



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



# 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.) <b>"Stop Tennis"</b>	Court Clean-up  Summarize & encourage (5 min.)
			"I Can Play the Net" Practice Activity P18 (10 min.) <b>"Catch Ball"</b>	
			"I Can Play the Net" Practice Activity P19 (10 min.) <b>"Grip Flip"</b>	
			"I Can Play the Net" Practice Activity P20 (10 min.) <b>"Throw to Volley"</b>	
			"I Can Play Points" Play Activity G6 (10 min.) <b>"Stop Tennis"</b> 	
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.) <b>"Team Cones"</b>	Court Clean-up  Summarize & encourage (5 min.)
			"I Can Rally" Practice Activity P8( 10 min.) <b>"Groundstroke Rally"</b>	
			"I Can Start a Point" Practice Activity P12 (10 min.) <b>"Flying Target"</b>	
			"I Can Play the Net" Practice Activity P21 (10 min.) <b>"Groundstroke to Volley"</b>	
			"I Can Play Points" Play Activity G6 (10 min.) <b>"Stop Tennis"</b> 	
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.) <b>"Team Cones"</b>	Court Clean-up  Summarize & encourage (5 min.)  Distribute Certificates of Achievement if applicable
			"I Can Rally" Practice Activity P2 (10 min.) <b>"Throw Crosscourts &amp; Lines"</b>	
			"I Can Rally" Practice Activity P8( 10 min.) <b>"Groundstroke Rally"</b>	
			"I Can Start a Point" Practice Activity P14 (10 min.) <b>"Climb Serve Mountain"</b>	
			"I Can Play Points" Play Activity G5 (10 min.) <b>"Team Cones"</b> 	



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



# ORANGE 2 (6 X 1.5 HR. Lessons)

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