



Learn to play

**A tennis curriculum for the fundamental
stage of development**



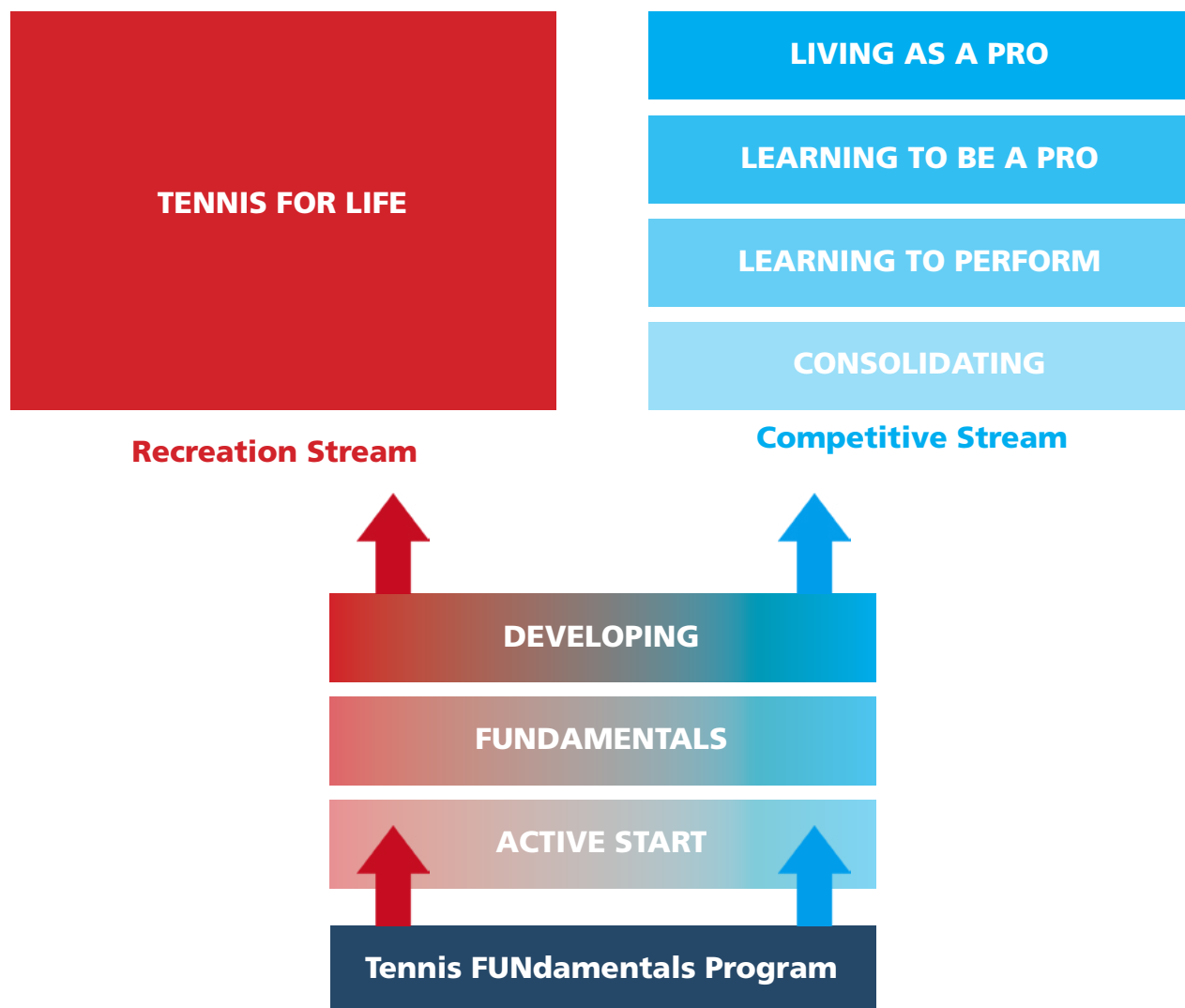


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Tennis Canada has developed a Long-term athlete development pathway (LTAD) for players. It progresses through 7 steps from a player's first exposure to the sport, to being a professional player.

Partway through the development, the path splits and players can choose a more "High Performance" stream or, continue to enjoy and improve in the "Tennis for Life" stream.



Most starter lessons fit into the "fundamentals" stage. This stage happens anywhere people are introduced to the game: in parks, at community courts and school gyms.

The fundamentals 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.

PROGRESSIVE TENNIS

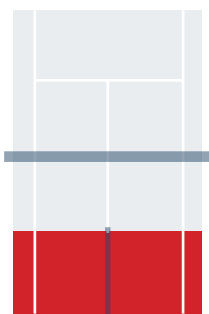


Progressive Tennis uses a system of modified courts, racquets and balls scaled to maximize learning for different levels and/or age groups. Just like many other sports (e.g. Mini-soccer, T-Ball, etc.), scaling the game down to the size of the child speeds up the learning process and makes the game more fun.

The colour coded system is fully endorsed by the International Tennis Federation and has been adopted by the majority of countries world-wide.

Adults and wheelchair players can also benefit greatly from mastering skills with the smaller court and low-compression balls and build their skills to full court.

SYSTEM BASICS

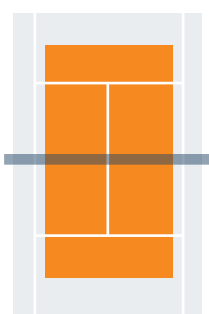


RED TENNIS COURT:

(6+ year olds)
Net height: 80 cm (31.5 inches)
Length: 11 m (36 feet)
Width: Singles: 5.5 m (18 feet)

Racquet: BALL:

19 or 21 inch (depending on player size)
Oversize Foam ball or oversized low-compression felt ball

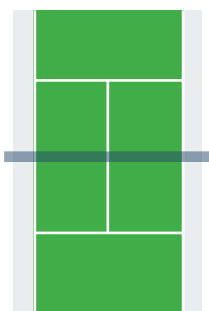


ORANGE TENNIS COURT:

(8+ year olds)
Net height: 80 cm (31.5 inches)
Length: 18 m (60 feet)
Width: Singles: 6.40 m (21 feet) Doubles: 8.20 m (27 feet)

Racquet: BALL:

23 or 25 inch (depending on player size)
Low Compression ball



GREEN TENNIS COURT:

Full-Court Transition (10+ year olds & adults)
Net height: 91.9 cm (3 feet)
Length: 23.77 m (78 feet)
Width: Singles: 8.20 m (27 feet) Doubles: 11 m (36 feet)

Racquet: BALL:

25 or 26 inch (depending on player size)
Transition ball



STRUCTURE OF CURRICULUM



The learn to play Program identifies 4 skill sets required to play tennis successfully. These are called the “I Can” skill sets.

These skill sets all follow the Progressive Tennis system. Each colour coded stage of development has 2 levels of achievement.



In addition to the 4 **“I Can”** skill sets, players are also exposed to **“I am a Good Sport”** behaviours. These include:

- Hug the racquet when the Instructor is talking
- Cooperate with a partner
- Pick up balls quickly
- Shake hands after each game
- Keep score out loud
- Make clear and fair line calls
- Compliment an opponent after a good shot



CREATING LESSONS

Various durations of lessons can be created (e.g. 1 hour, 1.5 hours, 2 hour camp, etc.) as needed by adding together PLAY-PRACTICE-PLAY Activities. A full menu of activities is provided. In addition, a “Lesson Planner” which follows these steps is included in this curriculum.

The basic lesson structure unfolds in 4 steps:

1

MEET & GREET

Instructor sets the tone for the lesson with personal contact.

2

WARM-UP

Instructor leads players to physically prepare for the lesson.

3

PLAY-PRACTICE-PLAY

Instructor organizes play and then runs practice activities to improve play. After the practice activity the instructor should finish the lesson by a play activity.

4

WRAP-UP

Instructor summarizes learning and encourages practice outside of lesson time.

PLAY-PRACTICE-PLAY STEP

The “I Can” skill sets are developed in Lesson step #3 (PLAY-PRACTICE-PLAY). This step always starts with a Play Activity (“I Can Play Points”). Lessons should end with an “I Can Play Points” Activity as well.

Play is the first order of business after the WRAP-UP. Rather than taking the traditional path of “technique first”, we are going to take advantage of the fun of playing tennis by using it as a motivational driver so players enjoy their experience.

CREATING LESSONS



Any Instructor with experience knows the most asked question in a junior lesson is, **“When can we play?” In this program, the answer is “Now!”**

After the Play Activity, the lesson moves into Practice Activities with skills from each of the “I Can” skill sets. After the practice activity the instructor should finish the lesson with a play activity.

3

PLAY-PRACTICE-PLAY

Instructor organizes play and then runs practice activities to improve play.

PLAY

“I Can Play Points”

Learning to play is the goal of the lessons. Play is also the time where Instructors should observe and evaluate the skills of the players.

PRACTICE

“I Can Rally”

PRACTICE

“I Can Start the Point”

PRACTICE

“I Can Play Net”

PLAY

“I Can Play Points”

The second portion of play is a good opportunity for instructors to evaluate and give feedback about the skill that was practiced in the activity.

Technique will still play a critical role in the learning process; however, it will be used in a relevant way to answer the question, “How can I play better?” Tennis learned this way will capture the fun of playing soccer or hockey and avoid tennis lessons being like the old cliché of taking poor violin lessons.

Play Activities should be run for 15-20 minutes (depending on the duration of the lesson). Practice Activities are run for 8-12 minutes depending on the duration of the lesson and the average age of the participants. **The rule of thumb is to only run a Practice Activity 2 minutes over the average age of the participants.** For example, if the average age is 7, the activity should run for no more than 9 minutes. For planning purposes, Practice Activities are averaged for a 10 minute duration.



PROGRAM DESCRIPTIONS

Most recreation departments or clubs have a program guide which comes out for the Spring and Summer. A sample of a program and descriptions are included to show how a summer could be organized:

TENNIS LESSONS ■ ■ ■

All our lessons use the "Progressive Tennis" system of modified courts and balls designed for the age and/or skill level of the players. Scale appropriate learning is used by many other sports (e.g. T-Ball, Mini-soccer, etc.). Tennis is learned faster and easier through this system.

RED LEVEL 1 (6+ 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+ 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.

ORANGE LEVEL 1 (8+ 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 (8+ 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. "I am a Good Sport" behaviours are reinforced.

GREEN LEVEL 1.0 (10+ 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 (10+ 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.

PROGRAM DESCRIPTIONS

PROGRAM DURATIONS

Depending on the needs and constraints of the recreation department or facility, programs can run for various durations and time. These are the recommended durations:

Weekly programs:

RED LEVEL 1 & 2

- 1-2 lessons per week
- 1 hr lesson (length per lesson)
- 6 lessons total

ORANGE LEVEL 1 & 2/GREEN LEVEL 1.0 & 1.5

- 1-2 lessons per week
- 1.5 hr lesson (length per lesson)
- 6 lessons total

One week camps:

RED LEVEL 1 & 2

- 4 days per week (e.g., Mon-Thurs with Friday being a possible make-up day in case of rain. For indoor facilities, Friday can be included as a "Competition day")
- 2 hrs of lesson per day

ORANGE LEVEL 1 & 2/GREEN LEVEL 1.0 & 1.5

- 4 days per week (e.g., Mon-Thurs with Friday being a possible make-up day in case of rain. For indoor facilities, Friday can be included as a "Competition day")
- 2-3 hrs of lesson per day

TENNIS LEAGUES

More and more league play is becoming a staple in the tennis community and this is no different for kids. Playing league tennis will make "traditional lessons" more enjoyable for youngsters, help motivate youngsters to continue participating in the game and potentially enjoying the benefits of tennis for life. Tennis leagues adopt many of the positive aspects of other successful "minor sports" in Canada including:

1. Developing a team concept versus individual play
2. Playing shortly after learning basic skills
3. Using modified scoring, playing field and equipment
4. Providing a competitive format with weekly matches

It is important that leagues have a minimum of 20 participants to ensure a healthy competitive schedule where kids score points for their team by playing doubles and singles matches every week. The program culminates in an end of season banquet where players and teams are recognized for their efforts throughout the season. Leagues can be set up for all age groups including the following:

RED BALL LEAGUE (6+ yrs)

Pre-requisite: Red level 2

ORANGE BALL LEAGUE (8+ yrs)

Pre-requisite: Orange level 1

GREEN BALL LEAGUE (Youth/Teen) (11-15 yrs)

Pre-requisite: Green level 1

GREEN BALL LEAGUE (Teen/Adult)

Pre-requisite: Green level 1

PROGRAM DESCRIPTIONS



COMBINING LEVELS

In some situations, there will not be enough participants to separate levels. The 6-8 year olds do need to be separated because of development issues. 9-12 year olds can be grouped together for lessons and leagues. The Instructor would use the Green Lesson plans for the combined group and adapt the activities by altering the size of the court (red, orange and green) for the level of the players.

PROGRAM REQUIREMENTS

The following equipment is required to implement all the lessons:

- One 50 ball basket of Red Balls
- One 50 ball basket of Orange Balls
- One 50 ball basket of Green Balls
- 4 mini nets (or rope and chairs)
- 12 drop-down lines

ADVANCING LEVELS

Just like in other sports (e.g., swimming, figure skating, etc.) it is most effective to not move players into a higher level unless they have achieved the appropriate skill competencies. The Red and Orange levels of this program include Certificates of Achievement.

Typically, players will need to repeat a level 2-3 times before advancing. When repeating a level, it is important Instructors stress the importance of gaining competence and development instead of giving the impression that players have “failed”.

COURT SET-UP OPTIONS



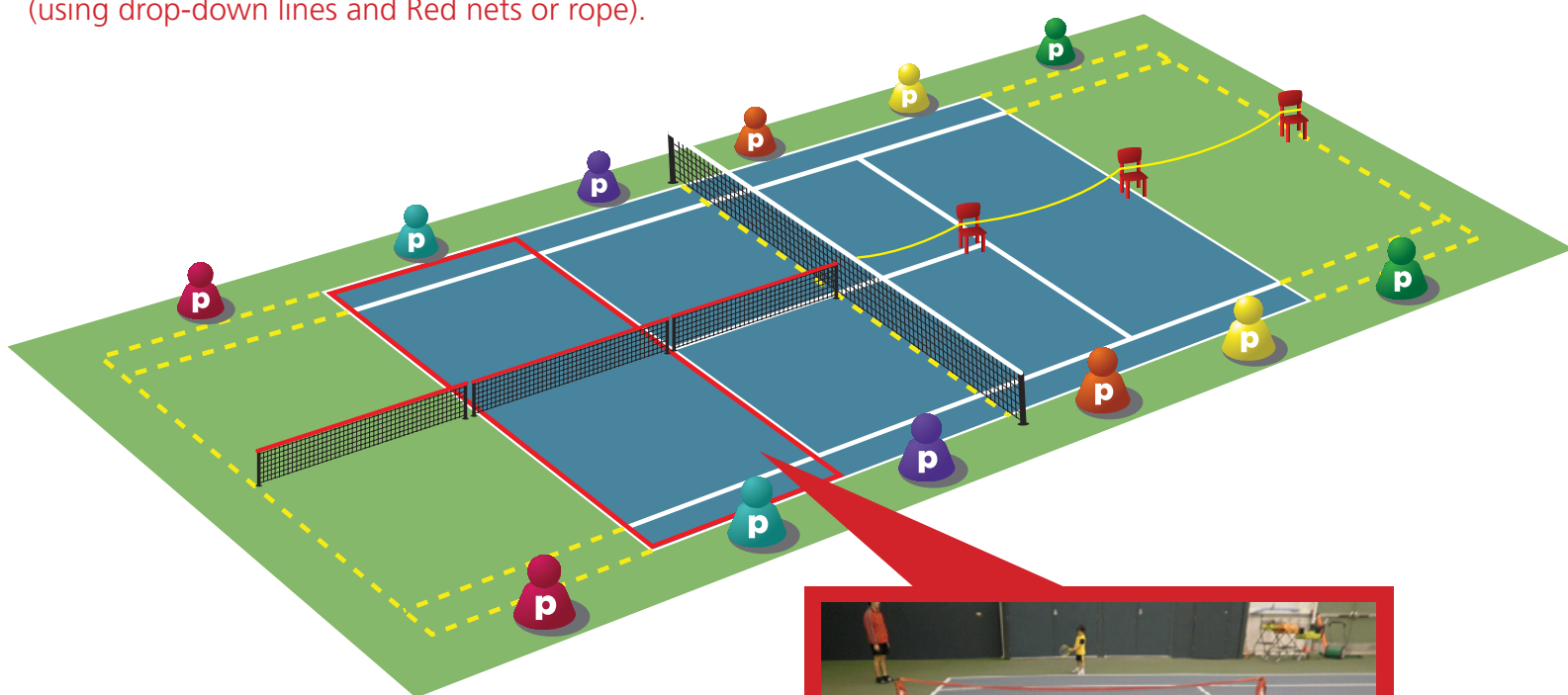
RED COURT OPTIONS

In many park programs, there are constraints that required different court set-ups. There are a number of configurations that can be used for Red Tennis.

SIDEWAYS (1-6 COURTS)

Playing sideways across the court is the “official” set-up for Red Tennis. Up to 6 courts can be created (using drop-down lines and Red nets or rope).

To make nets for Red courts, a rope can be tied from the regulation net to the fence with chairs to prop it up.



RED COURT DIMENSIONS

Each Red court is 36 feet long (11 m) (regulation court doubles sideline to doubles sideline) and 18 feet wide (5.5 m).



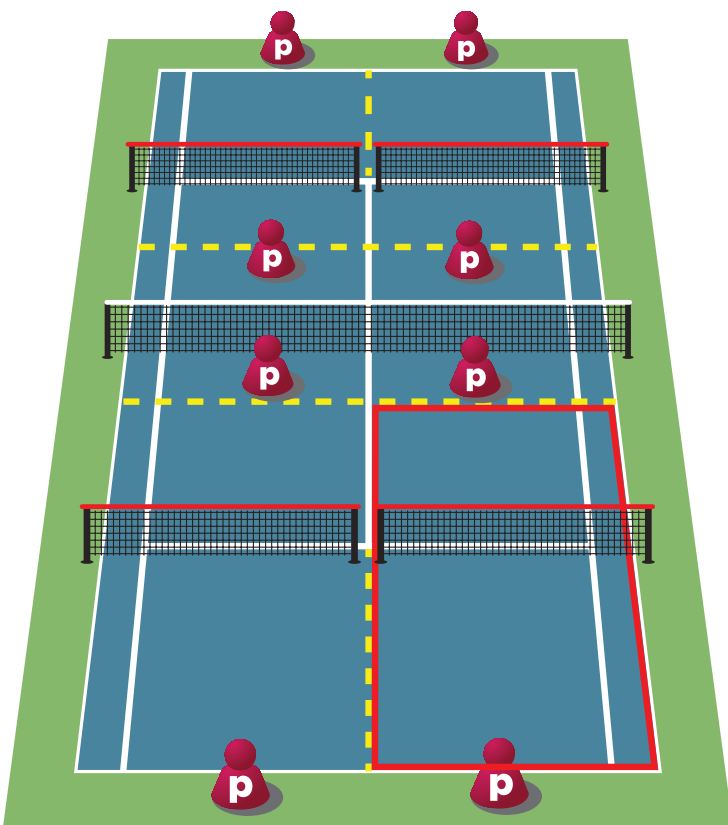
COURT SET-UP OPTIONS

RED COURT "LOW-BUDGET" OPTIONS

If there are limited Red nets and drop-down-lines (or supplies are not available at all), and playing sideways is not an option (because it is too disturbing for adjacent courts), Red courts can be created lengthwise as in the picture below. Red nets parallel to the regulation net.

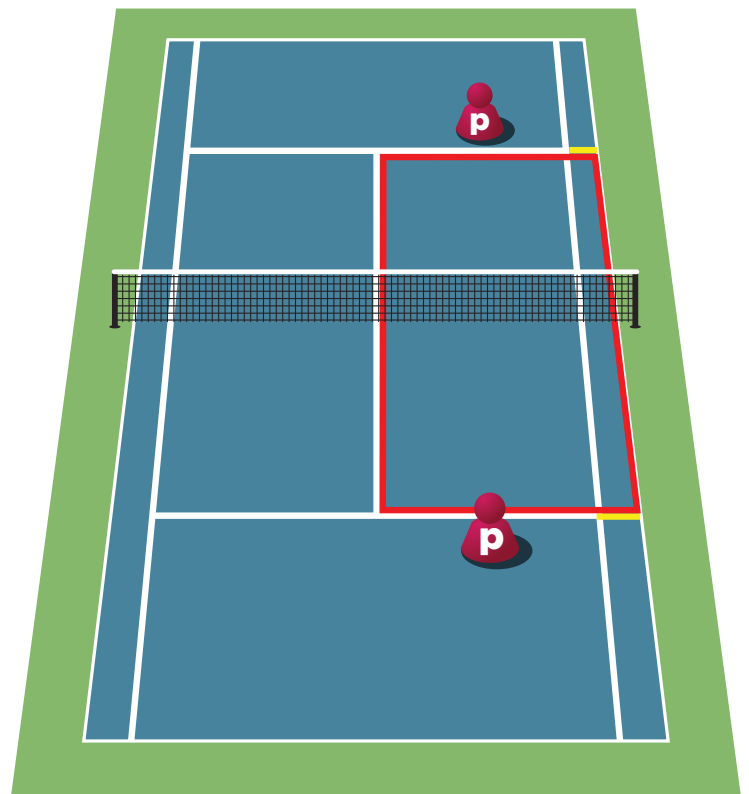
LENGTHWISE (1-4 COURTS)

Four Red courts can be set-up to play lengthwise on the court. Red nets and drop-down lines are required.



SERVICELINE TO SERVICELINE (1-2 COURTS)

If no drop-down lines and Red nets are available, 2 Red courts can be set-up using the regulation net and playing serviceline to serviceline.



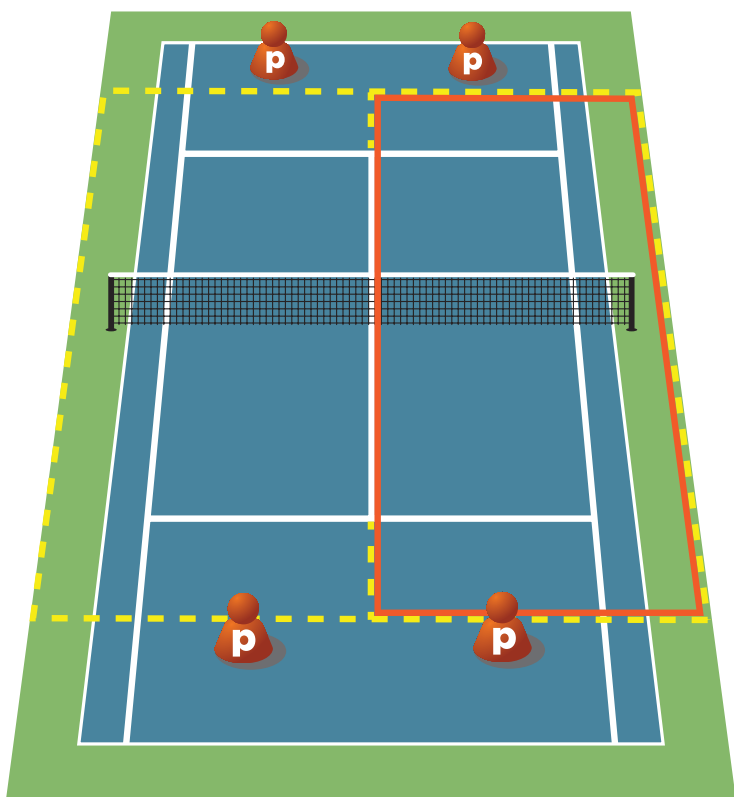
COURT SET-UP OPTIONS

ORANGE COURT OPTIONS

For Orange $\frac{3}{4}$ Court tennis, there are a number of options available. The main priority is to create the Orange court baseline.

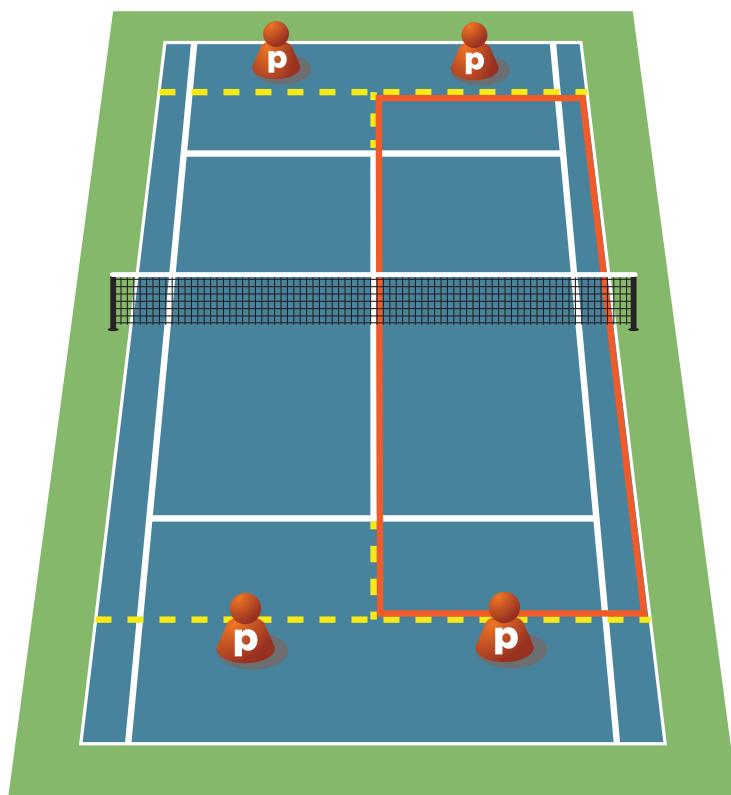
2 ORANGE $\frac{3}{4}$ COURTS

2 Orange $\frac{3}{4}$ Courts can be created on 1 regulation court. To make a full width $\frac{3}{4}$ court, the sidelines are placed just on the outside of the net post.



NARROW OPTION

If there are limited drop down lines available, it is acceptable to use $\frac{1}{2}$ width of the regulation court.





WARM-UP ACTIVITIES

WARM-UP Activities

The warm-up for starter players fulfills a number of functions:

- Develops a good habit of physically preparing for play
- Increases body temperature to reduce injury risk
- Builds coordination

For starter players, the warm-ups should also be fun and active. The Learn to Play program includes a number of warm-up activities:

Court Parts:

In this activity, the Instructor gets players to place their foot on various parts of the court. The Instructor uses this activity to introduce players to the geography of the court. Once players get to know the various parts, the Instructor calls a part and players jog to it.

Shadow Strokes:

Players run along the various lines of the court doing specific footwork (run or side shuffle) and performing strokes (forehand & backhand groundstrokes, volleys, overheads).

Throw/Track/Catch/Coordination:

Players can improve coordination by tossing the ball back and forth while side-shuffling along a line. Various actions are performed to keep the activity challenging.

Tag Games:

Tag games allow players to warm-up and introduce an element of competition.

Clean your Room:

Overhead throwing game. Players are divided into two equal teams on each end of the court. Every player start with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

For a video of these activities [click here](#).

MENU OF PLAY & PRACTICE ACTIVITIES

☰ DIRECT LINK

▶ VIDEO

"I CAN RALLY"

"I CAN START A POINT"

"I CAN PLAY NET"

"I CAN PLAY POINTS"

Activity P1:
Throw Rally



Activity P11:
Sky Ball



Activity P18:
Catch Ball



Activity G1:
Throw Tennis



Activity P2:
Throw Crosscourt
& Down the line



Activity P12:
Flying Target



Activity P19:
Self Volley Keep Ups



Activity G2:
Floor Tennis



Activity P3:
Floor Rally
in the Alley



Activity P13:
Underhand Serve
& Return



Activity P20:
Throw to Volley



Activity G3:
Skill Olympics



Activity P4:
Floor Rally
with Recovery



Activity P14:
Climb Serve Mountain



Activity P21:
Groundstroke to Volley



Activity G4:
Rally Ball



Activity P5:
Self Rally



Activity P15:
Overhead Serve
& Return Teams



Activity P22:
Approach Shot & Volley



Activity G5:
Team Cones



Activity P6:
Feed, Hit & Catch



Activity P16:
Overhead Serve
& Return Crosscourt



Activity P23:
Lob & Overhead



Activity G6:
Stop Tennis



Activity P7:
Feed & Rally



Activity P17:
Overhead Serve to Target



Activity P24:
Approach shot & Play Net



Activity G7:
Tag Team Tennis



Activity P8:
Groundstroke Feed
& Control



Activity G8:
Up & Down



Activity P9:
Groundstroke Rally
with Self Rally



Activity G9:
No Ad Game



Activity P10:
Rally Crosscourt



Activity G10:
Doubles Tennis



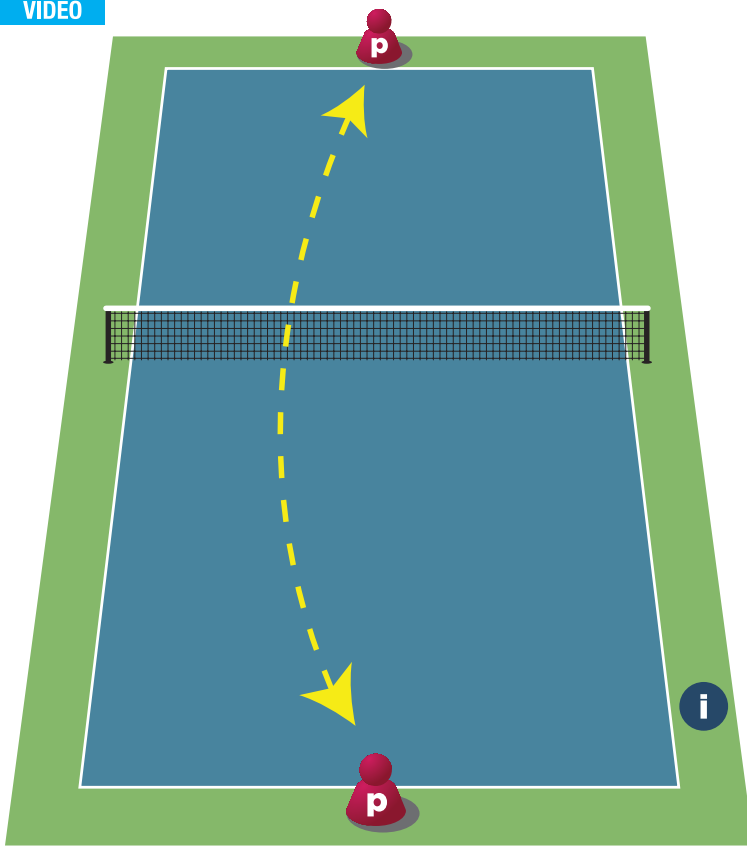


***Learn
to play***

I CAN RALLY

Throw Rally

VIDEO

**TACTIC:**

Keeping the ball in play longer than the opponent through consistency.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth either cross-court or down the line. Team with the longest rally wins. The rally is over when:

- The ball bounces twice before a player catches it.
- The ball goes out of the designated play area or in the net.
- A player catches the ball in the air (doesn't let it bounce).

Fundamental Teaching Points:

1. Players must **recover** to a marker placed in the appropriate recovery position ("Home base").
2. Players must throw and catch the ball in a **sideways position**.

LESS CHALLENGING:

1. Decrease the size of the playing area.
2. Allow players to stand on the same side of the net.
3. Allow more than one bounce before player catches the ball.

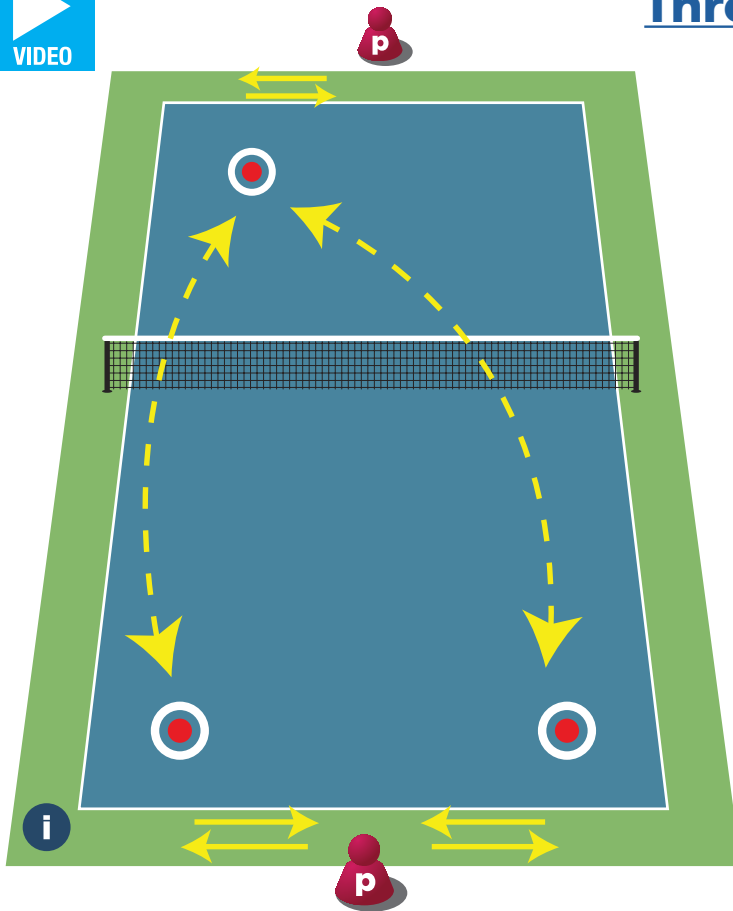
MORE CHALLENGING:

1. Increase the size of the playing area.
2. Throw and catch with dominant and non-dominant hand.

Throw Cross Court & Down the Line



VIDEO



TACTIC:

Playing the ball crosscourt and down the line to move the opponent.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth to each other. One player starts by throwing the ball cross-court then down the line. The other player always throws the ball back to the same corner. The rally is over when:

- The ball bounces twice before a player catches it.
- The ball goes out of the designated play area or in the net.
- A player catches the ball in the air (doesn't let it bounce)
- A player forgets to change direction.

Fundamental Teaching Points:

1. Players must **recover** to a marker placed in the appropriate recovery position ("Home base").
2. Players must throw and catch the ball in a **sideways position**.

LESS CHALLENGING:

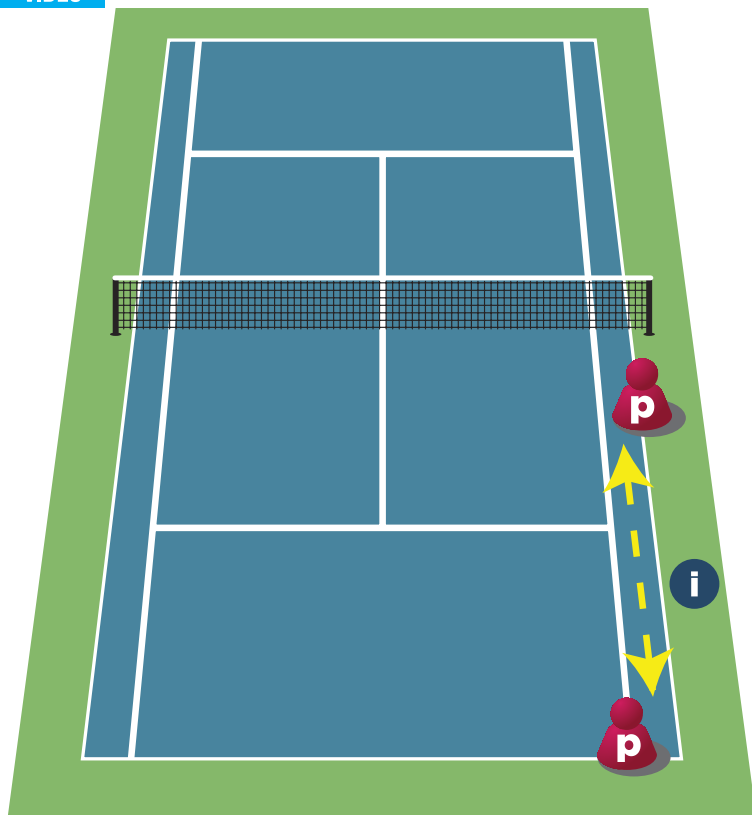
1. Decrease the size of the playing area.
2. Allow players to stand on the same side of the net.
3. Allow more than one bounce before player catches the ball.

MORE CHALLENGING:

1. Increase the size of the playing area.
2. Throw and catch with dominant and non-dominant hand.



VIDEO



Floor Rally in the Alley

TACTIC:

Keeping the ball in play through control.

ACTIVITY:

Players in pairs cooperatively **push the ball** back and fourth in between the doubles and singles line. Player receiving the ball must stop it before pushing it back. To gain one point players must keep the ball on the ground and the ball must not go out of the doubles alley. Play to a designated number of points. Make sure to practice the backhand side.

Fundamental Teaching Points:

1. Players must use a continental **grip**.
2. Players start from a ready position turning **sideways** when receiving and sending the ball.
3. Players push the ball with their racquet **strings pointing towards their target**.
4. Players stop and send the ball **in front of their front foot** while placing both feet on either the singles or doubles line.

LESS CHALLENGING:

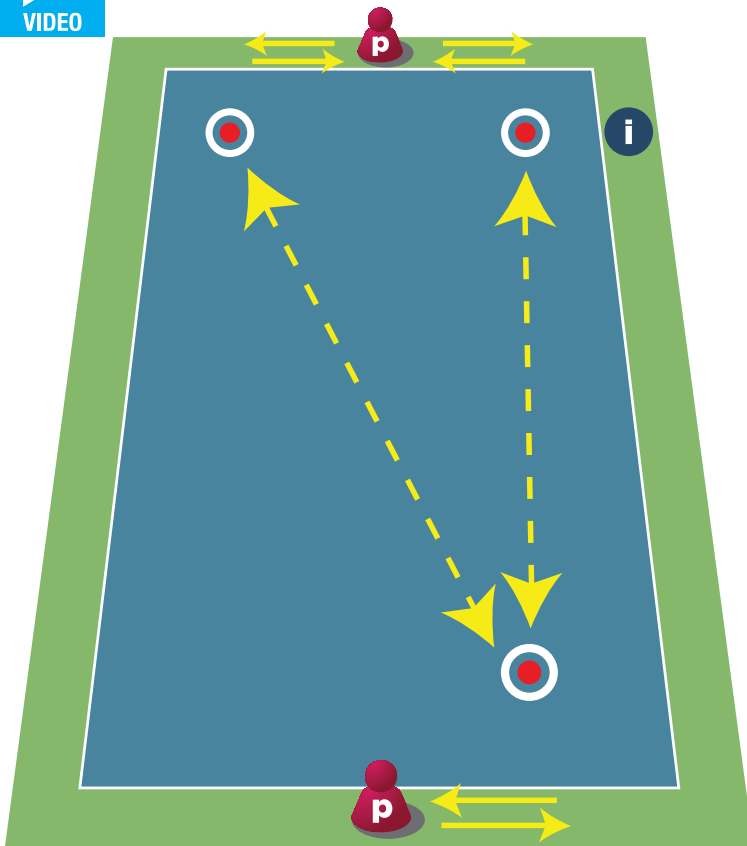
1. Allow players to send ball by using forehand or backhand only.
2. Make the playing area shorter.

MORE CHALLENGING:

1. Allow players to alternate between forehand and backhand.
2. Allow players to push the ball without stopping.



VIDEO



Floor Rally with Recovery

TACTIC:

Moving the opponent around by placing the ball crosscourt and down the line.

ACTIVITY:

Using the red court area players stand at home base (recovery) with one player **pushing the ball cross-court** then down the line while the other player always pushes back to the same corner. Players **continuously exchange the ball along the ground**. The rally is over if the ball goes out of the playing area or bounces off the ground. Players with the longest rally win.

Fundamental Teaching Points:

1. Players must always **recover** using shuffle steps back to center after pushing the ball.
2. Ensure players are **set up sideways** when projecting and receiving the ball.
3. Ensure players are **contacting** the ball in front of the leading foot with the **racquet facing target**.

LESS CHALLENGING:

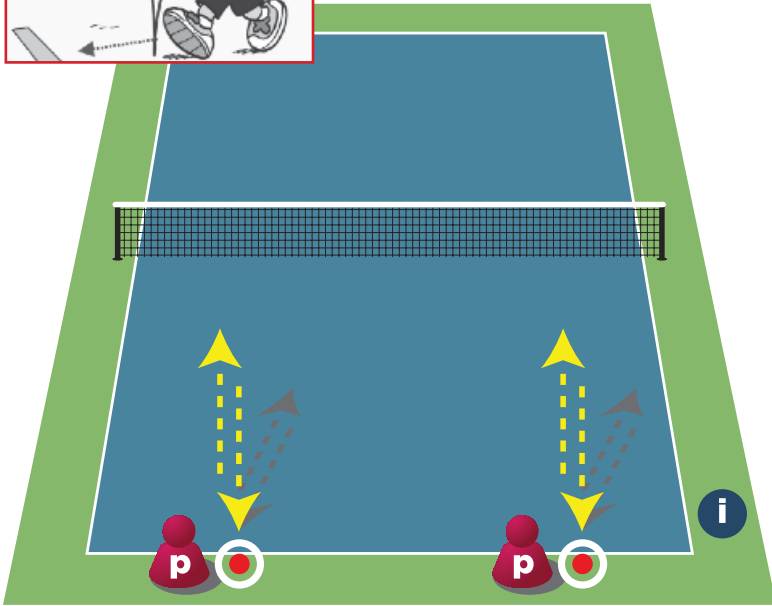
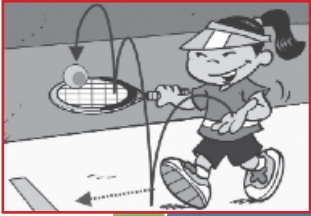
1. Allow players to push down the line or only crosscourt.
2. Allow players to stop the ball before pushing.

MORE CHALLENGING:

1. One player pushes crosscourt while the other player always pushes down the line.
2. Increase the number of passes in a specified time (e.g. 2 minutes).

Self Rally

VIDEO

**TACTIC:**

Controlling the ball to improve consistency.

ACTIVITY:

Players start in positions as if they were rallying. Each player performs a forehand **self rally** by gently hitting the ball just above head height and to a target on the ground. Players must self rally continuously for 5 times to get a point. No point is awarded if the player:

- Lets the ball bounce more than once.
- Does not send to head height or above.

Play the game to a designated number of points and make sure to practice the activity from the backhand side.

Fundamental Teaching Points:

1. Ensure players have continental **grip**.
2. When receiving and projecting the ball ensure players are **set up sideways** to the net.
3. Ensure players **impact the ball at waist height, out in front at comfortable distance from the body**.

LESS CHALLENGING:

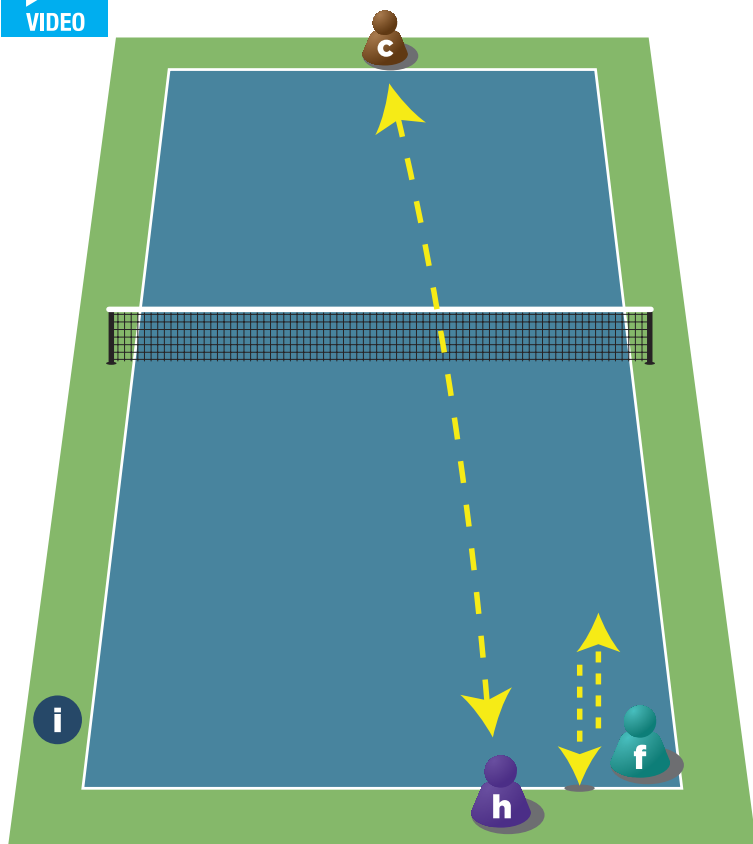
1. Use a bigger target (doubles alley, service box).
2. Reduce the number of rallies needed to win a point.

MORE CHALLENGING:

1. Use backhand only.
2. Alternate one forehand and one backhand.
3. Win a point only if they hit the target on the ground.



VIDEO



Feed, Hit & Catch

TACTIC:

Keeping the ball in play and gaining advantage through consistency.

ACTIVITY:

Players are divided into teams of three players (**feeder, hitter, catcher**). Feeder and hitter start at the same home base on the same side of the net. Feeder starts by tossing the ball underhand gently to their partner who hits a forehand over the net toward the playing area of the catcher. Every time the catcher succeeds in catching the ball after one bounce the team wins a point. Team with the longest rally wins. Make sure players alternate roles. The rally is over when:

- Catcher unable to catch the ball after one bounce (double bounce).
- Ball goes outside of the designated play area or in the net.

Note: This activity can be done in pairs (feeder & hitter) when more courts are available or with less number of players. Players gain points by sending the ball to a specific area.

Fundamental Teaching Points:

1. Introduce forehand and backhand **grip**.
2. Hitter must send the ball in a **sideways set up position**.
3. Players must **recover** to home base after every shot.
4. Player **impact the ball at waist height, out in front at a comfortable distance from the body**.

LESS CHALLENGING:

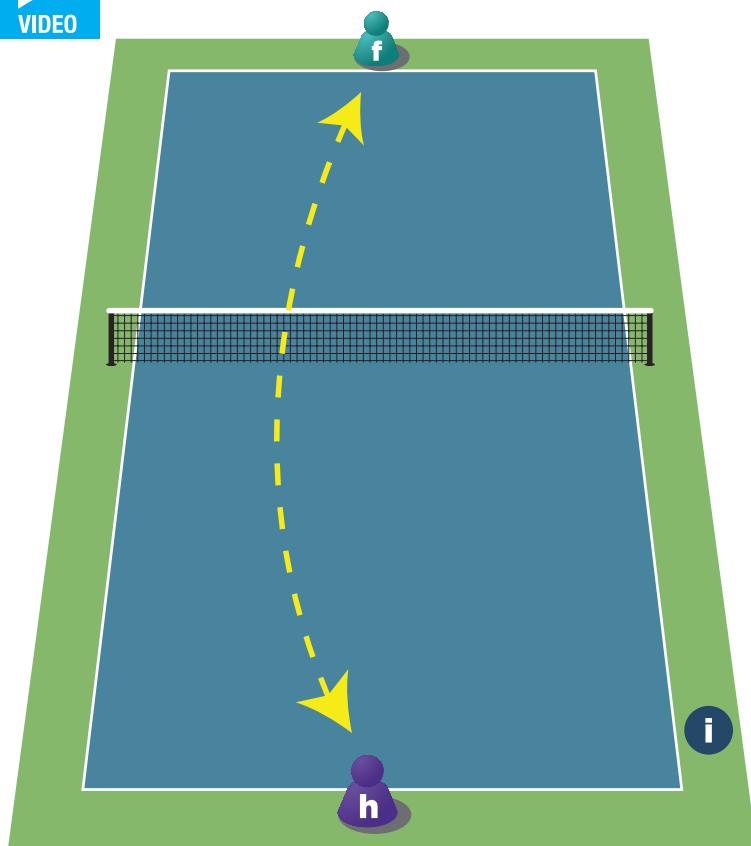
1. Allow hitter to self-rally before sending ball from a sideways set up position.
2. Allow catcher to catch the ball with two hands.
3. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Use backhand only.
2. Alternate one forehand and one backhand.
2. Catcher uses non dominant hand.

Feed & Rally

VIDEO

**TACTIC:**

Keeping the ball in play through consistent rallying.

ACTIVITY:

Players in pairs starting at opposite sides of the net. One player is the “**feeder**” and cooperatively **throws underhand** to a partner **hitting** forehand back to the feeder. Every time the feeder catches the ball the team wins one point. The team with the most rallies in a certain time (e.g. 2 minutes) wins. Make sure players alternate roles.

Fundamental Teaching Points:

1. Hitter must receive and send the ball in a **sideways** set up position.
2. Players must **recover** to home base after every shot using shuffle steps.
3. Ensure proper **grips** and **impact point** at a comfortable distance of body.

LESS CHALLENGING:

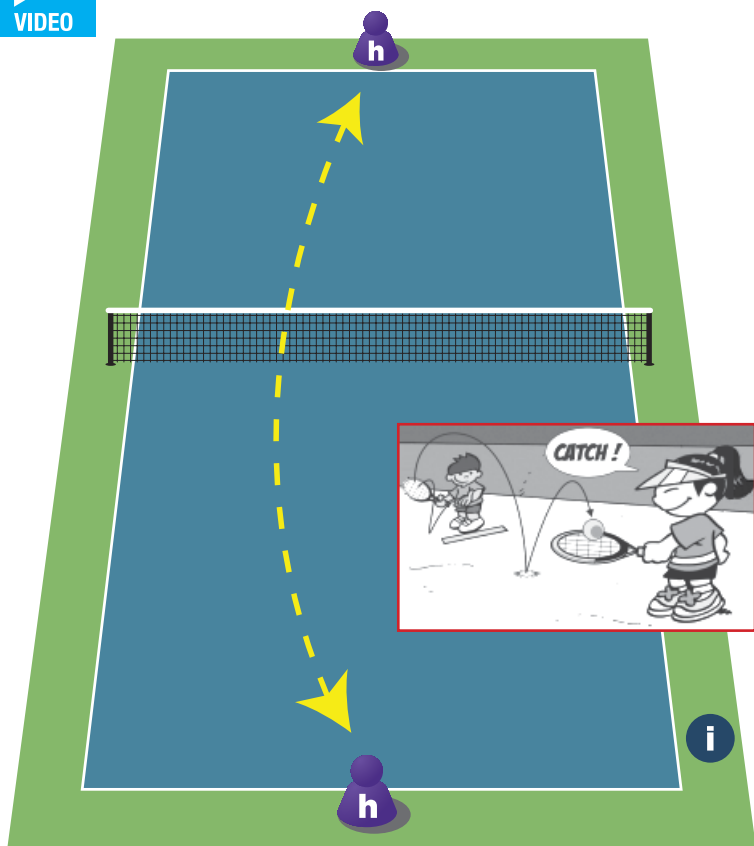
1. Allow players to stand closer to the net.
2. Allow hitter to self-rally before sending ball.
3. Allow feeder to use both hands to catch the ball.

MORE CHALLENGING:

1. Feeder to feed ball with a racquet.
2. Alternate forehand and backhand.
3. Use backhand only.



VIDEO



Groundstroke Feed & Control

TACTIC:

Keeping the ball in play through coordination and consistency.

ACTIVITY:

Players in pairs cooperatively **share a ball using a forehand groundstroke**. One player starts by dropping and hitting the ball over the net towards their partner's play area. Player receiving the ball must **catch (trap)** the ball on the racquet before dropping and hitting it back to their partner. This counts as one sequence and gains the team one point.

Fundamental Teaching Points:

1. Ensure players have proper **grip**.
2. Ensure players catch and **impact point** is out in front and body in sideways set up position.
3. Ensure racquet is **facing target**.
4. Players must **recover** to home base after every shot.

LESS CHALLENGING:

1. Allow the players to catch the ball using hand only.
2. Allow players to self rally before hitting the ball.
3. Allow player to block the ball with the racquet and catch the ball.
4. Allow players to stand closer to the net.

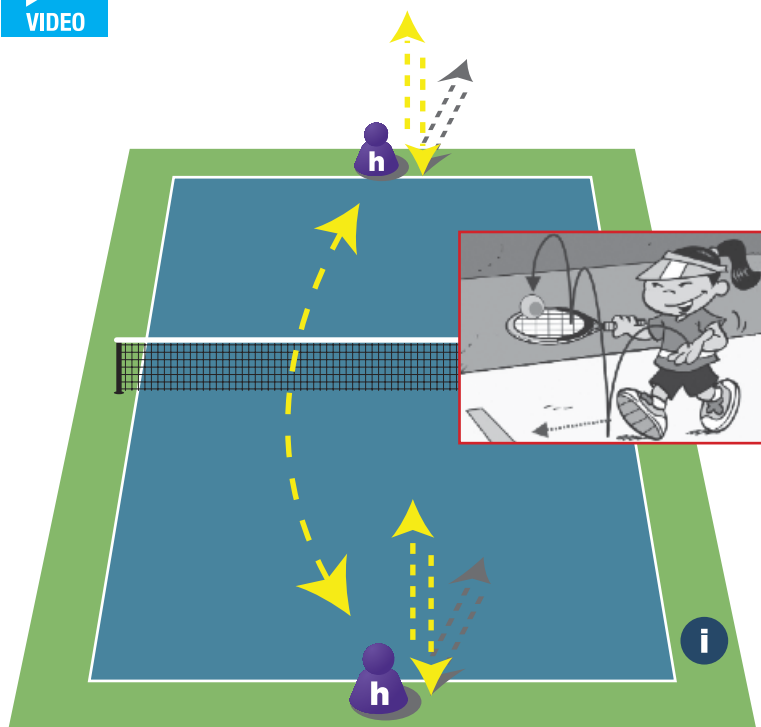
MORE CHALLENGING:

1. Catch the ball using the racquet only.
2. Use backhand only.
3. Alternate forehand and backhand.

Groundstroke Rally with Self Rally



VIDEO



TACTIC:

Keeping the ball in play through consistency.

ACTIVITY:

Players in pairs **cooperatively share** a ball. Player must self rally before **hitting a forehand** groundstroke to their partner. The rally is over when:

- Player unable to racquet touch the ball after one bounce (double bounce).
- The ball lands outside the court lines after being sent over the net.

Players count number of forehands in 2 minute.

Fundamental Teaching Points:

1. Ensure players **impact ball** at waist level, **out in front** of leading foot at a comfortable distance from body.
2. Ensure the racquet is **facing target**.
3. Ensure players are **set up sideways** before sending and receiving the ball.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to increase the number of self rallies.

MORE CHALLENGING:

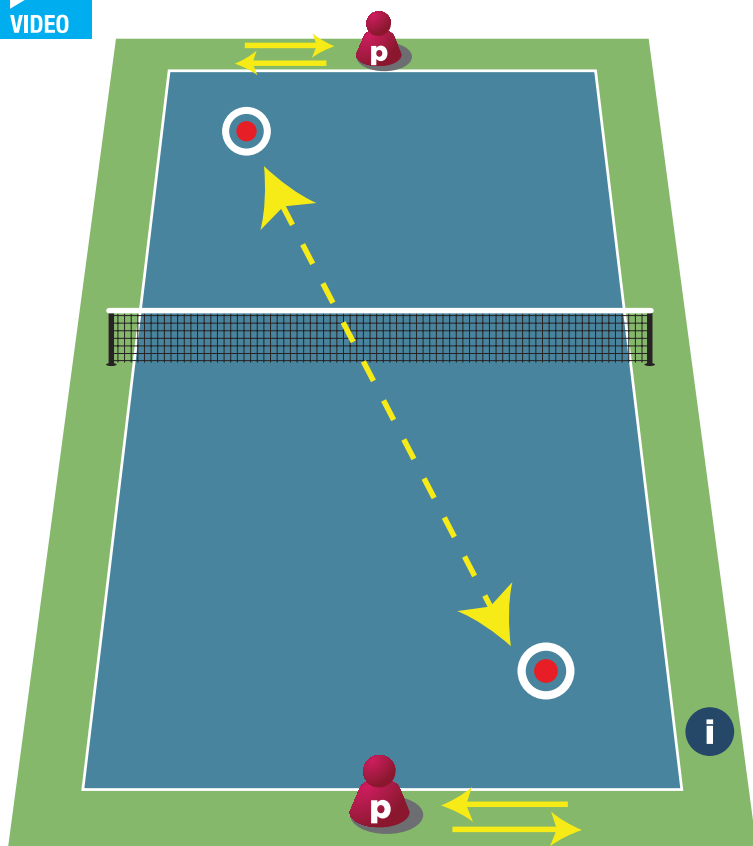
1. Reduce the number of self rallies until eventually no self rallies.
2. Use backhand only.
3. Send the ball with a higher trajectory (hold a racquet over the net as a guide).
4. Increase the number of rallies in a specified time.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target **●** Drop Down Lines **---** Ball Flight **↔** Player Movement **→**

Rally Crosscourt



VIDEO



TACTIC:

Moving an opponent and gaining advantage of the point.

ACTIVITY:

Players in pairs **cooperatively share a ball** using a crosscourt forehand groundstroke. Players count the number of rallies in 2 minutes.

Fundamental Teaching Points:

1. Ensure players are in a **set up sideways** position when receiving and sending the ball.
2. Ensure players impact the ball with **strings facing the target**.
3. Ensure players **recover** to home base.

LESS CHALLENGING:

1. Allow players to self rally before sending the ball.
2. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Use backhand only.
2. Increase the number of rallies in 2 minutes.



***Learn
to play***

I CAN START A POINT

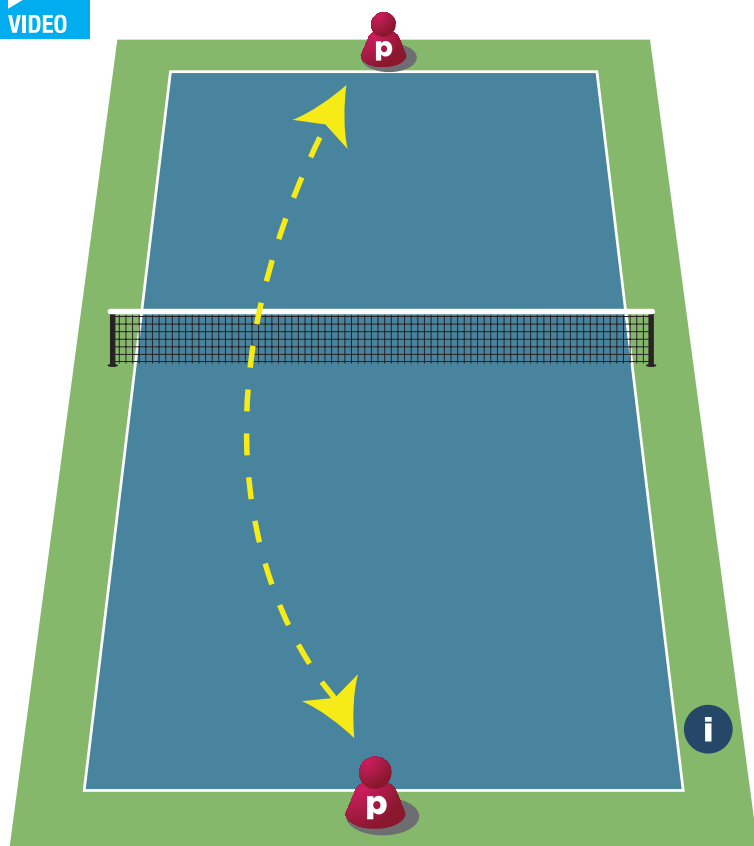
I CAN START A POINT

Practice Activity - 11

Sky Ball



VIDEO



TACTIC:

Keeping the ball in play longer than the opponent with consistency using overhead throwing.

ACTIVITY:

Players in pairs cooperatively **throw overhead** back and forth either cross-court or down the line. Team with the longest rally wins. The rally is over when:

- The ball bounces twice before a player catches it.
- The ball goes out of the designated play area or in the net.
- Player catches the ball in the air.
- Player throws the ball underhand.

Fundamental Teaching Points:

1. Player must recover to a marker placed in the appropriate **recovery position** (Home base).
2. Players must throw the ball upward from a slightly **sideways position** with throwing hand above shoulder (**trophy position**).
3. Players must catch the ball in a **sideways position**.

LESS CHALLENGING:

1. Increase the size of the playing area.
2. Allow players to stand on the same side of the net.
3. Allow more than one bounce before player catches the ball.

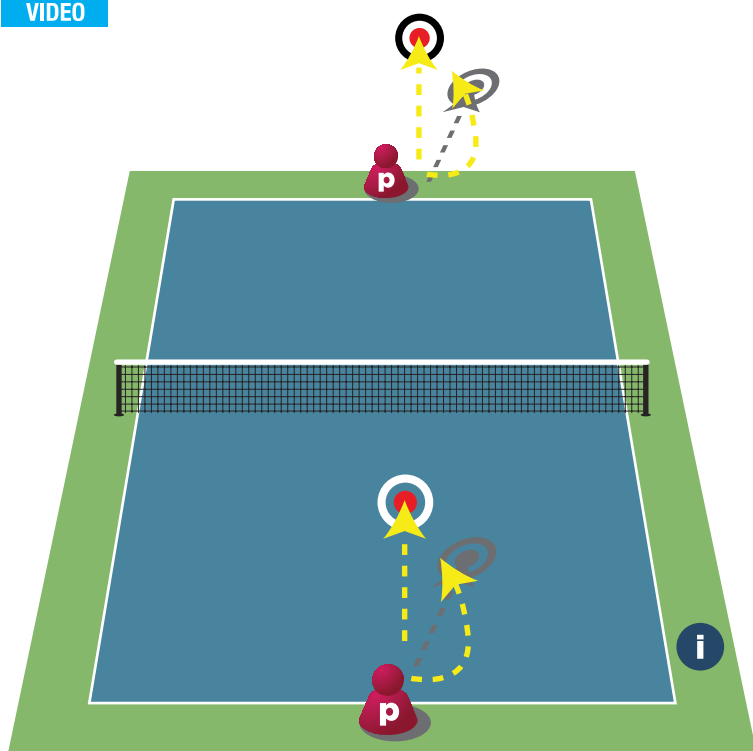
MORE CHALLENGING:

1. Reduce the size of the playing area.
2. Throw and catch with dominant and non-dominant hand.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target **●** Drop Down Lines **---** Ball Flight **↔** Player Movement **→**

Flying Target

VIDEO

**TACTIC:**

Starting an overhead serve with consistency.

ACTIVITY:

Players in pairs standing on the baseline close to the center (serve position). First player starts by standing sideways behind the service line with one ball in each hand. **The player tosses the ball in the air with his non-racquet hand, and then throws the ball in the racquet hand at the tossed ball.** Each player gets one attempt to score a point by succeeding to hit the tossed ball. Pairs with the most points wins.

Fundamental Teaching Points:

1. Player set up slightly **sideways** before throwing the ball.
2. Player tosses the ball gently into the **impact point**.
3. Player reaches upwards from a **trophy position** with a good throwing action.

LESS CHALLENGING:

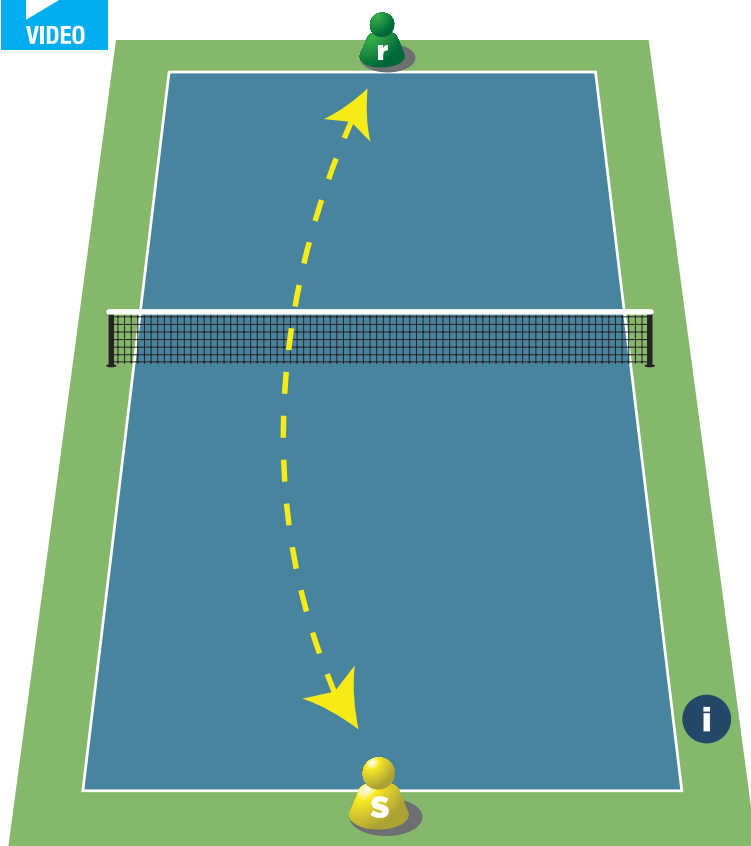
1. Allow player to practice tossing the ball with their non-racquet hand.
2. Allow player to practice throwing the ball with their racquet hand.

MORE CHALLENGING:

1. Count how many successful attempts in a specific time.
2. Count how many time in a row they can hit the ball.



VIDEO



Underhand Serve & Return

TACTIC:

Starting a point with consistency.

ACTIVITY:

Players in pairs sharing a ball. One player (**server**) stands behind the baseline and starts **by dropping, bouncing and hitting** the ball over the net to their partner using a forehand groundstroke. The second player (**returner**) **strikes the ball back over the net** to the server using a forehand groundstroke. This counts as one sequence and gains the team a point. Players switch role after each 2 points. The team wins no point if:

- The ball bounces twice before a player touches it with their racquet.
- The ball goes out of designated play area or in the net.

Fundamental Teaching Points:

1. Ensure players are **set up sideways** with proper grip before striking the ball.
2. Ensure players **impact the ball** at waist height, out in front and at a comfortable distance from the body.
3. Ensure players are in proper serving and returning position. Returners should be placing their outside foot on the singles line.
4. Ensure players recover to home base using shuffle steps after each shot.

LESS CHALLENGING:

1. Allow returner to self rally before hitting the ball.
2. Allow players to stand closer to the net.

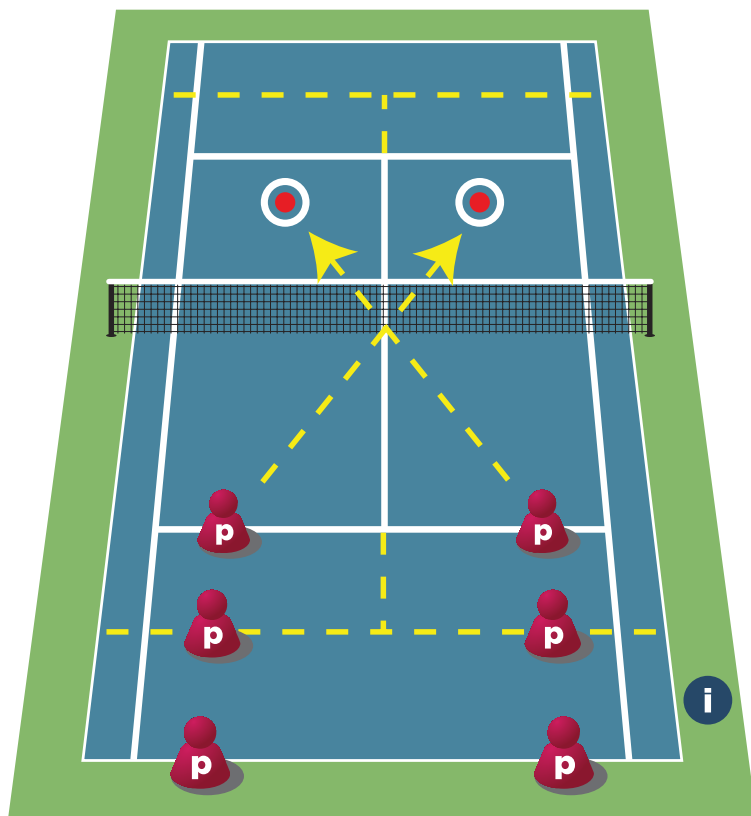
MORE CHALLENGING:

1. Allow players to serve diagonally.
2. Encourage players to serve and return to targets placed on the court.



VIDEO

Climb Serve Mountain



TACTIC:

Starting the point with placement.

ACTIVITY:

Players in 2 teams of 2-3 players. Each team tries to score up to a designated number of points (e.g. 30,40,50) by successfully **servicing diagonally inside the service box**. Points are granted differently according to the distance the serve was performed from:

- **Short distance = 1 point.**
- **Medium distance = 2 points.**
- **Long distance = 3 points.**

Players must start from the shortest distance and move further with each successful attempt. Player must switch off with a player from the same team after three attempts. This activity can be played individually as well.

Fundamental Teaching Points:

1. Player set up slightly **sideways** with racquet above head close to **impact point** "high five position".
2. Player uses a continental or a slight FH **grip**.
3. Player hits the ball in front of the leading foot and above head with **strings facing target**.

LESS CHALLENGING:

1. Allow players to use bigger balls.
2. Allow players to serve to the same half of the court.

MORE CHALLENGING:

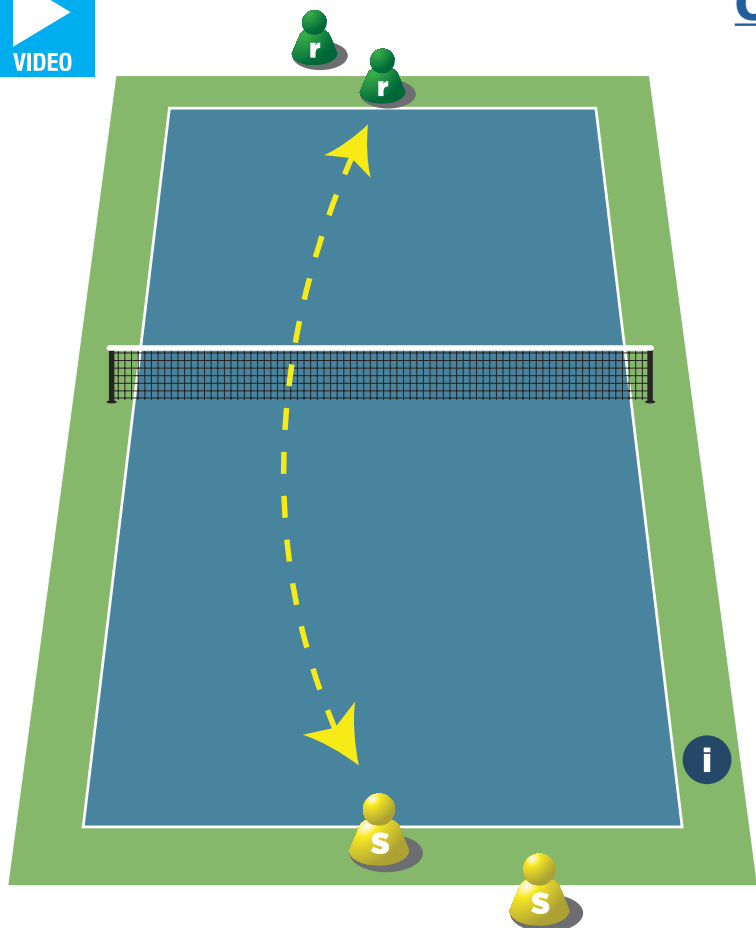
1. Serve from the baseline only.
2. Serve to a smaller target.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

Overhead Serve & Return Teams



VIDEO



TACTIC:

Starting the point with consistency.

ACTIVITY:

Players in teams. **Team 1 serving. Team 2 returning.** Each player in team 1 gets two attempts (first and second serve) to strike the ball anywhere inside the service box. If the attempt is successful team 1 wins 1 point. If the player misses both attempts team 2 wins 1 point (double fault).

On the other side of the net, each player from team 2 attempts to return the serve back anywhere inside the court. If the attempt is successful team 2 wins 1 point, if the attempt is unsuccessful team 1 wins 1 point.

First team to 10 points wins. Teams switch roles after each game.

Note: This activity can be done in pairs if more courts are available or with less number of players.

Fundamental Teaching Points:

1. Player set up sideways in a **trophy position** when serving.
2. **Impact the ball** in front of leading foot with strings facing target when serving.
3. **Impact the ball at waist height, out in front and comfortable distance from the body** when returning.
4. **Understand serve and return court positioning.**

LESS CHALLENGING:

1. Allow players to start closer to the net.
2. Allow returners to self rally.

MORE CHALLENGING:

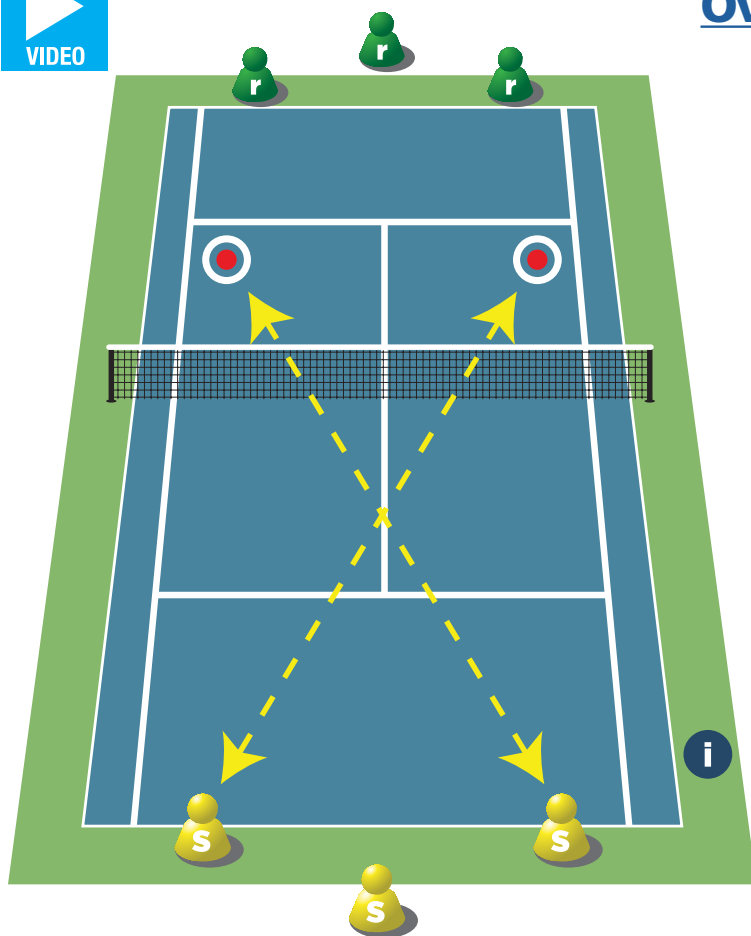
1. Serve and return diagonally.
2. Serve and return to a specific target.
3. Return using both forehand and backhand.

I CAN START A POINT _____ Practice Activity - 16

Overhead Serve & Return Crosscourt



VIDEO



TACTIC:

Starting the point with placement.

ACTIVITY:

Players in pairs **cooperatively serve and return diagonally**. Every time players succeed to serve and return crosscourt it counts as one sequence and gains the team one point. Players switch role after each 2 points.

Fundamental Teaching Points:

1. Player must have proper **grip and set up sideways in a trophy position** when serving.
2. Player must have proper **impact point with strings facing target**.
3. Players **recover and return to ready position** after each shot.
4. Player must be in proper serve and return **court positioning**.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to return the serve using FH only.
3. Allow player to use same half of the court.

MORE CHALLENGING:

1. Serve to the backhand side only.
2. Return using backhand.

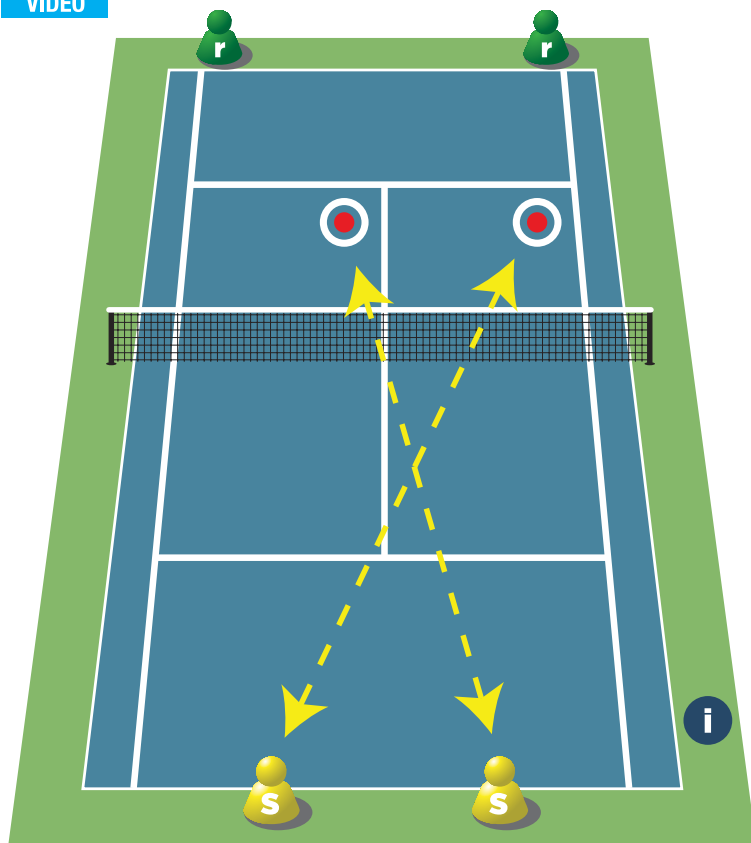
KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

I CAN START A POINT

Practice Activity - 17



VIDEO



Overhead Serve to Target

TACTIC:

Starting the point with placement.

ACTIVITY:

Players in teams of servers and returners. Each server gets 2 attempts (first and second serve) to **serve the ball to a big target on the backhand side** of the service box (split the service box in half). Server wins a point only if target is hit. Returners practice the return only. Once every server has had a turn to serve they switch with a returner of their own team. First team to 7 points wins.

Fundamental Teaching Points:

1. Ensure player have proper **grip and set up**.
2. Ensure players **impact the ball** above head, with **strings facing target** from a **trophy position** when serving.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to win points by serving anywhere to the backhand side.

MORE CHALLENGING:

1. Serve to a smaller target on the backhand side.
2. Win points only by hitting the target twice in a row.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

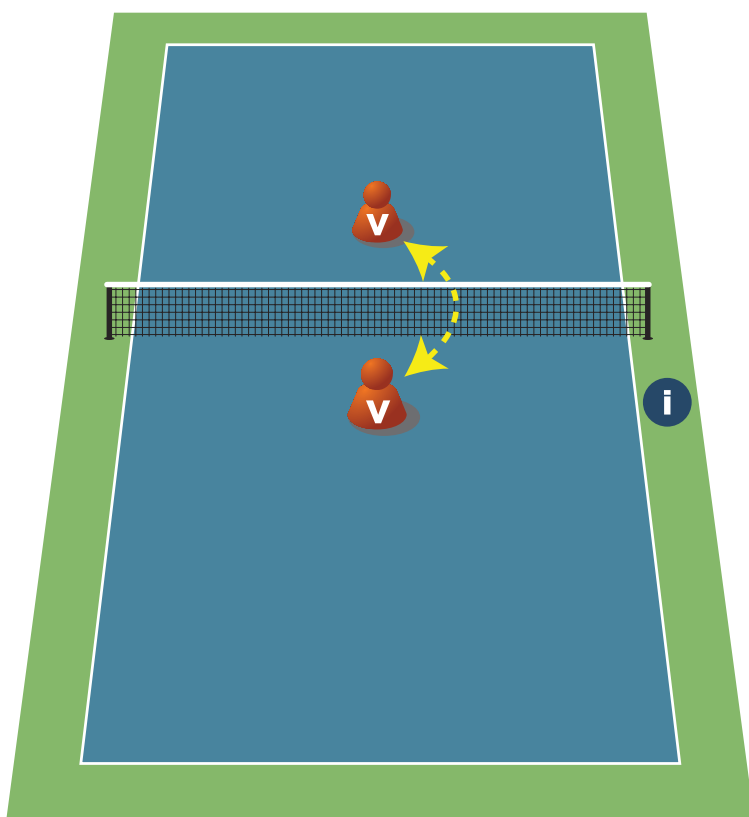


***Learn
to play***

I CAN PLAY NET

Catch Ball

VIDEO

**TACTIC:**

Keeping the ball in play longer than the opponent.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth either cross-court or down the line. Players must be close to the net and **catch the ball with one hand before bounce**. The rally is over when:

- The ball bounces on the floor.
- The ball goes out of the designated play area.
- The ball goes in the net.

Fundamental Teaching Points:

1. Player must **recover** to a marker placed in the appropriate recovery position (Home base).
2. Player must catch the ball in a **sideways position** in front of their leading foot.

LESS CHALLENGING:

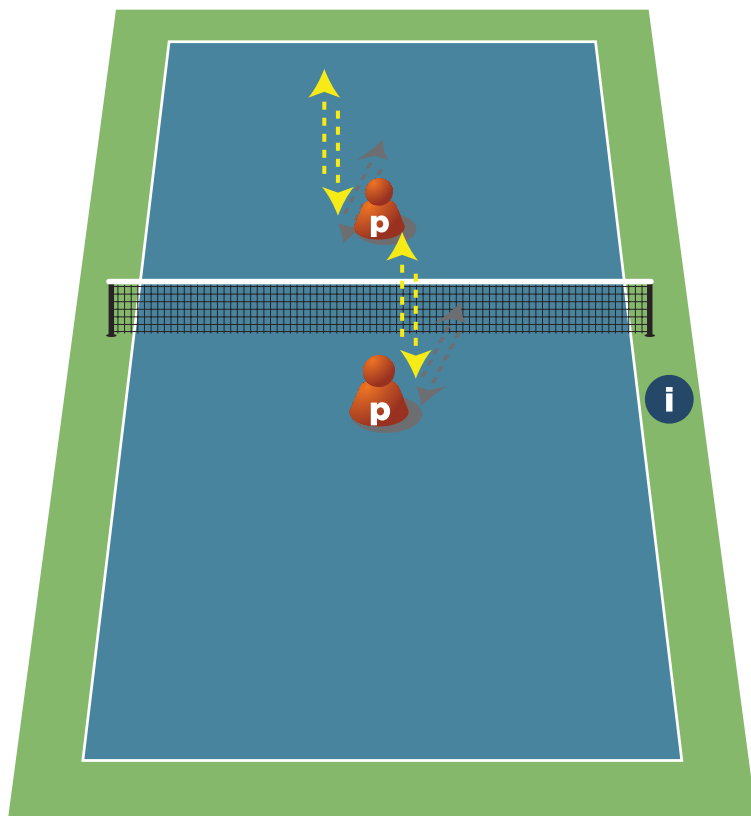
1. Decrease the size of the playing area.
2. Allow players to block, drop and catch the ball with dominant hand on forehand and non dominant hand on backhand.
3. Allow players to catch the ball with both hands.

MORE CHALLENGING:

1. Increase the size of the playing area.
2. Catch the ball with non dominant hand on backhand.
3. Throw and catch with non-dominant hand.



VIDEO



Self Volley Keep Ups

TACTIC:

Improving net skills to be able to finish points at the net.

ACTIVITY:

Players start from a position as if they are playing a volley. Players score points individually by **impacting the ball continuously on the racquet without allowing the ball to bounce on the floor**. Players should perform this activity from the forehand side. After every set of hits (5, 10, ect. depending on the level of players) players move to the next position:

- Down on one knee.
- Down on two knees.
- Sitting cross legged.

First player to finish all 4 positions wins the game.

Fundamental Teaching Points:

1. Player uses the continental **grip**.
2. Player **set up sideways** when receiving and projecting the ball.
3. Player **Impact the ball** at waist to shoulder level, out in front at comfortable distance from the body.

LESS CHALLENGING:

1. Allow players to stop after finishing each position.
2. Decrease the number of volleys needed to move to next position.

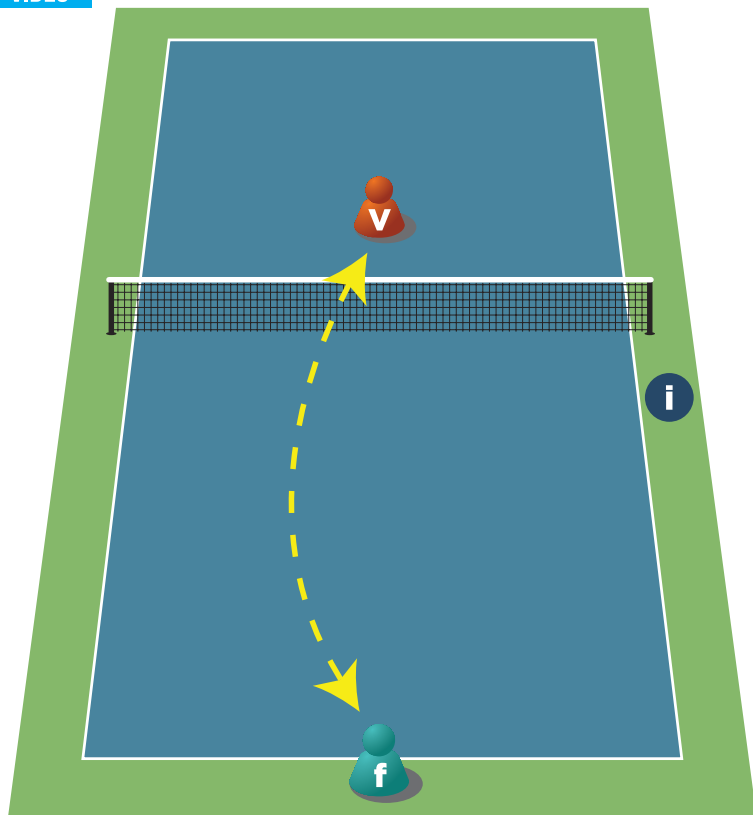
MORE CHALLENGING:

1. Alternate one forehand and one backhand.
2. Use backhand only.
3. Increase the number of volleys needed to move to next position.

Throw to Volley



VIDEO



TACTIC:

Volleying with consistency.

ACTIVITY:

Players in pairs. One player is the feeder and cooperatively **throws underhand** to a partner at the net position **hitting forehand volleys** back to feeder. Every time the feeder catches the ball on one bounce the team wins one point. Players switch roles after a certain number of points.

Fundamental Teaching Points:

1. Players at the net must receive and send the ball in a **sideways position** using continental grip.
2. Ensure players at the net **impact the ball** in front of body at waist to shoulder level.
3. Ensure players at the net have a catching action with **strings facing target**.
4. Players must **recover** to home base after every shot.

LESS CHALLENGING:

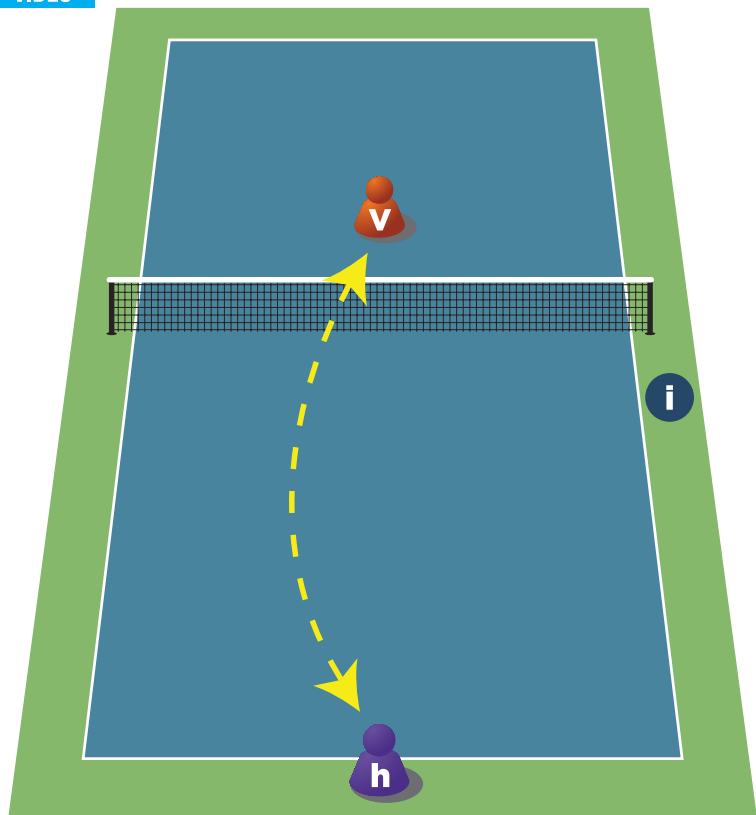
1. Allow feeder to stand closer to the net.
2. Allow feeder to use two hands for catching the ball.

MORE CHALLENGING:

1. Use backhand only.
2. Alternate forehand and backhand side.
3. Feeders send randomly the ball.



VIDEO



Groundstroke to Volley

TACTIC:

Volleying with consistency.

ACTIVITY:

Players in pairs. One player is the feeder and cooperatively **sends forehand groundstrokes to a partner at the net position hitting forehand volleys**. The team with the most rallies in one minute wins.

After each game players rotate one position to their left to make new pairings. Keep playing until everyone has had a chance to be at the baseline and at the net at least one time.

Fundamental Teaching Points:

1. Feeders need to **set up sideways** before sending the ball to their partner.
2. Ensure players have proper **impact point** with **strings facing target**.
3. Ensure player at the net have a **catching action**.
4. Ensure players have proper **grip** and **recover** to home base after each shot.

LESS CHALLENGING:

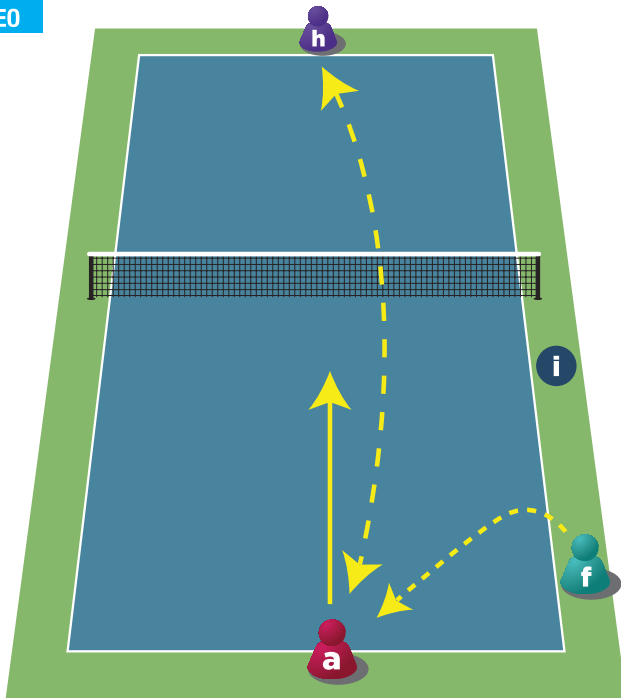
1. Allow feeder to self rally before striking the ball.
2. Allow feeder to stand closer to the net.

MORE CHALLENGING:

1. Player at the net uses backhand only.
2. Alternate forehand and backhand.



VIDEO



Approach shot & Volley

TACTIC:

Taking time away from the opponent by hitting an approach shot and coming to the net.

ACTIVITY:

Players are in teams. Each team gets one court and has players in the following positions:

- **Feeder:** Positioned at the side of the court between the baseline and the net. Feeder starts play by tossing a light ball underhand that lands in the middle of the court.
- **Approacher:** Positioned at the baseline ready to move up and hit the tossed ball as an approach shot from the forehand side. This player then moves to the net and attempts a volley to groundstroke exchange.
- **Baseliner:** Positioned at the baseline of the other end and tries to maintain a forehand groundstroke to forehand volley rally of 2 shots.

The team gets one point if they complete the approach / groundstroke / volley sequence (3 shots).

The game finishes by one team scoring a designated number of points. Ensure all players get a chance at every position by rotating after each game.

Fundamental Teaching Points:

1. Ensure players **walk through** their approach shot and must **split step** after their approach shot.
2. Ensure players have the **proper grip** and **impact point** with racquet facing the target.
3. Ensure players at the net have a **catching action**.

LESS CHALLENGING:

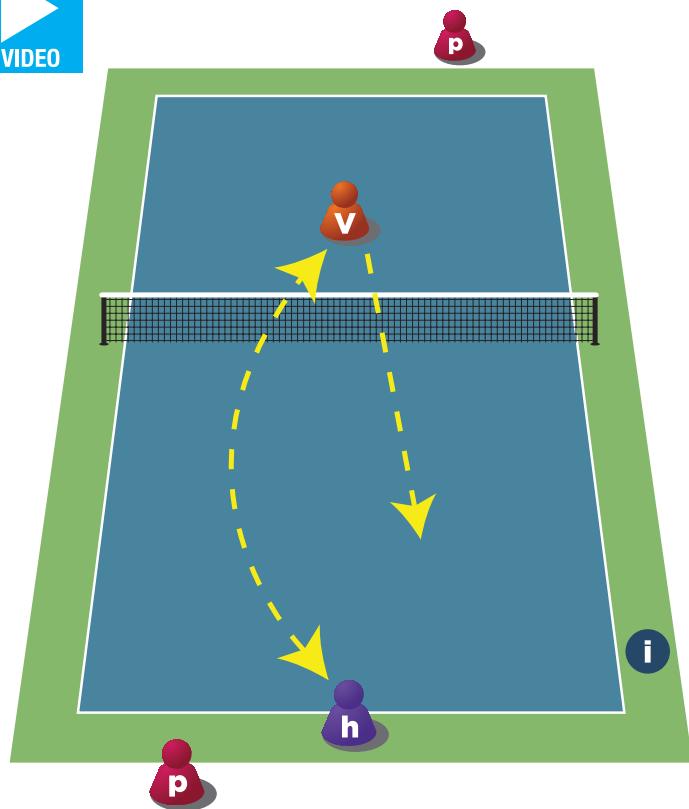
1. Allow approaching players to start closer to the tossed ball.
2. Allow baseliners to self rally before sending the ball.
3. Decrease the size of the playing area.

MORE CHALLENGING:

1. Use backhand approach only.
2. Volley the ball to a certain direction (cross court, down the line, deeper).
3. Baseliners alternate cross court and down the line.

Lob & Overhead

VIDEO

**TACTIC:**

Taking time away from opponent by hitting the overhead with consistency.

ACTIVITY:

Players are on 2 teams. A **lobbing team 1** at the baseline and an **overhead team 2** at the net. The instructor starts the point by feeding a lob to the net player. Net player tries to gently smash the lob while baseliner tries to lob over the net player.

If a player loses the point, they switch off with a teammate. Winning player can stay for an extra point before switching. First team to 10 points wins.

Fundamental Teaching Points:

1. Ensure players at the net turn **sideways** in a **trophy position** with non-racquet hand pointing at the ball.
2. Ensure players at the net **impact the ball** over their head with racquet facing target.
3. Ensure baseliners are in **ready position** and **quick to respond**.
4. Ensure players **recover** to home base after every shot.

LESS CHALLENGING:

1. Allow players at the net to gently send the ball to baseliners.
2. Allow player at the net to use a "high five" position.
3. Allow players at the baseline to self rally before sending the ball with a lob.
4. Allow players to stand closer to the net.

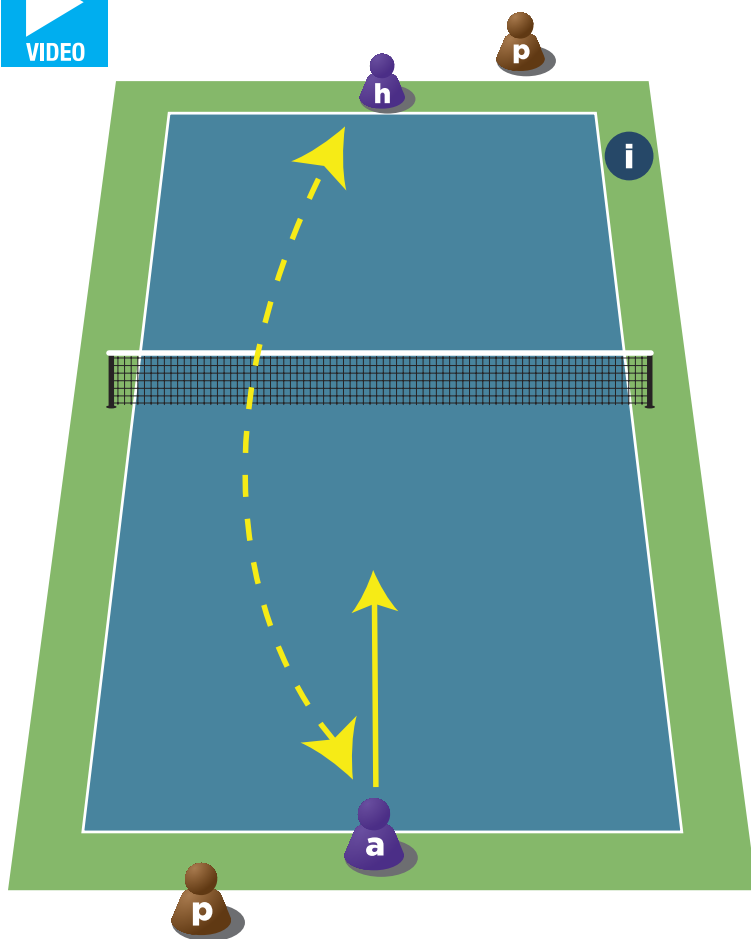
MORE CHALLENGING:

1. Increase the speed of the overhead.
2. Use forehand and backhand to lob.
3. Smash to specific targets.

KEY: Instructor (i) Player (p) Feeder (f) Hitter (h) Server (s) Returner (r)
 Target (●) Drop Down Lines (---) Ball Flight (↔) Player Movement (→)



VIDEO



Approach Shot & Play Net

TACTIC:

Finishing the point at the net or being more consistent than the opponent from the baseline.

ACTIVITY:

Players are in teams (Net players and Passers). Both teams start at the baseline. The passer starts by feeding a short ball to the Net player who hits an **approach shot and must move to the net**. The point is played out. The Passer is allowed to use any shot. If passer wins, they replace the net player on the other side of the net.

Fundamental Teaching Points:

1. Ensure players **walk through** their approach shot and must **split step** after their approach shot.
2. Ensure baseliners are in a neutral **ready position** and **quick to respond**.
3. Ensure player at the net have a **catching action** with **racquet looking at the target**.

LESS CHALLENGING:

1. Allow passers to use passing shots only.
2. Allow passers to play cross court or down the line only.
3. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Feed to the backhand side only.
2. Allow passers to use passing shots and lobs.



***Learn
to play***

I CAN PLAY POINTS

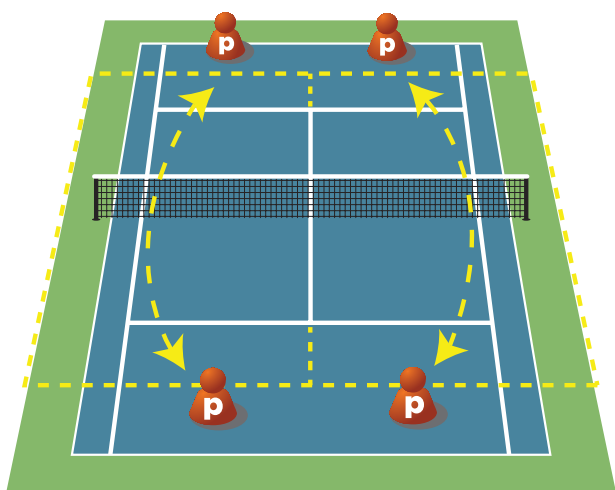
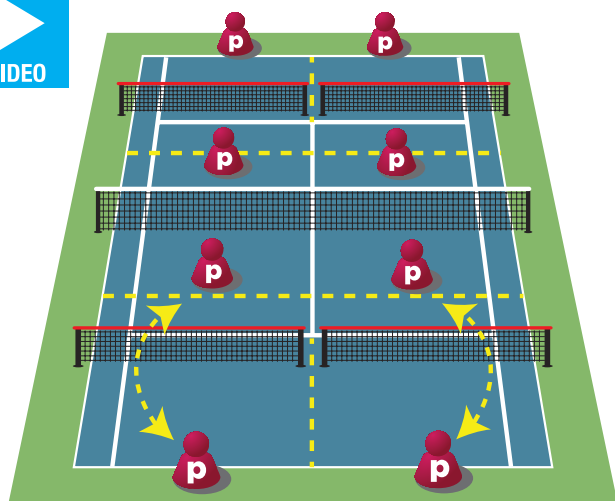
I CAN PLAY POINTS

Play Activity - G1

Throw Tennis



VIDEO



TACTIC:

Keeping the ball in play longer than the opponent with a combination of overhand and underhand throwing.

ACTIVITY:

Players get to play tennis (serve, rally, score) without using the racquet.

Server starts with an overhead throw anywhere in the designated play area. The returner must catch the ball on one bounce and must throw underhand anywhere in the designated play area.

Players must move each other around and try to win the point. The point is over when:

- The ball bounces twice.
- The ball goes out of the designated play area or in the net.
- The player catches the ball in the air.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to let the ball bounce twice before catching.
2. Allow players to catch the ball using both hands.

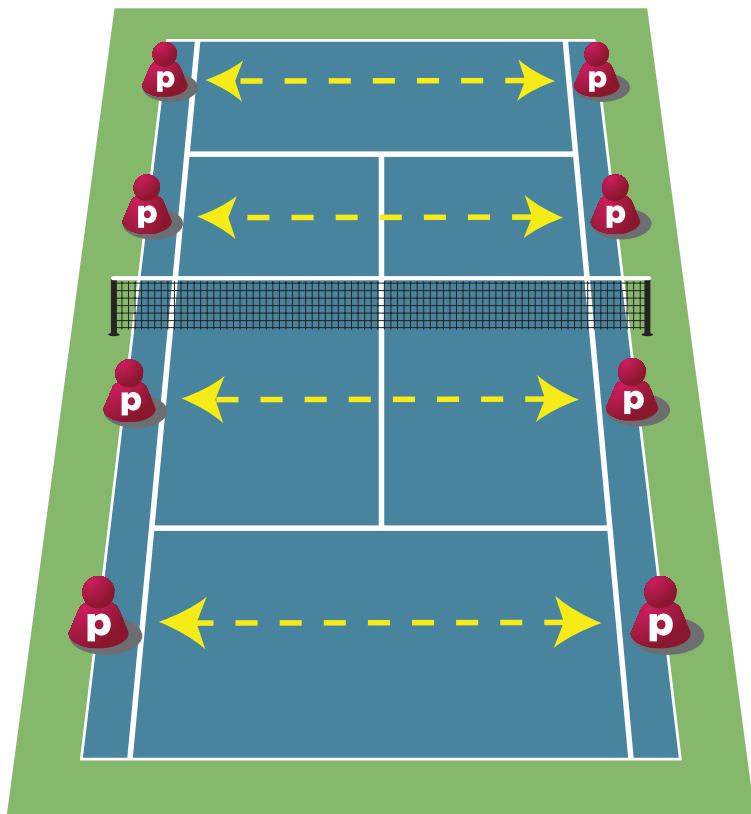
MORE CHALLENGING:

1. Use one hand.
2. Catch the ball in the air.
3. Throw cross-court and the vother player to throw down the line.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target **●** Drop Down Lines **- - - - -** Ball Flight **↔** Player Movement **→**

Floor Tennis

VIDEO

**TACTIC:**

Keeping the ball in play longer than the opponent.

ACTIVITY:

Players get to play tennis (serve, rally, score) without bouncing the ball off the ground. Server starts by pushing the ball along the ground into the opponent's playing area.

The returner stops the ball with the racquet and sends it back with a push along the ground anywhere in the playing area. (Both players are on the same side of the net).

Players must move each other around and try to win the point. The point is over when:

- The ball bounces off the ground.
- The ball goes out of the playing area.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to use only forehand or backhand.
2. Decrease playing area.

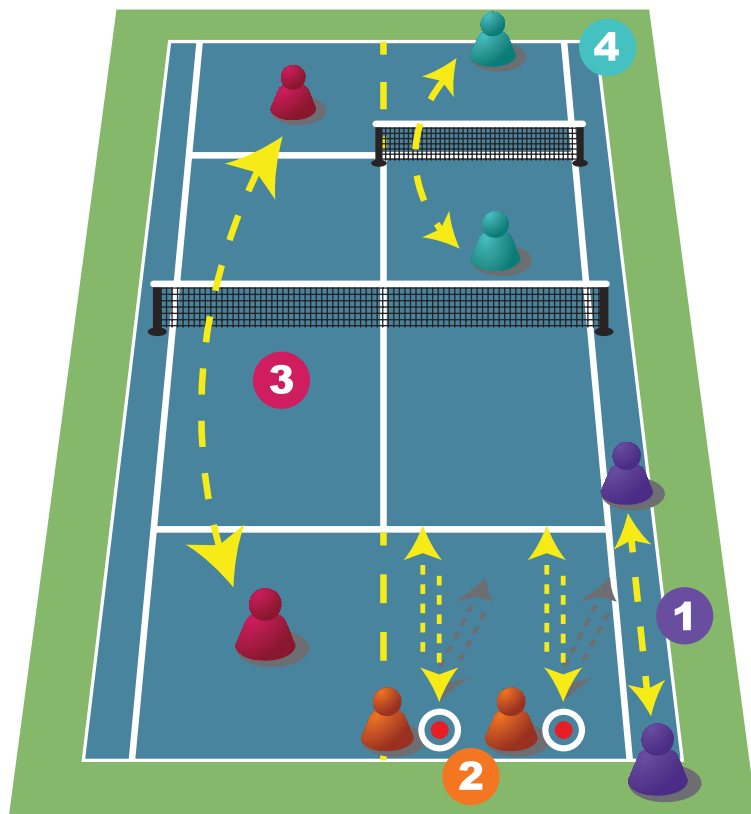
MORE CHALLENGING:

1. Alternate between forehand and backhand.
2. Increase the playing area.
3. Push the ball back without stopping.
4. One player rolls the ball crosscourt while the other player rolls the ball down the line.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

Skill Olympics

VIDEO

**TACTIC:**

Gaining advantage by performing tennis skills with accuracy and consistency.

ACTIVITY:

Court is divided into 4 stations. Players are divided into pairs located at each station and cooperatively perform the activity designed for each station for 2 minutes. All teams rotate at signal.

Station 1: Push the ball through markers. Each successful attempt gains one point.

Station 2: One player uses forehand to self-rally, the other uses backhand. They switch after one minute. Every time a player hits the ball higher than head level and it lands on a marker placed on the ground, the player gains one point.

Station 3: Players are placed on the service lines. They throw overhead to each other. One point is gained when they succeed to throw the ball over the net.

Station 4: Players are placed on the red court. One player feeds the ball underhand to a partner who hits a groundstroke. One point is gained each time the pair get a rally of 5 in a row.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

Station 1: Use a wider target.

Station 2: Allow player to use forehand only.

Station 3: Allow players to be closer to the net.

Station 4: Allow players to use forehand only.

MORE CHALLENGING:

Station 1: Use a narrower target.

Station 2: Use backhand only.

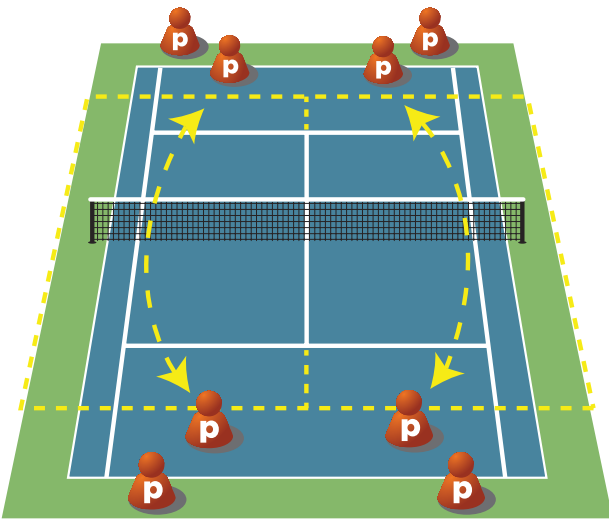
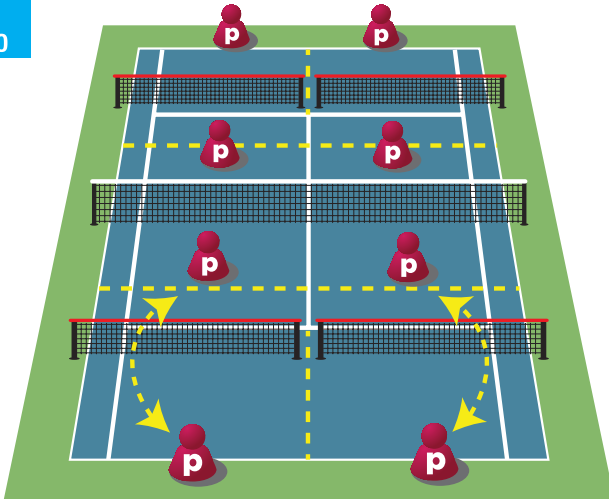
Station 3: Win the point by throwing to a certain area.

Station 4: Use backhand only.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

Rally Ball

VIDEO

**TACTIC:**

being more consistent than the opponent.

ACTIVITY:

Players are divided into teams of 2 on each team. Each player is up for one point. A player from team 1 starts the point by dropping the ball and hitting a forehand over the net to start a rally.

During each point players count out loud how many times their ball goes over the net and into the court. Every ball landing in the court gains a "team point". The player who wins the rally gets to stay up for one more point as well as start the point. The players keep on adding on the points until the game finishes. The game lasts 3-4 minutes. At the end of each game the team with the most "team points" wins.

Note: This activity can be done in pairs if more courts are available or with less number of players.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to self rally.
2. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Feed to the backhand side.
2. Use backhand only.

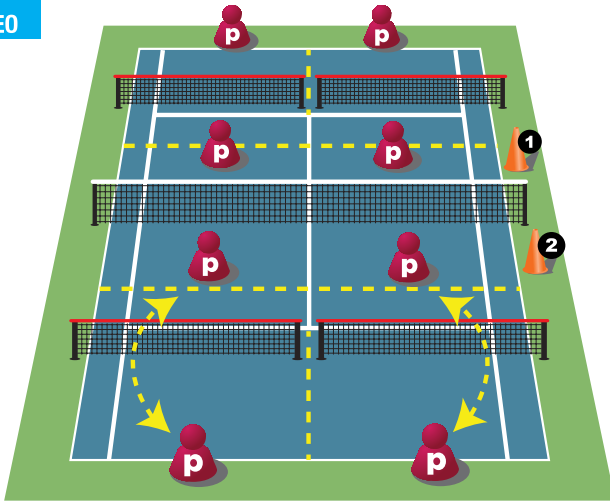
I CAN PLAY POINTS

Play Activity - G5

Team Cones



VIDEO

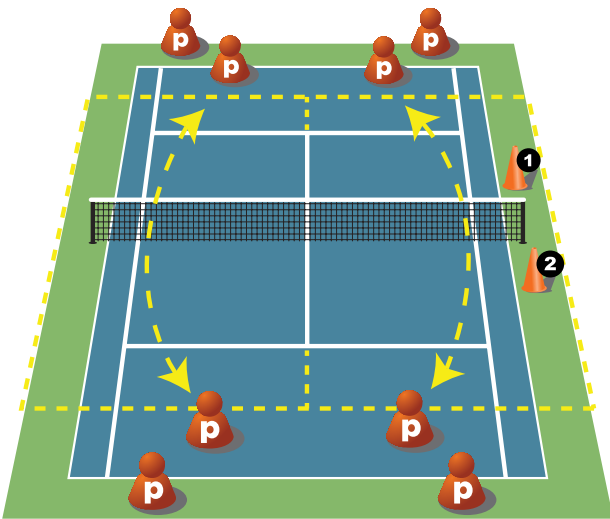


TACTIC:

being more consistent than the opponent.

ACTIVITY:

Players are split into two teams (designated by colors, names or numbers). Each team has a base (large cone) placed on the side of the court. Players compete individually against a player from the other team. Players spin for serve and play a game up to 5 or 7 points (alternate serve every 2 points). Once a player wins, they put a small cone on their team's cone. Players wait for a new opponent from the other team. Keep playing and changing partners for whatever the designated time frame is set by the coach (e.g. 10, 15, 20 minutes). Team with the most cones on their base wins.



Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to self rally.
2. Allow players to use smaller playing area.

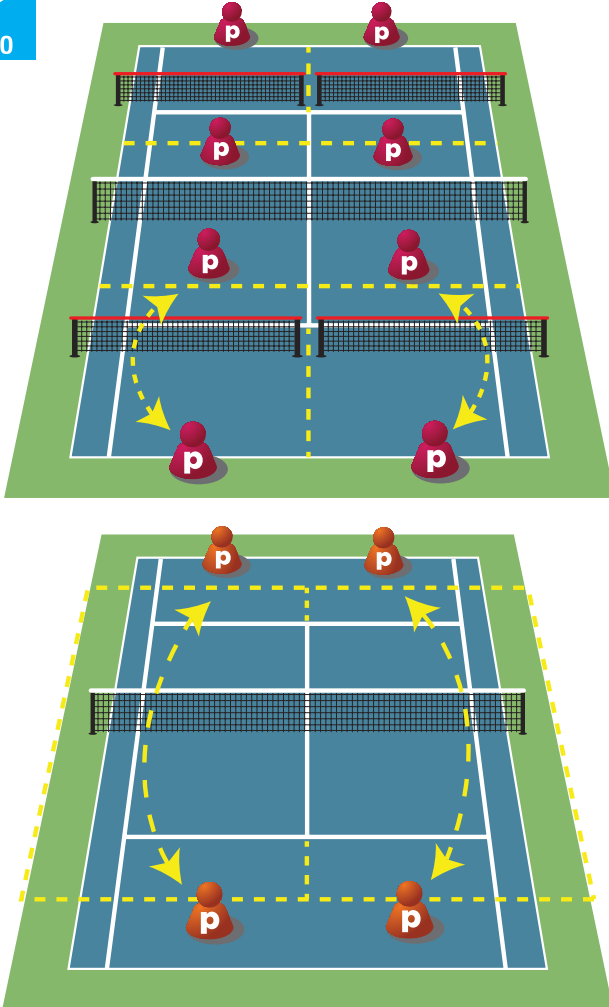
MORE CHALLENGING:

1. Encourage players to win points from the net.
2. Encourage players to hit the open spaces on the court.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target **●** Drop Down Lines **---** Ball Flight **↔** Player Movement **→**

Stop Tennis

VIDEO

**TACTIC:**

being more consistent than the opponent.

ACTIVITY:

Players in pairs competing with regular point play. Players spin for serve and must alternate serve every 2 points. All games start when instructor yells, "GO". First player to reach a target Point (5,7 or 9) shouts, "STOP" to stop all matches.

In every match, the player who is leading when "STOP" is shouted gets a win. If matches are a draw, both players gain a win. Rotate players and play again.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

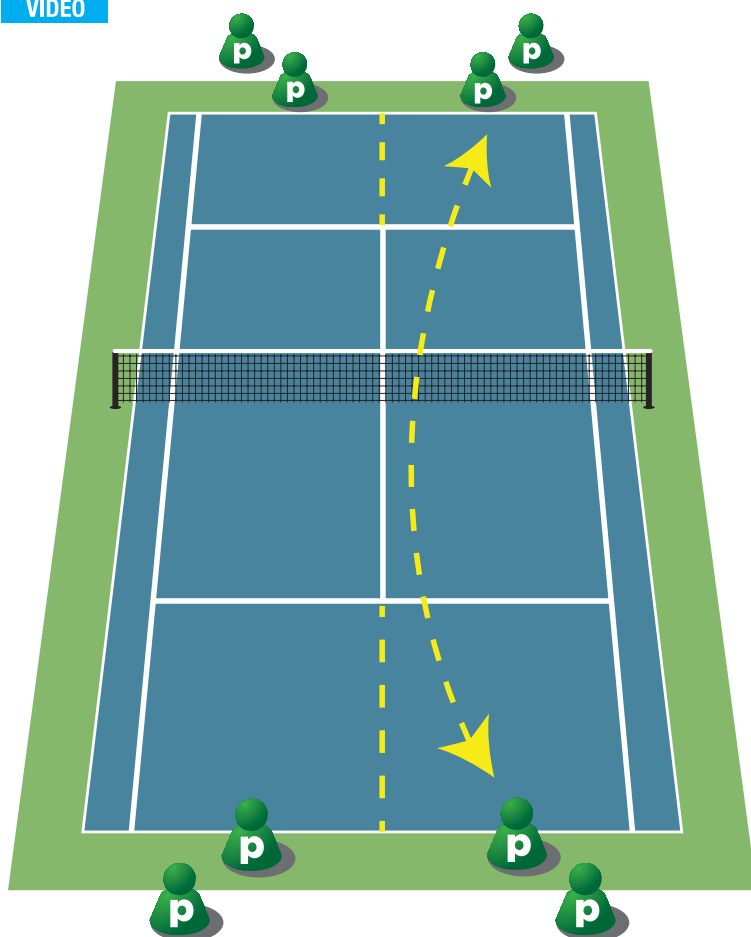
1. Allow players to drop, bounce & hit the serve.
2. Allow players to self rally.
3. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Encourage players to serve to their opponent's backhand.
2. Encourage players to win points from the net.

Tag Team Tennis

VIDEO

**TACTIC:**

Being more consistent than the opponent.

ACTIVITY:

Players are divided into teams of two on each team. The first player plays 2 points against an opponent from the opposite team (they serve one point, the opponent serves one point) they then 'high five' their partner who comes and plays for 2 points. The score is continuous regardless of which partner plays. Play up to 7 or 10 points. In order to not play the same opponent, one tag team can have players stay for 3 points (while other plays 2).

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to drop, bounce & hit the serve.
2. Allow players to self rally.
3. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Serve to the opponent's backhand.
2. Encourage players to win points from the net.

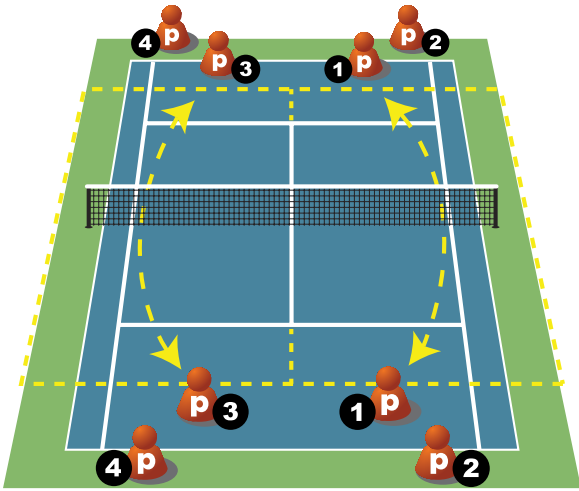
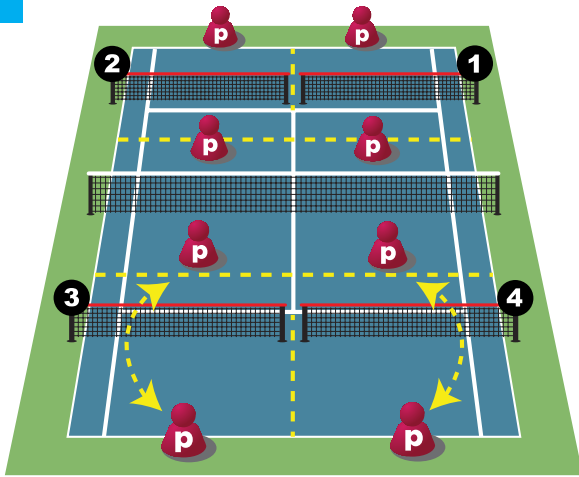
I CAN PLAY POINTS

Play Activity - G8



VIDEO

Up & Down



TACTIC:

Being more consistent than the opponent.

ACTIVITY:

Court is divided into four positions. Two players start at each position. When a player wins, they move up one position. When they lose, they move down one position. The goal is to get to and stay at position #1 as long as possible.

Each pair spins for serve and plays for 4 minutes (alternate server every 2 points). One point is played if players are tied when time is over.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to drop, bounce & hit the serve.
2. Allow players to self rally.
3. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Encourage players to serve to their opponent's backhand.
2. Encourage players to win points from the net.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement

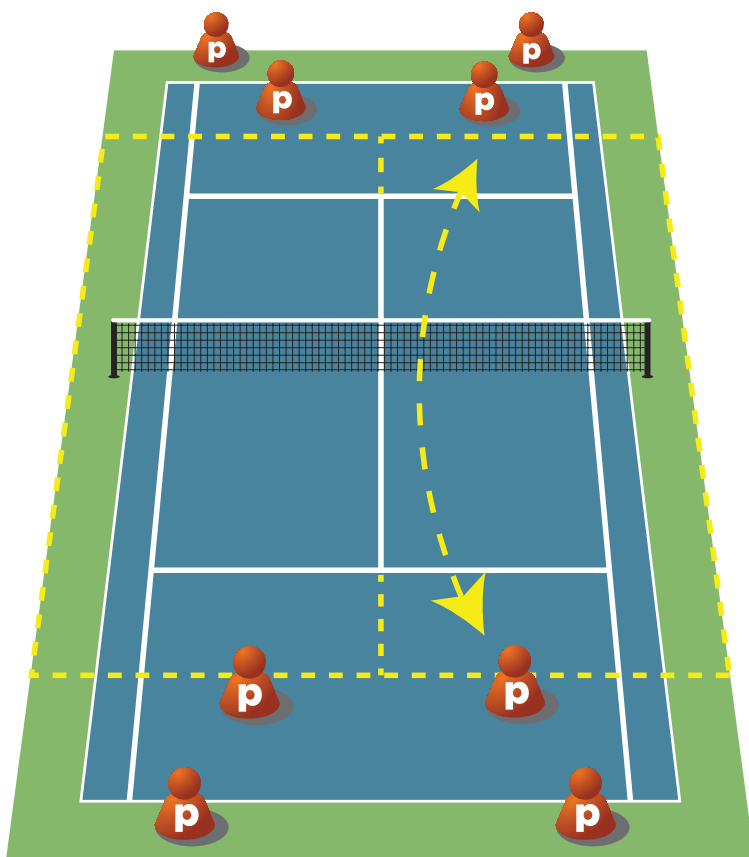
I CAN PLAY POINTS

Play Activity - G9

No Ad Game



VIDEO



TACTIC:

Being more consistent than the opponent.

ACTIVITY:

This is a standard game of tennis. This game provides the opportunity to introduce tennis scoring (15, 30, 40) and to use full court (orange or regular). One player serves for the whole game. In each game the regular tennis scoring is used except for the point played at 40-40 (No Ad scoring).

If you are using a full competition orange court the returner gets to choose to play this point on the Deuce or Ad side. If there are more players than courts, each player plays one game and then rotates off or each pair plays 2 point and rotates off for 2 points. Make sure players say the score out loud before starting each point.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to drop, bounce & hit the serve.
2. Allow players to self rally.
3. Allow players to use smaller playing area.

MORE CHALLENGING:

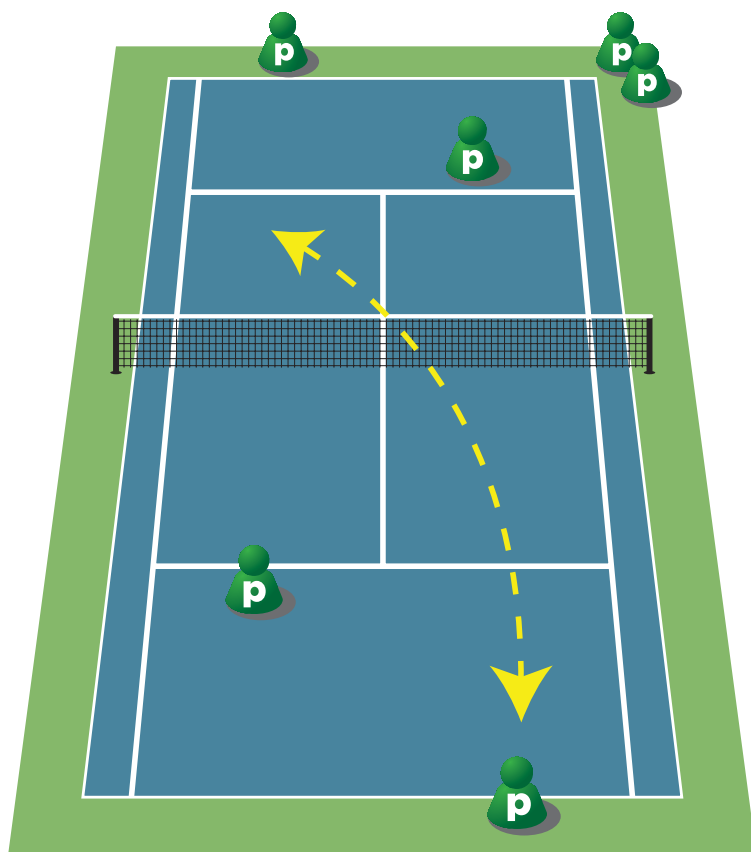
1. Encourage players to serve to their opponent's backhand.
2. Encourage players to win points from the net.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement



VIDEO

Doubles Tennis



TACTIC:

Working as a team in doubles to be more consistent than their opponents.

ACTIVITY:

Players are in pairs (doubles team). Each team plays one regular scoring game as server and then rotates off. Returning team becomes the serving team. New team coming on the court will be returning. Ensure every player plays an entire game at every position.

Regular serve and return games should be experienced. Use regular tennis coring (15, 30, 40, Deuce, Advantage).

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to stay at the baseline.
2. Allow players to drop, bounce & hit the serve.

MORE CHALLENGING:

1. Encourage players to move to the net.
2. Encourage players to hit the open spaces on the court.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target **●** Drop Down Lines **---** Ball Flight **↔** Player Movement **→**



Learn to play

LESSON PLANS

The lesson plans in this section were picked to fulfill the needs of each age group. However coaches are advised to adapt the lessons based on the level of players by using alternative activities provided in this content.



RED 1

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. 2 players per red court is strongly encouraged.

The Red 1 program takes players through a number of skill sets:

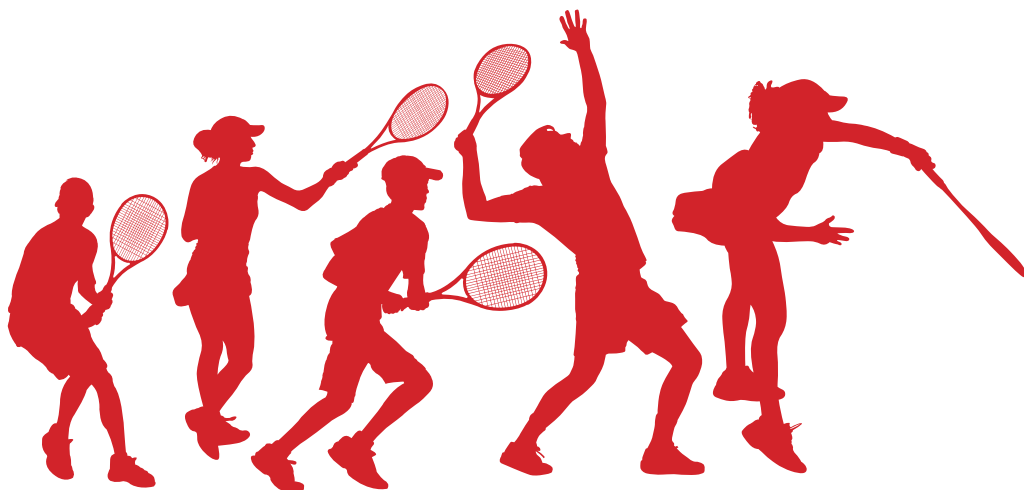
“I Can Rally”

“I Can Start a Point”

“I Can Play Net”

“I Can Play Points”

“I am a Good Sport”



MEET & GREET

Introduction & Attendance (5 min.)

Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

WARM-UP

Line Races (10 min.) (Court set-up)

Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP. Players learn how to set-up Red courts (this will take longer than usual as it is the first time).

PLAY-PRACTICE-PLAY

"I Can Rally": Practice Activity P1: Throw Rally (10 min.)

Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.

Fundamental Teaching Points: Sideways Set up position - Recovery.

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P3: Floor Rally in the Alley (10 min.)

Players pass the ball along the ground to each other inside the doubles alley.

Fundamental Teaching Points: Grip - Sideways Set up Position - Impact Point (out front).

'I am a Good Sport': Cooperate with a partner.

"I Can Rally": Practice Activity P5: Self Rally (10 min.)

Players perform a forehand self rally by gently hitting the ball above head height and to a target on the ground. Players gain points for consistency.

Fundamental Teaching Points: Continental grip - sideways set up position - Impact point.

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Play Points": Play Activity G1: Throw Tennis (10 min.)

Play a game of Throw tennis to finish the lesson. It is important to make the connection to actually playing tennis. Introduce rules & scoring. Rotate players every 5 min.

'I am a Good Sport': Make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

RED 1 - LESSON 2

6 x 1 hour

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Line Races (10 min.) (Court set-up)

Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G1: Throw Tennis (10 min.)

Play a game of Throw tennis to start lesson. It is important to make the connection to actually playing tennis. Introduce rules & scoring. Rotate players every 5 min.

'I am a Good Sport': Make clear and fair line calls.

"I Can Rally": Practice Activity P7: Feed & Rally (10 min.)

Players throw underhand to each other to practice groundstrokes.

Fundamental Teaching Points: Sideways Set up Position - Impact Point- Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Rally": Practice Activity P11: Sky Ball (10 min.)

Players in pairs cooperatively throw overhead back and forth to each other.

Fundamental Teaching Points: Introduce Throwing action from trophy position - Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Play Points": Play Activity G3: Skill Olympics (10 min.)

Players use tennis skills (self rally-overhead throwing-rolling ball on the ground- hitting a forehand back to partner) to score points and gain advantage.

'I am a Good Sport': Shake hands after a game.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set Up - Impact Point - Throwing action for serve.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Clean Up Your Room (10 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G2: Floor Tennis (10 min.)

Play Floor Tennis (ball must stay on the ground at all times). Use scoring up to 7 for each game (players alternate serving 2 points at a time).

'I am a Good Sport': Keep score out loud.

"I Can Rally": Practice Activity P5: Self Rally (10 min.)

Players perform a forehand self rally by gently hitting the ball above head height and to a target on the ground. Players gain points for consistency.

Fundamental Teaching Points: Continental grip - sideways set up position - Impact point.

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P6: Feed, Hit & Catch (10 min.)

Players in 3 positions: feeder, hitter and catcher attempt a consistent rally. Feeder tosses the ball to hitter standing next to him. Hitter sends the ball over the net to catcher.

Fundamental Teaching Points: Grip - Impact point - Sideways set up position - Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Play Points": Play Activity G3: Skill Olympics (10 min.)

Players use tennis skills (self rally-overhead throwing-rolling ball on the ground- hitting a forehand back to partner) to score points and gain advantage.

'I am a Good Sport': Shake hands after a game.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Set Up and Recovery - Impact Point - Recovery.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Clean Up Your Room (10 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G4: Rally Ball (10 min.)

Play Rally Ball. Players keep the ball in play while counting how many balls they can get over the net.

‘I am a Good Sport’: Shake hands after a game.

“I Can Rally”: Practice Activity P7: Feed & Rally (10 min.)

Players throw underhand to each other to practice ground strokes.

Fundamental Teaching Points: Grip - Sideways set up position - Impact point

‘I am a Good Sport’: Hug racquet and adopt ‘listening position’ whenever Instructor asks for attention.

“I Can Start a Point”: Practice Activity P13: Underhand Serve & Return (10 min.)

Players in pairs cooperatively serving underhand and returning back and forth with each other.

Fundamental Teaching Points: Sideways Set up position – Impact point- Recovery

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G4: Rally Ball (10 min.)

Play Rally Ball. Players keep the ball in play while counting how many balls they can get over the net.

‘I am a Good Sport’: Shake hands after a game

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of “Keep the ball in play” - Sideways set up - Grip - Impact Point

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Throw / Catch Coordination (10 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G5: Team Cones (10 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with underhand serve for first and second serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Shake hands after a game.

“I Can Rally”: Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players in pairs cooperatively rally using forehand. Players must catch the ball on racquet before hitting.

Fundamental Teaching Points: Sideways set up position – Grip - Impact point - Recovery.

'I am a Good Sport': Cooperate with partner.

“I Can Start a Point”: Practice Activity P13: Underhand Serve & Return (10 min.)

Players in pairs cooperatively serving underhand and returning back and forth with each other.

Fundamental Teaching Points: Sideways Set up position – Impact point - Recovery.

'I am a Good Sport': Cooperate with partner.

“I Can Play Points”: Play Activity G5: Team Cones (10 min.)

Repeat Team cones. Give feedback and keep flow of play.

'I am a Good Sport': Keep score out loud, make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time. Ask questions to review key points for this lesson. Let them know what lessons to sign-up for next.

- Tactic of “Keep the ball in play” - Set-up sideways - Grip - Recovery.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Throw / Catch Coordination (10 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G6: Stop Tennis (10 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 or 7 points with underhand serve for first and second serve. First player to get to 5 yells, ‘Stop’. Any player who is ahead gets a point for their team. If tied each player gets a win.

‘I am a Good Sport’: Keep score out loud.

“I Can Rally”: Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using a self rally to have a better set up.

Fundamental Teaching Points: Grip and Sideways Set Up Position - Impact point - Recovery.

‘I am a Good Sport’: Cooperate with partner.

“I Can Start a Point”: Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Throwing action from trophy position - Continental grip and Impact point.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G6: Stop Tennis (10 min.)

Repeat Stop Tennis. Give feedback and keep flow of play.

‘I am a Good Sport’: Keep score out loud, make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Certificates of Achievement (5 min.) (Court take-down)

The instructor gives the certificates of achievement for each individual in the class. The certificate determines the appropriate next class to take.



RED 2

RED LEVEL 2 (6+ 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. 2 players per court are strongly encouraged.

The Red 2 program takes players through a number of skill sets :

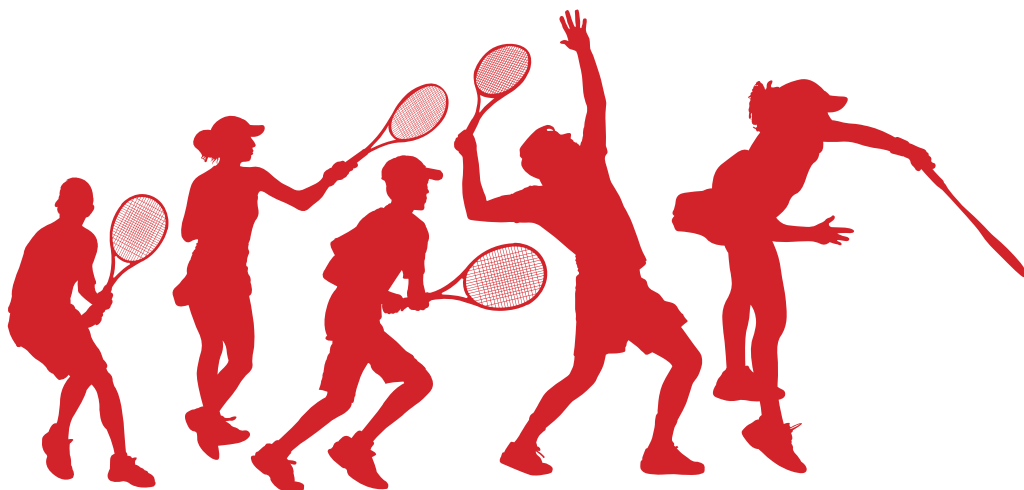
"I Can Rally"

"I Can Start a Point"

"I Can Play Net"

"I Can Play Points"

"I am a Good Sport"



RED 2 - LESSON 1

6 x 1 hour

MEET & GREET

Introduction & Attendance (5 min.)

Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

WARM-UP

Line Races (10 min.) (Court set-up)

Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Rally": Practice Activity P2: Throw Crosscourt & Down the Line (10 min.)

Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.

Fundamental Teaching points: Sideways set up position-Recovery

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P4: Floor Rally with Recovery (10 min.)

Players pass the ball along the ground to each other using half red court.

Fundamental Teaching Points: Grip and Sideways Set Up Position - Impact point-Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players in pairs cooperatively rally using forehand. Players must catch the ball on racquet before hitting.

Fundamental Teaching points: Sideways set up position – Grip - Impact point- Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Play Points": Play Activity G1: Throw Tennis (10 min.)

Play the game Throw Tennis. Incorporate new skills learned. Continue to make the connection to actually playing tennis. Introduce rules & simple scoring. Rotate players every 5 min.

'I am a Good Sport': Make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set Up Position - Continental Grip - Recovery

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Line Races (10 min.) (Court set-up)

Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G1: Throw Tennis (10 min.)

Play a game of Throw tennis to start lesson. It is important to make the connection to actually playing tennis. Introduce rules & scoring. Rotate players every 5 min.

‘I am a Good Sport’: Make clear and fair line calls.

“I Can Rally”: Practice Activity P5: Self Rally (10 min.)

Players perform a forehand self rally by gently hitting the ball above head height and to a target on the ground. Players gain points for consistency.

Fundamental Teaching Points: Continental grip - sideways set up position - Impact point.

‘I am a Good Sport’: Hug racquet and adopt ‘listening position’ whenever Instructor asks for attention.

“I Can Rally”: Practice Activity P6: Feed, Hit & Catch (10 min.)

Players in 3 positions: feeder, hitter and catcher attempt a consistent rally. Feeder tosses the ball to hitter standing next to him. Hitter sends the ball over the net to catcher.

Fundamental Teaching Points: Grip - Impact point - Sideways set up position - Recovery.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G3: Skill Olympics (10 min.)

Players use tennis skills (self rally-overhead throwing-rolling ball on the ground- hitting a forehand back to partner) to score points and gain advantage.

‘I am a Good Sport’: Shake hands after a game.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set Up Position - Impact Point - Grip - Recovery.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Clean Up Your Room (10 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G2: Floor Tennis (10 min.)

Play Floor Tennis (ball must stay on the ground at all times). Use scoring up to 7 for each game (players alternate serving 2 points at a time).

‘I am a Good Sport’: Keep score out loud.

“I Can Rally”: Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using a self rally to have a better set up.

Fundamental Teaching Points: Grip and Sideways Set Up Position - Impact point-Recovery.

‘I am a Good Sport’: Cooperate with partner.

“I Can Start a Point”: Practice Activity P11: Sky Ball (10 min.)

Players in pairs cooperatively throw overhead back and forth with each other.

Fundamental Teaching points: Reinforce throwing action from trophy position - Recovery.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G4: Rally Ball (10 min.)

Play Rally Ball. Players keep the ball in play while counting how many balls they can get over the net.

‘I am a Good Sport’: Keep score out loud. Shake hands after a game.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Grip - Sideways Set Up Position - Impact Point - Throwing action from trophy position.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Clean Up Your Room (10 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G4: Rally Ball (10 min.)

Play Rally Ball. Players keep the ball in play while counting how many balls they can get over the net.

'I am a Good Sport': Shake hands after a game.

"I Can Play Net": Practice Activity P19: Self Volley Keep Ups (10 min.)

Players bounce the ball up on their racquets without dropping the ball on the ground.

Fundamental Teaching points: Sideways set up position – Continental Grip - Impact point.

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Start a Point": Practice Activity P13: Underhand Serve & Return (10 min.)

Players in pairs cooperatively serving underhand and returning back and forth with each other.

Fundamental Teaching Points: Sideways Set up position – Impact point- Recovery.

'I am a Good Sport': Cooperate with partner.

"I Can Play Points": Play Activity G5: Team Cones (10 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with underhand serve for first and second serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Shake hands after a game.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time. Ask questions to review key points for this lesson. Let them know what lessons to sign-up for next.

- Tactic of "Keep the ball in play" - Sideways set up and Recovery - Continental Grip - Impact Point.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Throw / Catch Coordination (10 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G5: Team Cones (10 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with underhand serve for first and second serve. Winner puts a small cone on their team’s big cone. Assign new matches and continue process. The team with the most cones at the end wins.

‘I am a Good Sport’: Shake hands after a game.

“I Can Start a Point”: Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Continental grip - Trophy position - Impact point.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play the Net”: Practice Activity P20: Throw to Volley (10 min.)

Players throw underhand to a volleyer at net. Introduce volley as a ‘catching’ action.

Technical Highlights: Continental Grip - sideways set up - Volley ‘catching’ action.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G5: Team Cones (10 min.)

Repeat Team Cones. Use underhand serve. Reinforce rules & simple scoring. Give feedback when needed.

‘I am a Good Sport’: Keep score out loud, make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time. Ask questions to review key points for this lesson. Let them know what lessons to sign-up for next.

- Tactic of “Keep the ball in play” - Set up sideways - Continental Grip - Catching Action-Trophy position.

MEET & GREET

Introduction & Attendance (5 min.)

Greet everyone and ask who got a chance to practice in between the sessions. Or, did anyone see any tennis on TV?

WARM-UP

Throw / Catch Coordination (10 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

“I Can Play Points”: Play Activity G6: Stop Tennis (10 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. First player to get to 5 yells, ‘Stop’. Any player who is ahead gets a point for their team. If tied each player gets a win.

‘I am a Good Sport’: Keep score out loud.

“I Can Rally”: Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using a self rally to have a better set up.

Fundamental Teaching Points: Grip and Sideways Set Up Position - Impact point-Recovery.

‘I am a Good Sport’: Cooperate with partner.

“I Can Start a Point”: Practice Activity P15: Overhead Serve and Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Trophy position - Impact point – Serve and Return positions.

‘I am a Good Sport’: Cooperate with partner.

“I Can Play Points”: Play Activity G6: Stop Tennis (10 min.)

Play individual tennis competition. Reinforce positions, scoring and tactics to play tennis successfully.

‘I am a Good Sport’: Keep score out loud, make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Certificates of Achievement (5 min.) (Court take-down)

The instructor gives the certificates of achievement for each individual in the class. The certificate determines the appropriate next class to take.



RED CAMPS

4-5 day camp (2 hours / day)t

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.

RED LEVEL 1 (6+ yrs)

This program introduces the fundamental 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+ 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.

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

"I Can Rally"

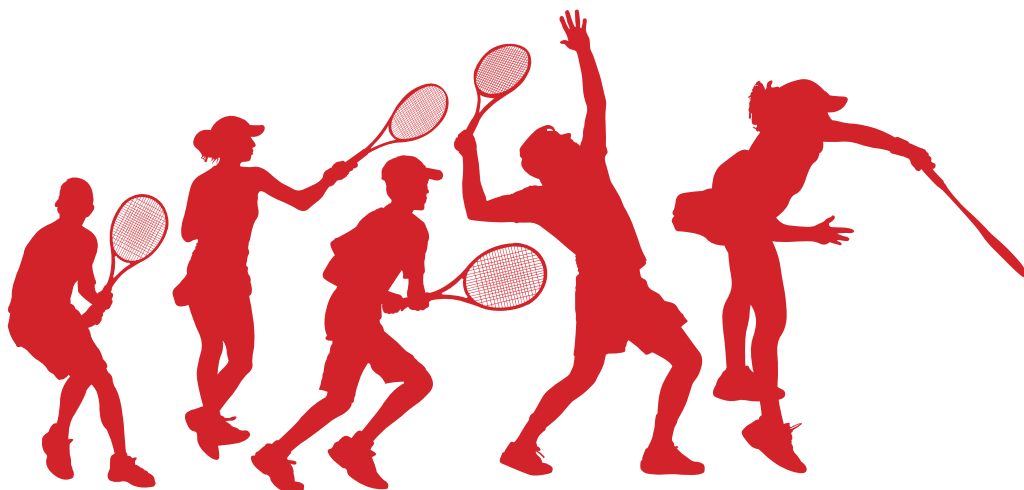
"I Can Start a Point"

"I Can Play Net"

"I Can Play Points"

"I am a Good Sport"

Instructor Note: Evaluations for Certificates of Achievement should be done during competition times.





| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|--|--|---|---|
| WARM-UP (Court set-up) (15 min.) <u>Court Parts</u> | WARM-UP (Court set-up) (15 min.) <u>Shadow Strokes</u> | WARM-UP (Court set-up) (15 min.) <u>Throw/catch Coordination</u> | WARM-UP (Court set-up) (15 min.) <u>Clean your Room</u> | WARM-UP (Court set-up) (15 min.) <u>Tag Games</u> |
| "I Can Rally" (15 min.) P1 <u>Throw Rally</u> | "I Can Play Points" (15 min.) G1 <u>Throw Tennis</u> | "I Can Play Points" (15 min.) G2 <u>Floor Tennis</u> | "I Can Play Points" (15 min.) G5 <u>Team Cones</u> | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P6 <u>Feed, Hit & Catch</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | G1 (15 min.) <u>Throw Tennis</u> |
| "I Can Rally" (10 min.) P3 <u>Floor Rally in the Alley</u> | "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Play Net" (10 min.) P19 <u>Self Volley Keep Ups</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | G4 (15 min.) <u>Rally Ball</u> |
| "I Can Rally" (10 min.) P5 <u>Self Rally</u> | "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Rally" (10 min.) P1 <u>Throw Rally</u> | "I Can Play Net" (10 min.) P20 <u>Throw to Volley</u> | G5 (15 min.) <u>Team Cones</u> |
| "I Can Rally" (10 min.) P6 <u>Feed, Hit & Catch</u> | "I Can Start a Point" (10 min.) P13 <u>Underhand Serve & Return</u> | "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | G6 (15 min.) <u>Stop Tennis</u> |
| "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Start a Point" (10 min.) P13 <u>Underhand Serve & Return</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | G7 (15 min.) <u>Tag Team Tennis</u> |
| "I Can Play Points" (15 min.) G1 <u>Throw Tennis</u> | "I Can Play Points" (15 min.) G3 <u>Skill Olympics</u> | "I Can Play Points" (15 min.) G4 <u>Rally Ball</u> | "I Can Play Points" (15 min.) G6 <u>Stop Tennis</u> | G8 (15 min.) <u>Up & Down</u> |

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

Summarize key points from the day.



RED 2 CAMP

2 hours / day

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|--|---|---|---|---|
| WARM-UP (Court set-up) (15 min.) <u>Court Parts</u> | WARM-UP (Court set-up) (15 min.) <u>Shadow Strokes</u> | WARM-UP (Court set-up) (15 min.) <u>Clean your Room</u> | WARM-UP (Court set-up) (15 min.) <u>Throw/catch Coordination</u> | WARM-UP (Court set-up) (15 min.) <u>Tag Games</u> |
| "I Can Rally" (20 min.) P1 <u>Throw Rally</u> | "I Can Play Points" (20 min.) G3 <u>Skill Olympics</u> | "I Can Play Points" (20 min.) G2 <u>Floor Tennis</u> | "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P2 <u>Throw Crosscourt & Down the line</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | G1 (15 min.) <u>Throw Tennis</u> |
| "I Can Rally" (10 min.) P4 <u>Floor Rally with Recovery</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Play Net" (10 min.) P18 <u>Catch Ball</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | G4 (15 min.) <u>Rally Ball</u> |
| "I Can Rally" (10 min.) P5 <u>Self Rally</u> | "I Can Start a Point" (10 min.) P13 <u>Underhand Serve & Return</u> | "I Can Play Net" (10 min.) P19 <u>Self Volley Keep Ups</u> | "I Can Play Net" (10 min.) P20 <u>Throw to Volley</u> | G5 (15 min.) <u>Team Cones</u> |
| "I Can Rally" (10 min.) P6 <u>Feed, Hit & Catch</u> | "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Start a Point" (10 min.) P12 <u>Flying Target</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | G7 (15 min.) <u>Tag Team Tennis</u> |
| "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | G8 (15 min.) <u>Up & Down</u> |
| "I Can Play Points" (20 min.) G1 <u>Throw Tennis</u> | "I Can Play Points" (20 min.) G4 <u>Rally Ball</u> | "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | G6 (15 min.) <u>Stop Tennis</u> |

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

Summarize key points from the day.



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.

The Orange 1 program takes players through a number of skill sets:

"I Can Rally"

"I Can Start a Point"

"I Can Play Net"

"I Can Play Points"

"I am a Good Sport"



MEET & GREET

Introduction & Attendance (5 min.)

Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

WARM-UP

Line Races (15 min.) (Court set-up)

Players learn how to set-up Orange courts (this will take longer than usual as it is the first time). Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Rally": Practice Activity P1: Throw Rally (15 min.)

Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.

Fundamental Teaching Points: Sideways Set up position - Recovery.

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P3: Floor Rally in the Alley (10 min.)

Players pass the ball along the ground to each other inside the doubles alley.

Fundamental Teaching Points: Grip - Sideways Set up Position - Impact Point (out front).

'I am a Good Sport': Cooperate with a partner.

"I Can Rally": Practice Activity P7: Feed & Rally (10 min.)

Players throw underhand to each other to practice groundstrokes.

Fundamental Teaching Points: Grip-sideways set up position - Impact point.

'I am a Good Sport': Cooperate with partner

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players attempt a consistent rally using their racquets. Players must catch the ball on the racquet before sending back.

Fundamental Teaching Points: Sideways Set Up Position - Impact point - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Points": Play Activity G4: Rally Ball (20 min.)

Players throw underhand to each other to practice groundstrokes.

'I am a Good Sport': Shake hands with partner

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 1 - LESSON 2

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Line Races (15 min.) (Court set-up)

Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G1: Throw Tennis (15 min.)

Play a game of Throw tennis to start lesson. It is important to make the connection to actually playing tennis. Introduce rules & scoring. Rotate players every 5 min.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P5: Self Rally (10 min.)

Players perform a forehand self-rally by gently hitting the ball above head height and to a target on the ground. Players gain points for consistency.

Fundamental Teaching Points: Continental grip - sideways set up position - Impact point

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention

"I Can Rally": Practice Activity P6: Feed, Hit & Catch (10 min.)

Players in 3 positions: feeder, hitter and catcher attempt a consistent rally. Feeder tosses the ball to hitter standing next to him. Hitter sends the ball over the net to catcher.

Fundamental Teaching Points: Grip - Impact point - Sideways set up position - Recovery

'I am a Good Sport': Cooperate with partners

"I Can Start a Point": Practice Activity P13: Underhand Serve & Return (10 min.)

Players in pairs cooperatively serving underhand and returning back and forth with each other.

Fundamental Teaching Points: Sideways Set Up Position - Impact point - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 1 - LESSON 3

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Throw / Catch Coordination (15min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (15 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players attempt a consistent rally using their racquets. Players must catch the ball on the racquet before sending back.

Fundamental Teaching Points: Sideways Set Up Position - Impact point - Recovery

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention

"I Can Start a Point": Practice Activity P11: Sky Ball (10 min.)

Players in pairs cooperatively throw overhead back and forth with each other.

Fundamental Teaching Points: Throwing from trophy position - Sideways position - Recovery

'I am a Good Sport': Cooperate with partners

"I Can Start a Point": Practice Activity P12: Flying Target (10 min.)

Players standing on serve position. Each player holds a ball in each hand. They use a service toss to put one in the air and throw the other at it.

Fundamental Teaching Points: Trophy Position - Throwing Action

'I am a Good Sport': Pick up the balls quickly

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 1 - LESSON 4

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Clean Up Your Room (15 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (15 min.)

Players from opposite teams play each other up to 5 points. Overhead serves. First player to get 5 yells, 'Stop'. All players ahead get one point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

"I Can Play Net": Practice Activity P18: Catch Ball (10 min.)

Players throw ball underhanded to each other without letting the ball bounce. They attempt to catch the ball one-handed. Alternate FH & BH sides.

Fundamental Teaching Points: Sideways set-up - Recovery

'I am a Good Sport': Cooperate with a partner

"I Can Play Net": Practice Activity P19: Self Volley Keep Ups (10 min.)

Players bounce the ball up on their racquets without dropping the ball on the ground.

Fundamental Teaching Points: Continental Grip - Impact point - Sideways Set Up position

'I am a Good Sport': Call score out loud and hug the racquet when Instructor is speaking

"I Can Start a Point": Practice Activity P14: Climb Serve Mountain (10 min.)

Players serve with progression from a close to a further distance from the net.

Fundamental Teaching Points: Trophy position - Impact point - Racquet facing target.

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Repeat Stop Tennis. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 1 - LESSON 5

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Tag Games (15 min.) (Court set-up)

Players play various games of tag. Designate area players must stay in.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G7: Tag Team Tennis (15 min.)

Players compete in teams of 2 or 3. One player on first plays 2 points (serve once, return once). The next team member comes up to play but the score is continued..

'I am a Good Sport': Shake hands with partner

"I Can Rally": Practice Activity P9: Groundstroke Rally With Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Players must self rally before sending the ball back.

Fundamental Teaching Points: Forehand grip - Sideways set up position - Impact Point - Racquet facing target

'I am a Good Sport': Cooperate with a partner

"I Can Start a Point": Practice Activity P12: Flying Target (10 min.)

Players standing on serve position. Each player holds a ball in each hand. They use a service toss to put one in the air and throw the other at it.

Fundamental Teaching Points: Trophy Position - Throwing Action

'I am a Good Sport': Pick up the balls quickly

"I Can Start a Point": Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Trophy position - Impact point - Serve and Return position

'I am a Good Sport': Hug your racquet and listen to instructor.

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Players from opposite teams play each other up to 5 points. Overhead serves. First player to get 5 yells, 'Stop'. All players ahead get one point for their team. If tied each players gets a win.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 1 - LESSON 6

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Shadow Strokes (15 min.) (Court set-up)

Players run patterns along various lines using basic foot work (run, shuffle). They perform a shadow swing stroke at the intersection of each line. Keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (15 min.)

Players from opposite teams play each other up to 5 points. Overhead serves. First player to get 5 yells, 'Stop'. All players ahead get one point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P9: Groundstroke Rally With Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Players must self rally before sending the ball back.

Fundamental Teaching Points: Forehand grip - Sideways set up position - Impact Point - Racquet facing target

'I am a Good Sport': Cooperate with a partner

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent rally crosscourt using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Forehand grip - Set up - Impact point with racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams serving diagonally and cooperatively winning point by succeeding to serve and return.

Fundamental Teaching Points: Grip - Trophy Position - Throwing action - Impact point

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G9: No Ad Game (20 min.)

Players on an Orange court play a full game of tennis with No-Ad scoring. Overhead serves.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Certificates of Achievement (5 min.) (Court take-down)

The instructor gives the certificates of achievement for each individual in the class. The certificate determines the appropriate next class to take.



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.

The Orange 2 program takes players through a number of skill sets:

"I Can Rally"

"I Can Start a Point"

"I Can Play Net"

"I Can Play Points"

"I am a Good Sport"



ORANGE 2 - LESSON 1

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

WARM-UP

Throw / Catch Coordination (15 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G1: Throw Tennis (15 min.)

Play a game of Throw tennis to start lesson. It is important to make the connection to actually playing tennis. Introduce rules & scoring. Rotate players every 5 min.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P7: Feed & Rally (10 min.)

Players throw underhand to each other to practice groundstrokes.

Fundamental Teaching Points: Sideways Set Up position - Forehand Grip - Impact point - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Rally": Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Players must self rally before sending the ball.

Fundamental Teaching Points: Grip - Set Up Sideways - Impact point and racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P12: Flying Target (10 min.)

Players standing on serve position. Each player holds a ball in each hand. They use a service toss to put one in the air and throw the other at it.

Fundamental Teaching Points: Trophy Position - Throwing Action

'I am a Good Sport': Pick up the balls quickly

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Keep score out loud, make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set up position - Grip - Impact Point in front.

ORANGE 2 - LESSON 2

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Clean Up Your Room (15 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (15 min.)

Play Team Cones format with service line tennis. Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Keep score out loud, make clear and fair line calls

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players in pairs cooperatively rally using forehand. Players must catch the ball on racquet before hitting.

Fundamental Teaching Points: Grip and Set Up - Impact point - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P20: Throw to Volley (10 min.)

Players throw ball underhanded to volleyer at net.

Fundamental Teaching Points: Set Up Sideways - Continental Grip - Impact Point - Catching Action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P14: Climb Serve Mountain (10 min.)

Players serve with progression from a close to a further distance from the net.

Fundamental Teaching Points: Trophy position - Impact point - Racquet facing target.

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Repeat Team Cones. Use overhead serves. Reinforce rules & simple scoring.

'I am a Good Sport': Keep score out loud, make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Grip and Set Up - Impact point with racquet facing target - Catching action on volley

ORANGE 2 - LESSON 3

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Throw / Catch Coordination (15 min.) (Court set-up)

Players throw a ball underhanded to each other while side-shuffling from the net to the baseline (see the video for variations and progressions).

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (15 min.)

Play Team Cones format on orange court. Play Team Cones format with service line tennis. Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins

'I am a Good Sport': Keep score out loud, make clear and fair line calls

"I Can Rally": Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Players must self rally before sending the ball.

Fundamental Teaching Points: Grip – Set Up Sideways - Impact point and racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P21: Groundstroke to Volley (10 min.)

Players feeds the ball with groundstroke to volleyer at net.

Fundamental Teaching Points: Set Up Sideways - Continental Grip - Impact Point - Catching Action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Set Up sideways - Throwing action from trophy position - Impact point above head

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Shake hands with partner

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Serve Impact point - Grip - Recovery on return.

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Clean Up Your Room (15 min.) (Court set-up)

WARM-UP with overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (15 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a point.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent rally crosscourt using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Forehand grip - Set Up - Impact point with racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P21: Groundstroke to Volley (10 min.)

Players feeds the ball with groundstroke to volleyer at net.

Fundamental Teaching Points: Set Up Sideways - Continental Grip - Impact Point - Catching Action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams. Serve to targets placed in the BH corners of the service box. One point for every target hit.

Fundamental Teaching Points: Point Trophy Position - Impact point - Recovery

'I am a Good Sport': Pick up balls quickly

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Repeat Stop Tennis. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of playing net - Set-up - Impact Point - Racquet facing target - Volley catching action.

ORANGE 2 - LESSON 5

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Tag Games (15 min.) (Court set-up)

Players play various games of tag. Designate area players must stay in.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (15 min.)

Players from opposite teams play each other up to 5 points. Overhead serves. First player to get 5 yells, 'Stop'. All players ahead get one point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent rally crosscourt using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Forehand grip - Set Up - Impact point with racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P22: Approach Shot & Volley (10 min.)

Player throws ball underhanded to baseliner who moves in, hits an approach shot and completes a 2 ball sequence of groundstrokes to volleys with a player on the opposite baseline.

Fundamental Teaching Points: Walk through approach and split step - Impact point with racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams serving diagonally and cooperatively winning points by succeeding to serve and return.

Fundamental Teaching Points: Grip - Trophy Position - Impact point - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Points": Play Activity G9: No Ad Game (20 min.)

Players on an Orange court play a full game of tennis with No-Ad scoring. Overhead serves.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize & Encourage (5 min.) (Court take-down)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of Keep the ball in play - Set-up - Split step before volley - Impact Point on groundstrokes & volley

ORANGE 2 - LESSON 6

6 x 1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

Shadow Strokes (15 min.) (Court set-up)

Players run patterns along various lines using basic foot works (run, shuffle). They perform a shadow swing stroke at the intersection of each line. Keep them moving continuously for 2.5 minutes to WARM-UP.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G7: Tag Team Tennis (15 min.)

Players compete on ½ court width. Play in pairs. One player on first plays 2 points (serve once, return once). The next team member comes up to play but the score is continued

'I am a Good Sport': Make clear and fair line calls.

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent rally crosscourt using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Forehand grip - Set Up - Impact point with racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P22: Approach Shot & Volley (10 min.)

Player throws ball underhanded to baseliner who moves in, hits an approach shot and completes a 2 ball sequence of groundstrokes to volleys with a player on the opposite baseline.

Fundamental Teaching Points: Walk through approach and split step - Impact point with racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P17: Overhead Serve to Target (10 min.)

Players in teams. Serving team gets point for placing it in the service box. Returning team neutralizes point by placing it in the court.

Fundamental Teaching Points: Set Up - Throwing action from trophy position - Impact with racquet aiming at target

'I am a Good Sport': Hug your racquet and listen to instructor.

"I Can Play Points": Play Activity G9: No Ad Game (20 min.)

Players on an Orange court play a full game of tennis with No-Ad scoring. Overhead serves.

'I am a Good Sport': Make clear and fair line calls.

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Certificates of Achievement (5 min.) (Court take-down)

The instructor gives the certificates of achievement for each individual in the class. The certificate determines the appropriate next class to take.



4-5 DAY CAMP (2 hrs/day)

It is recommended to have both Orange 1 and Orange 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.

ORANGE LEVEL 1 (8+ 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 (8+ 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.

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

"I Can Rally"

"I Can Start a Point"

"I Can Play Net"

"I Can Play Points"

"I am a Good Sport"

Instructor Note: Evaluations for Certificates of Achievement should be done during competition times.





ORANGE 1 CAMP

2 hours / day

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|--|---|--|---|---|
| WARM-UP (Court set-up) (15 min.) <u>Court Parts</u> | WARM-UP (Court set-up) (15 min.) <u>Shadow Strokes</u> | WARM-UP (Court set-up) (15 min.) <u>Throw/catch Coordination</u> | WARM-UP (Court set-up) (15 min.) <u>Clean your Room</u> | WARM-UP (Court set-up) (15 min.) <u>Tag Games</u> |
| "I Can Rally" (20 min.) P1 <u>Throw Rally</u> | "I Can Play Points" (20 min.) G1 <u>Throw Tennis</u> | "I Can Play Points" (20 min.) G2 <u>Floor Tennis</u> | "I Can Play Points" (20 min.) G8 <u>Up and down</u> | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | G5 (15 min.) <u>Team Cones</u> |
| "I Can Rally" (10 min.) P3 <u>Floor Rally in the Alley</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with self Rally</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | G6 (15 min.) <u>Stop Tennis</u> |
| "I Can Rally" (10 min.) P8 <u>Groundstroke feed & Control</u> | "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Play Net" (10 min.) P18 <u>Catch Ball</u> | "I Can Play Net" (10 min.) P20 <u>Throw to Volley</u> | 10 min. Break |
| "I Can Rally" (10 min.) P5 <u>Self Rally</u> | "I Can Start a Point" (10 min.) P12 <u>Flying Target</u> | "I Can Start a Point" (10 min.) P14 <u>Climb Serve Mountain</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | G7 (15 min.) <u>Tag Team Tennis</u> |
| "I Can Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Start a Point" (10 min.) P13 <u>Underhand Serve & Return</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | G9 (15 min.) <u>No Ad Game</u> |
| "I Can Play Points" (20 min.) G1 <u>Throw Tennis</u> | "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G9 <u>No Ad Game</u> | G8 (15 min.) <u>Up & Down</u> |

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

Summarize key points from the day.



ORANGE 2 CAMP

2 hours / day

| 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 your Room | WARM-UP (Court set-up) (15 min.) Tag Games |
| "I Can Rally" (20min.) P1 Throw Rally | "I Can Play Points" (20 min.) G6 Stop Tennis | "I Can Play Points" (20 min.) G6 Stop Tennis | "I Can Play Points" (20 min.) G8 Up & Down | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 Feed & Rally | "I Can Rally" (10 min.) P2 Throw Crosscourt & Down the Line | "I Can Rally" (10 min.) P9 Groundstroke Rally with Self Rally | "I Can Rally" (10 min.) P9 Groundstroke Rally with Self Rally | G5 (15 min.) Team Cones |
| "I Can Rally" (10 min.) P4 Floor Rally with Recovery | "I Can Rally" (10 min.) P10 Rally Crosscourt | "I Can Play Net" (10 min.) P18 Catch Ball | "I Can Rally" (10 min.) P10 Rally Crosscourt | G6 (15 min.) Stop Tennis |
| "I Can Rally" (10 min.) P8 Groundstroke Feed & Control | "I Can Start a Point" (10 min.) P12 Flying Target | "I Play Net" (10 min.) P20 Throw to Volley | "I Can Play Net" (10 min.) P21 Groundstroke to Volley | 10 Min. Break |
| "I Can Rally" (10 min.) P9 Groundstroke Rally with Self Rally | "I Can Play Net" (10 min.) P19 Self Volley Keep Ups | "I Can Start a Point" (10 min.) P14 Climb Mountain Serve | "I Can Play Net" (10 min.) P22 Approach Shot & Volley | G7 (15 min.) Tag Team Tennis |
| "I Can Start a Point" (10 min.) P11 Sky Ball | "I Can Start a Point" (10 min.) P14 Climb Mountain Serve | "I Can Start a Point" (10 min.) P15 Overhead Serve & Return Teams | "I Can Start a Point" (10 min.) P16 Overhead Serve & Return Crosscourt | G9 (15 min.) No Ad Game |
| "I Can Play Points" (20 min.) G5 Team Cones | "I Can Play Points" (20 min.) G5 Team Cones | "I Can Play Points" (20 min.) G7 Tag Team Tennis | "I Can Play Points" (20 min.) G9 No Ad Game | G8 (15 min.) Up & Down |

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

Summarize key points from the day.

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.

The Green 1 award program takes players through a number of skill sets:

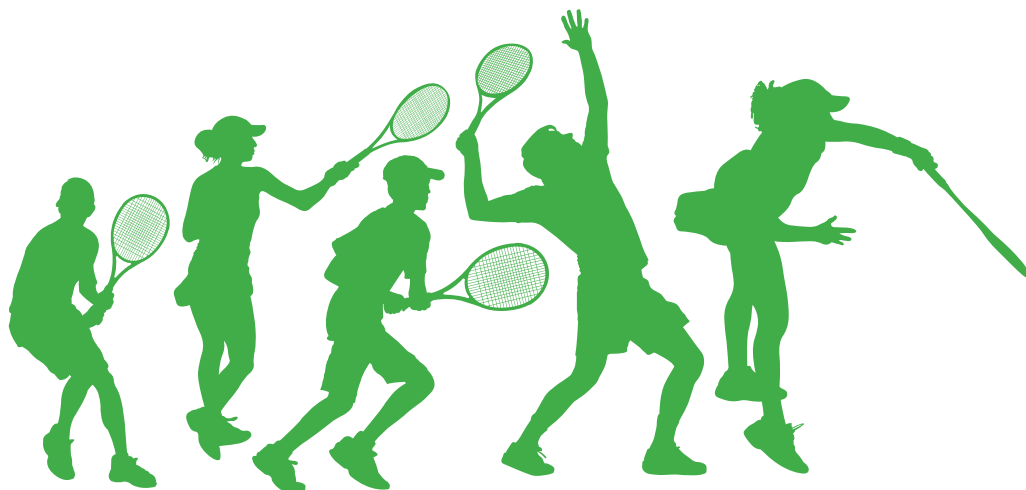
“I Can Rally”

“I Can Start a Point”

“I Can Play Net”

“I Can Play Points”

“I am a Good Sport”



GREEN 1.0 - LESSON 1

1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

WARM-UP

Starting Picture (10 min.)

Players attempt to rally baseline to baseline with a green ball (use ½ court width). Count rallies per pair. Instructor brings to light that increasing the length of the rally makes tennis more fun and enjoyable.

PLAY-PRACTICE-PLAY

"I Can Rally": Practice Activity P1: Throw Rally (20 min.)

Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.

Fundamental Teaching points: Sideways set up position-Recovery

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P5: Self Rally (10 min.)

Players attempt to continuously send the ball upward (head height) bouncing from the racquet to the ground.

Fundamental Teaching Points: Continental Grip - Sideways Set Up - Impact point

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention.

"I Can Rally": Practice Activity P6: Feed, Hit & Catch (10 min.)

Players in 3 positions: feeder, hitter and catcher attempt a consistent rally. Feeder tosses the ball to hitter standing next to him. Hitter sends the ball over the net to catcher.

Fundamental Teaching points: Grip - Impact point - Sideways set up position - Recovery

'I am a Good Sport': Cooperate with partner.

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players attempt a consistent rally using their racquets. Players must catch the ball on the racquet before hitting back.

'I am a Good Sport': Cooperate with partner

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set Up Position - Continental Grip - Recovery.

GREEN 1.0 - LESSON 2

1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Set-up Red courts.

Junior groups: WARM-UP with "Throw/Catch Coordination" activity.

Adult groups: WARM-UP with Self rallies.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Make clear and fair line calls

"I Can Start a Point": Practice Activity P11: Sky Ball (10 min.)

Players in pairs cooperatively throw overhead back and forth with each other.

Fundamental Teaching Points: Set Up Sideways - Throwing action from trophy position - Recovery

'I am a Good Sport': Call the score out loud

"I Can Start a Point": Practice Activity P12: Flying Target (10 min.)

Players in serve position. Each player holds a ball in each hand. They use a service toss to put one in the air and throw the other at it.

Fundamental Teaching points: Throwing action from Trophy Position - Impact Point

'I am a Good Sport': Pick up the balls quickly

"I Can Start a Point": Practice Activity P14: Climb Serve Mountain (10 min.)

Players serve with progression from a close to a further distance from the net.

Fundamental Teaching points: Trophy position - Impact point - Racquet facing target.

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Repeat Team Cones. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Set Up - Impact point – Trophy Position - Starting a point with serve & return.

GREEN 1.0 - LESSON 3

1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Set-up Orange courts.

Junior groups: WARM-UP with "Throw/Catch Coordination" activity.

Adult groups: WARM-UP with Self rallies.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones. Split players into 2 teams designated by a big cone each. Players from opposite teams play each other. Play games to 5 or 7 points with overhead serve for 1st serve, underhand for 2nd serve. Winner puts a small cone on their team's big cone. Assign new matches and continue process. The team with the most cones at the end wins.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Players must self rally before sending the ball.

Fundamental Teaching Points: Forehand grip - Impact point - Set-up - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching points: Sideways set up - Grip - Impact point - Racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in pairs cooperatively serve and return to each other.

Fundamental Teaching Points: Set Up sideways - Throwing action from trophy position - Impact point above head

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Serve Impact point - Grip - Starting a point with an overhead serve.

GREEN 1.0 - LESSON 4

1.5 hours

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Set-up Orange courts.

Junior groups: WARM-UP with "Shadow strokes" activity.

Adult groups: WARM-UP with Self rallies.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Grip - Set up - Impact point - Racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P20: Throw to Volley (10 min.)

Players throw underhand to a volleyer at net. Introduce volley as a 'catch' action.

Fundamental Teaching points: Continental Grip - Sideways set up - Volley 'catch' action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams of servers and returners cooperatively serve and return crosscourt to each other.

Fundamental Teaching points: Continental grip - Trophy position - Impact point - Serve and Return position

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G8: Up & Down (20 min.)

Players compete on ½ court width. Play games to 5. Winners move to 'Top court', Losing players move down.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Overhead serve from trophy position - Set-up - Continental Grip - Volley Impact Point - Volley catching action.

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Tag Games" activity.

Adult groups: WARM-UP with Self rallies.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Grip - Sideways Set Up - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P21: Groundstroke to Volley (10 min.)

Players feeds the ball with groundstroke to volleyer at net.

Fundamental Teaching points: Set Up Sideways - Continental Grip - Impact Point - Catching Action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams of servers and returners cooperatively serve and return crosscourt to each other.

Fundamental Teaching points: Grip - Trophy position - Impact point - Serve and Return position

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G8: Up & Down (20 min.)

Players compete on ½ court width. Play games to 5. Winners move to 'Top court', Losing players move down.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of keep the ball in play - Set-up - Serve and Return position - Impact Point on groundstrokes & volleys.

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Tag Games" activity.

Adult groups: WARM-UP with Self rallies.

PLAY-PRACTICE-PLAY

"I Can Rally": Practice Activity P10: Rally Crosscourt (15 min.)

Players attempt a consistent crosscourt rally using their racquets.

Fundamental Teaching Points: Sideways Set Up - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P22: Approach Shot & Volley (15 min.)

Player throws ball underhanded to baseliner who moves in, hits an approach shot and completes a 2 ball sequence of groundstrokes to volleys with a player on the opposite baseline

Fundamental Teaching Points: Walk Through Approach - Volley catching action - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P17: Overhead Serve to Target (15 min.)

Players grouped into serve & return teams. Servers must send the ball to the backhand side.

Fundamental Teaching points: Grip - Impact point with racquet facing target - Serve & Return position - Recovery

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Practice Activity G10: Doubles Tennis (25 min.)

Players compete in doubles. Instructor introduces doubles positioning & movement.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Doubles play.

GREEN 1.5

GREEN LEVEL 1 (10+ yrs & 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.

The Green 1.5 award program takes players through a number of skill sets:

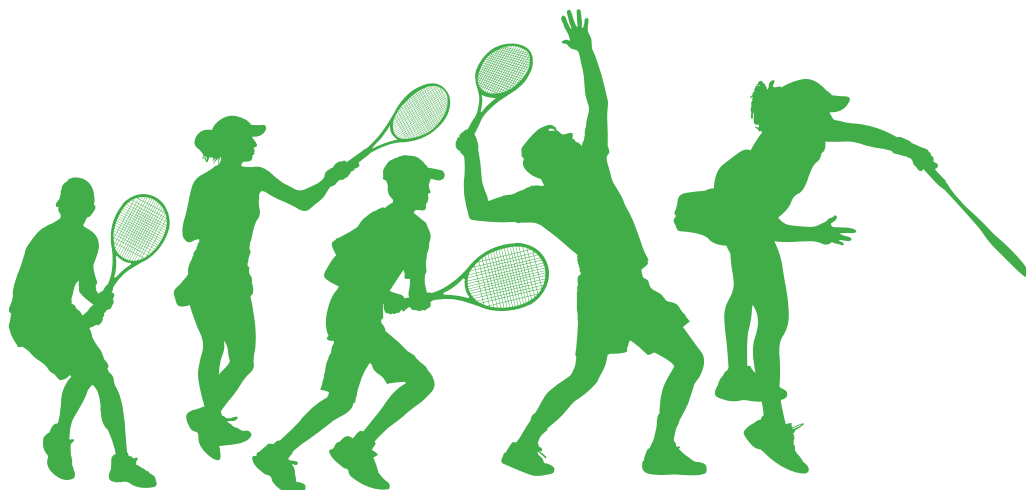
“I Can Rally”

“I Can Start a Point”

“I Can Play Net”

“I Can Play Points”

“I am a Good Sport”



GREEN 1.5 - LESSON 1

6 x 1.5 hour

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Throw/Catch Coordination" activity. (Overhead Throw)

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones format on Green court from service line to service line. Use overhead serves. Reinforce scoring rules.

'I am a Good Sport': Keep score out loud, make clear and fair line calls

"I Can Rally": Practice Activity P1: Throw Rally (10 min.)

Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.

Fundamental Teaching Points: Sideways Set Up - Recovery

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention

"I Can Rally": Practice Activity P5: Self Rally (10 min.)

Players attempt to continuously send the ball upward (head height) bouncing from the racquet to the ground.

Fundamental Teaching points: Continental Grip- sideways set up-impact point

'I am a Good Sport': Hug racquet and adopt 'listening position' whenever Instructor asks for attention

"I Can Rally": Practice Activity P8: Groundstroke Feed & Control (10 min.)

Players attempt a consistent rally using their racquets. Players must catch the ball before sending it back.

Fundamental Teaching points: Grip - Sideways set up - Impact point - Racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Play Points": Play Activity G5: Team Cones (20 min.)

Play Team Cones format on Green court from service line to service line. Use overhead serves. Reinforce scoring rules.

'I am a Good Sport': Keep score out loud, make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Sideways Set Up - Impact Point - Grip.

GREEN 1.5 - LESSON 2

6 x 1.5 hour

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Throw/Catch Coordination" activity. (Overhead Throw)

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players must self rally attempt using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Grip and set up - Impact point - Racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P20: Throw to Volley (10 min.)

Players throw underhand to a volleyer at net. Introduce volley as a 'catch' action.

Fundamental Teaching points: Continental Grip - Sideways set up - Volley 'catch' action

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P12: Flying Target (10 min.)

Players starting in serve position. Each player holds a ball in each hand. They use a service toss to put one in the air and throw the other at it.

Fundamental Teaching points: Continental Grip - Throwing action from trophy position

'I am a Good Sport': Pick up balls quickly

"I Can Play Points": Play Activity G6: Stop Tennis (20 min.)

Split players into teams. Players from opposite teams play each other. Play games to 5 points with overhead serves. First player to get to 5 yells, 'Stop'. Any player who is ahead gets a point for their team. If tied each player gets a win.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Impact point - Throwing action from trophy position - Volley catching action

GREEN 1.5 - LESSON 3

6 x 1.5 hour

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Throw/Catch Coordination" activity. (Overhead Throw)

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G8: Up & Down (20 min.)

Players compete on ½ court width. Play games to 5. Winners move to 'Top court', Losing players move down.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P9: Groundstroke Rally with Self Rally (10 min.)

Players attempt a consistent rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Grip and set up - Impact point - Racquet facing target

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P21: Groundstroke to Volley (10 min.)

One player at the baseline sends groundstrokes to player at the net. Maintain a cooperative rally.

Fundamental Teaching points: Impact point with racquet facing target - Catching action on volley - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P14: Climb Serve Mountain (10 min.)

Players serve with progression from a close to a further distance from the net.

Fundamental Teaching points: Trophy position - Impact point - Racquet facing target

'I am a Good Sport': Count out loud the score

"I Can Play Points": Play Activity G8: Up & Down (20 min.)

Repeat Up & Down. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of consistent rally - Serve and Volley Impact point - Grip - Starting a point with an overhead serve

GREEN 1.5 - LESSON 4

6 x 1.5 hour

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Throw/Catch Coordination" activity. (Overhead Throw)

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G7: Tag Team Tennis (20 min.)

Players compete on ½ court width. Play in pairs. One player on first plays 2 points (serve once, return once). The next team member comes up to play but the score is continued.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Sideways Set Up - Impact point - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P22: Approach Shot & Volley (10 min.)

Player throws ball underhanded to baseliner who moves in, hits an approach shot and completes a 2 ball sequence of groundstrokes to volleys with a player on the opposite baseline.

Fundamental Teaching points: Walk Through Approach - Volley catching action - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P15: Overhead Serve & Return Teams (10 min.)

Players in teams serving diagonally and cooperatively winning points by succeeding to serve and return.

Fundamental Teaching points: Set Up sideways – throwing action from Trophy position- Impact point above head

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G8: Up & Down (20 min.)

Players compete on ½ court width. Play games to 5. Winners move to 'Top court', Losing players move down.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of playing net - Impact point with racquet facing target - walk through approach shot - Recovery

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Shadow Strokes" activity.

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G10: Doubles Tennis (20 min.)

Players compete in doubles. Instructor introduces doubles positioning & movement.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Sideways Set Up - Impact point - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P23: Lob & Overhead (10 min.)

Player at baseline sends lobs to a player at the net. Players cooperate to maintain an exchange.

Fundamental Teaching points: Trophy position - Sideways set up - Impact with racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P16: Overhead Serve & Return Crosscourt (10 min.)

Players in teams of servers and returns cooperatively serve and return crosscourt to each other.

Fundamental Teaching points: Trophy position - Impact point - Serve and return position

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G10: Doubles Tennis (20 min.)

Repeat Doubles Tennis. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Tactic of Keep the ball in play - Set-up - Impact Point - Doubles position.

GREEN 1.5 - LESSON 6

6 x 1.5 hour

MEET & GREET

Introduction & Attendance (5 min.)

Take attendance. Ask questions about their week to build rapport. Quickly summarize what happened last session and how this session will build from there.

WARM-UP

WARM-UP Activities (10 min.)

Junior groups: WARM-UP with "Tag Games" activity.

Adult groups: WARM-UP with groundstrokes rally service line to service line.

PLAY-PRACTICE-PLAY

"I Can Play Points": Play Activity G10: Doubles Tennis (20 min.)

Players compete in doubles. Instructor introduces doubles positioning & movement.

'I am a Good Sport': Make clear and fair line calls

"I Can Rally": Practice Activity P10: Rally Crosscourt (10 min.)

Players attempt a consistent crosscourt rally using their racquets. Reinforce technical elements.

Fundamental Teaching Points: Sideways Set Up - Impact point - Racquet facing target - Recovery

'I am a Good Sport': Cooperate with partner

"I Can Play Net": Practice Activity P24: Approach Shot & Play Net (10 min.)

Players compete on ½ of the court width. One player sends a short ball to the opponent who hits an approach shot and plays the point out at net.

Fundamental Teaching points: Set up - Impact point - Racquet facing target - Fast reaction

'I am a Good Sport': Cooperate with partner

"I Can Start a Point": Practice Activity P17: Overhead Serve on Target (10 min.)

Players grouped into serve & return teams. Servers must send the ball to the backhand side.

Fundamental Teaching points: Impact point with racquet facing target - Serve & Return position - Recovery

'I am a Good Sport': Keep the score out loud

"I Can Play Points": Play Activity G10: Doubles Tennis (20 min.)

Repeat Doubles Tennis. Give feedback and keep flow of play.

'I am a Good Sport': Make clear and fair line calls

NOTE: Instructors can evaluate players in this activity.

WRAP-UP

Summarize and Encourage (5 min.)

Encourage all players to play and practice outside of lesson time if possible. Ask questions to review key points for this lesson.

- Doubles play.

GREEN CAMPS

4-5 day camp (2 hours / day)

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 (10+ 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 (10+ 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.

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

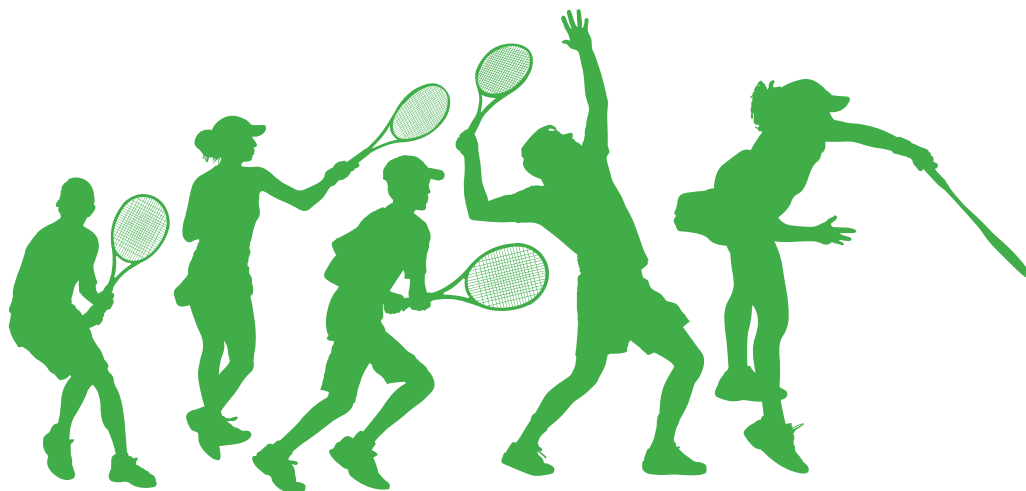
“I Can Rally”

“I Can Start a Point”

“I Can Play Net”

“I Can Play Points”

“I am a Good Sport”





GREEN 1 CAMP

2 h / day

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|--|--|--|---|
| WARM-UP (15 min.) <u>Court Parts</u> | WARM-UP (15 min.) <u>Shadow Strokes</u> | WARM-UP (15 min.) <u>Throw/catch Coordination</u> | WARM-UP (15 min.) <u>Throw/catch Coordination</u> (overhead throw) | WARM-UP (15 min.) <u>Tag Game</u> |
| "I Can Rally" (20 min.) P1 <u>Throw Rally</u> | "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G8 <u>Up & Down</u> | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke feed & Control</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Rally" (10 min.) P10 <u>Rally Crosscourt</u> | G5 (15 min.) <u>Team Cones</u> |
| "I Start a Point" (10 min.) P11 <u>Sky Ball</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | "I Can Play Net" (10 min.) P22 <u>Approach Shot & Volley</u> | G6 (15 min.) <u>Stop Tennis</u> |
| "I Can Start a Point" (10 min.) P12 <u>Flying Target</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | "I Can Play Net" (10 min.) P22 <u>Approach Shot & Volley</u> | "I Can start a Point" (10 min.) P16 <u>Overhead Serve & Return Crosscourt</u> | 10 Min. Break |
| "I Can Play Net" (10 min.) P18 <u>Catch Ball</u> | "I Can Start a Point" (10 min.) P12 <u>Flying Target</u> | "I Can Rally" (10 min.) P10 <u>Rally Crosscourt</u> | "I Can Play Net" (10 min.) P23 <u>Lob to Overhead</u> | G7 (15 min.) <u>Tag Team Tennis</u> |
| "I Can Play Net" (10 min.) P20 <u>Throw to Volley</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Team</u> | "I Can Start a Point" (10 min.) P16 <u>Overhead Serve & Return Crosscourt</u> | "I Can Start a Point" (10 min.) P17 <u>Overhead Serve to Targets</u> | G8 (15 min.) <u>Up & Down</u> |
| "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G10 <u>Doubles Tennis</u> | G10 (15 min.) <u>Doubles Tennis</u> |

WRAP-UP (5 min.)



GREEN 1.5 CAMP

2 h / day

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|---|--|---|--|
| WARM-UP (15 min.) <u>Throw/Catch Coordination</u> | WARM-UP (15 min.) <u>Shadow Strokes</u> | WARM-UP (15 min.) <u>Throw/catch Coordination</u> (Overhead Throw) | WARM-UP (15 min.) <u>Throw/catch Coordination</u> | WARM-UP (15 min.) <u>Shadow Stroke</u> |
| "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G7 <u>Tag Team Tennis</u> | "I Can Play Points" (20 min.) G8 <u>Up & Down</u> | "I Can Play Points" (15 min. each competition) |
| "I Can Rally" (10 min.) P7 <u>Feed & Rally</u> | "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | G5 (15 min.) <u>Team Cones</u> |
| "I Can Rally" (10 min.) P8 <u>Groundstroke Feed & Control</u> | "I Can Rally" (10 min.) P9 <u>Groundstroke Rally with Self Rally</u> | "I Can Rally" (10 min.) P10 <u>Rally Crosscourt</u> | "I Can Rally" (10 min.) P10 <u>Rally Crosscourt</u> | G6 (15 min.) <u>Stop Tennis</u> |
| "I Can Play Net" (10 min.) P20 <u>Throw to Volley</u> | "I Can Play Net" (10 min.) P21 <u>Groundstroke to Volley</u> | "I Can Play Net" (10 min.) P22 <u>Approach Shot & Volley</u> | "I Can Play Net" (10 min.) P23 <u>Lob to Overhead</u> | 10 min. Break |
| "I Can Start a Point" (10 min.) P12 <u>Flying Target</u> | "I Can Start a Point" (10 min.) P14 <u>Clim Serve Mountain</u> | "I Can Play Net" (10 min.) P23 <u>Lob to Overhead</u> | "I Can Play Net" (10 min.) P24 <u>Approach Shot & Play Net</u> | G7 (15 min.) <u>Tag Team Tennis</u> |
| "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | "I Can Start a Point" (10 min.) P15 <u>Overhead Serve & Return Teams</u> | "I Can Start a Point" (10 min.) P16 <u>Overhead Serve & Return Crosscourt</u> | "I Can Start a Point" (10 min.) P17 <u>Overhead Serve to Target</u> | G8 (15 min.) <u>Up & Down</u> |
| "I Can Play Points" (20 min.) G5 <u>Team Cones</u> | "I Can Play Points" (20 min.) G6 <u>Stop Tennis</u> | "I Can Play Points" (20 min.) G10 <u>Doubles Tennis</u> | "I Can Play Points" (20 min.) G10 <u>Doubles Tennis</u> | G10 (15 min.) <u>Doubles Tennis</u> |

WRAP-UP (5 min.)



***Learn
to play***

LESSON PLANNERS

Instructor:

Date:

1. MEET & GREET (5 min.)

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2. WARM-UP (10 min.)

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3. PLAY-PRACTICE-PLAY (40 min.)

Play ("I Can Play Points") Activity:

Rules:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Play ("I Can Play Points") Activity:

Rules:



4. WRAP-UP (5 min.)

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LESSON PLANNER

1.5 h

Instructor:

Date:

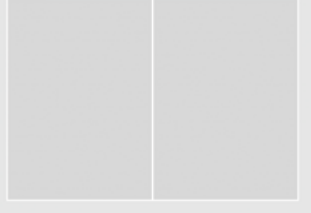
1. MEET & GREET (5 min.)

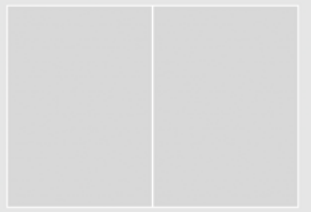
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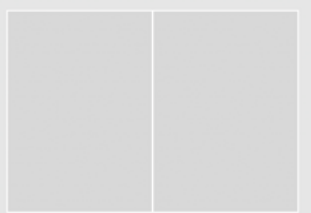
2. WARM-UP (15 min.)


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3. PLAY-PRACTICE-PLAY (70 min.)

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| Play ("I Can Play Points") Activity: Rules: |  |
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| Practice Activity: Tactic: Fundamental Teaching Points: |  |
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| Practice Activity: Tactic: Fundamental Teaching Points: |  |
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| Practice Activity: Tactic: Fundamental Teaching Points: |  |
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| Play ("I Can Play Points") Activity: Rules: |  |
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4. WRAP-UP (5 min.)

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Instructor:

Date:

1. MEET & GREET (5 min.)

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2. WARM-UP (10 min.)

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3. PLAY-PRACTICE-PLAY (90 min.)

Play ("I Can Play Points") Activity:

Rules:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Practice Activity:

Tactic:

Fundamental Teaching Points:



Play ("I Can Play Points") Activity:

Rules:



4. WRAP-UP (5 min.)

LESSON PLANNER

3 h 'Camp'

Instructor: _____

Date: _____

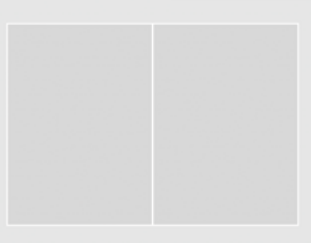
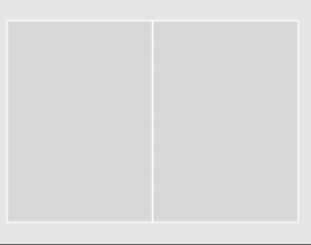


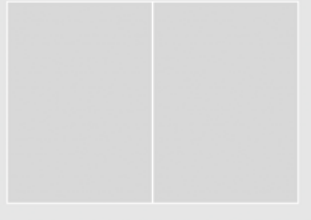
1. MEET & GREET (5 min.)

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2. WARM-UP (20 min.)

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3. PLAY-PRACTICE-PLAY (65 min.)

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|---|---|
| Play ("I Can Play Points") Activity: Rules: |  |
| Practice Activity: Tactic: Fundamental Teaching Points: |  |
| Practice Activity: Tactic: Fundamental Teaching Points: |  |
| Practice Activity: Tactic: Fundamental Teaching Points: |  |
| Play ("I Can Play Points") Activity: Rules: |  |

BREAK (10 min.)

3. PLAY-PRACTICE-PLAY (75 min.)

Play ("I Can Play Points") Activity:

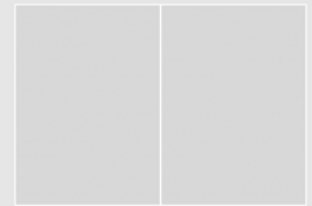
Rules:



Practice Activity:

Tactic:

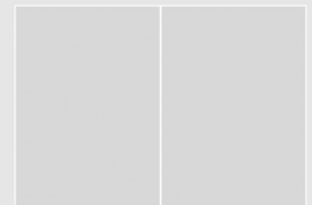
Fundamental Teaching Points:



Practice Activity:

Tactic:

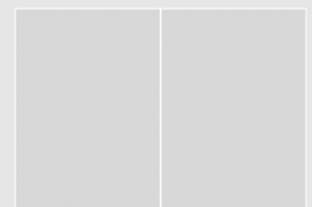
Fundamental Teaching Points:



Practice Activity:

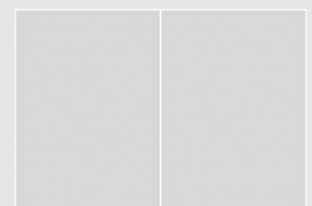
Tactic:

Fundamental Teaching Points:



Play ("I Can Play Points") Activity:

Rules:



4. WRAP-UP (5 min.)

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Learn to play

CERTIFICATE OF ACHIEVEMENTS

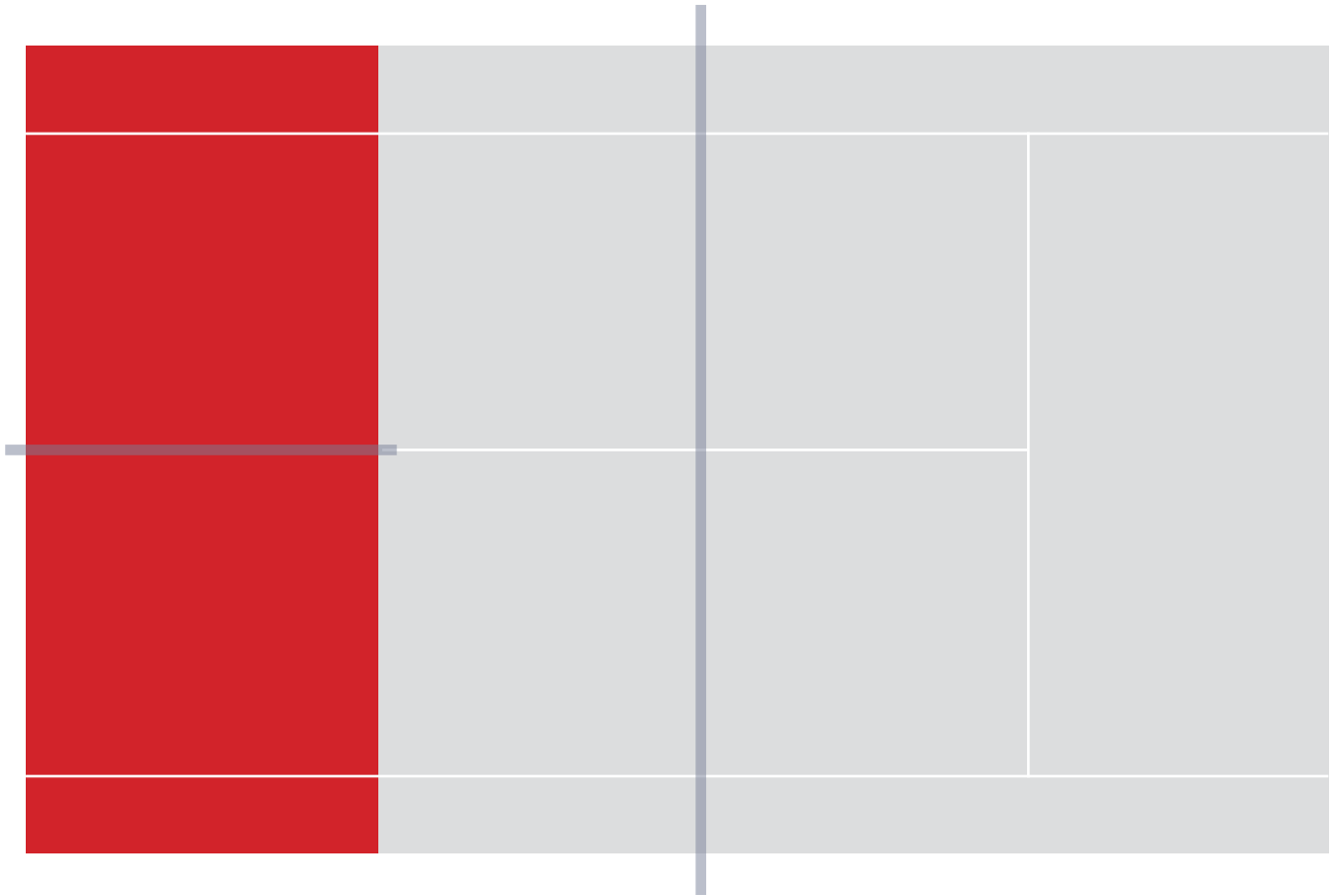
In the certificate of achievements players will receive a written evaluation for the following set of skills:

- I Can Rally**
- I Can Start a Point**
- I Can Play Net**
- I Can Play Points**
- I am a Good Sport**

In addition players will get feedback on their fundamental teaching points. For the purpose of this certificate this will be called “my fundamentals”.

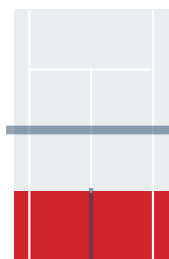
Finally players will be given advice on what to do next with their game.

RED 1 CERTIFICATE OF ACHIEVEMENT



Kids Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Kids tennis adopts the progressive tennis system of court size, racquet length, and specialized balls scaled appropriately for the age and size of children.

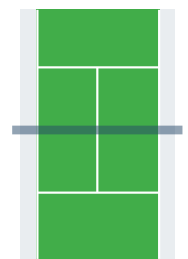
The system is endorsed by the International Tennis Federation (ITF) and has been adopted by the top tennis nations world-wide.



RED TENNIS
1/2 COURT
6+ YEARS OLDS



ORANGE TENNIS
3/4 COURT
8+ YEAR OLDS



GREEN TENNIS
FULL-COURT TRANSITION
10+ YEAR OLDS



RED 1 CERTIFICATE OF ACHIEVEMENT

Name:

Instructor:

Date:

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

Observed Infrequently = Developing (DV)

Observed 3 times in a row = Well Done (WD)

I CAN RALLY

Underhand Throw & Catch

I can throw underhand and catch with a partner, move to the ball and recover, just like in an actual tennis rally.

Send a Forehand from a Dropped Ball

I can drop a ball to myself and send it to a partner. (Skill required to begin a cooperative rally)

Groundstroke Rally

I can rally 3 balls in a row on 1/2 a red court

I CAN START A POINT

Overhead Throw

I can throw overhead the length of a red court.

Underhand Serve

I can toss the ball up and hit it in the air as an underhand serve into the Red service box.

I AM A GOOD SPORT

I hug my racquet when listening to the Instructor.

I cooperate with partners during the practice.

I shake hands after each game

MY FUNDAMENTALS

Between shots, I always recover and wait in a ready position.

I am in a sideways position when sending the ball.

I impact at waist level

I CAN PLAY POINTS

I can play a game of [Throw Tennis](#), starting with an overhead throw and rallying with underhand catches.

I can start the point from behind the baseline.

I can keep score and call it out loud.

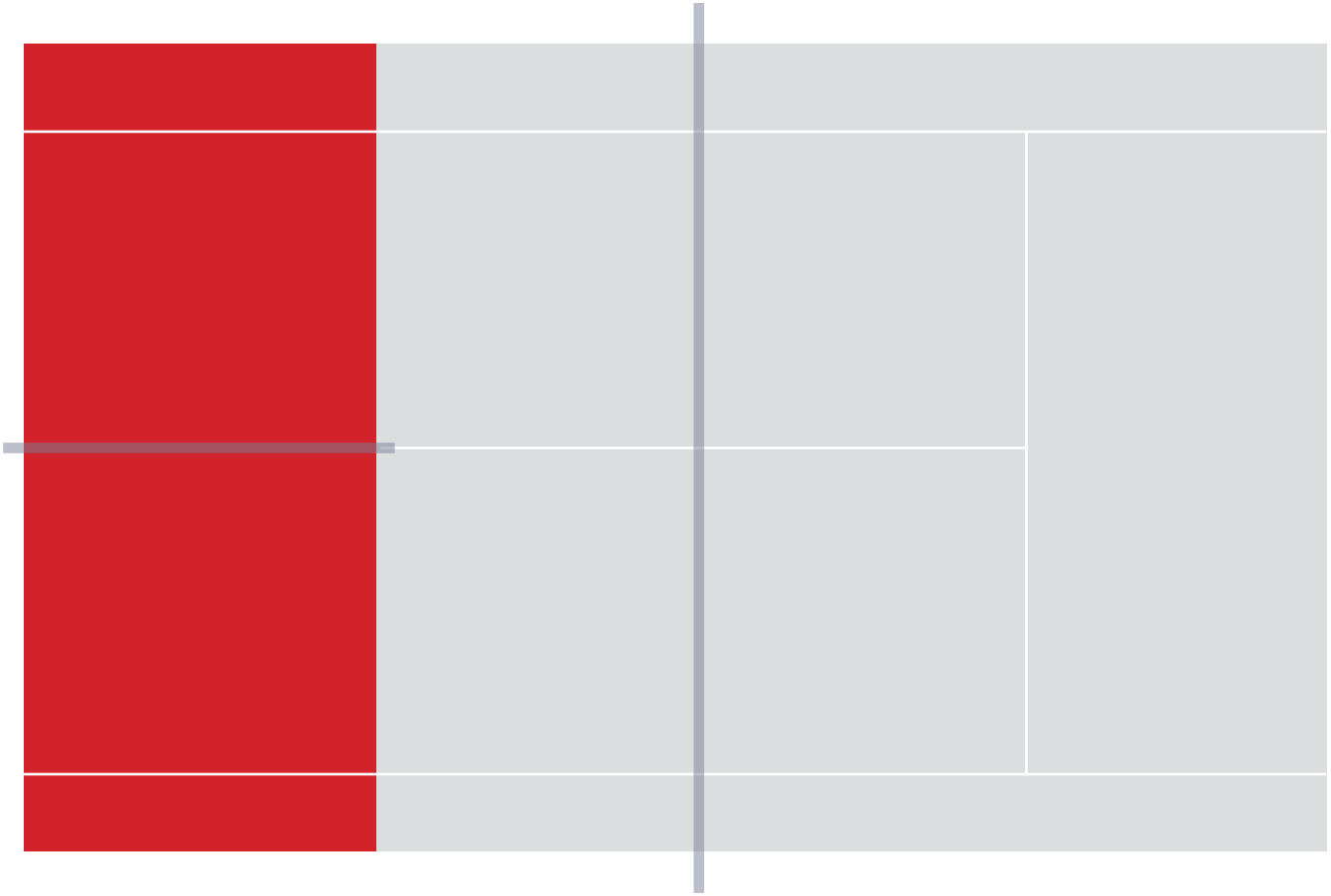
WHAT SHOULD I DO NEXT?

Recommended Next Session: Red Level 1

Recommended Next Session: Red Level 2



RED 2 CERTIFICATE OF ACHIEVEMENT

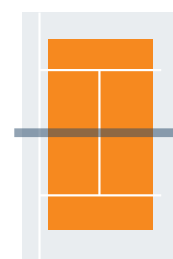


Kids Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Kids tennis adopts the progressive tennis system of court size, racquet length, and specialized balls scaled appropriately for the age and size of children.

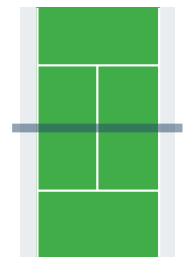
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RED TENNIS
1/2 COURT
6+ YEARS OLDS



ORANGE TENNIS
3/4 COURT
8+ YEAR OLDS



GREEN TENNIS
FULL-COURT TRANSITION
10+ YEAR OLDS





RED 2 CERTIFICATE OF ACHIEVEMENT

Name:

Instructor:

Date:

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

Observed Infrequently = Developing (DV)

Observed 3 times in a row = Well Done (WD)

I CAN RALLY**Groundstroke Rally**

I can rally 3 balls in a row using my groundstrokes.

I CAN START A POINT**Overhead Serve**

I can start a point with an overhead serve into the court.

I CAN PLAY NET**Volley**

I can play the net using my volley.

I AM A GOOD SPORT

I hug my racquet when listening to the Instructor.

I cooperate with partners during the practice.

I shake hands after each game

MY FUNDAMENTALS

I recover after every shot.

I impact the ball at waist level and out in front on groundstrokes.

I impact the ball at chest level and out in front on volleys.

I am in a sideways position when sending the ball.

I use a throwing action for my overhead serve.

I CAN PLAY POINTS

I can play points on a Red court.

I can set-up my own Red court.

I can keep score and call it out loud.

On 3 different occasions, I have played a game up to 7 points with a friend or with my parents.

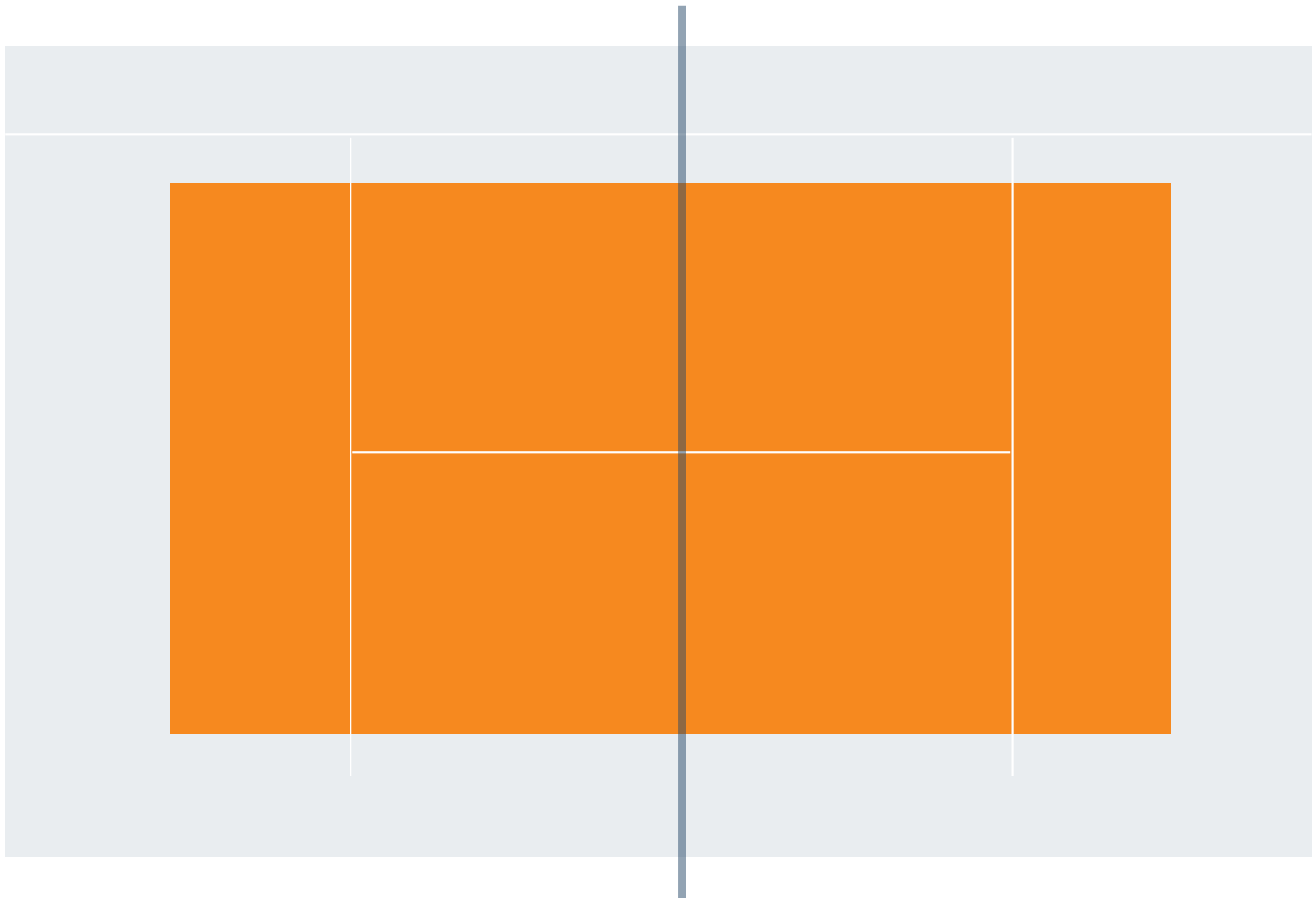
WHAT SHOULD I DO NEXT?

Recommended Next Session: Red Level 2

Recommended Next Session: Orange 1

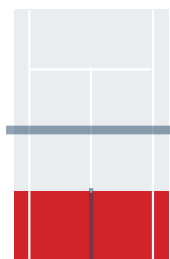


ORANGE 1 CERTIFICATE OF ACHIEVEMENT

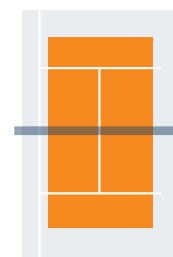


Kids Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Kids tennis adopts the progressive tennis system of court size, racquet length, and specialized balls scaled appropriately for the age and size of children.

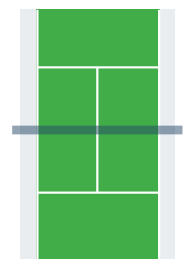
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RED TENNIS
1/2 COURT
6+ YEARS OLDS



ORANGE TENNIS
3/4 COURT
8+ YEAR OLDS



GREEN TENNIS
FULL-COURT TRANSITION
10+ YEAR OLDS



ORANGE 1 CERTIFICATE OF ACHIEVEMENT

Name:

Instructor:

Date:

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

Observed Infrequently = Developing (DV)

Observed 3 times in a row = Well Done (WD)

I CAN RALLY

Groundstroke Rally

I can rally 4 balls in a row using my groundstrokes.

I CAN START A POINT

Serve

I can start a point with an overhead serve into the Deuce court and Ad court..

I CAN PLAY NET

Volley

I can move my opponent using my volley.

I AM A GOOD SPORT

I hug my racquet when listening to the Instructor.

I cooperate with partners during the practice.

I shake hands after each game

MY FUNDAMENTALS

I recover after every shot to home base and wait in a ready position

I impact the ball at waist level and out front on groundstrokes.

I impact the ball at chest level and out in front on volleys.

I am in a sideways position when sending the ball.

I use a throwing action for my serve.

I CAN PLAY POINTS

I can play one serve game and one return game of Orange tennis:

I can set-up my own Orange court.

I can keep score and call it out loud.

I make fair and clear line calls.

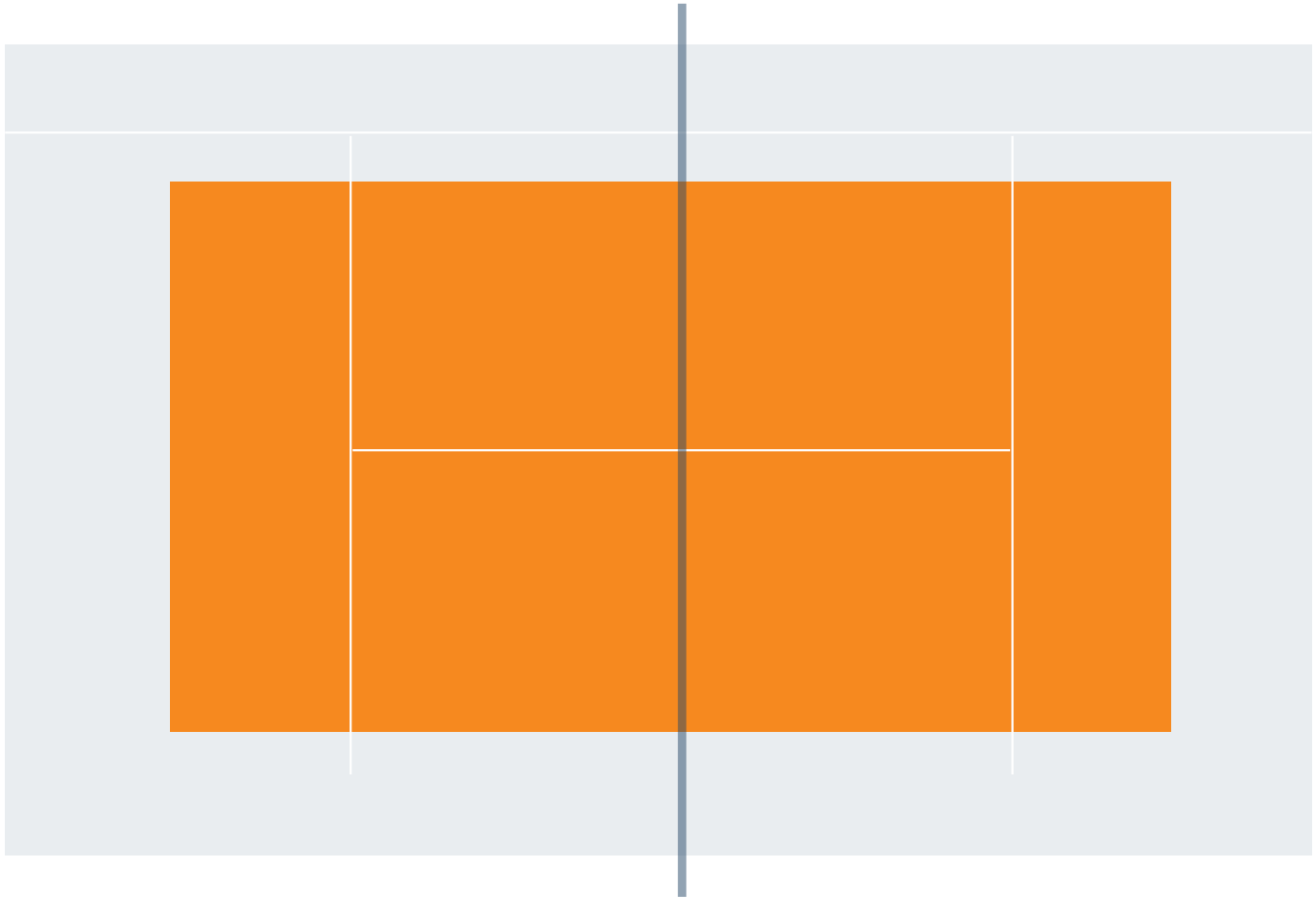
WHAT SHOULD I DO NEXT?

Recommended Next Session: Orange 1

Recommended Next Session: Orange 2

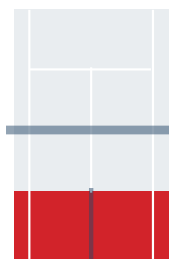


ORANGE 2 CERTIFICATE OF ACHIEVEMENT



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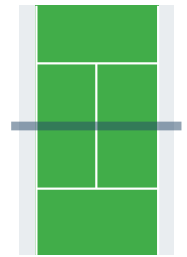
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RED TENNIS
1/2 COURT
6+ YEARS OLDS



ORANGE TENNIS
3/4 COURT
8+ YEAR OLDS



GREEN TENNIS
FULL-COURT TRANSITION
10+ YEAR OLDS





ORANGE 2 CERTIFICATE OF ACHIEVEMENT

Name:

Instructor:

Date:

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

Observed Infrequently = Developing (DV)

Observed 3 times in a row = Well Done (WD)

I CAN RALLY**Groundstroke Rally**

I can rally 6 balls in a row using my groundstrokes.

I CAN START A POINT**Serve**

I can start a point with an overhead serve directed to the backhand side of my partner in the Deuce court and Ad court.

I CAN PLAY NET**Approach / Volley / Overhead**

I can complete a sequence of an approach shot, a volley to the open court, and an overhead during play.

I AM A GOOD SPORT

I hug my racquet when listening to the Instructor.

I cooperate with partners during the practice.

I shake hands after each game

MY FUNDAMENTALS

I recover to the correct place at the right time with and wait in a ready position

I impact the ball at waist level and out front on groundstrokes.

I impact the ball at chest level and out in front on volleys.

I am in a balanced sideways position when sending the ball.

I use a throwing action for my serve and overhead.

I CAN PLAY POINTS

I can play a 'short set' to 4 with a tie-breaker at 3-3:

I can set-up my own Orange court.

I can keep score and call it out loud.

I make fair and clear line calls.

WHAT SHOULD I DO NEXT?

Recommended Next Session: Orange 2

Recommended Next Session: Green 1.0





ATTENDANCE EVALUATION SHEET

Note: "Well Done" on 4 of the 6 categories indicates the player should move to the next level.

| NAME | Attendance | | | | | | | | | | I Can Rally | I Can Start a Point | I Can Play the Net | I Can Play Points | My Fundamentals | I am a Good Sport |
|------|------------|--|--|--|--|--|--|--|--|--|---|---|---|---|---|---|
| 1 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |
| 2 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |
| 3 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |
| 4 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |
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| 10 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |
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| 12 | | | | | | | | | | | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done | <input type="checkbox"/> Developing <input type="checkbox"/> Well Done |

