1-4 hours (may include up to two private lessons)	5-8	15-25	N/A
7-9	0	7-12	21-36		½ court tournaments – club ¾ tournaments – club/provincial Full court transition ball competitions – club or provincial	4.5 -5 hours (which includes 2.5-3 hour in other sports)	4-9 hours (may include between 1-3 hrs of private lessons)	8-12	25-40	8 weeks
9-10	0	10-15	30-45	20-30	<u>AGE 9</u> U10 Provincial (full court transition ball) U12 Provincial events <u>AGE 10</u> U12 Provincial events U12 Jr. Nationals	5 – 6 (which includes 3 hours of other sports)	8 – 10 (including 2-4 hours of private lessons)	14-16	30-40	8 weeks



AGES	PLAYING				PRACTICING					
	# of Peaks	# of Tourneys Per year	# of matches per year		Types of Competition	Physical Training (By this stage)	Tennis Training	Total # of hours/ week	Other Matches (practices/ Leagues, etc.)/yr	Rest and Regeneration weeks per year (break from tennis)
Singles			Doubles							
GIRLS										
5-6	0	0	0		½ court, within the club, schools and parks and recreation	4 hours (which includes 2.5 hours in other sports)	1-4 hours (may include up to two private lessons)	5-8	15-25	N/A
7-8	0	7-12	21-36		½ court tournaments – club ¾ tournaments – club/provincial Full court transition ball competitions – club or provincial	4.5 -5 hours (which includes 2.5-3 hour in other sports)	4-9 hours (may include between 1-3 hrs of private lessons)	8-12	25-40	8 weeks
9	0	8-10	24-30	16-20	Full court transition ball U10 – club/provincial Full court regular U12 – club and provincial *Top 10 year olds could be participants in the U12 Nationals and International U10 events	4.5 – 5.5 (includes 3 hours in other sports)	6-8 hours (including 2-3 lessons)	10-15	30-40	8 weeks
10	0	10-15	30-45	20-30	U10 provincials U12 provincials, U12 national events *Top players of this age could be competing in U14 Nationals and International U12 events	5 – 6 (which includes 3 hours of other sports)	8-10 (including 2-4 hours of private lessons)	12-17	30-40	8 weeks

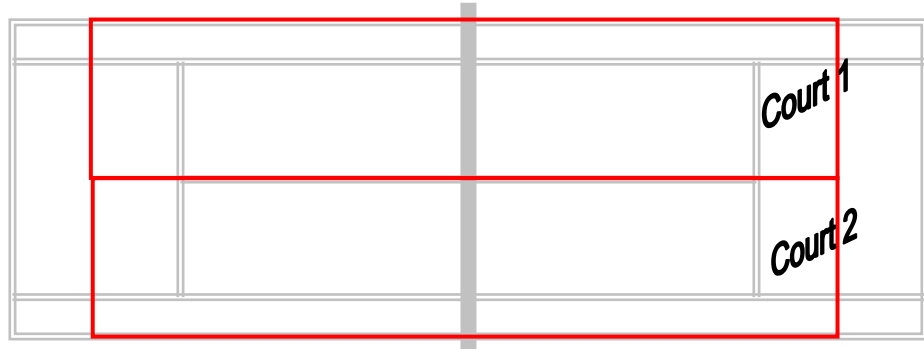


D. Practice and Competitive Set-up

Practice Set-up

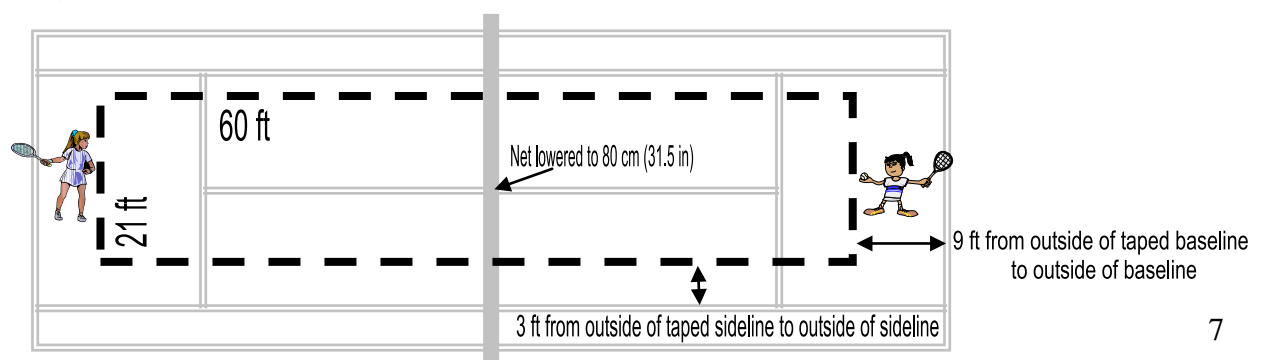
The length of a $\frac{3}{4}$ court is 60 feet long by 21 feet wide. Two $\frac{3}{4}$ Court Practice courts can be set-up on one regulation court to accommodate more players. There are two variations of the Double Practice Court.

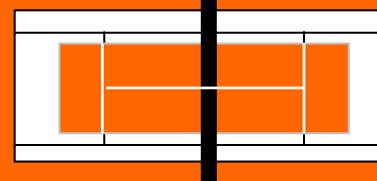
1. Two narrow-width courts on one regulation court. After creating a $\frac{3}{4}$ Court baseline, no additional lines are required for this configuration.
2. Two full-width practice courts on one regulation court. Additional lines are required for this set-up. The $\frac{3}{4}$ Court sidelines are placed just outside the net post.



Competition Set-up

For competition (or training that requires the whole court), the full $\frac{3}{4}$ Court (60 ft x 21 ft) is set-up on one regulation court.





E. How to set-up the Content

1. How to set up the year

There are two types of practices:

- a. **Development practice:** The main focus is the development of fundamentals through the most common situations and tasks (tactics) required for long-term success. Periodically during the year, coaches record the results of specific basic drills to measure the class improvement.
- b. **Competitive practice:** Allow the players to practice competing while implementing learned skills. Here are examples of timetables for a session. It is not a fixed schedule. Rather, it will provide a sense for the ratio between **development practice** and **competitive practice** as well as provide an example of when recording might take place.²

Level 1: Bronze (12 weeks)

Wk 1 Dev	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Dev/ Record	Wk 6 Comp	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Dev	Wk 11 Dev/ Record	Wk 12 Comp
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After 12 weeks, a player of average athletic skills would progress to the silver level.

Level 2: Silver (24 weeks)

Wk 1 Dev/ Record	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Comp	Wk 6 Dev	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Comp	Wk 11 Dev	Wk 12 Dev/ Record
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Wk 3 Dev	Wk 14 Dev	Wk 15 Comp	Wk 16 Dev	Wk 17 Dev	Wk 18 Dev	Wk 19 Dev	Wk 20 Comp	Wk 21 Dev	Wk 22 Dev	Wk 23 Dev/ Record	Wk 24 Comp
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After 24 weeks, a player of average athletic skills would progress to gold level.

Level 3: Gold (36 weeks)

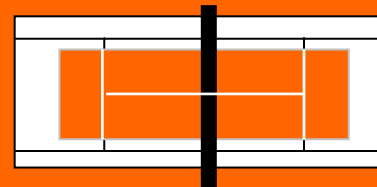
Wk 1 Dev/ Record	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Comp	Wk 6 Dev	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Comp	Wk 11 Dev	Wk 12 Dev/ Record
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Wk 3 Dev	Wk 14 Dev	Wk 15 Comp	Wk 16 Dev	Wk 17 Dev	Wk 18 Dev	Wk 19 Dev	Wk 20 Comp	Wk 21 Dev	Wk 22 Dev	Wk 23 Dev	Wk 24 Dev/ Record
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Wk 25 Comp	Wk 26 Dev	Wk 27 Dev	Wk 28 Dev	Wk 29 Dev	Wk 30 Comp	Wk 31 Dev	Wk 32 Dev	Wk 33 Dev	Wk 34 Dev	Wk 35 Dev/ Record	Wk 36 Comp
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After 36 weeks, a player of average athletic skills would progress to the full court program.

² Summer should be a competitive season to play a number of Progressive tennis tournament events. Programs across the country vary dramatically in summer activities. It is important to maintain player's skills during the summer through both privates and group training.



2. How to organize practice

The optimal length of a training session is 2 hours long consisting of 1.5 hour of on-court tennis development and 30 minutes of physical development (off court). The development practice will include 5 components to ensure players are developed physically, tactically and technically on groundstroke, net play, serve and return:

a. Development Practice Schedule

Bronze Level	Reference	2.0 Hr Session
1. Physical Warm-up/Athletic Development	p.15	10 Minutes
2. Groundstroke Development	p.16	35 Minutes
3. Net Play Development	p.17	15 Minutes
4. Serve & Return Development	p.17	15 Minutes
5. Tactical Training	p.18	20 Minutes
6. Physical Development	p.15	25 Minutes ³

Silver & Gold Level	Reference		2.0 Hr Session
	Silver	Gold	
1. Physical Warm-up/Athletic Development	p.19	p.19	10 Minutes
2. Groundstroke Development	p.20	p.23-24	25 Minutes
3. Net Play Development	p.21	p.24-25	15 Minutes
4. Serve & Return Development	p.21	p.25	15 Minutes
5. Tactical Training	p.22	p.25-26	30 Minutes
6. Physical Development	p.19	p.19	25 Minutes ¹

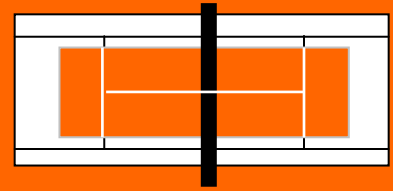
b. Competitive Practice Schedule

The competitive Practice is scheduled at various times through the year (see How to set up the year). It allows coaches to observe if the skills developed during tactical training are being implemented during match play. It also allows the players to compete in a supervised environment. The competitive practice has 4 components with the following recommended timetable:

Components	Reference	2.0 Hr Session
1. Physical Warm-up/Athletic Development	As per above	10 Minutes
2. Tennis Specific Warm-up		10 Minutes
3. Tactical Training		15 Minutes
4. Competitive Play ⁴		60 Minutes
5. Physical Development		25 Minutes ¹

³ The 30 minutes of physical development is done on or off-court before **or** after the 1h30 hour practice on-court.

⁴ During Competitive play (60 min), the tactical theme should correspond to the tactical training (15 min) done in the practice.



3. Other notes on setting up the content

Recording Tool and Conformity Checklist Monitoring Sheet

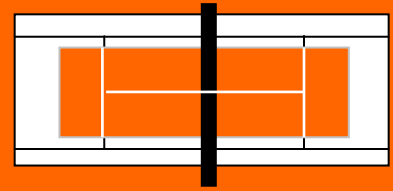
At the end of the document (in addendum 2) you will find a recording sheet and a conformity checklist monitoring sheet. These coaching tools can be used to monitor the overall class/program development. The recording/monitoring occurs **during** a skill development practice. It is NOT an individual test however it will provide coaches a means for measuring the player's progress. It is to allow the coaches to ensure that their group of players is progressing at a satisfactory rate and to identify areas of weakness.

Variations

In the curriculum, you will find the basic drills. However, to ensure **enjoyment** and **improvement**, it is strongly suggested to add variations to the drills. You will find an example, on the DVD, of variations of the FH cross court drill (gold 1.2). You will see a progression from easy to more complex. Variations can also be done with the scoring system (process vs. outcome), the people organization (coach vs. players, players vs. players), rotation and so on. **Variety is a key element** to successfully implement the curriculum.

Fitness testing

The physical testing, which you will find in the appendix, should be completed three times a year.



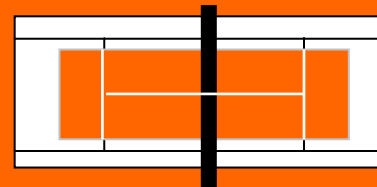
F. Program Overview

1. Bronze

Pressure through consistency

At this level, players will make the transition from 1/2 court tennis to 3/4 court tennis. **Proper grips, a consistent impact point and a stable hitting zone** will allow the players to **play with consistency**. Players competing at this level will have the Fundamentals to enjoy playing using basic rallying skills and develop the ability to initiate a point effectively. They will learn scoring and gain an understanding of tennis etiquette.

Bronze
Tactical
<ul style="list-style-type: none"> • “Cooperative Consistency” • Competitive Consistency (pressure through consistency)
Technical
Please refer to page 13 for detailed conformity fundamentals
Physical
<ul style="list-style-type: none"> • Co-ordination; to be able to: <i>Skip rope with simple movements, Throw with both hands, Follow a single rhythm, Maintain balance while performing simple tasks</i> (self catch, throwing to a partner). Work to improve dribbling, juggling and fundamental movements. Play adapted sports and games. • Speed; to be able to: <i>React quickly at only one signal, Have a good linear running technique</i>. Work to improve linear and lateral speed, agility, multi-directional and segmental speed. • Flexibility; to be able to: <i>Understand the need for warm-up and cool down. Introduce a basic flexibility routine of 4-5 stretches. Work with active and passive stretches</i>. • Strength; introduction of push-ups and sit-ups. Work with Swiss Ball. • Endurance; to be able to: skip rope 1min. and run 10 min.(non-stop) <p>Note: All skills in italic should be prioritized.</p>
Psychological
<ul style="list-style-type: none"> • Cooperation • Have fun when competing! • Getting to every ball attitude (no ball bounces twice)



2. Silver

Pressure with increased precision and power while maintaining consistency

By the completion of this level, players will have sound fundamentals ensuring a good level of consistency. They will have **proper biomechanics to increase power and precision** when performing basic tennis tactics. They will understand how to deal with the most common situations they face in matches.

Silver

Tactical

- Maintain competitive consistency
- Use of quality rally balls to keep opponent back (including returns)
- Look to play opponents BH (including serves)
- Choose proper response: direct or arching balls according to the zone & phase of play
- Use FH when receiving ball down the middle

Technical

Please refer to page 14 for detailed conformity fundamentals

Physical

- **Co-ordination**; ✓ Same as Bronze
- **Speed**; ✓ Same as Bronze
- **Flexibility**; to be able to: *Understand the need for warm-up and cool down. Work on a basic flexibility routine of 5-6 stretches. Work with active and passive stretches, gymnastic movements.*
- **Strength**; *Work on push-ups, sit-ups, lunges and gymnastic movements. Work with Swiss Ball and light Medicine Ball.*
- **Endurance**; to be able to: *skip rope 1-2 min. and run 10-15 min. (non-stop)*

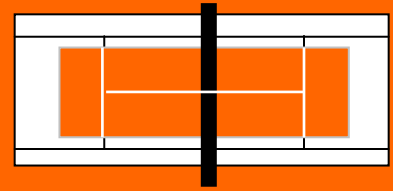
Note: All skills in italic should be prioritized.

Psychological

✓ Same as Bronze

Plus:

- Determination to put every ball in the court
- Being focused on task
- Maintain positive attitude/image while playing (developing routines)
- Getting in good position for every ball attitude (adjustment steps and solid base)



3. Gold

Pressure by moving the opponent and playing an all-court game with consistency

By the completion of this program, players will have the ability to **move their opponent** using proper ball control for different spin, direction and height. They also have the ability through sound movement to **cover the court effectively** and remain consistent while moving. They recognize when it is appropriate to defend, neutralize or go on the offence and are developing all aspect of an **all court game**.

Gold

Tactical

✓Same as Silver

Plus:

- Recovery based on shot quality and direction
- 2nd serve to opponent's BH
- Choose proper response: Offense, rally, or defense according to the characteristics of the ball received (red/yellow/green principles) in other words "percentage tennis"
- Uses spin to change trajectory and/or direction to move opponent
- Finishes points at net
- Creating awareness of opponent's strengths and weaknesses

Technical

Please refer to page 14 for detailed conformity fundamentals

Physical

- **Co-ordination**; ✓Same as Bronze and Silver
- **Speed**; ✓Same as Bronze and Silver
- **Flexibility**; to be able to: *Understand the need for warm-up and cool down. Work on a basic flexibility routine of 6-8 stretches. Work with active and passive stretches, gymnastic movements and range of motion exercises.*
- **Strength**; *Work on push-ups, sit-ups, lunges, adapted pull-ups and gymnastic movements. Work with Swiss Ball and light Medicine Ball.*
- **Endurance**; to be able to: *skip rope 2-3min. and run 15-20 min.(non-stop)*

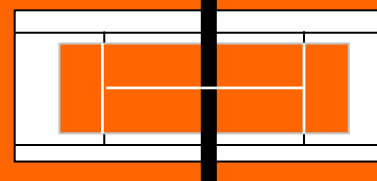
Note: All skills in italic should be prioritized.

Psychological

✓Same as Silver

Plus:

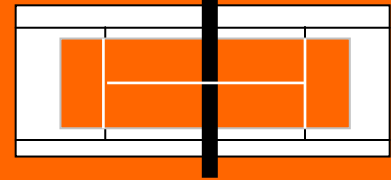
- Good practice habits
- Good competitors:
 1. Never make same mistake twice
 2. Focused on keeping ball in court
 3. Fighting spirit



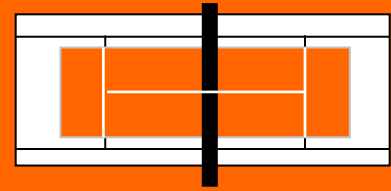
4. Detailed Conformity Fundamentals

		GROUNDSTROKES	VOLLEYS	SERVE & OVERHEAD	RETURNS
BRONZE	Set-up & Timing	<ul style="list-style-type: none"> Active and energetic look (on toes) Proper grips: Forehand grip (eastern); Backhand-1 hand (eastern); 2 hand (top hand eastern, bottom hand continental) Prepare before ball crosses net Neutral, semi open and semi closed (2 hand bh only) stance on FH and 2 hand BH and neutral and semi closed on 1 hand BH Consistent impact at waist level, slightly out front at a comfortable distance from body 	<ul style="list-style-type: none"> Active and energetic look (on toes) Continental grips Racquet and body preparation before ball crosses the net Impact slightly out in front 	<ul style="list-style-type: none"> Mini routine prior to each serve (S) Continental or weak eastern (S & OH) Player positioned with hip and shoulder facing the net (S & OH) Consistent toss & impact. (1 o'clock) (S & OH) 	<ul style="list-style-type: none"> Mini routine prior to each return Grip change Prepare before the ball bounces
	Footwork	<ul style="list-style-type: none"> Ready position and recover to home base (before the opponent hits) 	<ul style="list-style-type: none"> Ready position at home base and recover to home base (before the opponent hits) 		<ul style="list-style-type: none"> Ready position and recover to home base (before the opponent hits)
	Racquet Work	<ul style="list-style-type: none"> Stable, laid-back wrist at impact Long hitting zone Low to high "lift" action 	<ul style="list-style-type: none"> Catching action with racquet head slightly open and up 	<ul style="list-style-type: none"> Slight reach upwards (S & OH) Hammer action leading with the edge of the racquet (S & OH) 	<ul style="list-style-type: none"> Stable, laid-back wrist at impact Long hitting zone Low to high "lift" action
	Bodywork	<ul style="list-style-type: none"> Shoulder and racquet together (fh and 2 hand bh) Use of non dominant arm on forehand and 1 hand bh (on 1 hand bh, block out rotation with non dominant hand) Maintain balance at all times 	<ul style="list-style-type: none"> Maintain balance at all times 	<ul style="list-style-type: none"> Maintain Balance throughout motion (S & OH) Coordination of toss and hit (S) 	<ul style="list-style-type: none"> Shoulder and racquet together Use of non dominant arm on FH and 1 hand bh Maintain balance at all times

NOTE: All references are for right-handed players



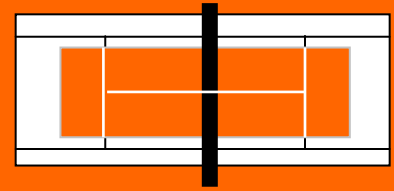
		GROUNDSTROKES	VOLLEYS	SERVE & OVERHEAD	RETURNS
SILVER	Set-up & Timing	✓ Same as Bronze Plus: • On forehand, racquet prepared up and on the same side of the body, with elbow away from the body (unit turn), chin over shoulder • On backhand, head of racquet prepares up away from the body, chin over shoulder • Breathing at impact	✓ Same as Bronze	• Sideways body position (S & OH) • Continental grip (S & OH) • Elbow in line with shoulders in preparation (S & OH) • Consistent toss & impact. (12 o'clock) (S & OH) • Early preparation (sideway position, both arms up) (OH)	✓ Same as Bronze • Breathing at impact • Hitting at peak of the bounce (when receiving a short 2 nd serve)
	Foot work	✓ Same as Bronze • Increased adaptation abilities	✓ Same as Bronze Plus: • Step out footwork		✓ Same as Bronze
	Racquet Work	✓ Same as Bronze Plus: • Ensure grip change from FH to BH and BH to FH • Accelerating close to impact (rhythm) • Smooth effortless stroke • Ability to control PAS based on situation and response	✓ Same as Bronze Plus: • 'Catching action' (strong & soft hands)	• Throwing action (S & OH) • Extension & Pronation (S & OH)	✓ Same as Bronze Plus: • Modify amplitude of swing when receiving different speed • Accelerating close to impact (rhythm) • Smooth effortless stroke • Ensure grip change from FH to BH and BH to FH
	Bodywork	✓ Same as Bronze Plus: • Use of ground force knee/hip/shoulder linkage. • Complete rotation with chin over shoulder at the end (for FH and two handed BH); block rotation as chest faces impact on 1 hand bh	✓ Same as Bronze	✓ Same as Bronze Plus: • use of knee / hip/ shoulder linkage (S)	✓ Same as Bronze Plus: • Use of ground force knee/hip/shoulder linkage
		GROUNDSTROKES	VOLLEYS	SERVE & OVERHEAD	RETURN
GOLD	Set-up & Timing	✓ Same as Silver • Adjustment of preparation based on situation	✓ Same as Silver	• Full swing preparation - Synchronization of arms (S)	✓ Same as Silver • Adjustment of preparation based on situation
	Foot work	✓ Same as Silver	✓ Same as Silver	• Follow through: linked to recovery (S)	✓ Same as Silver • Recovery in relation with the quality of the return
	Racquet Work	✓ Same as Silver Plus: • Ability to control PAS to create different spins and trajectories	✓ Same as Silver Plus: • Hitting action on high easy balls	• Serve with direction control (S) • Hitting action (S & OH)	✓ Same as Silver Plus: • Return with greater direction & distance control
	Bodywork	✓ Same as Silver • Bodywork based on situation	✓ Same as Silver Plus: • Preparing shoulders 90 degrees on BH and 45 degrees on FH	• Bowed hips, tilt of shoulders, elbow in line with shoulders, knee bend (S) • Use of ground force and full extension upward (S & OH)	✓ Same as Silver • Bodywork based on situation



G. Bronze Curriculum

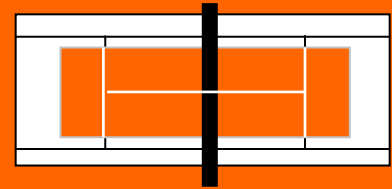
Bronze Physical Development

1- Form Running		
Duration: 10-15 minutes	Effort: less then 5 sec	Work to rest Ratio: 1/5
<ul style="list-style-type: none"> Running in straight line, nice and steady. Emphasize good posture and proper use of arms. Head up, shoulders down, arms working, body nice and tall, knees up. Running relays. Equipment: None		
2- Agility		
Duration: 5-10 minutes	Effort: less then 10-15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Simple to complex obstacles courses using various running techniques (shuffle, running forwards and backwards, circling different objects). Emphasize their ability to change directions and move in all directions Equipment: Slide, hoops, cones, mini hurdles etc.		
3- Skipping rope (without skipping rope)		
Duration: 2-5 minutes	Effort: 25 to 100 reps	Work to rest Ratio: n/a
<ul style="list-style-type: none"> Skipping nice and steady for 25-100 in a row. Basic movements while skipping. Equipment: Skipping rope.		
4- Throwing		
Duration: 5-10 minutes	Effort: less then 10 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Overhead toss, chest pass, backward overhead or through their legs (volleyball or soccer ball). One hand throws right and left hand. Precision throws with different types of balls. Equipment: Handball, volleyball, soccer ball, tennis ball, different balls,		
5- Sports and games		
Duration: 5-30 minutes	Effort:	Work to rest Ratio: n/a
<ul style="list-style-type: none"> Play different (adapted sports) i.e. basketball, dodge ball, soccer, tag, team relays Encourage them to play away from training i.e.: swimming, biking... 		
6- Coordination (simple)		
Duration: 5-10 minutes	Effort: 5 to 15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Jumping, throwing, catching, and blocking the ball all while running Focus on increasing the speed of execution. Equipment: All of the previous equipment.		
7- Flexibility		
Duration: 5-10 minutes	Effort: 20+ sec	Work to rest Ratio: 1/1
<ul style="list-style-type: none"> Various stretches Focus on the athletes developing a routine 		



1- Bronze Groundstroke's development drills

Drill	Diagram	Description
<p>Introductory fundamentals and rally progressions The following drills assumes that a player has minimum rally skills and associated fundamentals. For players that do not have these basic skills, you will be required to complete the introductory fundamentals and rally progressions presented on the DVD.</p>		
1.1 Standard conformity drill		<p>Basic drill: Coach feeds to player who has to get out of the box (markers) and set up before the ball bounce and hit cross court and recover to home base. Note: this drill and variations can be use to develop the footwork cycle as well as all fundamentals (set-up, timing, racquet work, bodywork)</p>
1.2 Rally skills FH to FH		<p>Basic drill: Players rally FH to FH in the target area. When recording: Total FH crosscourts by the players in 1 minute.</p>
1.3 Rally skills BH to BH		<p>Basic drill: Players rally BH to BH in the target area. When recording: Total BH crosscourts by the players in 1 minute.</p>
1.4 Rally Skills with movement to BH		<p>Basic drill: Players rally with one staying in one corner and sending the ball from side to side to the other player. When recording: Total of FH & BH's by the player to the BH side in 1 min rallying with the coach.</p>
1.5 Rally Skills with movement to FH		<p>Basic drill: Players rally with one staying in one corner and sending the ball from side to side to the other player.</p>
1.6 Rally Skills use of FH in middle lane		<p>Basic drill: In a 2 to 1 rally, players hit balls in the middle and the player uses his FH and alternate hitting from side to side (inside out and inside in). When recording: Total of FH alternating inside-in and inside-out in 1 min rallying with two players.</p>

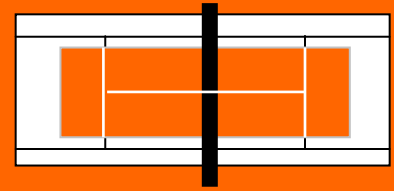


2- Bronze Net play development drills


Drill	Diagram	Task
2.1 Hand feel exercises	Series of exercises where they develop their feel and basic fundamentals. Please refer to DVD.	<ul style="list-style-type: none"> Self feed FH volley, than BH volley Alternating FH & BH volley FH & BH volley with movement
2.2 Volley Consistency FH & BH		<p>Basic drill: Players rally with one staying at the service line and the other one at the net. The net player hits FH & BH volley. The volleys should land in the grey area (service box).</p> <p>When recording: Total volleys in 1 min landing in service box rallying with the coach.</p>
2.3 Smash		<p>Basic drill: Player feeds lobs to the player at the net. The net player hits smashes in the half court.</p>
2.4 Sequence drill		<p>Basic drill: Player starts at the baseline and coach feeds one approach, 2 volleys and 1 smash. Player approaches on the opponent's BH (1)(BH lane) and volley cross court (2-3) in front of markers and smash (4).</p>

3- Bronze Serve & return development drills

Drill	Diagram	Task
3.1 Intro to serve	Series of exercises where they develop their basic fundamentals. Please refer to DVD.	<ul style="list-style-type: none"> Intro to serve micro-court (toss & hit) Mini-court (grip & extension & pronation)
3.2 Serve		<p>Basic drill: Players serves in the target area (service box).</p> <p>When recording: Total serves out of 10 (5 deuce and 5 add) landing in the service box.</p>
3.3 Return		<p>Basic drill: Player returns serves cross court in the target area (grey half court).</p> <p>When recording: Total crosscourt returns out out of 10 (5 deuce and 5 add) .</p>

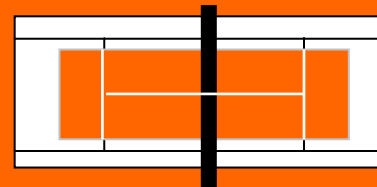


4- Bronze Tactical training drill

Drill	Diagram	Task
4.1 Points play 1-2-3-4		Basic drill: In a point situation, emphasizing getting the first four balls in play (serve, return, rally, rally).

5- Bronze Competitive Play

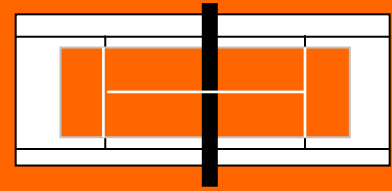
<p>During Competitive play the coach will use the tactical theme emphasized in the tactical training during that practice. It will allow coaches to observe if the skills developed during tactical training are being implemented during match play.</p>



H. Silver Curriculum

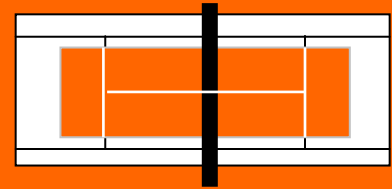
Silver & Gold Physical Development

1- Speed and Reaction		
Sets/reps/set: 2 to 3 sets of 6 to 10 reps. rest: 90 sec. between sets, efforts less than 5 sec.		
<ul style="list-style-type: none"> Working with a Z-ball. Ball drops and tosses (the coach drops a ball and the player has to catch with one bounce) with a variety of drops and starting positions. The coach feeds up to 6 balls one after the other; the player has to catch them before two bounces Player throws the ball off the wall and catches it (vary difficulty i.e. back facing the wall then turn and catch) 		
Equipment: balls with different types of bounces		
2- Skipping rope		
Duration: 2-5 minutes	Effort: 25 to 100 reps	Work to rest Ratio: n/a
Variety of different movements (footwork), tempos and speeds		
Equipment: Skipping rope.		
3- Coordination (moderate/complex)		
Duration: 5-10 minutes	Effort: less than 5-15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Jumping, throwing, catching, and blocking the ball all while running at high speeds Various ladder or small hurdle drills (add balls and upper body tasks to increase difficulty) 		
Equipment: Ladder, small hurdles, various balls		
4- Sprint		
Sets/reps/set: 1 to 3 sets of 4-5 reps rest: 90 sec. between sets and 30 sec. between reps		
<ul style="list-style-type: none"> Short linear sprints from various starting positions using different starting signals Multi directional sprints (forward, backward and sideways) Sprint using different footwork techniques i.e.: side shuffle to a run... Sprint duals i.e.: The player (A) is behind the single line and player (B) is on his right side behind the doubles line. The player (B) decides when the sprint starts. The first player to pass the finish line is the winner 		
5- Sports and games		
Duration: 5-30 minutes		
<ul style="list-style-type: none"> Play different (adapted sports) i.e. basketball, dodge ball, soccer, tag, team relays Encourage them to play away from training i.e.: swimming, biking... 		
Equipment: Different ball sizes		
6- Strength		
Sets/reps/set: 1 to 3 sets of 10-15 reps rest: 60-90 sec. between sets		
<ul style="list-style-type: none"> Lunges and some squats (body weight only) Push-ups, sit-ups, adapted pull-ups Medicine ball throws (various throws with light med balls) Working with Swiss ball, and gymnastic movements 		
Equipment: Swiss ball, medicine balls (1-2kg), mats		
7- Flexibility		
<ul style="list-style-type: none"> <u>Ballistic and dynamic:</u> preformed before matches, involves movement while stretching <u>Static:</u> without movement (hold stretch for 20-30 sec, perform after practice) 		



1- Silver Groundstroke's development drills

Drill	Diagram	Description
1.1 Standard conformity drill		<p>Basic drill: Coach feeds to player who has to get out of the box (markers) and set up before the ball bounce and hit cross court and recover to home base. Note: this drill and variations can be use to develop the footwork cycle as well as all fundamentals (set-up, timing, racquet work, bodywork)</p>
1.2 Rally skills FH to FH		<p>Basic drill: Players rally FH to FH in the target area. The ball should bring the player outside of the marker and keep him behind the baseline.</p> <p>When recording: Total FH crosscourts by the players in 1 minute. (Ball that brings players outside of marker and behind the baseline)</p>
1.3 Rally skills BH to BH		<p>Basic drill: Players rally FH to FH in the target area. The ball should bring the player outside of the marker and keep him behind the baseline.</p> <p>When recording: Total BH crosscourts by the players in 1 minute. (Ball that brings players outside of marker and behind the baseline)</p>
1.4 Rally Skills with movement to BH		<p>Basic drill: Players rally with one staying in one corner and sending the ball randomly from side to side to the other player. The ball should keep the players behind the baseline and outside the markers.</p> <p>When recording: Total of FH & BH by the player to the BH side in 1 min rallying with the coach.</p>
1.5 Rally Skills with movement to FH		<p>Basic drill: Players rally with one staying in one corner and sending the ball from side to side to the other player.</p>
1.6 Rally Skills use of FH in middle lane		<p>Basic drill: Two on one drill. Balls is fed in the middle and the player uses his FH and alternate hitting from side to side (inside out and inside in) keeping the players behind the baseline and outside of the markers.</p> <p>When recording: Total FH's by the player alternating inside-in and inside-out in 1 min rallying with two players.</p>
1.7 Rally skills changing direction		<p>Basic drill: One on one drill. One player hits always cross court while the other player hits two cross court and one down the line. Balls should keep players behind the baseline and outside the markers. Both players should recover properly.</p> <p>When recording: The longest rally by both players in 1 min respecting criterias as above</p>

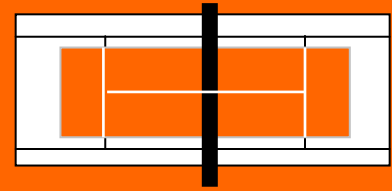


2- Silver Net play development drills

Drill	Diagram	Task
2.1 Hand feel exercises	Series of exercises where they develop their feel and basic fundamentals. Please refer to DVD.	<ul style="list-style-type: none"> Self rally alternating FH & BH volley Combination of self rally & exchange FH & BH volley with movement (up & down)
2.2 Volley Consistency FH & BH (strong hand and soft hand)		<p>Basic drill: Players rally with one staying at the service line and the other one at the net. The net player alternate a short volley and a deep volley.</p> <p>Note: The short volley should land in front of marker and the deep volley past the marker.</p> <p>When recording: The total volleys in 1 min by the player alternating short and deep with the coach.</p>
2.3 Volley 2 on 1 drill		<p>Basic drill: Two players at the service line and one at the net. The net player alternates the volley from side to side (outside markers) and the service line players send the balls in the middle (in between the markers)</p>
2.4 Smash		<p>Basic drill: Cooperative smashes and lobs warm-up with one player at the net and the other at the baseline.</p>
2.5 Sequence drill		<p>Basic drill: Player starts at the baseline and coach feeds 1 groundstroke (1), 1 approach (2), 2 volleys (3-4) and 1 smash (5). Player approaches on the opponent's BH and volley cross court outside the triangle and smash.</p>

3- Silver Serve & return development drills

Drill	Diagram	Task
3.1 Serve		<p>Basic drill: Players serves in the target area. On opponents BH (right handed player)</p> <p>When recording: Total serves out of 10 (5 deuce and 5 add) landing in the service box.</p>
3.2 Return		<p>Basic drill: Players return serves cross court taking the ball at its peak keeping the opponent outside of the marker and behind the baseline.</p> <p>When recording: Total crosscourt returns out of 10 (5 deuce and 5 add) .</p>

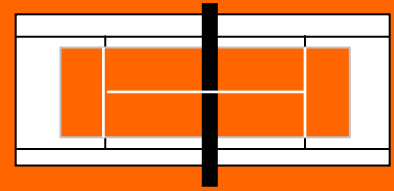


4- Silver Tactical training drills

Drill	Diagram	Task
4.1 Decision making drill (When to hit on the BH)		Basic drill: While rallying, one player decides when to hit on the opponents BH based on which lane the ball received bounces in (BH and middle lane).
4.2 Decision making drill (When to use FH)		Basic drill: While rallying, one player decides when to use his FH based on which lane the ball received bounces in (middle and FH lanes).
4.3 Decision making drill (When to come out of a cross court)		Basic drill: While rallying cross court, the players decide when to come out of the cross court rally based on the shot quality of their opponent. (balls that do not bring the players racquet to the sideline and a ball that the player is set up early)
4.4 Decision making drill (When to rally higher balls and lower balls)		Basic drill: Rainbows and arrows drill. While rallying, players decide when to rally more aggressively (arrows) and when to rally higher balls (rainbows) based on their position in the court. (inside baseline = arrows, behind = rainbows)
4.5 Staying in the point drill (defending)		Basic drill: Coach feeds in the first ball, player call red (on difficult balls) and yellow (on rally balls) and hit accordingly. The players play out the point.

5- Silver Competitive Play

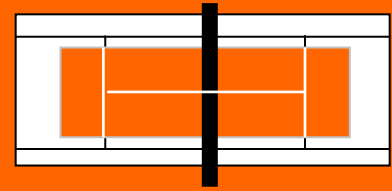
During Competitive play the coach will use the tactical theme emphasized in the tactical training during that practice. It will allow coaches to observe if the skills developed during tactical training are being implemented during match play.



I. Gold Curriculum

1- Gold Groundstroke's development drills

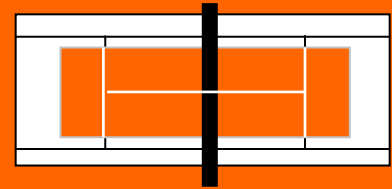
Drill	Diagram	Description
1.1 Standard conformity drill		<p>Basic drill: Coach feeds to player who has to get out of the markers and set up before the ball bounce and hit a strong cross court. Note: this drill and variations can be use to develop the footwork cycle as well as all fundamentals (set-up, timing, racquet work, bodywork)</p>
1.2 Rally skills FH to FH		<p>Basic drill: Players rally FH to FH keeping oppoent in the gray area.</p> <p>When recording: Total FH crosscourts by the players in 1 minute. (Ball that keeps players in the gray area)</p>
1.3 Rally skills BH to BH		<p>Basic drill: Players rally FH to FH in the target area.</p> <p>When recording: Total BH crosscourts by the players in 1 minute. (Ball that keeps players in the gray area)</p>
1.4 Rally Skills with movement to BH		<p>Basic drill: Players rally with one staying in one corner and sending the ball from side to side to the other player.</p> <p>When recording: Total FH & BH's by the player to the BH side in 1 min rallying with the coach.</p>
1.5 Rally Skills with movement to FH		<p>Basic drill: Players rally with one staying in one corner and sending the ball from side to side to the other player.</p>
1.6 Rally Skills use of FH in middle lane		<p>Basic drill: Two on one drill.Balls is fed in the middle and the player uses his FH and alternate hitting from side to side (inside out and inside in) keeping the players behind the baseline and racquet to the single line.</p> <p>When recording: Total FH's by the player alternating inside-in and inside-out in 1 min rallying with two players.</p>



<p>1.7 Rally skills changing direction</p>		<p>Basic drill: One on one drill. One player hits always cross court while the other player hits two cross court and one down the line. Balls should keep players behind the baseline and outside the markers. Both players should recover properly. When recording: The longest rally by both players in 1 min respecting criterias as above</p>
<p>1.8 Attacking drill</p>		<p>Basic drill: One on one drill. One player stands in a corner and hits balls that do not rise to the baseline while the other player hits attacking shots to the BH side</p>
<p>1.9 Defense drill</p>		<p>Basic drill: Coach stands at the service line and volley moving the player from side to side. The player has to defend sending a ball that will reach the coach without bouncing.</p>

2- Gold Net play development drills

Drill	Diagram	Task
<p>2.1 Hand feel exercises</p>	<p>Series of exercises where they develop their feel and basic fundamentals. Please refer to DVD.</p>	<ul style="list-style-type: none"> • Combination of self rally & exchange • Combination of self rally & smash
<p>2.2 Volley Consistency FH & BH</p>		<p>Basic drill: Players rally with one staying at the serviceline and the other one at the net. The net player must keep the player behind the service line while the service line player must sends balls that are in between knees and shoulder height. When recording: Total volleys by the player in 1 min keeping the coach behind the service line.</p>
<p>2.3 Volley 2 on 1 drill</p>		<p>Basic drill: Two players at the service line one at the net. The net player alternates the volley from side to side (outside markers) and the players send the balls in the middle (in between the markers)</p>
<p>2.4 Volley to volley</p>		<p>Basic drill: The players hit volley to volley sending balls that are between knees and shoulder height.</p>



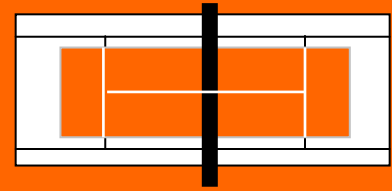
<p>2.5 Smash</p>		<p>Basic drill: Cooperative smash and lob warm-up on half court with one player at the net and the other at the baseline.</p>
<p>2.6 Volley and smash drill</p>		<p>Basic drill: Coach at the baseline and one player at the net. In a rally, the net player alternates smash and volley. (on half court)</p>
<p>2.7 Sequence drill</p>		<p>Basic drill: Players start at the baseline and coach feeds 1 groundstroke (1), 1 approach (2), 2 volleys (3-4), 1 smash (5) and an angle volley (6). Player approaches on the opponent's BH and volley cross court outside the triangle, smash and hit an angle volley.</p>

3- Gold Serve & return development drills

Drill	Diagram	Task
<p>3.1 Serve</p>		<p>Basic drill: Players serves on BH side keeping receiver behind the baseline.</p> <p>When recording: Total serves out of 10 (5 deuce and 5 add) going over markers.</p>
<p>3.2 Return</p>		<p>Basic drill: Player hits returns outside of the triangle.</p> <p>When recording: Total of crosscourt returns out of 10 (5 deuce and 5 add) outside of triangle.</p>

4- Gold Tactical training drills

Drill	Diagram	Task
<p>4.1 Decision making drill (up/back after sending red, yellow, green balls)</p>		<p>Basic drill: Coach feeds the first ball either short (attacking ball), neutral (rally ball) or attacking (defending ball). Players on the same side will adjust their position according to the feed.</p> <p>Note: This drill can be adapted for return of serve</p>



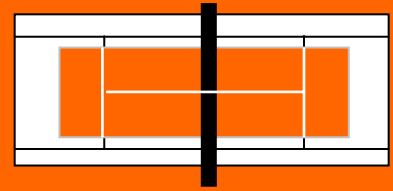
<p>4.2 Decision making drill (Projecting red, yellow and green balls)</p>		<p>Basic drill: Coach feeds the first ball as per 4.1 above. Players receiveing ball must decide to attack, rally or defend based on the quality of the ball received (red, yellow or green).</p>
<p>4.3 Decision making drill (When to open the court with an angle shot)</p>		<p>Basic drill: While rallying, when to open up the court with an angle shot (when receiving a ball closer to the baseline and close to sideline ball)</p>
<p>4.4 Decision making drill (When to push opponent back)</p>		<p>Basic drill: Coach feeds either a higher deep ball or a regular rally ball. Players must decide when to push opponent back with a high arching ball or send a rally ball.</p>
<p>4.5 Decision making drill (when to approach based on short ball)</p>		<p>Basic drill: When rallying, when to approach based on short balls (hitting from the service line or closer you have to commit)</p>
<p>4.6 Decision making drill (attack-attack)</p>		<p>Basic drill: Coach feeds a slow deep attackable ball; player hits the first attacking shot, then coach feeds a second ball (defensive shot either high and deep or high and short). Players must decide weither to intercept (on high deep balls) or attack on a Groundstroke drive (on shorter balls) this second shot.</p>

5- Gold Competitive Play

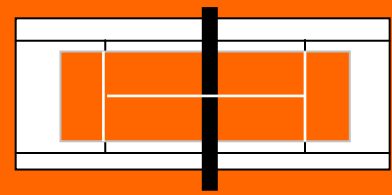
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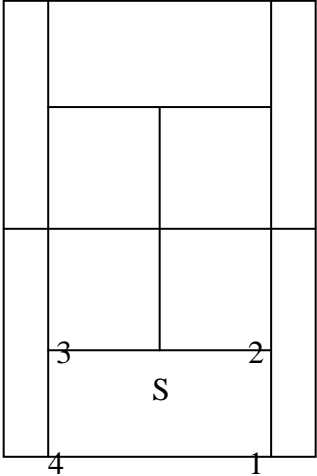

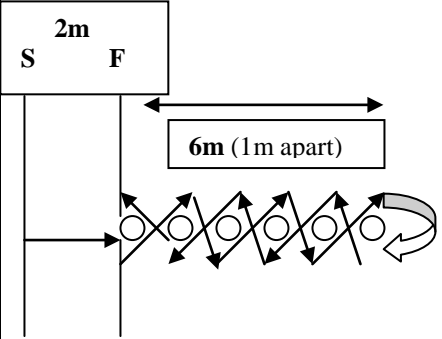
3/4 COURT TENNIS

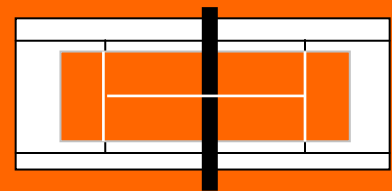


J. Appendix

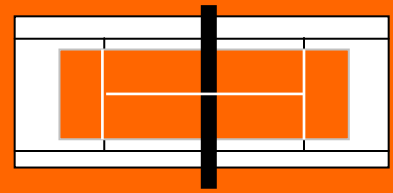


Physical Development Tests for 3/4 Court (7-8-9 year olds)

	Evaluation	Diagram	Description	Norms
1.	Big Star (Swiss Test)		<p>The participant starts behind the middle (starting cone) on the word GO; the participant must touch all four cones with racquet; each time returning and touching the centre cone (Start cone).</p> <p>Scoring The time it takes from the word go till the participant touches the last cone. (Best of two scores).</p>	<p>Gold: 9.6-10.0</p> <p>Silver: 10.1-10.4</p> <p>Bronze: 10.41-11.40</p> <p>Needs Improvement: 11.41+</p>
2.	Skipping Rope		<p>This test is divided into two sections. (2 attempts each)</p> <ol style="list-style-type: none"> 1) The participant does 10 skips in a row, one hop and feet together. 2) The participant does 10 skips with double hops feet together. <p>Scoring: The combined number of skips completed in each test.</p>	<p>Gold: 18-20</p> <p>Silver: 14-17</p> <p>Bronze: 10-13</p> <p>Needs Improvement: -9</p>
3.	Basketball (Slalom)		<p>Participant starts at the baseline. At the signal the participant starts and dribbles the ball through the course. Stop the timer when the participant and the ball cross the finish line. (2 attempts)</p> <p>Scoring The time it takes for the participant to complete the course (best of two scores).</p>	<p>Gold: 9.5-11.5</p> <p>Silver: 11.6-13.0</p> <p>Bronze: 13.1-15.0</p> <p>Needs Improvement: 15.1+</p>



4.	<p>Throw (Tennis Ball)</p>	<p>1pt 2pt 3pt 4pt 5pt</p> <p>1pt not over net, 2pt before service line, 3pt before baseline, 4pt over baseline, 5pt hit back wall.</p>	<p>Participant throws a tennis ball as far as possible from a starting position behind the baseline (3 attempts).</p> <p>Scoring The total score of the best two throws is how the participant is marked. (lowest throw is eliminated)</p>	<p>Gold: 9-10 Silver: 7-8 Bronze: 5-6</p> <p>Needs Improvement: -4</p>
5.	<p>Dynamic Balance (skipping on one foot)</p>		<p>The Participant goes around the box hopping on one leg (once with right and once with left). A fault is scored if the participant loses their balance by putting their foot down or touching the line. (1 attempt)</p> <p>Scoring The total number of faults (add both feet).</p>	<p>Gold: 0-2 Silver: 3 Bronze: 4</p> <p>Needs Improvement: 5+</p>
6.	<p>Flexibility</p>		<p>Participants place their feet up against a box and reach forward using both hands as far forward as they can. They are not allowed to raise their knees and they must hold the stretch for 2 seconds. (2 attempts)</p> <p>Scoring This test is measured in centimeters a negative score is when the child does not reach his/her toes and a positive score is when they are able to go beyond their toes. If the child reaches exactly to their toes without going past they receive a score of 0.</p>	<p>Gold: 12+ Silver: 7-11 Bronze: 3-6</p> <p>Needs Improvement: 2 or less</p>



Recording sheet

Date: _____

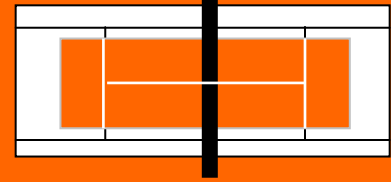
Name	Drill 1.2 Rally FH to FH	Drill 1.3 Rally BH to BH	Drill 1.4 Rally with Movement to BH	Drill 1.6 Use of FH in middle lane	Drill ⁵ 1.7 Rally Changing direction	Drill ⁶ 2.1 Volley consistency FH & BH	Drill ⁷ 3.1 Serve	Drill ⁸ 3.2 Return
1-								
2-								
3-								
4-								
5-								
6-								
7-								
8-								
9-								
10-								
11-								
12-								
13-								
14-								
15-								
16-								

⁵ Drill 1.7 is for silver and gold monitoring only.

⁶ For Bronze level, the volley consistency drill number is 2.2

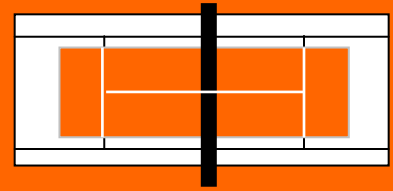
⁷ For Bronze level, the serve drill number is 3.2

⁸ For Bronze level, the return drill number is 3.3



Conformity Checklist Monitoring Sheet

	GROUNDSTROKES	VOLLEYS	SERVE (S) & OVERHEAD (OH)	RETURNS
Set-up & Timing	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Active and energetic look (on toes) <input type="checkbox"/> Proper grips: Forehand grip (eastern); Backhand-1 hand (eastern); 2 hand (top hand eastern, bottom hand continental) <input type="checkbox"/> Prepare before ball crosses net <input type="checkbox"/> Neutral, semi open and semi closed (2 hand bh only) stance on FH and 2 hand BH and neutral and semi closed on 1 hand BH <input type="checkbox"/> Consistent impact at waist level, slightly out front at a comfortable distance from body <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> On forehand, racquet prepared up and on the same side of the body, with elbow away from the body (unit turn), chin over shoulder <input type="checkbox"/> On backhand, head of racquet prepares up away from the body, chin over shoulder <input type="checkbox"/> Breathing at impact <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adjustment of preparation based on situation 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Active and energetic look (on toes) <input type="checkbox"/> Continental grips <input type="checkbox"/> Racquet and body preparation before ball crosses the net <input type="checkbox"/> Impact slightly out in front <p>SILVER (No additional points)</p> <p>GOLD (No additional points)</p>	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mini routine prior to each serve (S) <input type="checkbox"/> Continental or weak eastern (S & OH) <input type="checkbox"/> Player positioned with hip and shoulder facing the net (S & OH) <input type="checkbox"/> Consistent toss & impact. (1 o'clock) (S & OH) <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sideways body position (S & OH) <input type="checkbox"/> Continental grip (S & OH) <input type="checkbox"/> Elbow in line with shoulders in preparation (S & OH) <input type="checkbox"/> Consistent toss & impact. (12 o'clock) (S & OH) <input type="checkbox"/> Early preparation (sideway position, both arms up) (OH) <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full swing preparation - Synchronization of arms (S) 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mini routine prior to each return <input type="checkbox"/> Grip change <input type="checkbox"/> Prepare before the ball bounces <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breathing at impact <input type="checkbox"/> Hitting at peak of the bounce (when receiving a short 2nd serve). <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adjustment of preparation based on situation
Footwork	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position and recover to home base (before opponent hits) <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Increased adaptation abilities <p>GOLD (No additional points)</p>	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position at home base and recover to home base (before opponent hits) <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Step out footwork <p>GOLD (No additional points)</p>	<p>BRONZE (No points)</p> <p>SILVER (No points)</p> <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Follow through: linked to recovery (S) 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position and recover to home base (before opponent hits) <p>SILVER (No additional points)</p> <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Recovery in relation with the quality of the return
Racquet Work	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stable, laid-back wrist at impact <input type="checkbox"/> Long hitting zone <input type="checkbox"/> Low to high "lift" action <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensure grip change from FH to BH and BH to FH <input type="checkbox"/> Accelerating close to impact (rhythm) <input type="checkbox"/> Smooth effortless stroke <input type="checkbox"/> Ability to control PAS based on situation and response <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ability to control PAS to create different spins and trajectories 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Catching action with racquet head slightly open and up <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> 'Catching action' (strong & soft hands) <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hitting action on high easy balls 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Slight reach upwards (S & OH) <input type="checkbox"/> Hammer action leading with the edge of the racquet (S & OH) <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Throwing action (S & OH) <input type="checkbox"/> Extension & Pronation (S & OH) <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Serve with direction control (S) <input type="checkbox"/> Hitting action (S & OH) 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stable, laid-back wrist at impact <input type="checkbox"/> Long hitting zone <input type="checkbox"/> Low to high "lift" action <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Modify amplitude of swing when receiving different speed <input type="checkbox"/> Accelerating close to impact (rhythm) <input type="checkbox"/> Smooth effortless stroke <input type="checkbox"/> Ensure grip change from FH to BH and BH to FH <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Return with greater direction & distance control
Bodywork	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shoulder and racquet together (fh and 2 hand bh) <input type="checkbox"/> Use of non dominant arm on forehand and 1 hand bh (on 1 hand bh, block out rotation with non dominant hand) <input type="checkbox"/> Maintain balance at all times <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use of ground force knee/hip/shoulder linkage. <input type="checkbox"/> Complete rotation with chin over shoulder at the end (for FH and two handed BH); block rotation as chest faces impact on 1 hand bh <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bodywork based on situation 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Maintain balance at all times <p>SILVER (No additional points)</p> <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Preparing shoulders 90 degrees on BH and 45 degrees on FH 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Maintain Balance throughout motion (S & OH) <input type="checkbox"/> Coordination of toss and hit (S) <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> use of knee / hip/ shoulder linkage (S) <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bowed hips, tilt of shoulders, elbow in line with shoulders, knee bend (S) <input type="checkbox"/> Use of ground force and full extension upward (S & OH) 	<p>BRONZE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shoulder and racquet together <input type="checkbox"/> Use of non dominant arm on FH and 1 hand BH <input type="checkbox"/> Maintain balance at all times <p>SILVER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use of ground force knee/hip/shoulder linkage. <p>GOLD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bodywork based on situation



Progressive Tennis Competition

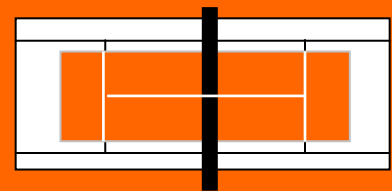
1/2 and 3/4 Court Competition Rules and Samples of Competition Formats

1/2 Court Rules

- Only oversize foam balls should be used for 1/2 Court Tennis (e.g. Wilson EZ Hit or Dunlop Speedballs)
- In 1/2 Court Tennis, all the regular rules of tennis apply except for:
 - Players can serve anywhere into the 1/2 Court as long as the ball lands in front of the Full court singles sideline (see “Service-box” on diagram #1).
 - Players can stand anywhere behind the 1/2 Court baseline to serve (as long as they are in-between the 1/2 Court sidelines).
 - Players get 2 serves. Typically, a players’ second serve in 1/2 Court tennis would be done underhanded.
- Games would be first player to reach 15 (can be reduced to 11 or 9 if time is an issue). Players play two points as server and then 2 points as returner, etc. (Alternate server every two points). Serves can be overhand or, underhand.

3/4 Court Rules

- Only Low-Compression balls should be used for 3/4 Court Tennis (e.g. Wilson ‘Winners’ or Penn-Star)
- In 3/4 Court Tennis, all the regular rules of tennis apply. The regular service box lines would be used for 3/4 Court (with the 3/4 Court sidelines)
- A match would be best out of 3 ‘short sets’ (first to 4 games). If games are tied a tie-breaker to 5 would be played. If sets are tied 1-1, a tie-breaker to 5 would be played which would count as the 3rd set. A match would take approximately 30-45 minutes to complete.
- Games would use but be No-ad Scoring (at 40-40 next point wins however, returner gets choice of returning from the Ad side or Deuce side).
- For doubles: Use the normal single sidelines and the 3/4 court baseline.

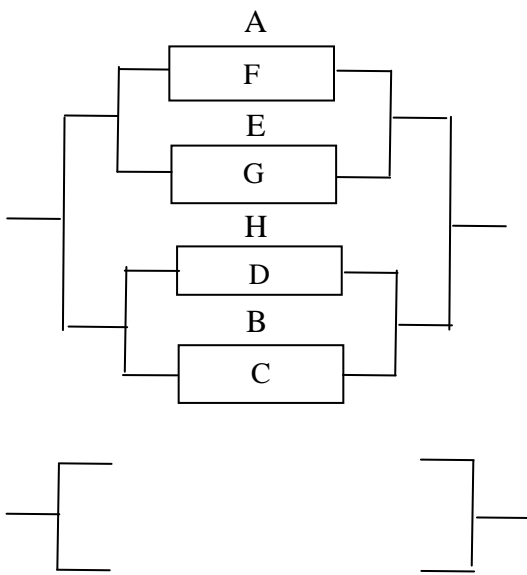


SAMPLE 1: TIMED FLIGHT TOURNY

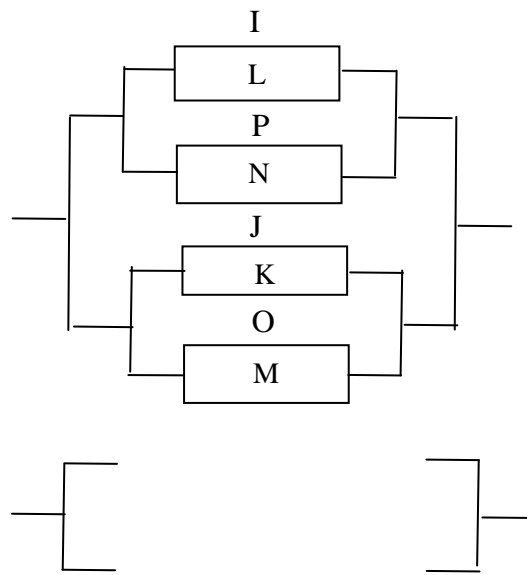
LOGISTICS

Competitors: 16
 Number of courts: 4
 Number of Hours: 4.5 hours
 2 Flights of 8: per 4.5 hour reserved

Draw 1:



Draw 2:



Schedule: 16 participants from 8 – 12:30 pm; 16 from 12:30 – 5:00 pm

8 am: 1st Round Draw 1
 8:45: 1st Round Draw 2
 9:30: 2nd Round Draw 1, winners & lose
 10:15: 2nd Round Draw 2, winners & lose
 11:00 3rd Round Draw 1, finals, winners & losers draw
 11:45: 3rd Round Draw 2, finals, winners & losers draw

12:30 – 5pm: Draws 3 & 4

i.e. Revenue

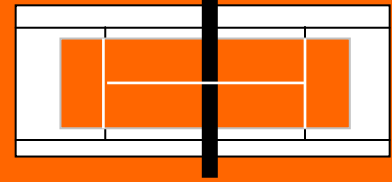
32 participants @ \$40 = \$1,280

Expense

9 hrs x 4 crts x \$20 = 720

1 case balls 75

Prizes 100



SAMPLE 2: TEAM COMPETITION – ROUND ROBIN FORMAT

1. Separate into categories

Experienced Competitors

1. A
2. P
3. F
4. R
5. M

Somewhat Experienced

1. B
2. N
3. C
4. Q
5. H
6. S
7. J
8. D

New Competitors

1. E
2. K
3. L
4. G
5. O
6. I

2. Make Teams

Sharapova

1. A-4
2. D
3. E

Federer

1. P-1
2. J
3. K

Roddick

1. F-2
2. S
3. L

Clijsters

1. R-1
2. H
3. G

Henin

1. M-3
2. Q
3. O

Nestor

1. B
2. N
3. C
4. I

Total _____

AVG _____

3. Make Round Robin Draws

Exp. Comp.

(A)

	1	2	3	4	5
1	X				
2		X			
3			X		
4				X	
5					X

Somewhat Exp. Comp.

(B)

	1	2	3	4
1	X			
2		X		
3			X	
4				X

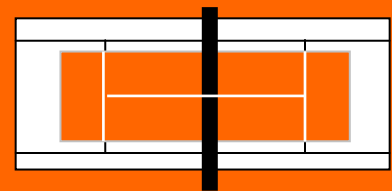
(C)

	1	2	3	4
1	X			
2		X		
3			X	
4				X

New Comp.

(D)

	1	2	3	4	5	6
1	X					
2		X				
3			X			
4				X		
5					X	
6						X



4. Schedule Matches

Crt 1 (4 crts)
Draws A & B

Crt 2 (4 crts)
Draws C & D

Draw A 1-2
3-4
B 1-2
3-4
A 2-3
1-5
B 1-3
2-4
A 2-5
1-4
B 1-4
2-3
A 3-5
4-2
A 1-3
4-5

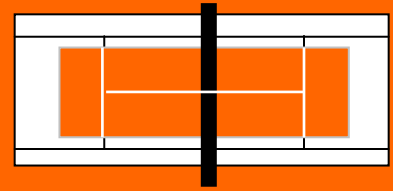
16 matches

Draw D 1-2
3-4
5-6
C 1-2
3-4
D 1-3
4-6
2-5
C 1-3
2-4
D 1-6
2-3
4-5
C 1-4
2-3

15 matches

i.e. Sample of Draw A

	A	P	F	R	M	TOTALS	PLACE	PTS
A	X	15-6 W	15-9 W	15-13 W	15-11 W	4-0	1	4
P	6-15 L	X	15-12 W	15-9 W	13-15 L	2-2	4	1
F	9-15 L	12-15 L	X	15-3 W	15-13 W	2-2	3	2
R	13-15 L	9-15 L	3-15 L	X	7-15 L	0-4	5	1
M	11-15 L	15-13 W	13-15 L	15-7 W	X	2-2	2	3



SAMPLE 3: ONTARIO TENNIS ASSOCIATION Progressive Tennis 3/4 Court Events – Compass Format

Competition Format

16 player draw (Co-ed) with a three match guarantee.

45 minute timed matches, no-ad scoring

4 courts required: approx. competition time = 5.5 hrs

Skills competition should be included at all events

See attached draw sheets: all players begin in DRAW A and are able to be "fed" into DRAW B, DRAW C and/or DRAW D

Players should be separated (top 4) according to ability. Do NOT post seeds.

Possible Amendments: Add a 3rd and 4th place play-off in the A flight

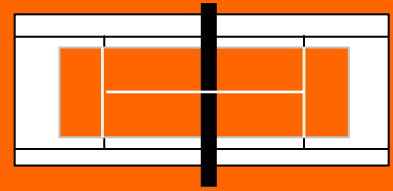
Equipment Requirements (& other)

Courts need to be modified to 3/4 court format (18 meter court)

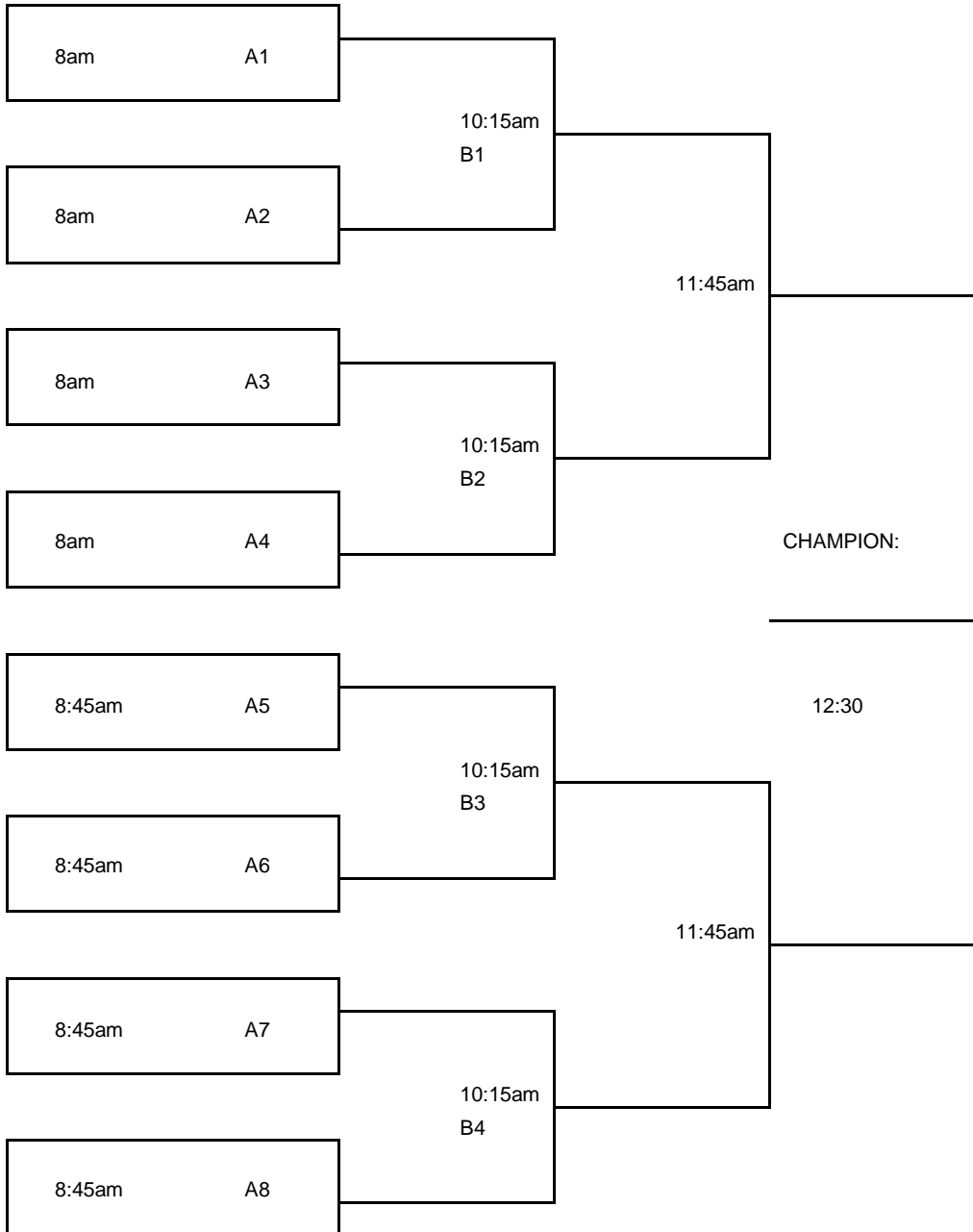
Masking tape required - suggested that once courts have been marked off, use a permanent marker to "x" off measurements to ensure quicker set-up for future use.

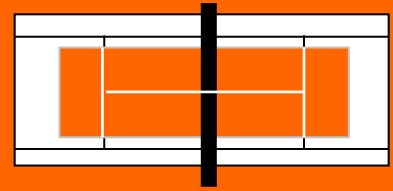
Court Monitors: 1 per every 2 courts; ideally - use older players from Academy training group.

Ball type: Winners (Wilson) - low compression ball



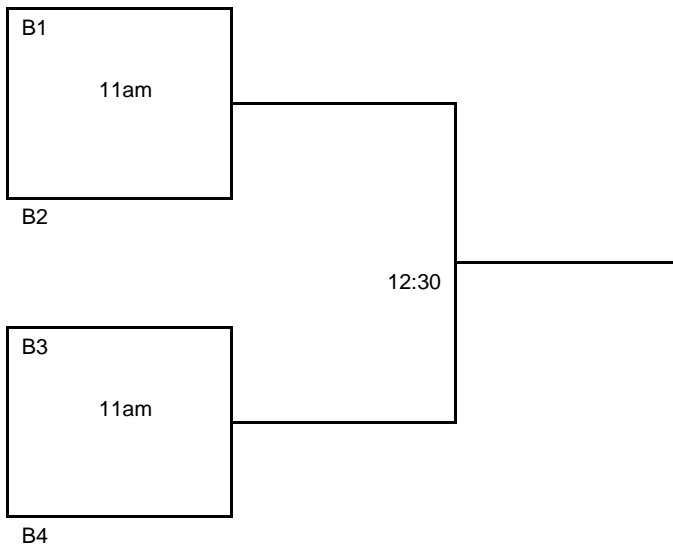
DRAW A

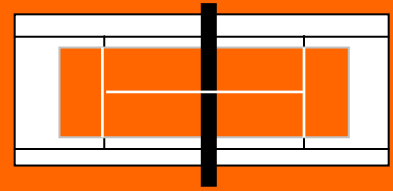




DRAW B

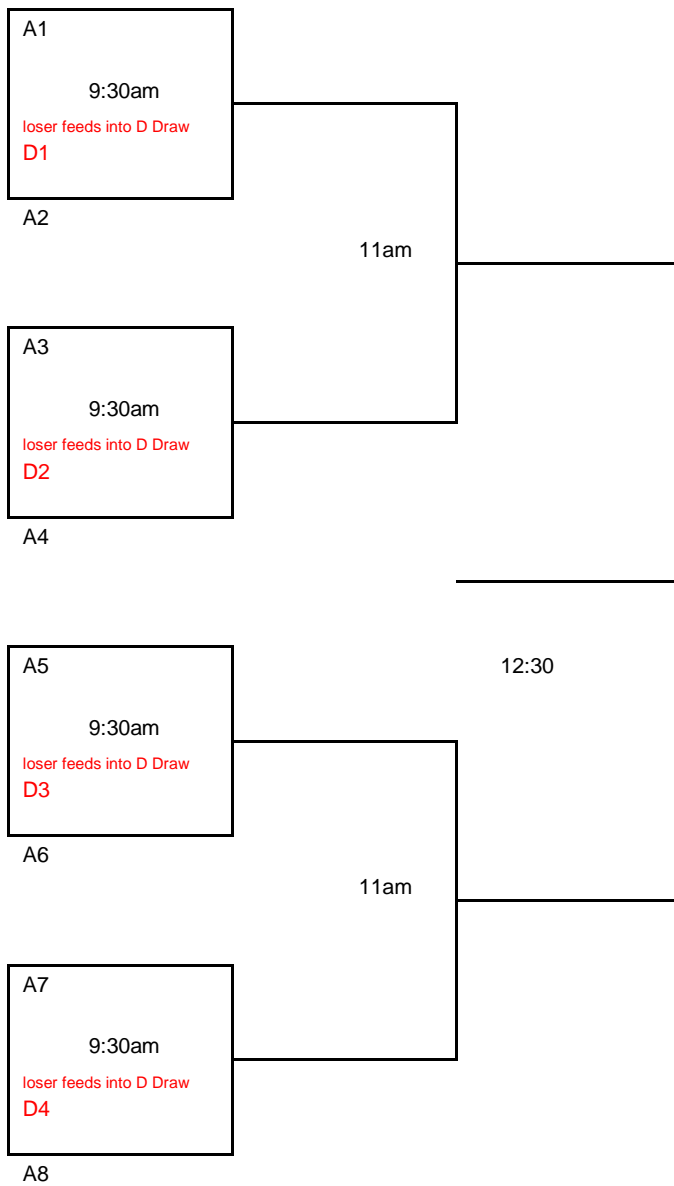
* 2nd Round losers from Draw A

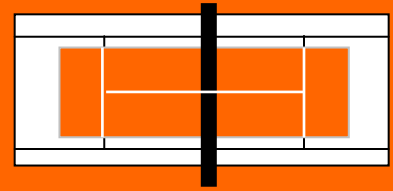




DRAW C

* 1st Round losers from Draw A





DRAW D

* 1st Round losers from Draw C

