

Learn to Play

The Learn to Play Program is designed to build a solid foundation for future success and promote enjoyment and improvement. It is a resource for instructors, programmers and play leaders to deliver effective lessons suited for this stage of development.

Learn to Play Videos

[Learn To Play Written Curriculum](#)

[Introduction](#)

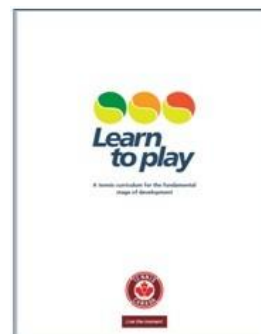
[Curriculum Structure](#)

[Fundamental Teaching](#)

[Points](#)

[How to make Activities Less & More Challenging](#)

[Main Warm Up Video](#)



I Can Rally Activities

- [P1 Throw Rally](#)
- [P2 Throw Crosscourt & Down the Line](#)
- [P3 Floor Rally in the Alley](#)
- [P4 Floor Rally with Recovery](#)
- [P5 Self Rally](#)
- [P6 Feed, Hit & Catch](#)
- [P7 Feed & Rally](#)
- [P8 Groundstroke Feed & Control](#)
- [P9 Groundstroke Rally with Self Rally](#)
- [P10 Rally Crosscourt](#)

I Can Start a Point Activities

- [P11 Sky Ball](#)
- [P12 Flying Target](#)
- [P13 Underhand Serve & Return](#)
- [P14 Climb Serve Mountain](#)
- [P15 Overhead Serve & Return Teams](#)
- [P16 Overhead Serve & Return Crosscourt](#)
- [P17 Overhead Serve to Targets](#)

I Can Play Net Activities

- [P18 Catch Ball](#)
- [P19 Self Volley Keep Ups](#)
- [P20 Throw to Volley](#)
- [P21 Groundstroke to Volley](#)
- [P22 Approach Shot & Volley](#)
- [P23 Lob & Overhead](#)
- [P24 Approach shot & Play Net](#)

I Can Play Points Activities

- [G1 Throw Tennis](#)
- [G2 Floor Tennis](#)
- [G3 Skill Olympics](#)
- [G4 Rally Ball](#)
- [G5 Team Cones](#)
- [G6 Stop Tennis](#)
- [G7 Tag Team Tennis](#)
- [G8 Up & Down](#)
- [G9 No Ad Game](#)
- [G10 Doubles Tennis](#)

