

ORANGE BALL

WHEELCHAIR TENNIS COMMUNITY PRACTICE AND PLAY PLANS

COMMUNITY 1 / COMMUNITY 2



NetGeneration.com

DEAR COACH,

WELCOME TO NET GENERATION!

On behalf of the USTA, we thank you for supporting Net Generation. Together, we will shape the future of tennis. Net Generation isn't just a new brand—it's a comprehensive platform and development program for kids ages five through 18. By creating a singular platform for tennis that we all can rally behind, and through the support the USTA will offer along the way, we believe we can grow participation, instill the love of the game in future generations, and ensure that tennis remains a vibrant sport in our communities for years to come.

As a former #1 world tennis player, former President of the Women's Tennis Association, ESPN analyst, business owner, entrepreneur, and mother, I'm a Net Generation ambassador because I believe this new approach will benefit the growth of youth tennis. Sports today don't meet the needs of parents, players, coaches, and community organizations quite like we will with Net Generation.

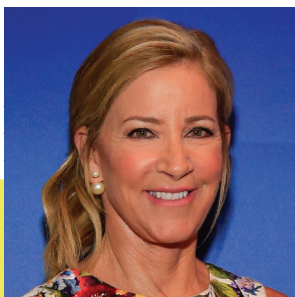
By registering and becoming an active part of Net Generation, you will get access to the very best curricula that will help you facilitate play and deliver programs, digital tools and resources that make teaching, coaching, planning and playing easier, and marketing resources and support to enhance your programs' visibility.

This manual is just one item under the Net Generation brand and we hope it becomes a valuable resource for you. It's comprehensive, competency-based, collaborative, and also packaged conveniently online with additional resources to help you customize your approach to creating programs for the sport you love.

Again, thank you for being a part of Net Generation! Together, we will shape the future of tennis!



Chris Evert
Former World #1 Tennis Player



FOREWORD

NET GENERATION WHEELCHAIR CURRICULA

For a sport that had its origins in Southern California, created by an extreme skier named Brad Parks in 1976, the sport of wheelchair tennis has come a very long way. How could Brad have ever dreamed how much growth and inclusion wheelchair tennis would receive from the overall global tennis community? Wheelchair tennis has been included into all four Grand Slam events, been a medal sport at the Paralympic Games since 1992, created the World Team Cup (wheelchair tennis' equivalence to Davis Cup and Fed Cup) in 1985, the creation of the year-end NEC Singles and UNIQLO Doubles Masters, and the building of an entire professional tour managed by the ITF (International Tennis Federation) and sponsored by UNIQLO. Having all of that history behind it, the future for wheelchair tennis and it's growth looks to be even greater!

Net Generation, the official youth tennis brand of the USTA, will provide ALL youth the opportunity to play more tennis and to have the sport made more accessible to those who need some adaptation to make it work! The Net Generation Wheelchair Tennis adapted curricula, created here by the USTA National Wheelchair Staff, will allow teachers, physical therapists, occupational therapists, parents and volunteers to bring tennis to kids who otherwise might find the able-bodied curricula more difficult to adapt to. Adaptation, accessibility and inclusion, all in one curriculum!

We hope you enjoy the journey you are about to embark upon and with the power of Net Generation at your back! There is only the love and joy that tennis brings all of us that is coming your way.

Jason Harnett

USTA National Manager - Wheelchair
Head Paralympic Coach for Team USA



FOREWORD

On behalf of the USTA Wheelchair Tennis Department, it brings me much joy to introduce this adapted Net Generation Curricula. On a personal level, much satisfaction was derived in this lengthy process. Wheelchair tennis is unique in that it is the most integrated of all the disabled sports. This integration is due to several factors that we celebrate frequently. Wheelchair players get two bounces and all the rest is the same including court size and equipment. We also observe that there is a professional wheelchair tennis tour sanctioned and managed by the ITF. I highlight this as a precursor to the fantastic integration that our department has enjoyed through this process of utilizing the Net Generation platform.

Through this effort to adapt Net Generation curricula, we had the opportunity to liaise and collaborate with several departments within the USTA. In doing so, we were able to solidify strong relationships while bringing more attention to this great sport. Over the next few years, we look forward to continued collaborative work in order to grow wheelchair tennis.

I have personally seen how children's lives have changed as a result of playing wheelchair tennis. As you begin to utilize these curricula, enjoy the shared wonderful moments. Hopefully, you will find the immense education value in this program. I want to highlight two essential ground-breaking aspects. All of these curricula are a stellar example of transition tennis based on appropriate progressions. Moreover, they all promote high levels of engagement during every lesson. Long gone are the days of children waiting in a line to hit a ball.

We wish you and your students' great success. Hopefully we will see you on the courts!

Jason Allen

Manager
USTA Wheelchair Tennis



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COMMUNITY 2

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INTRODUCTION

Net Generation Community is a “Learn to Play” program designed to engage more players in the game of tennis. The program uses modified equipment to promote early success, with a focus on serve, rally, and play. The Net Generation Community curriculum was created for wheelchair tennis coaches who may have little to no experience in teaching wheelchair tennis.

Community Orange curricula encompasses two levels of Practice and Play Plans.

COMMUNITY 1

Program covers the beginning stages of serve, rally and play in a team environment.

Recommended Age/Level:

Players who have completed Red Community 3, or 11 to 14-year-old beginner players.

COMMUNITY 2

Designed to further develop serve, rally, and play in a team environment.

Recommended Age/Level:

Players who complete Orange Community 1 or have some prior tennis experience. Target age is 11 to 14.

The program has been designed to allow for local flexibility regarding the length of the sessions.

RECOMMENDED EQUIPMENT

RED BALLS

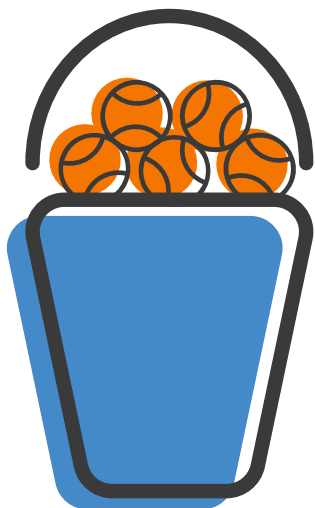
Red tennis balls. Two balls per player.

BALL BUCKETS

One 40- to 60-quart plastic container and one small plastic paint bucket per coach. The large containers can hold red and orange balls, and the small buckets are ideal when children work in small groups and need a limited supply of balls.

PLAYING CARDS

Use for challenges in different activities—two packs per class.



ORANGE BALLS

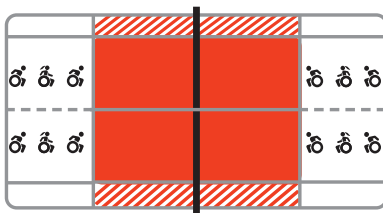
Orange tennis balls. Two balls per player.

POLY-SPOTS AND THROW-DOWN-LINES (TDL)

For targets, recovery spots, court lines, group control, etc.

COURT – RED 42-FOOT

The first two chapters of Orange 1 use a 42-foot court. The dimensions of a 42-foot court include the service line of a 78-foot court as the baseline and the singles sideline. If you have more than two players on the court, the doubles alley of the 78-foot court can be used to accommodate play.



RACQUETS

25-inch racquets.

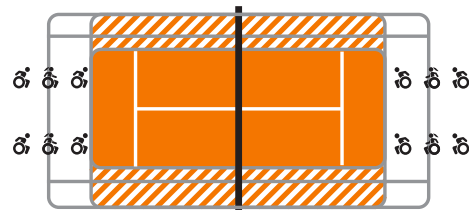
CONES

One nine-inch or half-cone for every two players.

COURT – ORANGE 60-FOOT

The remaining four chapters of Orange 1, and all six chapters of Orange 2, use the 60-foot Orange court. The dimensions for the Orange court for singles play are 60-feet-long (nine feet inside the 78-foot court baseline), and 21-feet-wide (three feet inside the 78-foot court singles sidelines). Orange court for doubles play are 60-feet-long and 27 feet wide (using singles line of 78-foot court). For more than two players, the doubles alley of the 78-ft court can be used to accommodate additional play.

If there are not 60-foot blended lines on the court, chalk, throw-down-lines, or painter's tape can be used to create temporary lines.



STRUCTURE OF PRACTICE AND PLAY PLANS

WARM UP

Each practice starts with a simple and fun activity that gives players a chance to become engaged and the coach time to make final adjustments for the session.

PLEDGE/CHARACTER DEVELOPMENT

All players will recite the pledge, and the coach will introduce the character development “word of the day.”

TENNIS SKILLS

Each session has activities for players to build the foundation for serve, rally, and play. These include individual and partner activities.

GAME

Players are divided into teams to work on the skills covered in each practice.

FREE PLAY

All players will have an opportunity to play the game of tennis at the end of the session.

PLAY AT HOME

Each practice and play plan, players have specific challenges to practice at home. They can practice independently or with a friend or family member.

DESCRIPTIONS OF ACTIVITIES

SETUP

Location of players, balls, and equipment.

MISSION

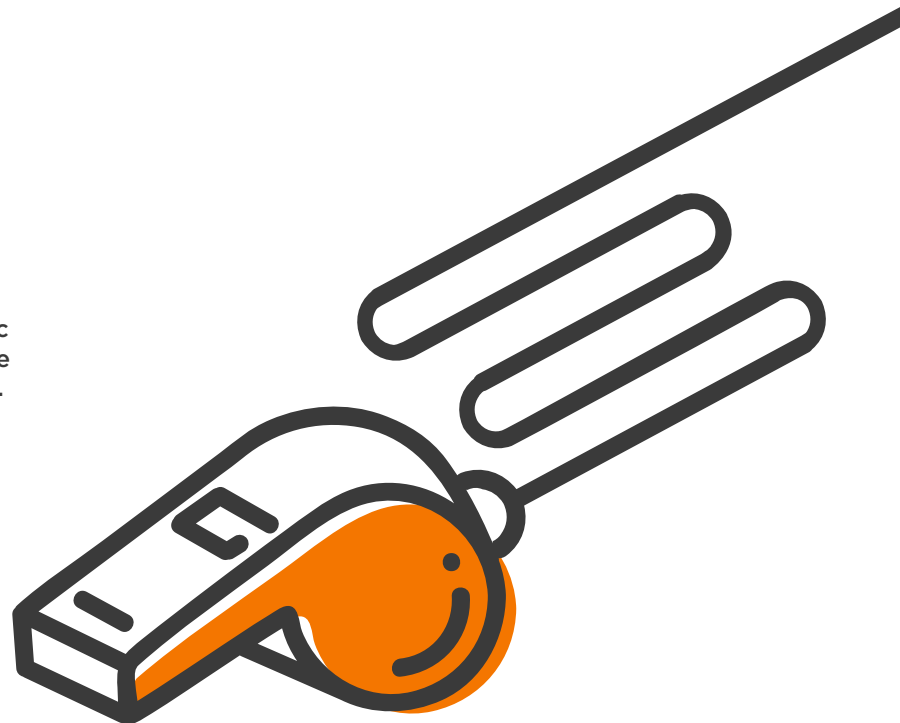
What we want players to do, followed by bullet points containing specific instructions.

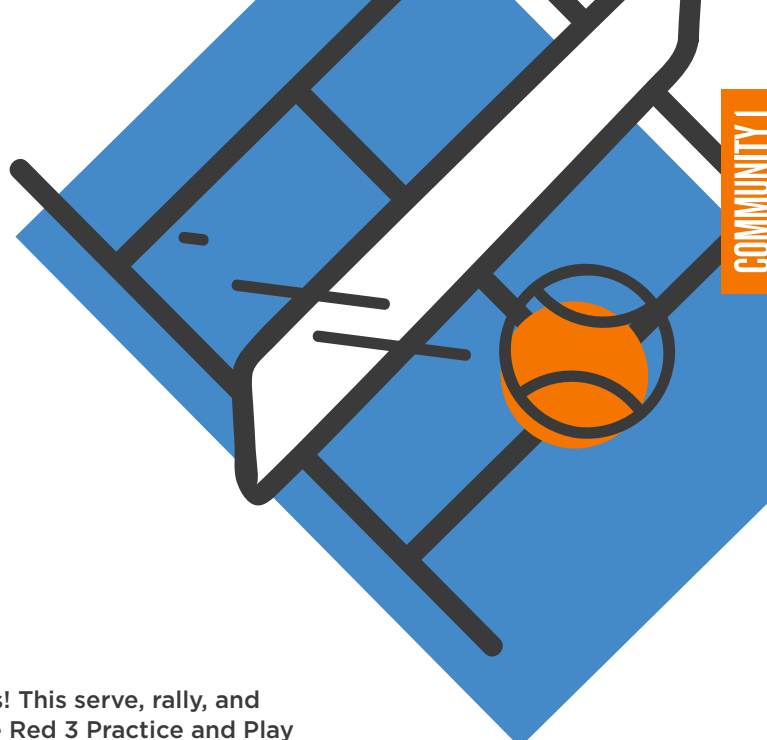
LEVEL 2, LEVEL 3, ETC.

Progressions to make activities more difficult.

COACHING CUES

Short tips to help players with the challenge, skills and play.





INTRODUCTION

Welcome to Community Orange 1 Practice and Play Plans! This serve, rally, and play program has been created to support and follow the Red 3 Practice and Play Plans or as an introduction to tennis for 11 to 14-year-old players. This program focuses on partner rallies and being on a team. Players will work on fundamental skills, including wheelchair mobility and an introduction to the serve, which will help prepare them for play. Progressions are used to match the skill level of the individual. After completing Community Orange 1, players will be more comfortable with playing the game.

GAME COMPONENTS

For each of the tennis activities in Community Orange 1 and 2, coaches can use different tools to motivate players.



Numbers

These measure players' success and increase the challenge. Can use four or seven to work on tennis scoring.



Time

Each activity has a specific start and end time.



Cards

Use a deck of cards to determine how many points players must attain or how many repetitions to complete.



Distance

By making the court smaller (half-court) or bigger (full-court) will assist in the amount of challenge for the player. A smaller court will make it easier and a bigger court will increase the challenge.

Example of Game Components

These can be used singularly (try to get 10 in a row) or in combination (players have one minute to see how many points they can score in a game), cards can be used to determine the score the players need to reach.

PLANS AT A GLANCE



	Warm Up	Character	Tennis Skills	Game	Free Play	Play at Home
01 Let's Rally	Push to the Line	Listen	Rally Me	Build Up	Free Play	Rally With Friend
	Ball Drops		Half-Pound Lobster Trap			
			Toss, Hit, Catch			
02 Control It	4 x 4 Tag	Respect	Half-Pound Lobster Trap	Gladiator	Free Play	Half-Pound Lobster Trap
	Make 'Em Move		Toss, Hit, Catch			
			Budge			
03 Party At The Net	Obstacle Course	Effort	Build Up	Capture The Cone	Free Play	Toss and Hit
	Ball Drops		Toss, Hit, Catch-Volley			
			Up And Back Volley			
04 I Can Serve	Rock-Paper-Scissors	Teamwork	Rally Pyramids	Pick Your Challenge	Free Play	Serve Pyramid
	Quarterback		Serve Return Pro			
			Serve Pyramids			
05 I Love Doubles	Rock-Paper-Scissors	Responsibility	Card Shark	Charge! Doubles	Free Play	Rally Against Wall
	Four Corner Toss		All Position Doubles			
06 Let's Play	Fence Throws	Sportsmanship	What's It Worth?	Team Challenge		Try Out New Skills
	Quarterback		Serve Plus One			

CHAPTER 01

LET'S RALLY

Equipment: Red 42-foot court, 25-inch racquets, red and orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

PUSH TO THE LINE

Setup

- Sit five feet behind baseline or sideline.

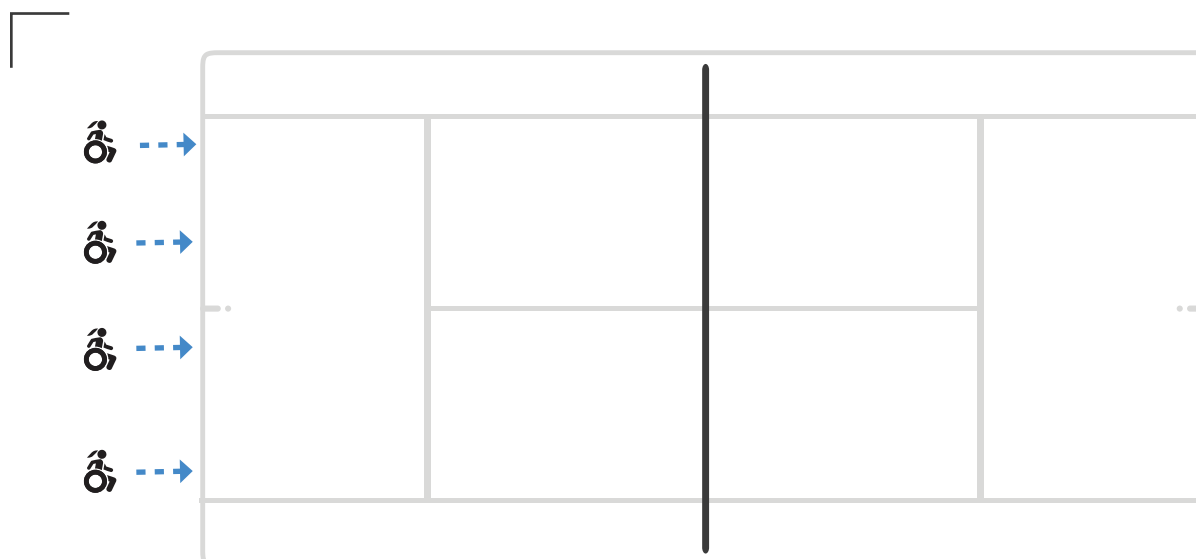
Mission

- On coach's command, move as close to line as possible.
- Emphasize strong and controlled pushes.

Progressions

1. Push to the line with caster wheels as close as possible.
2. Push to the line with tires as close as possible.
3. Move diagonally from hub and get as close as you can to the line with the casters.
4. Same as number 3 but with tires.
5. Moves backwards and get the tires as close as possible to the line.

ILLUSTRATION: PUSH TO THE LINE



BALL DROPS

Setup

- Pair up players and spread them out around the court.
- One player has two red or two orange balls (orange balls are easier to catch one-handed); the other catches.
- Pairs start about four feet apart.

Mission

- Hold both balls straight out at shoulder level in a “V” position with palms down.
- Drop a ball. Partner catches with one hand after the bounce.
- Catch with the right hand on the right side of the body, and left hand on the left side.
- After four successful catches on each side, switch roles.

Level 2: Alternate catching one on the left side and one on the right.

Level 3: Hold your arms straight out to the side.

Level 4: Take a push back.

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates,
try my best and HAVE FUN!

WORD OF THE DAY: LISTEN

Introduce Character Theme

- What makes a good listener/communicator?
- How can we show our partner that we are listening to them?
- How can we best communicate to our partner?



II. TENNIS SKILLS (20 – 25 MINUTES)

RALLY ME

Setup

- Spread players out on both sides of the net, each with a racquet and a red ball.

Mission

- Toss the ball up and let it bounce, tap it up to about head level with the racquet (palm up).
- Players will try to continue to tap the ball up after each bounce, rallying on their own.
- Players can use a target on the ground (poly-spot, chalk, etc.) to encourage hitting ball up instead of out.



COACHING CUE

Use good
mobility.

Level 2: Hit backhands (knuckles up).

Level 3: Alternate forehand (palm up) and backhands (knuckles up).

Level 4: Rally over a line with a partner (use existing line or a throw-down-line).

HALF-POUND LOBSTER TRAP

Setup

- Pair up players, with racquets and one red ball.
- Partners stay eight to ten feet apart. One player (the feeder) has a red ball; the other (the “lobster”) has a racquet in one hand.
- This can be done over the net or without a net.

Mission

- The feeder tosses the ball to the forehand side (palm forward), and the lobster traps it against the racquet with the free hand after the bounce.
- The lobster gently drop-hits the ball back to the feeder.

Level 2: Use a backhand.

Level 3: Make the lobster move back and forward.

Level 4: Feeder moves back increasing the distance between feeder and lobster.

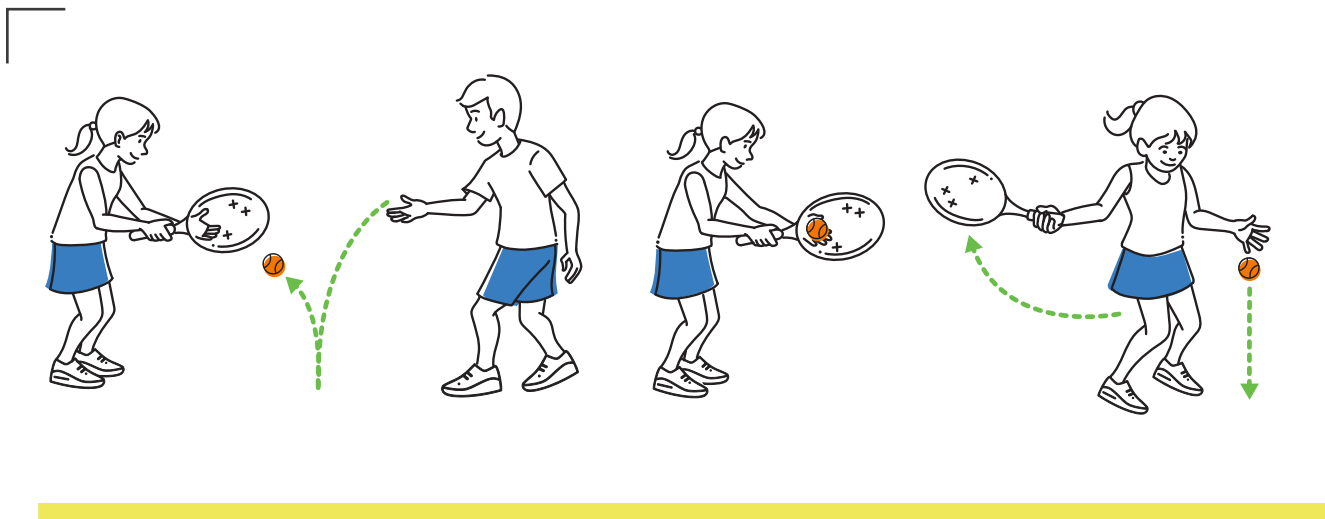
Level 5: They can also move to the side at a 45 degree angle.



COACHING CUE

Keep the trap to the side, and in front of the body.

ILLUSTRATION: HALF-POUND LOBSTER TRAP



TOSS, HIT, CATCH 123



Setup

- Two teams of three per court. Each team uses half-court.
- Feeder sits in the middle of the service box, on the same side of the net as the hitter, with a supply of red balls.
- Hitter is in the center of the service line; catcher is on opposite service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

Mission

- Feeder tosses a ball to the forehand side of the hitter. Ball should be tossed a safe distance away from the hitter, so the feeder is not hit with the ball.
- Hitter plays the ball over the net, and recovers to the spot.
- Hitter’s shot should land in the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- After six balls, players change positions. Feeder moves to hitter’s position, hitter moves to catcher’s position, catcher moves to feeder’s position.

Level 2: Toss to backhand side.

Level 3: Alternate forehands and backhands.

Level 4: Hitter moves to baseline.



COACHING CUE

Return to ready position after each shot, and follow through to the target/partner.

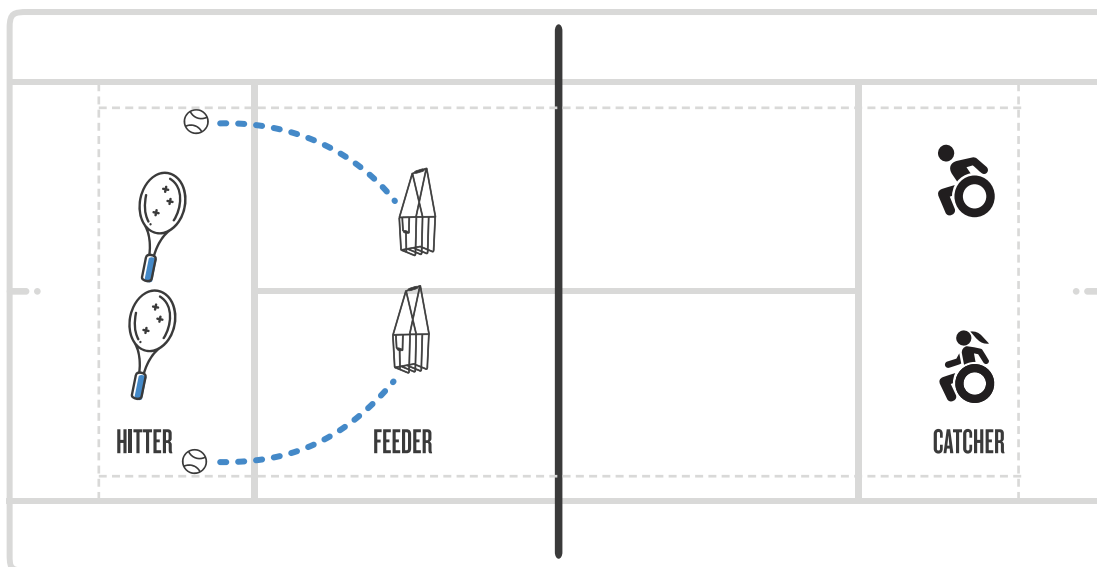


CHARACTER CHECK UP

How could you tell your partner was listening to you?

Why is it important to listen to your partner?

ILLUSTRATION: TOSS, HIT, CATCH



IV. GAME (10 – 12 MINUTES)



Setup

- Pair up players, two pairs per court, using half-court.
- Both players start in the middle of the service box, with a red ball.

Mission

- Players will rally back and forth using forehands.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.

Level 2: Use backhand.

Level 3: Move to the service line.

Level 4: Must hit crosscourt.

V. FREE PLAY (5 MINUTES)



Note: This is an opportunity for the players to play the game of tennis, as all young players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

Setup

- Pair up players according to skill level using half-court, playing inside the service boxes (42-foot court).
- Start in the middle of the service box, then have kids move backwards as they are more successful.
- Two red balls per pair.

Mission

- Rally over net – start with a drop-hit or hand toss as a serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: Have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Who can you work on listening to better at home?
- How can listening help you at home and school?

PLAY AT HOME: RALLY

- Rally with a friend, family member, or against a wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CONTROL IT

Equipment: Red 42-foot court, 25-inch racquets, red and orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

4X4 TAG

Setup

- Create a square on each side of the net using the baseline and sidelines of the 60-foot court, and adding TDL's or cones in front of the net.
- Put up to eight players on each side of the net. Half of the group on one corner of the square, the other half on the opposite corner.

Mission

- One player from each team is in the box – a tagger and an avoider.
- The avoider attempts to dodge the tag for seven seconds. The game is over when someone is tagged or moves out of the playing area.
- When finished, players go to the back of the opposite line and the next two begin.
- In intervals, switch teams and tagger/avoider.

Level 2: Shrink square.

Level 3: Create a different shape.

MAKE 'EM MOVE

Setup

- Pair up players with an orange ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their “home base.”

Mission

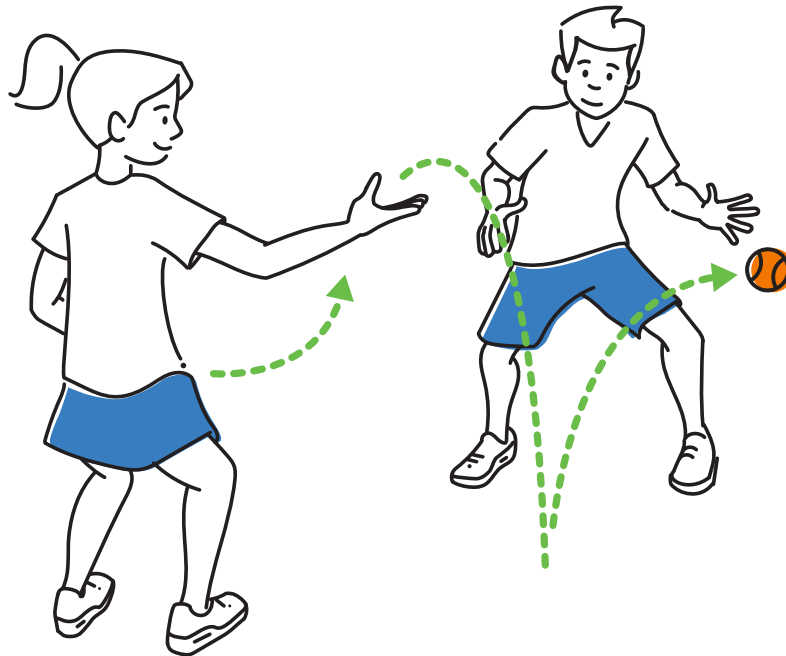
- The feeder tosses (underhand) the ball to one side of the catcher, who catches with one hand, then tosses back and recovers to home base.
- Catcher uses right hand on right side, left hand on left.
- Feeder makes the catcher move to the left and right, using enough height for catcher to get to the ball.
- Switch roles every minute.
- Need help? Catch with two hands.

Level 2: Vary toss high/low and deep/short.

Level 3: Increase distance between pairs.

Level 4: For high ball, catch with opposite hand.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPECT

Introduce Character Theme

- What does respect mean to you?
- Who are people you respect and why?
- Should you respect someone if you don't feel respected? What can you do?



II. TENNIS SKILLS (20 – 25 MINUTES)



HALF-POUND LOBSTER TRAP 123

Setup

- Pair up players, with racquets and one red ball.
- Partners sit eight to ten feet apart. One player (the feeder) has a red ball; the other (the lobster) has a racquet in one hand.
- This can be done over the net or without a net.

Mission

- The feeder tosses the ball to the backhand side, and the lobster traps it against the racquet with the free hand after the bounce.
- For a one-hand backhand, the player will hold the racquet with the dominant hand at the bottom of the grip, and trap the ball against the strings with the non-dominant hand.
- The lobster gently drop-hits the ball back to the feeder, dropping the ball with the free hand.

Level 2: Make the lobster move back and forward.

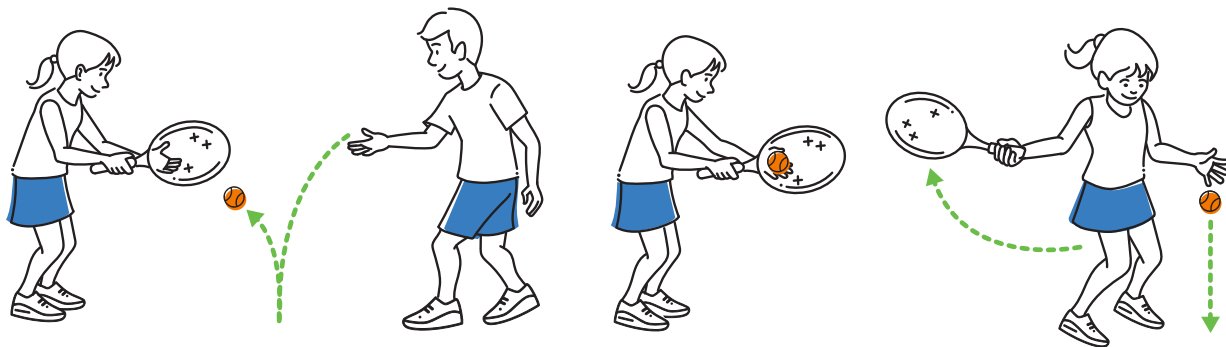
Level 3: Alternate forehands and backhands.

Level 4: Feeder moves back increasing the distance between feeder and hitter.

COACHING CUE

Keep the trap to the side, and in front of the body.

ILLUSTRATION: HALF-POUND LOBSTER TRAP



TOSS, HIT, CATCH 123



Setup

- Two teams of three per court, each team uses half-court.
- The feeder sits in the middle of the service box, on the same side of the net as the hitter, with a supply of red balls.
- The hitter is in the center of the service line; catcher is on opposite service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

Mission

- The feeder tosses a ball to the backhand side of the hitter. Ball should be tossed a safe distance away from the hitter, so the feeder is not hit with the ball.
- The hitter plays the ball over the net, and recovers to the spot.
- The hitter’s shot should land in the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- After playing six balls, players change positions. Feeder moves to hitter’s position, hitter moves to catcher’s position, catcher moves to feeder’s position.

Level 2: Alternate forehands and backhands.

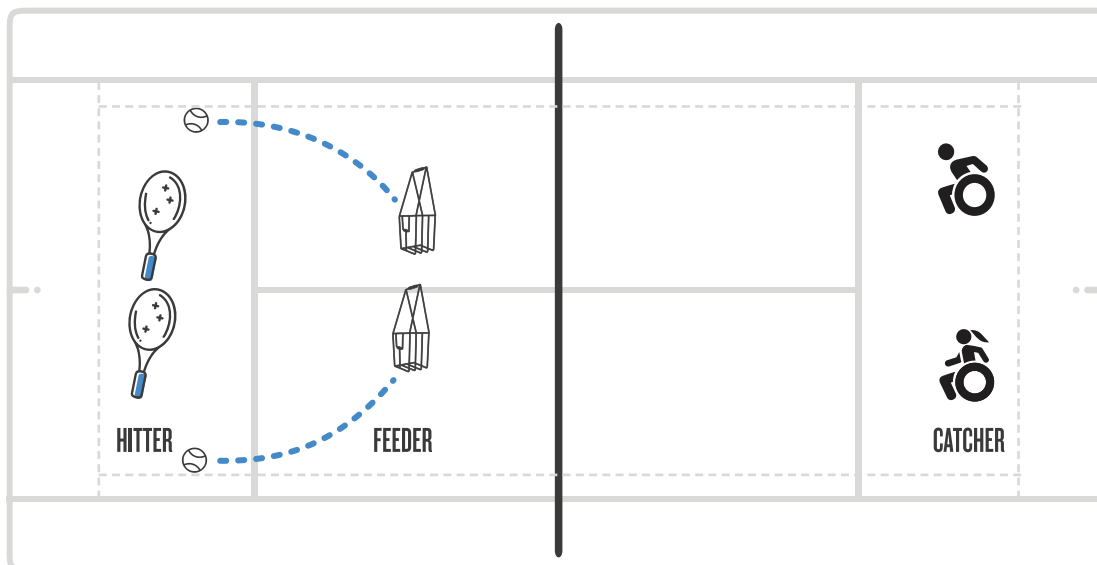
Level 3: Hitter moves to baseline.



COACHING CUE

Turn sideways to hit and follow through to the target/catcher.

ILLUSTRATION: TOSS, HIT, CATCH



BUDGE  

Setup

- Pair up players, with two pairs per court, using half-court.
- Both players start in the middle of the service box, with a red ball.

Mission

- The coach will assign a different number of balls for each court to rally. Players can use forehands and backhands.
- An example for six players would be the top court must rally ten straight, the middle court must complete eight, and the bottom court six.
- Players yell “budge!” when they reach their rally number.
- If the bottom court yells “budge” first, they trade places with the players on the middle court.
- If the middle pair is successful before the top court, they will trade places with the top court.
- Make adjustments to the number of shots required based on the level and number of players involved.

Level 2: Rally from service line.

Level 3: Move back to baseline.

IV. GAME (10 – 12 MINUTES)

GLADIATOR  

Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using both service boxes of the 78-foot court.
- Singles can be played with a smaller number of players.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the service line (Challengers).

Mission

- Challengers drop-hit the ball to the Champs and play out the point.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before drop-hitting the ball to start the point they need to shout, “Gladiator.”
- If they win the next point they take the Champs spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then drop-hit, to make the game more exciting.

Level 2: If Challengers hit a winner, they automatically assume Champs position.

Level 3: If Challengers approach the net and win the point with a volley, they automatically assume Champs position.



COACHING CUE

As you go further back, the swing gets longer.



CHARACTER CHECK UP

Provide an example of your partner showing respect.

Why is it important to show your partner/opponent respect?



COACHING CUE

When possible, try to find ways to rotate Challengers to the Champs spot who are not winning as many points, so everyone can get equal play time (e.g., reward players for good hustle, or showing improvement).

IV. FREE PLAY (5 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, as all young players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

Setup

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- Start in the middle of the service box, then have kids move backwards as they are more successful.
- Two red balls per pair.

Mission

- Rally over net – start with a drop-hit or hand toss as a serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: Have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- How does respecting your teammate/coach make you a better tennis player?
- Is there someone in the community that you should show more respect to? Who and how will you improve?

PLAY AT HOME: HALF-POUND LOBSTER TRAP

- Half-pound lobster trap with friend or family member, or against a wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



PARTY AT THE NET

Equipment: Orange court, 25-inch racquets, red and orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

OBSTACLE COURSE

Setup

- The instructor will use various teaching devices to set up an obstacle course for players to push through.
- Set up simple path for players to follow, such as lines of court or cones and markers.

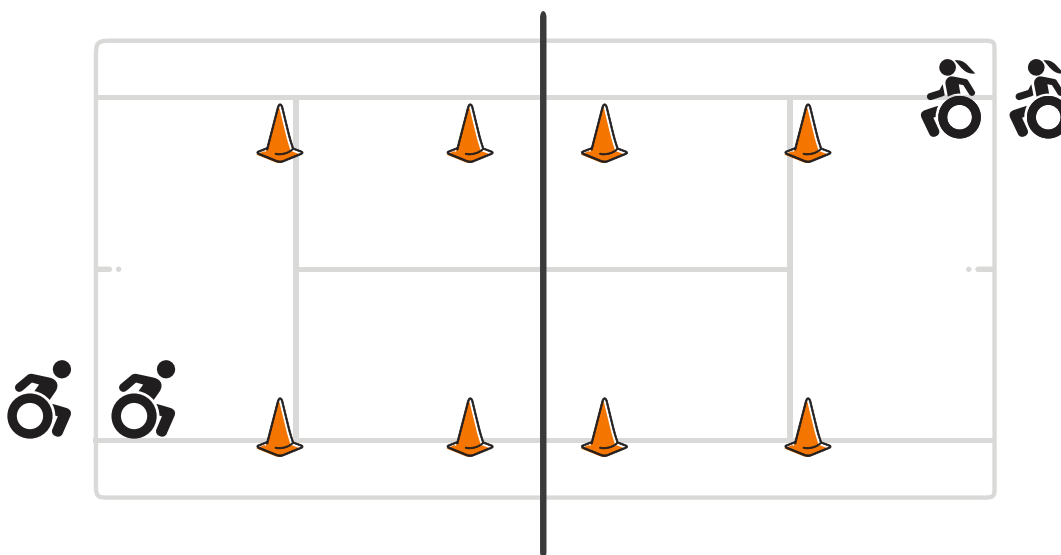
Mission

- Players should attempt to complete the course using their best time. Coach should keep track of the time for each player.
- Make sure path involves moving forward and even backward.

Progressions

1. Do the entire course backwards.
2. Try to improve your time by 10%.

ILLUSTRATION: OBSTACLE COURSE



BALL DROPS

Setup

- Pair up players and spread them out around the court.
- One player has two red or two orange balls (orange balls are easier to catch one-handed); the other catches.
- Pairs start about four feet apart.

Mission

- Hold both balls straight out at shoulder level in a “V” position with palms down.
- Drop a ball. Partner catches with one hand after the bounce.
- Catch with the right hand on the right side of the body, and left hand on the left side.
- After four successful catches on each side, switch roles.

Level 2: Alternate catching one on the left side and one on the right.

Level 3: Hold your arms straight out to the side.

Level 4: Take a push back.

II. CHARACTER DEVELOPMENT (3 MINUTES)

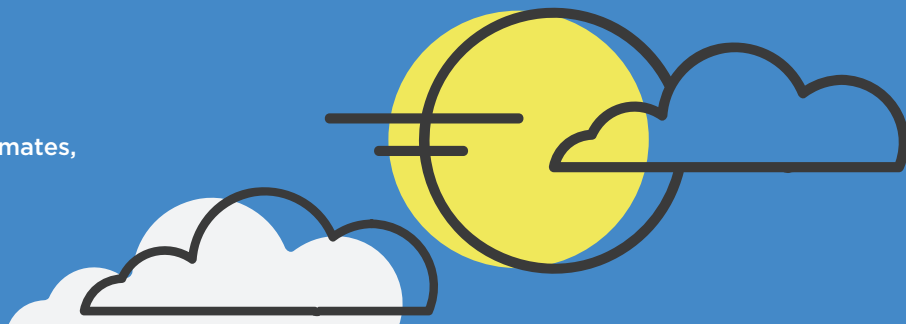
PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: EFFORT

Introduce Character Theme

- What does effort mean to you?
- How do you show good effort on the court?



III. TENNIS SKILLS (20 – 25 MINUTES)

BUILD UP     

Setup

- Pair up players, two pairs per court, using half-court.
- Both players start in the middle of the service box with an orange ball.

Mission

- Players will rally back and forth using forehands and backhands.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.

Level 2: Rally from the service line.

Level 3: Move to the baseline.



COACHING CUE

For consistency, aim a good distance inside the lines.

For consistency, emphasize control – nice and easy!

TOSS, HIT, CATCH-VOLLEY 123   

Setup

- Two teams of three per court, each team uses a half court.
- The volleyer sits about four feet from the net, in the middle of the service box. The feeder sits four feet from the net on the opposite side, with orange balls. The catcher is on the same side as the feeder, standing on the service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

Mission

- The feeder tosses the ball to the forehand side, with enough height for the volleyer to hit above the waist.
- The volleyer hits the ball in the air to the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- The catcher catches the ball after one bounce.
- After playing six balls, players change positions. Feeder moves to volleyer’s position, hitter moves to catcher’s position, and catcher moves to the feeder’s position.

Level 2: Toss to backhand side.

Level 3: Alternate forehand and backhand volleys.

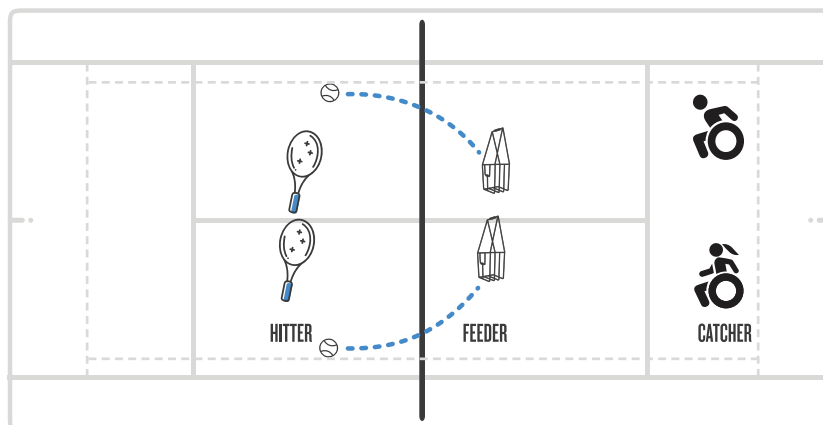
Level 3: Do it in pairs and rally a groundstroke to volley.



COACHING CUE

For the volley, racquet is above the hand with a short motion forward.

ILLUSTRATION: TOSS, HIT, CATCH-VOLLEY



UP-AND-BACK VOLLEY



Setup

- Pair up players, two pairs per court, with orange balls.
- Pairs are on half-court, starting on opposite service lines.

Mission

- Player One drop-hits an approach shot to Player Two, and comes to net.
- Player Two traps the ball, and drop-hits back to Player One, who volleys the ball in the air back to Player Two.
- Player Two lets the ball bounce, and traps the ball. Then Player One retreats to the service line, and Player Two drop-hits an approach shot to Player One, and comes to net.
- Players continue to repeat the sequence.
- Need help? Players can use their hands and toss and catch in the same sequence.

Level 2: Drop-hit and approach, partner hits ball back to net player, ball is volleyed back to partner who traps, and repeats the sequence.

Level 3: Rally all balls without any traps.

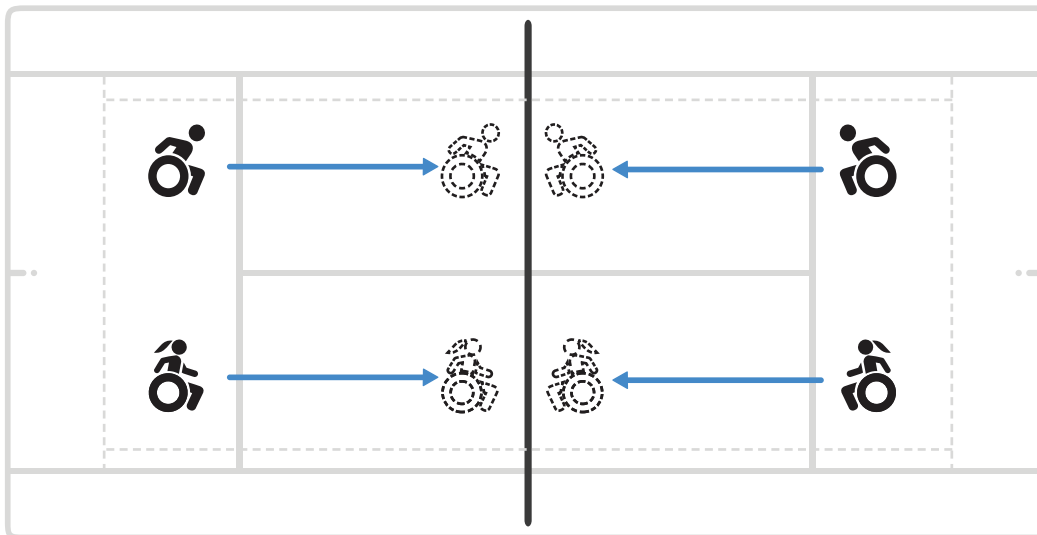


CHARACTER CHECK UP

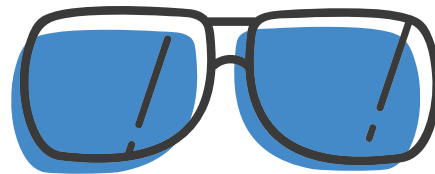
Provide an example of your partner showing good effort.

How does good effort help you when a task becomes more challenging?

ILLUSTRATION: UP-AND-BACK VOLLEY



IV. GAME (10 – 12 MINUTES)



CAPTURE THE CONE

Setup

- Create two teams of two or three per court, using the orange ball.
- Each team has five to seven cones lined up on their side of the net, outside of the court near the net post.
- Points will be played inside the service boxes.

Mission

- Play out points with a serve. It can be a drop-hit or served out of the air.
- If the serve is not returned, the server wins the point. If the serve is returned, the returner wins the point.
- The winner moves to the opponent's side and “captures a cone,” which is then brought back to their team's side.
- Play games by time, team with the most cones wins, or team with all the cones wins.
- Switch serving teams every game.

Level 2: Play out the entire point.

Level 3: Win the point at the net and capture two cones.

V. FREE PLAY (5 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, as all young players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

Setup

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- Start in the middle of the service box, then have kids move backwards as they are more successful.
- Two orange balls per pair.

Mission

- Rally over net – start with a drop-hit or hand toss as a serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can play out points in the service box.
- As an alternative, have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Rate your effort (1 being poor and 5 the best!)
- Where can you improve your effort? (Encourage school, other sports, or at home)

PLAY AT HOME: TOSS AND HIT

Practice toss and hit with friend, family member, or against a wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

I CAN SERVE

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, footballs, and decks of cards.

I. WARM UP (10 MINUTES)

ROCK-PAPER-SCISSORS

Setup

- Pair up players, up to four pairs on each side of the net.
- Players will face each other in an athletic chair stance.
- Each player places a cone to their right or left side, or use lines of the court. They can be any distance from the players, but both targets should be the same distance.

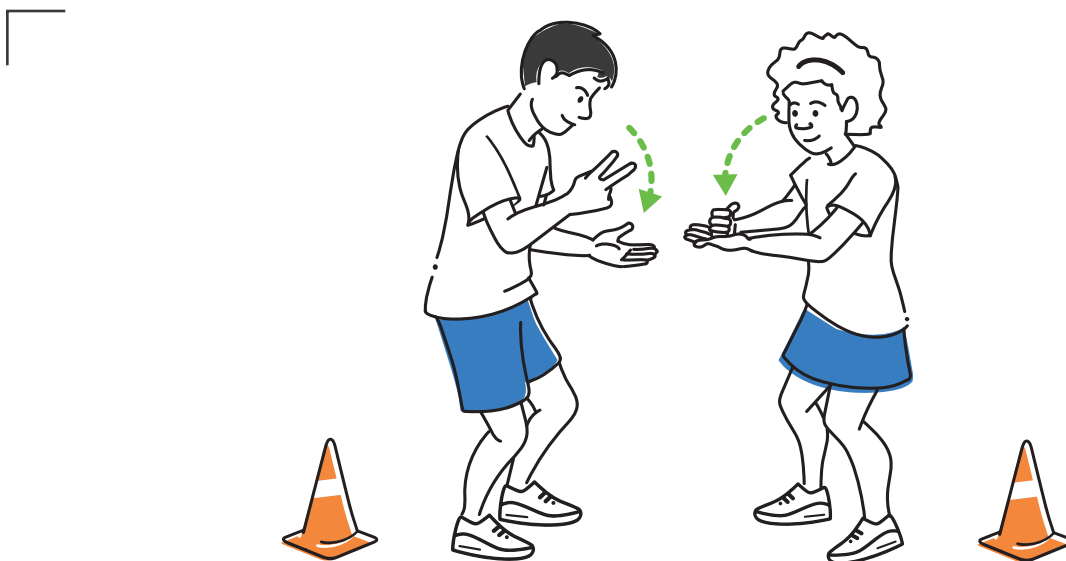
Mission

- Play rock-paper-scissors.
- After each round, race immediately to the spot belonging to the winner to see who gets there first.
- Score one point by winning rock-paper-scissors and getting to the spot first.
- Play the same opponent no more than two minutes then rotate.

Level 2: Change how players reach the spot such as moving backwards, zig zagging, etc...

Level 3: Specific movement to cone and different movement back.

ILLUSTRATION: ROCK-PAPER-SCISSORS TO A TARGET



QUARTERBACK

Setup

- Pair up players, no more than three pairs on each side of the net.
- Pairs are on opposite sidelines, one football between them.
- Need help? Move closer.

Note: If there aren't enough footballs, use a tennis ball, or do station work where players are working on different activities.

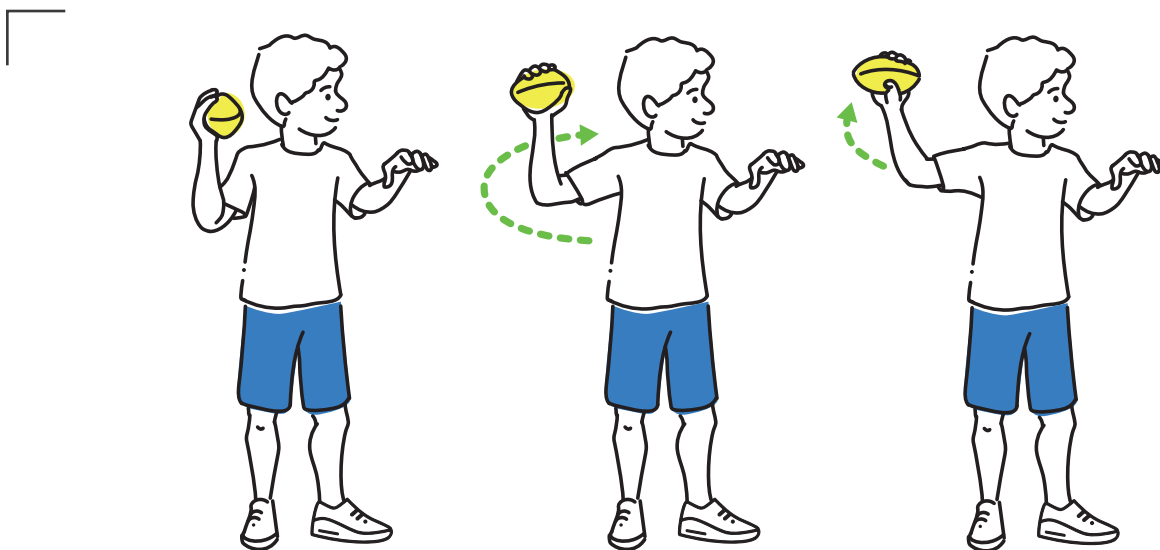
Mission

- Play catch with partner, working on throwing a spiral with the football.

Level 2: Add distance.

Level 3: Add movement like a quarterback such as taking a push back, stop, and push forward to throw.

ILLUSTRATION: QUARTERBACK



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: TEAMWORK

Introduce Character Theme

- How can you be a good teammate?
- What does it mean to work together as a team?
- What qualities does a good teammate have?



III. TENNIS SKILLS (20 – 25 MINUTES)

RALLY PYRAMIDS



Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the 60-foot baseline with an orange ball. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player One will start the rally with a drop-hit, Player Two hits the ball over the net with either stroke, and Player One hits it back.
- For every successful rally of one each, add a ball to the pyramid.
- Need Help? Rally from the service line.

Level 2: Two each, then three each, etc., to score a point.

Level 3: Hit crosscourt.



COACHING CUE

When moving back to the baseline, lengthen your swing.

SERVE/RETURN PROGRESSION

Setup

- Pair up players with two pairs per court, positioned diagonally across the net from each other at the service line.
- Players will use the service boxes (42-foot court) as the boundaries.

Mission

- Serve and return cooperatively with partner.

Level 2: Players warm up by throwing overhand, partner catches and throws back.

Level 3: Players will overhand serve to their partner, who traps it and serves it back.

Level 4: The receiver returns the serve after the bounce and the server traps it on the strings. After four serve-and-return sequences, the receiver serves.

SERVE PYRAMIDS

Setup

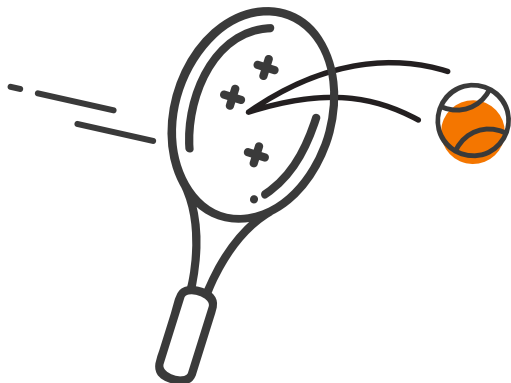
- Two pairs per court, one server and one returner.
- Players serve and return diagonally from the service line with an orange ball.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid.

Mission

- Player will serve the ball out of the air (underhand or overhand) diagonally across the net. The returner will hit the ball back to the server, who traps the ball.
- For every successful serve and return, add a ball to the pyramid.
- Switch roles after completing the pyramid.
- Need help? Returner can trap the ball and drop-hit back to server.

Level 2: Serve and return from baseline.

Level 3: Serve, return and rally.



COACHING CUES

For the overhand throw and serve, players will start with chair at a 45-degree angle to the baseline, so the shoulder is turned.

For the overhand serve, players should use a simple motion without any pause in the backswing.

The hitting arm should move down, back, and up. The tossing arm should move down and then straight up.

Remember, the more that kids practice throwing, the better they will serve.



COACHING CUE

Toss with control and reach up to the contact point.



CHARACTER CHECK UP

How did you and your partner demonstrate good teamwork?

Why does being a good team player make you a better tennis player?

IV. GAME (10 – 12 MINUTES)

PICK YOUR CHALLENGE

Setup

- Have different courts set up according to the number and level of players.
- Use four players per court for singles, and three teams (six players) for doubles.
- One court could be a red court using 42-foot court with service boxes.
- Other court could be 60-foot court (full-court or half-court).

Mission

- Coach picks the challenge for each court.
- Options: singles, doubles, approaching the net, using serves/returns.
- For the competitive courts, one side is for the Champ(s) and the other for the Challenger(s). If a player or team wins, they take the spot of the Champ.
- Other courts can include longest rallies, serving accuracy, etc.
- Players can move between the courts in order to have different challenges.
- As an alternative, time can be used for players to rotate courts (2-3 minutes).

V. FREE PLAY (5 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, as all young players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

Setup

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- Start in the middle of the service box, then have kids move backwards as they are more successful.
- Two orange balls per pair.

Mission

- Rally over the net; start with a drop-hit or hand toss as a serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can play out points in the service box.
- As an alternative, have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- What did you do that helped you achieve your goal?
- What is one thing you can do to be a better teammate?

PLAY AT HOME: SERVE PYRAMID

- Serve pyramid against the wall or with a friend.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

I LOVE DOUBLES

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

ROCK-PAPER-SCISSORS

Setup

- Pair up players, up to four pairs on each side of the net.
- Players will face each other in an athletic chair stance.
- Each player places a cone to their right or left side, or can use lines of the court. Can be any distance from the players, but both targets should be the same distance.

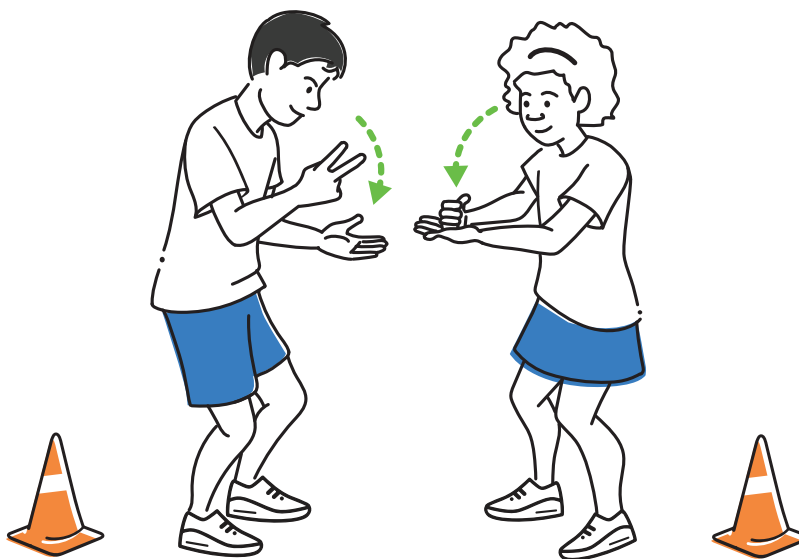
Mission

- Play rock-paper-scissors.
- After each round, race immediately to the spot belonging to the winner to see who gets there first.
- Score by winning rock-paper-scissors and getting to the spot first.
- Play the same opponent no more than two minutes then rotate.

Level 2: Change how players reach spot.

Level 3: Specific movement to cone and different movement back.

ILLUSTRATION: ROCK-PAPER-SCISSORS TO A TARGET



FOUR-CORNER TOSS

Setup

- Pair up players, maximum of four pairs on each side of the net.
- Pairs face each other about four feet apart, with four orange balls.

Mission

- Player tosses a ball (palm up) with right hand to partner, who catches in the air with the left hand.
- Partner passes the ball from the left hand to the right, and tosses it back to player's left hand. Repeat.
- Once successful, add a second ball, continuing to toss and catch in the same sequence.

Level 2: Add a third ball, then a fourth.

Level 3: Catch balls while moving.

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPONSIBILITY

Introduce Character Theme

- What does it mean to be responsible?
- How can you be responsible when coming to or leaving from tennis?

III. TENNIS SKILLS (20 – 25 MINUTES)

CARD SHARK



Setup

- Pair up players, with two pairs per court, using half-court.
- Players will start on the service line, using an orange ball.
- Coach has a deck of cards and assigns each stroke a color (example: red card is forehand). The number on the card dictates the length of the rally.
- Use only card numbers players can achieve; the goal is for them to be challenged and have success.
- Keep a joker in the deck and make it a wildcard so that players can choose the stroke and rally length.



Mission

- One player from each pair picks a card and moves back to the spot.
- Start the rally with a drop-hit and rally the number of times indicated by the card with the correct stroke. Hold onto the card and pick another.
- Create scoring where players can compete as an entire group (play until all cards are gone) or separate teams and play for designated time.
- Players can add up cards at the end to determine the total number of rallies each team had.
- If players struggle, allow them to drop-hit and trap, or use any stroke.

Level 2: Move back to baseline.

Level 3: Rally diagonally/crosscourt.



COACHING CUE

Reach towards your target with your swing, then recover to ready position.

ALL POSITIONS DOUBLES



Setup

- Four to six players per court, using orange balls.
- Players will begin in a both back doubles formation, on the 60-foot doubles court (sidelines are the singles lines of the 78-foot court).

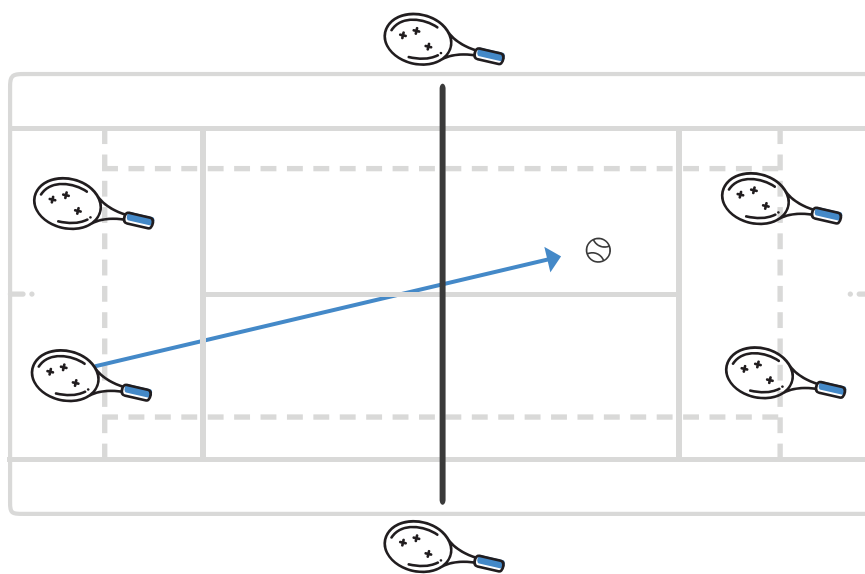
Mission

- Play two doubles points and then rotate positions one spot at a time. If players struggle with the serve, allow them to drop-hit the second serve, or coach can put a ball in play to the returner.
- With five players, have one player out at the net post.
- With six players, have a player out at each net post.

Level 2: Only net players can volley.

Level 3: One side must come in on short balls.

ILLUSTRATION: ALL POSITIONS DOUBLES





DOUBLES TIPS

- One up/one back is considered a standard doubles formation. The other option is to start with both players on the baseline. This is more common in wheelchair tennis.
- Players on the baseline are in either a defensive or neutral position, and should hit their shots back to the opponents that are deep in the court.
- Other options are to hit a lob over the net player to make the opponents move and change positions.
- If there are two opponents at the net and the player is at the baseline, there are two good options. #1, hit a lob over the opponents' heads, or #2, hit a groundstroke down the middle between the two players.
- Players at the net are in an offensive position and have the ability to win points with a well-placed volley, either hitting away from the opponent or at the feet of the net player.
- For low volleys, the net player should look to hit toward the deep player, or between the opponents.



CHARACTER CHECK UP

How did your partner show responsibility as your partner?

How can you show responsibility when you prepare to serve or when you make a line call?

IV. GAME (10 – 12 MINUTES)

CHARGE! DOUBLES

Setup

- Four to eight players per court, using orange balls.
- Put players in teams of up to four players, playing on the 60-foot doubles court.

Mission

- Players start in a both back doubles formation.
- The serving team will drop-hit the ball, come to net, and play out the point.
- Play four points with the same serving team, then returners will serve.
- If there are four players per side, rotate a team of two after each point. With three players, rotate one spot after each point. With just two per side, play four points in a row.

Level 2: Returning team can't lob.

Level 3: Topspin approach.

V. FREE PLAY (5 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, as all young players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

Setup

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- As players are more successful, have them move back to the baseline of the 60-foot court.
- Two orange balls per pair.

Mission

- Rally over the net; start with a drop-hit and rally as many balls as possible in a row. Try for a new record each time with your partner.
- More advanced players can play out points from the baseline of the 60-foot court.
- As an alternative, have one-minute rotations; partner up with a different player each round, regardless of playing level.

V. WRAP UP (5 MINUTES)

TEAM TALK

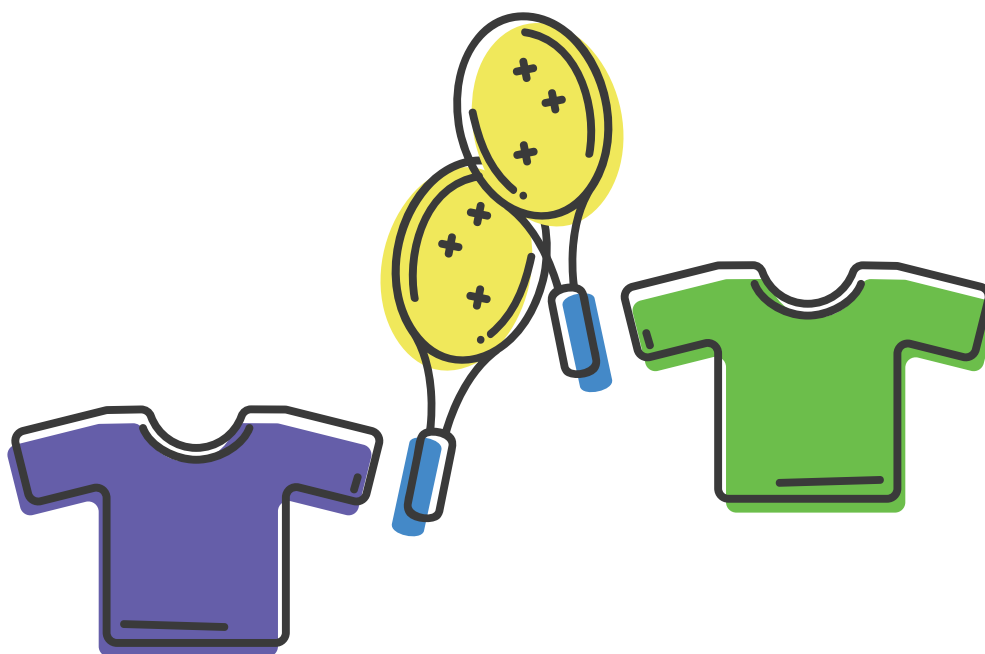
- What was one new skill you enjoyed learning today?
- How can you take responsibility for your tennis?
- What is another way you can be responsible at home/school?

PLAY AT HOME: RALLY

- Rally against a wall and mix in volleys.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



LET'S PLAY

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, footballs and decks of cards.

I. WARM UP (5 – 10 MINUTES)

FENCE THROWS

Setup

- Players are in pairs, one outside the fence, the other inside.
- Both players are about 10 feet from the fence.
- Each pair has two orange balls.

Mission

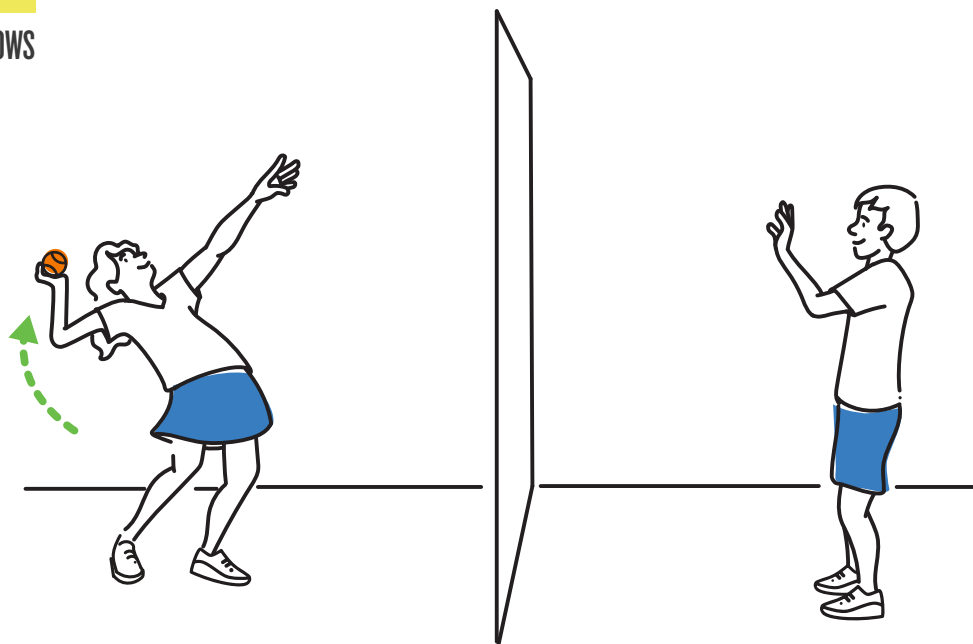
- Players will throw the ball over the fence so partner can catch the ball without having to move far.
- Throw two balls; partner catches and throws both balls back.

Level 2: Start with the ball on the ground behind the wheel.

Level 3: Serve with the racquet and a ball over the fence.

Note: you may have to adapt this activity if students cannot push on the surface behind the fence.

ILLUSTRATION: FENCE THROWS



QUARTERBACK

Setup

- Pair up players, no more than three pairs on each side of the net.
- Pairs are on opposite sidelines, one football between them.
- Need help? Move closer.

Note: If there aren't enough footballs, use a tennis ball, or do station work where players are working on different activities.

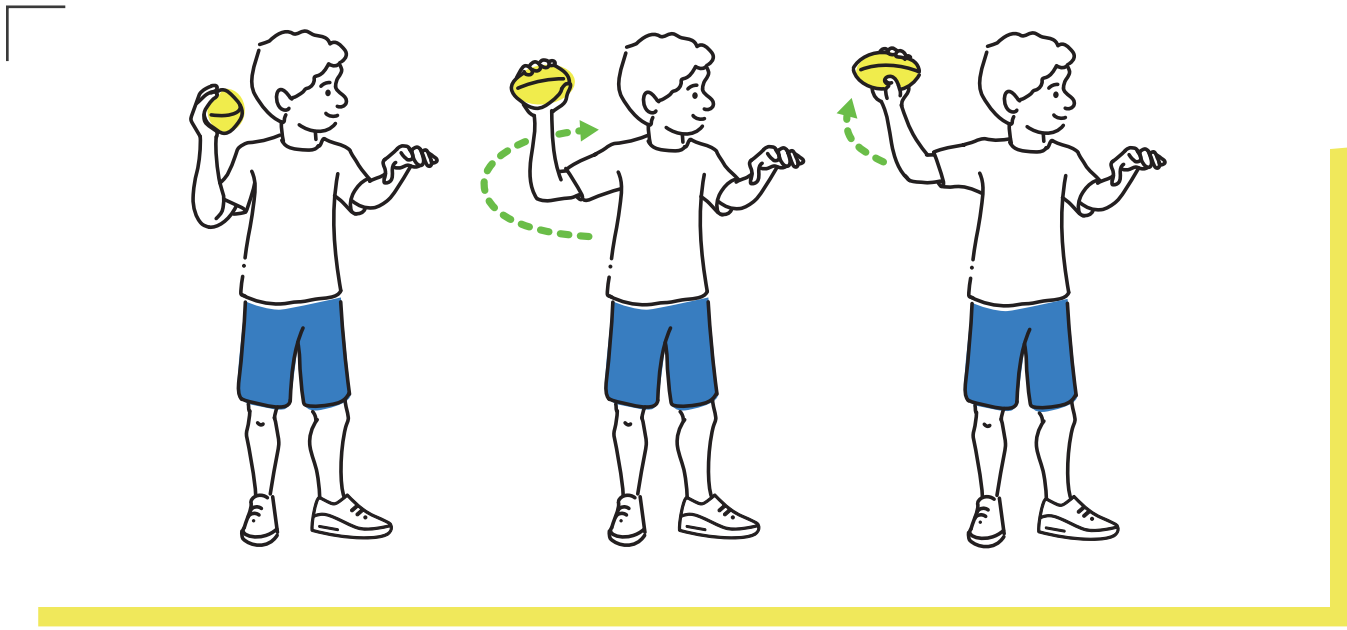
Mission

- Play catch with partner, working on throwing a spiral.

Level 2: Add distance.

Level 3: Add movement like a quarterback.

ILLUSTRATION: QUARTERBACK



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: SPORTSMANSHIP

Introduce Character Theme

- What does sportsmanship mean?
- How will you show sportsmanship today?
- Can anyone name an athlete who shows good sportsmanship and talk about how they show it?



III. TENNIS SKILLS (15 – 17 MINUTES)

WHAT'S IT WORTH? 123

Setup

- Two teams of two to three players per court, playing points on the full 60-foot court.
- With a large number of players and/or shortage of courts, points can be played half-court (60-foot court baseline), using the middle line to the 78-foot court doubles line for the sidelines.

Mission

- Play out points one-on-one, beginning with serve and return. If necessary, players can drop-hit the second serve.
- Play one point, then rotate players.
- After each player has served, serve to the other side.
- Players earn points for the team based on the number of shots hit - e.g., if point lasts 14 shots, winning player earns 14 points for the team; if point lasts two shots, winning player earns two points.
- Play to 50, then switch servers and returners, then change opponents or teams.
- Need Help? Play points from the service line.

Level 2: Play full 60-foot court or half-court points.



COACHING CUE

Keep it simple – try to get more balls in play than the opponent!

SERVE PLUS ONE

Setup

- Two pairs per court, one server and one returner.
- Players are on the 60-foot baseline with an orange ball, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Play on full-court - serve, return and then groundstroke to open court.

Level 3: Play out points.



COACHING CUE

Serve, get back to hub and prepare for the next shot.

IV. GAME (25 MINUTES)

TEAM CHALLENGE

This is an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level; adjust the court size for the level of play.

Mission

- Set up individual matches, two matches per court. Players will play one point, and rotate out with another pair (alternate points).
- Points are started with a drop-hit anywhere in the court. After players serve twice, switch roles.
- With a large number of players and/or shortage of courts, play doubles points.
- The duration of matches is between two to three minutes. After each match, have the players shake hands with their opponent.
- Points played for each match contribute to their team's score. At the end of point play, add up total points, and change opponents to make matches as even as possible.

Level 2: Serve overhand to start the point.

Level 3: Give an extra point if players win at the net.

Special Note:

- Bring the players together at the end and tell them they did a GREAT JOB! Emphasize that they are actually playing tennis now!
- No need to announce team scores. Just get the players to understand every point they earn counts towards their team's total.
- Recognize who showed good Sportsmanship.



CHARACTER CHECK UP

How has your opponent shown you good sportsmanship?

How can you show your teammate/opponent better sportsmanship?

V. WRAP UP (5 MINUTES)

TEAM TALK

- What did you enjoy about the team challenge?
- How will you continue to practice, play, and show good sportsmanship?

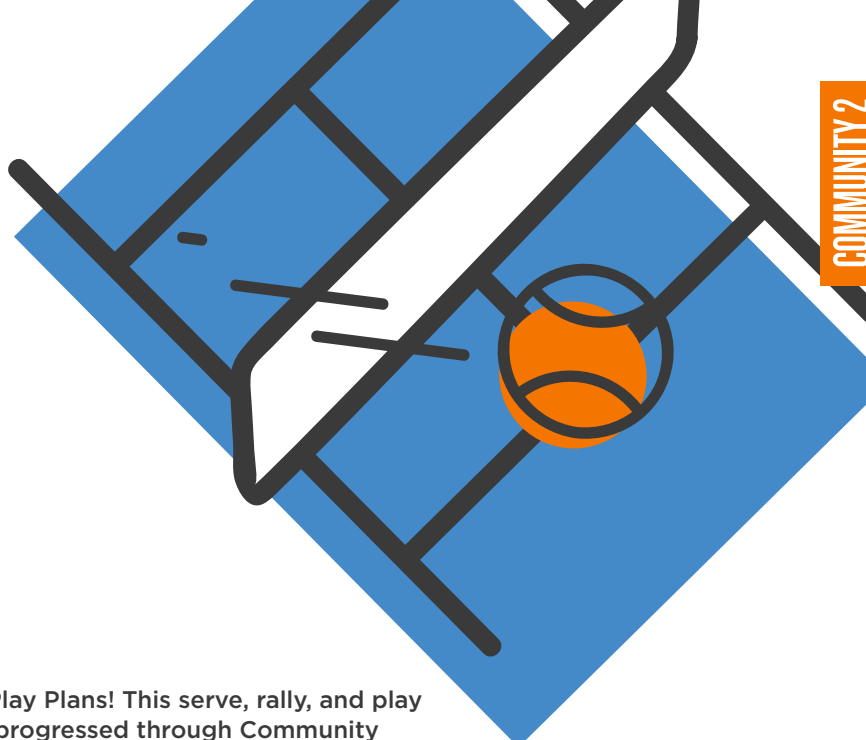
PLAY AT HOME: TRY OUT NEW SKILLS

- Play tennis at home and try out new skills.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”





INTRODUCTION

Welcome to Community Orange 2 Practice and Play Plans! This serve, rally, and play program has been created for players who have progressed through Community Orange 1, or have previous experience (ages 11-14). This program further develops the fundamental skills of playing the game. Progressions are used to match the skill level of the individual. After completing Community Orange 2, players will be ready and encouraged to participate in a team challenge!

GAME COMPONENTS

For each of the tennis activities in Community Orange 1 and 2, coaches can use different tools to motivate players.



Numbers

These measure players' success and increase the challenge. Can use four or seven to work on tennis scoring.



Time

Each activity has a specific start and end time.



Cards

Use a deck of cards to determine how many points players must attain or how many repetitions to complete.



Distance

By making the court smaller (half-court) or bigger (full-court) will assist in the amount of challenge for the player. Smaller court will make it easier and a bigger court will increase the challenge.

Example of Game Components

These can be used singularly (try to get 10 in a row) or in combination (players have one minute to see how many points they can score in a game), cards can be used to determine the score the players need to reach.

PLANS AT A GLANCE



	Warm Up	Character	Tennis Skills	Game	Free Play	Play at Home
01 Move It	Make 'Em Move	Listen	Build Up Triangles What's It Worth?	Four-Square	Free Play	What's It Worth Against The Wall
02 Watch Me Volley	Shuffle Toss	Respect	Card Shark Toss, Hit, Catch-Volley Up-And-Back-Volley	Gladiator	Free Play	Volley Rally
03 I Can Serve	Fence Throws	Effort	Serve Pyramids Serve Plus One Huff Puff	Positive/Negative	Free Play	Serve And Rally
04 Let's Go To The Net	Make 'Em Move	Teamwork	Up-And-Back-Volley All Position Doubles	Charge! Doubles	Free Play	Play A Team Game
05 Team Play	Four-Corner Toss	Responsibility	Rally Pyramid Four-Square	Team Challenge		Two And Two
06 Let's Play	Players Choice	Sportsmanship	Crazy Feed Serve Plus One	Team Challenge		Team Challenge

CHAPTER 01

MOVE IT

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 MINUTES)

MAKE 'EM MOVE

Setup

- Pair up players with an orange ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their “home base.”

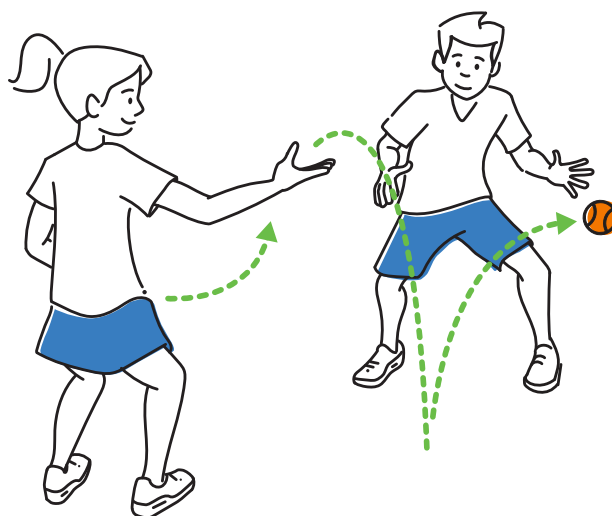
Mission

- The feeder tosses the ball to one side of the catcher, who catches with one hand, tosses back and recovers to home base.
- Catcher uses right hand on right side, left hand on left.
- Feeder makes the catcher move to the left and right, using enough height for catcher to get to the ball.
- Switch roles every minute.

Level 2: Vary toss high/low and deep/short.

Level 3: Increase distance between pairs.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: LISTEN

Introduce Character Theme

- What makes a good listener?
- How can we show our partner that we are listening to them?
- How can we best communicate to our partner?



II. TENNIS SKILLS (20 – 25 MINUTES)

BUILD UP

Setup

- Pair up players, two pairs per court, diagonally across the net from each other.
- Both players start on the service line, with an orange ball.

Mission

- Players will rally crosscourt. For right-handers, try to hit all forehands on the deuce court, and all backhands on the ad court.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.

Level 2: Move to the baseline, any stroke.

Level 3: Can only hit forehands or backhands.



COACHING CUE

Recover to the hub, ready for your partner's next shot.

Setup

- Players are in groups of three with orange balls. If necessary, two groups of three can be placed on one court, using half-court.
- Two players on one side of the net are the feeders; player on the other side is the hitter. Feeders stand in the middle of the service box, hitter is on the opposite service line.

Mission

- One of the feeders will toss the ball to the hitter's forehand, who hits to the other feeder.
- The feeder catches the ball and tosses back to the hitter's forehand, who continues to change direction each time. After three successful sequences, rotate positions one spot.
- With four players in a group, have two hitters who will alternate after two successful sequences. After both hitters have completed their sequence, switch feeders and hitters.



COACHING CUE

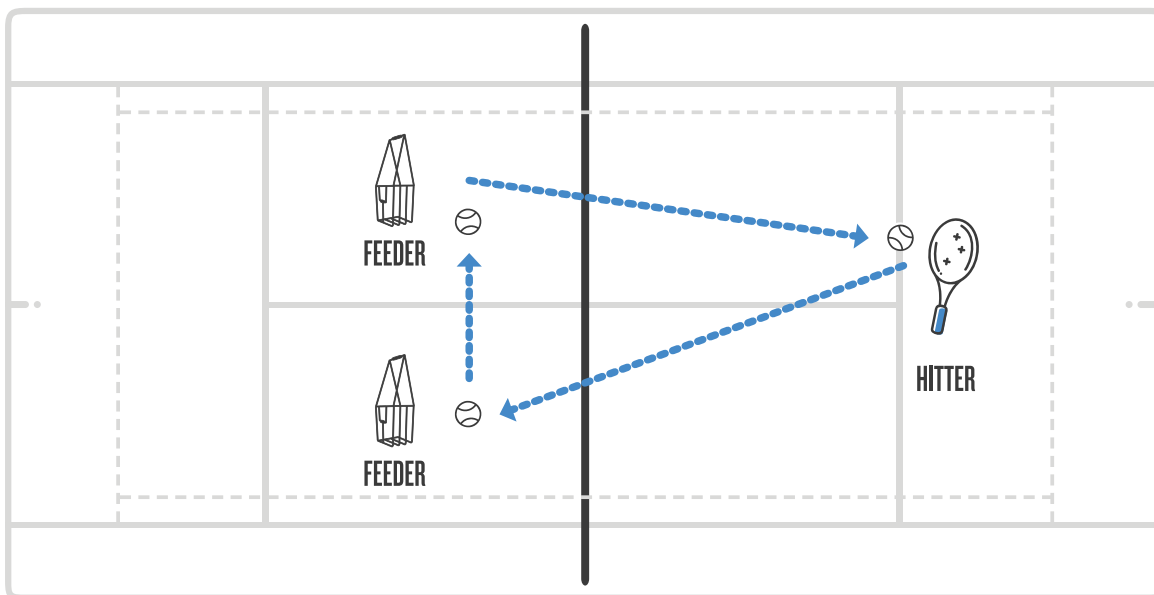
Turn the shoulder or chair for each groundstroke and reach to the target.

Level 2: Switch to backhand.

Level 3: Feeders drop-hit and trap.

Level 4: All three players rally cooperatively.

ILLUSTRATION: TRIANGLES



WHAT'S IT WORTH? 123

Setup

- Two teams of two to three players per court, playing points on the full 60-foot court.
- With a large number of players and/or shortage of courts, points can be played half-court (60-foot court baseline), using the middle line to the 78-foot court doubles line for the sidelines.

Mission

- Play out points one-on-one, beginning with serve and return. If necessary, players can drop-hit the second serve.
- Play one point, then rotate players.
- After each player has served, serve to the other side.
- Players earn points for the team based on the number of shots hit - e.g., if point lasts 14 shots, winning player earns 14 points for the team; if point lasts two shots, winning player earns two points.
- Play to 50, then switch servers and returners, then change opponents or teams.

Level 2: Play Up and Down the River format - winning team moves up a court, losing team moves down a court. If bottom court loses, they stay, if top court wins, they stay.



COACHING CUE

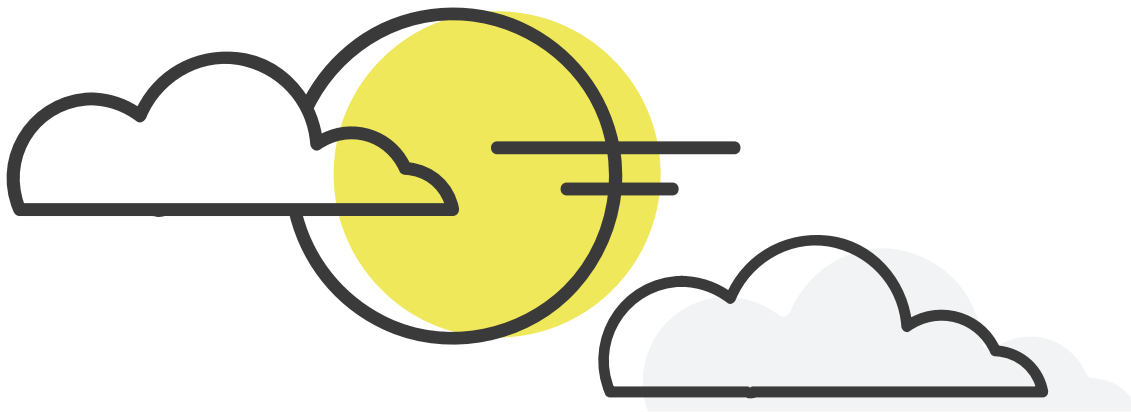
Hit crosscourt to be more consistent.



CHARACTER CHECK UP

How could you tell your partner was listening to you?

Why is it important to listen to your partner?



IV. GAME (10 – 12 MINUTES)

FOUR-SQUARE

Setup

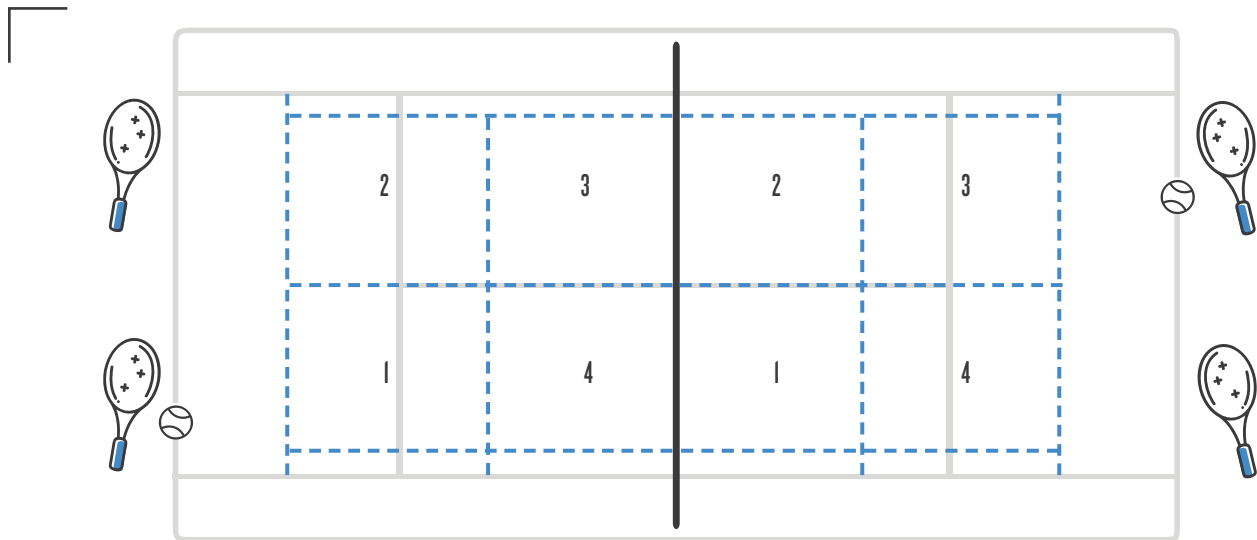
- Two teams of two to three players per court, playing points on the full 60-foot court.
- Divide the court into four equal squares using TDLs or poly-spots. The line dividing the short and deep squares should be about five feet in front of the service line.

Mission

- Play singles points starting with a serve and return. After the serve, players can't hit into the same square twice in a row.
- If players struggle with the serve, allow them to drop-hit the second serve.

Level 2: Players can pick one square (the black hole), that opponent cannot hit into.

ILLUSTRATION: FOUR-SQUARE



V. FREE PLAY (10 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players according to skill level using half-court, or the full 60-foot court.
- For players that struggle, allow them to play inside the service boxes.
- Two orange balls per pair.

Mission

- Rally over the net; start with an overhand serve, then players rally cooperatively. Players start either on service line or baseline. Players hit back and forth and try to “set a record” with their partner.
- After a few rounds of going for the longest rally, play out points.
- Encourage the kids to focus on the theme of the day.
- As an alternative, have two-minute rotations, each time players pair up with a different player, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

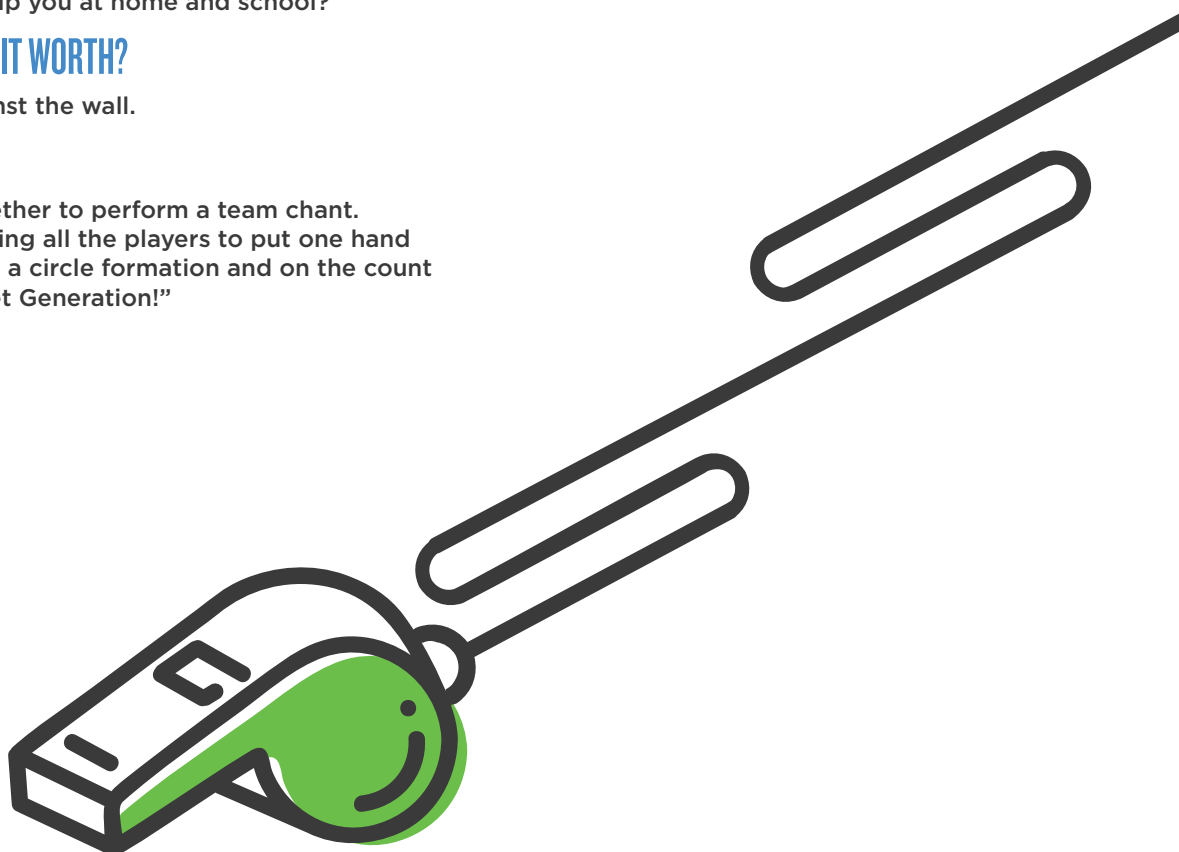
- What was one new skill you enjoyed learning today?
- Who can you work on listening to better at home?
- How can listening help you at home and school?

PLAY AT HOME: WHAT'S IT WORTH?

- What's it worth against the wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CHAPTER 02

WATCH ME VOLLEY

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

SHUFFLE TOSS

Setup

- Pair up players, three to four pairs on each side of the net.
- Pairs on sideline facing each other, with one orange ball.

Mission

- Players move from sideline to sideline while bouncing the ball downward (palm down) to partner, who catches and bounces it back.
- Use lead hand only to toss and catch (e.g. when moving to the left, catch with left hand).

Level 2: Toss and catch in air.

Level 3: Alternate catching two after the bounce, then two in the air.

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPECT

Introduce Character Theme

- What does respect mean to you?
- Who are people you respect and why?
- Should you respect someone if you don't feel respected? What can you do?



II. TENNIS SKILLS (20 – 25 MINUTES)

CARD SHARK



Setup

- Pair up players, with two pairs per court, using half-court.
- Players will start on the 60-foot base line, using an orange ball.
- Coach has a deck of cards and assigns each stroke a color (example: red card is forehand). The number on the card dictates the length of the rally.
- Use only card numbers players can achieve; the goal is for them to be challenged and have success.
- Keep a joker in the deck and make it a wildcard so that players can choose the stroke and rally length.

Mission

- One player from each pair picks a card and move back to the spot.
- Start the rally with a drop-hit and rally the number of times indicated by the card with the correct stroke. Hold onto the card and pick another.
- Create scoring where players can compete as an entire group (play until all cards are gone) or separate teams and play for designated time.
- Players can add up cards at the end to determine the total number of rallies each team had.
- If players struggle, move back to the service line.

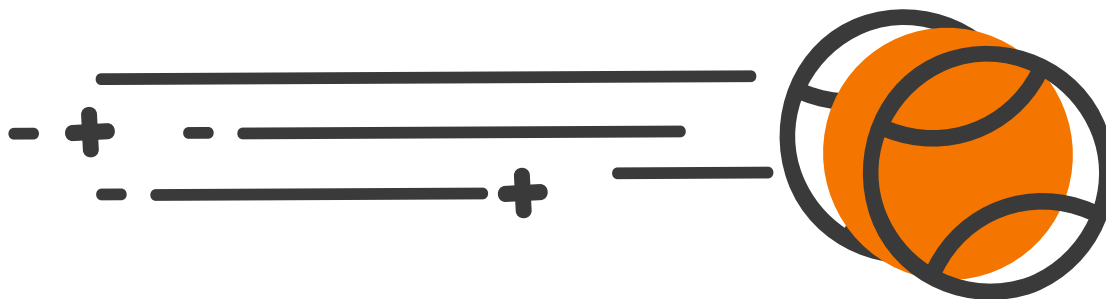
Level 2: Rally crosscourt.

Level 3: Only use one stroke.



COACHING CUE

Remember to cooperate with your partner.



TOSS, HIT, CATCH-VOLLEY 123   

Setup

- Two teams of three per court, each team uses half-court.
- The volleyer stands about four feet from the net, in the middle of the service box. The feeder sits four feet from the net on the opposite side, with orange balls. The catcher is on the same side as the feeder, sitting on the service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

Mission

- The feeder tosses the ball to the forehand side, with enough height for the volleyer to hit above the waist.
- The volleyer hits the ball in the air to the right side of the feeder (down the line). If necessary, a target can be created with a cone, poly-spot, or ball pyramid.
- The feeder will toss the next ball to the forehand side; the volleyer will hit the ball out of the air to the left side of the feeder (crosscourt).
- The catcher will move side to side, catching balls after the bounce.
- After six balls (three sequences), players change positions. Feeder moves to volleyer’s position, volleyer moves to catcher’s position, and catcher moves to the feeder’s position.



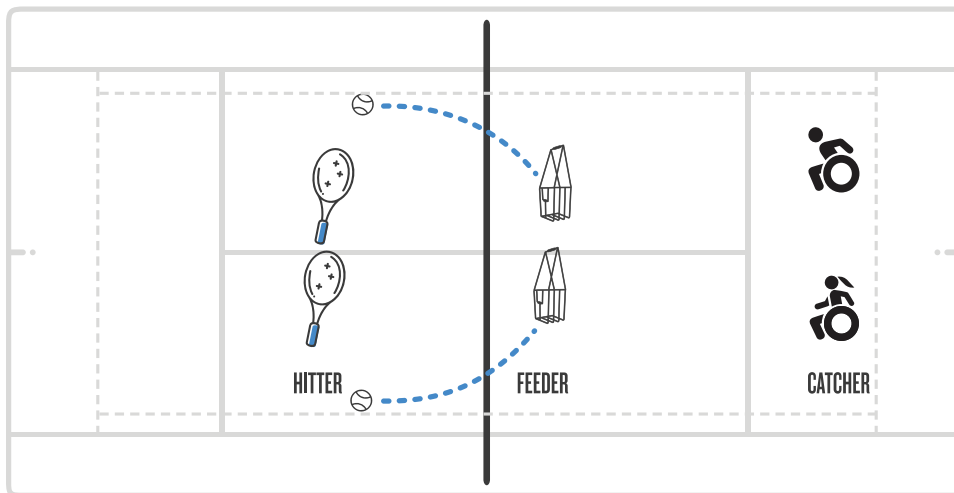
COACHING CUE

With racquet up, extend your hand towards the target.

Level 2: Toss to backhand side.

Level 3: Do it in pairs and rally a groundstroke to volley.

ILLUSTRATION: TOSS, HIT, CATCH-VOLLEY



UP-AND-BACK VOLLEY

Setup

- Pair up players, two pairs per court, with orange balls.
- Pairs are on half-court, starting on opposite service lines.

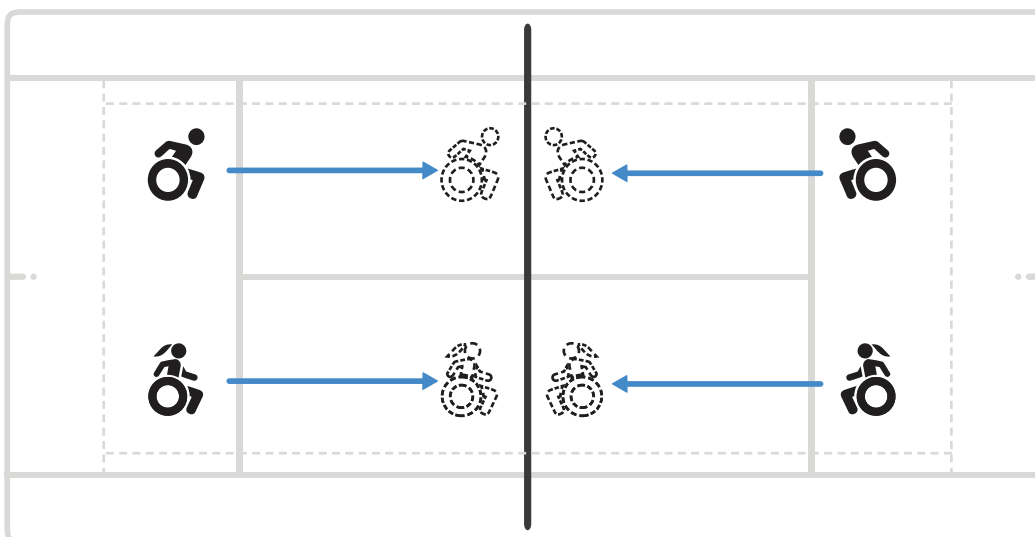
Mission

- Player One drop-hits an approach shot to Player Two, comes to net.
- Player Two hits the ball back to Player One, who volleys the ball in the air back to Player Two.
- Player Two lets the ball bounce, and traps the ball. Then Player One retreats to the service line, and Player Two drop-hits an approach shot to Player One, and comes to net.
- Players continue to repeat the sequence.

Level 2: Rally all balls without any traps.

Level 3: Play the point out once each player has gone to the net.

ILLUSTRATION: UP-AND-BACK VOLLEY



IV. GAME (10 – 12 MINUTES)

GLADIATOR

Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using the full 60-foot doubles court. Sidelines are the 78-foot court singles lines. Players will start in a both back formation.
- Singles can be played with a smaller number of players.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the service line (Challengers).

Mission

- Challengers serve the ball to the Champs and play out the point. Serve to the same side of the court until new Champs come over, then switch sides.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before serving the ball, they need to shout, “Gladiator”.
- If they shout “Gladiator” and end up winning the point they take the Champs spot.
- If they don’t shout “Gladiator” and end up winning the point they don’t take the Champs spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then serve, to make the game more exciting.

**COACHING CUE**

Keep the ball deep cross-court away from the net person.

Level 2: If Challengers hit a winner, they automatically assume Champs position.

Level 3: If Challengers approach the net and win the point with a volley, they automatically assume Champs position.

V. FREE PLAY (10 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players according to skill level using half-court, or the full 60-foot court.
- For players that struggle, allow them to play inside the service boxes.
- Two orange balls per pair.

Mission

- Rally over the net; start with an overhand serve, then players rally cooperatively. Players start either on service line or baseline. Players hit back and forth and try to “set a record” with their partner.
- After a few rounds of going for the longest rally, play out points.
- Encourage the kids to focus on the theme of the day.
- As an alternative, have two minute rotations, each time players partner up with a different player, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- How does respecting your teammate/coach make you a better tennis player?
- Is there someone in the community that you should show more respect to?
- How will you improve?

PLAY AT HOME: VOLLEY

- Volley rally at home.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

I CAN SERVE

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

FENCE THROWS

Setup

- Players are in pairs, one outside the fence, the other inside.
- Both players are about ten feet from the fence.
- Each pair has two orange balls.

Mission

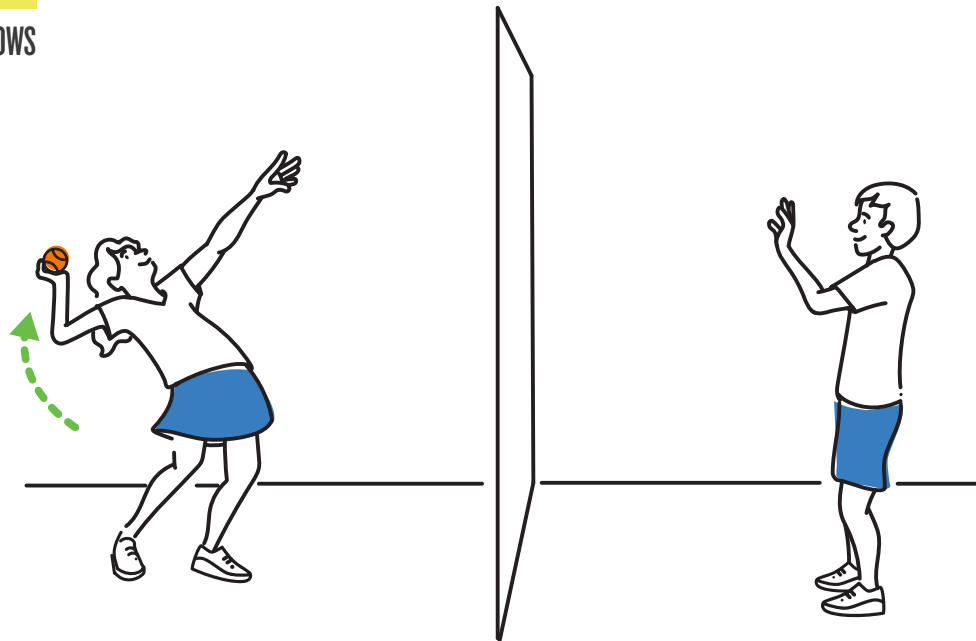
- Players will throw the ball over the fence so partner can catch the ball without having to move far.
- Throw two balls; partner catches and throws both balls back.

Level 2: Start with the ball on the ground behind the wheel.

Level 3: Serve with the racquet and a ball over the fence.

Note: You may have to adapt here if the space behind the fence is not conducive for the wheelchair.

ILLUSTRATION: FENCE THROWS



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: EFFORT

Introduce Character Theme

- What does effort mean to you?
- How do you show good effort on the court?

III. TENNIS SKILLS (20 – 25 MINUTES)

SERVE PYRAMIDS



Setup

- Two pairs per court, one server and one returner.
- Players are on the 60-foot baseline, each hitting diagonally across the net from each other.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid.

Mission

- Player will serve the ball diagonally across the net. The returner will hit the ball back to the server, who traps the ball.
- For every successful serve and return, add a ball to the pyramid.
- Switch roles after completing the pyramid.
- If players struggle, move to service line.

Level 2: Serve, return and rally one ball each to score.

Level 3: Use full-court and return has to go away from the server (open-court).



COACHING CUES

Toss with control and reach up to the contact point.

SERVE PLUS ONE   

Setup

- Two pairs per court, one server and one returner.
- Players are on the 60-foot baseline, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Full-court.

Level 3: Third ball is hit away from returner and play out point.



COACHING CUES

Serve, get back to the hub and prepare for the next shot.



COACHING CUES

Recover back to the hub after each shot, in a good ready position.



CHARACTER CHECK UP

Provide an example of your partner showing good effort.

How does good effort help you when a task becomes more challenging?

HUFF PUFF    

Setup

- Two teams of two to three players per court, using the full 60-foot court.
- Split the court in half by placing two TDLs from the service line to the baseline.

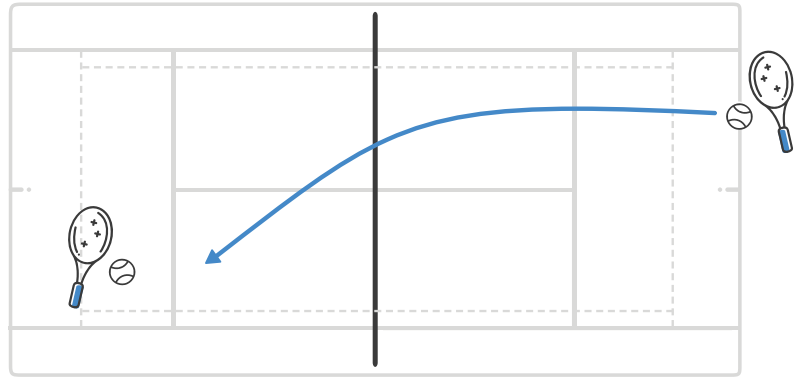
Mission

- The servers cover half-court; the returners cover full-court. Servers can choose which side they will cover.
- Server tries to move the opponent around the court.
- After each point, switch players on both sides.
- Returners score a point for getting three balls back to the servers (includes the return of serve). Servers score for getting the serve in and limiting returners to less than three shots.
- First team to four points wins, then switch sides and change servers.

Level 2: Servers must hit first ball to open-court.

Level 3: Servers score a bonus point for a winning volley or overhead.

ILLUSTRATION: HUFF AND PUFF



IV. GAME (10 – 12 MINUTES)

POSITIVE-NEGATIVE



Setup

- Two pairs per court, playing half-court points.
- Coach decides on a certain number of shots the players rally to (e.g., six or eight).

Mission

- Players rally with each other, starting with a serve. Both players start at zero.
- If the rally stops before the number decided by the coach, the player making the mistake loses a point. If starting at zero, they would go down to -1.
- When the rally goes over the number decided by the coach, the player that did not make the mistake receives a positive score. If starting at zero they would have a +1 score.
- Coach calls time after two minutes, player with the highest score wins.
- Switch opponents and play another round.

Level 2: Play crosscourt with one stroke (for righties, forehand only on deuce court, backhand on ad).

Level 3: Full-court.

Level 4: Serve and return play first to three or four.

V. FREE PLAY (5 MINUTES)



Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players according to skill level using half-court, or the full 60-foot court.
- For players that struggle, allow them to play inside the service boxes.
- Two orange balls per pair.

Mission

- Rally over the net; start with an overhand serve, then players rally cooperatively. Players start either on service line or baseline. Players hit back and forth and try to “set a record” with their partner.
- After a few rounds of going for the longest rally, play out points.
- Encourage the kids to focus on the theme of the day.
- As an alternative, have two-minute rotations, each time players partner up with a different player, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Rate your effort (1 being poor and 5 the best!)
- Where can you improve your effort? (Encourage school, other sports, or at home).

PLAY AT HOME: SERVE AND RALLY

- Serve and rally at home with friend or family member, or against the wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

CHAPTER 04

LET'S GO TO THE NET

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 MINUTES)

MAKE 'EM MOVE

Setup

- Pair up players with an orange ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their “home base”.

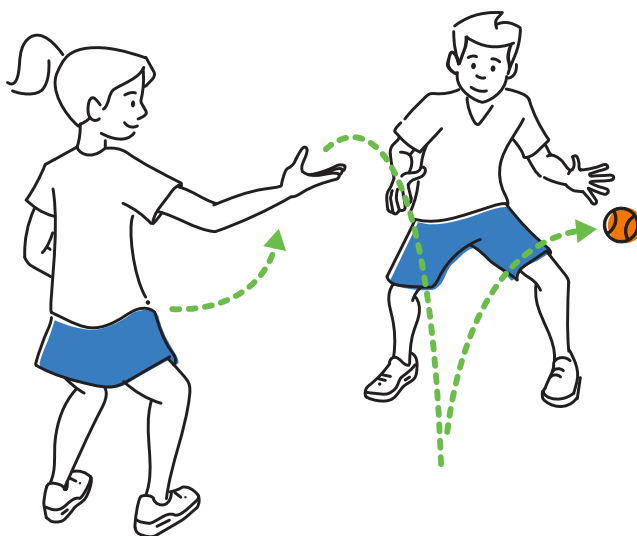
Mission

- The feeder tosses the ball to one side of the catcher, who catches with one hand, tosses back and recovers to home base.
- Catcher uses right hand on right side, left hand on left.
- Feeder will toss the ball left and right, then high/low. High ball is caught in the air.
- Switch roles every minute.

Level 2: Increase distance between pairs.

Level 3: For high ball, catch with opposite hand.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: TEAMWORK

- What was one new skill you enjoyed learning today?
- What did you do that helped you achieve your goal?
- What is one thing you can do to be a better teammate?



III. TENNIS SKILLS (20 – 25 MINUTES)

UP-AND-BACK VOLLEY

Setup

- Pair up players, two pairs per court.
- Pairs are on half-court, starting on opposite service lines.

Mission

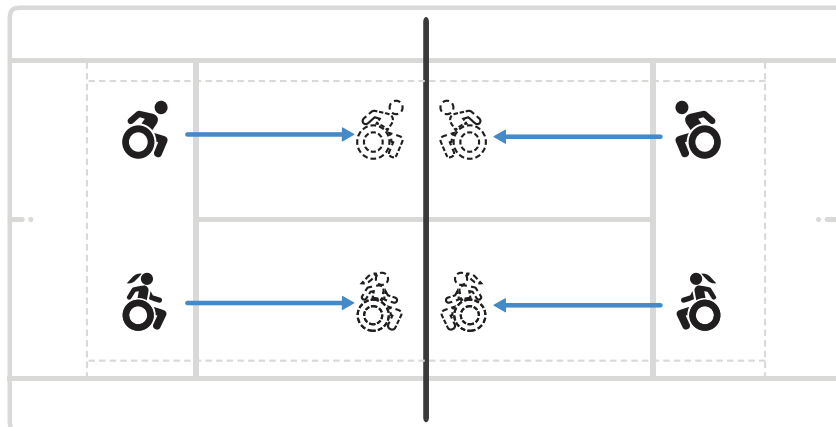
- Player One drop-hits an approach shot to Player Two, comes to net.
- Player Two hits the ball back to Player One, who volleys the ball in the air back to Player Two.
- Player Two lets the ball bounce, and traps the ball. Then Player One retreats to the service line, and Player Two drop-hits an approach shot to Player One, and comes to net.
- Players continue to repeat the sequence.

Level 2: Rally all balls without any traps.

Level 3: Alternate roles of playing the point out after the approach and first volley.

(illustration on next page.)

ILLUSTRATION: UP-AND-BACK VOLLEY



ALL-POSITIONS DOUBLES



Setup

- Four to six players per court.
- Players will begin in a both back doubles formation, on the 60-foot doubles court (sidelines are the singles lines of the 78-foot court).

Mission

- Play two doubles points and then rotate positions one spot at a time. If players struggle with the serve, allow them to drop-hit the second serve.
- With five players, have one player out at the net post.
- With six players, have a player out at each net post.

Level 2: Only net players can volley.

Level 3: Returning team comes to net on second serve return.

(illustration on next page.)

DOUBLES TIPS

- One up/one back is considered a “standard” doubles formation. The other option is to start with both players on the baseline which is much more common in wheelchair tennis.
- Players on the baseline are in either a defensive or neutral position, and should hit their shots back to the opponents that are deep in the court.
- Other options are to hit a lob over the net player to make the opponents move and change positions.
- If there are two opponents at the net and the player is at the baseline, there are two good options. #1, hit a lob over the opponents’ heads, or #2, hit a groundstroke down the middle between the two players.
- Players at the net are in an offensive position and have the ability to win points with a well-placed volley, either hitting away from the opponent or at the feet of the net player.
- For low volleys, the net player should look to hit towards the deep player, or between the opponents.

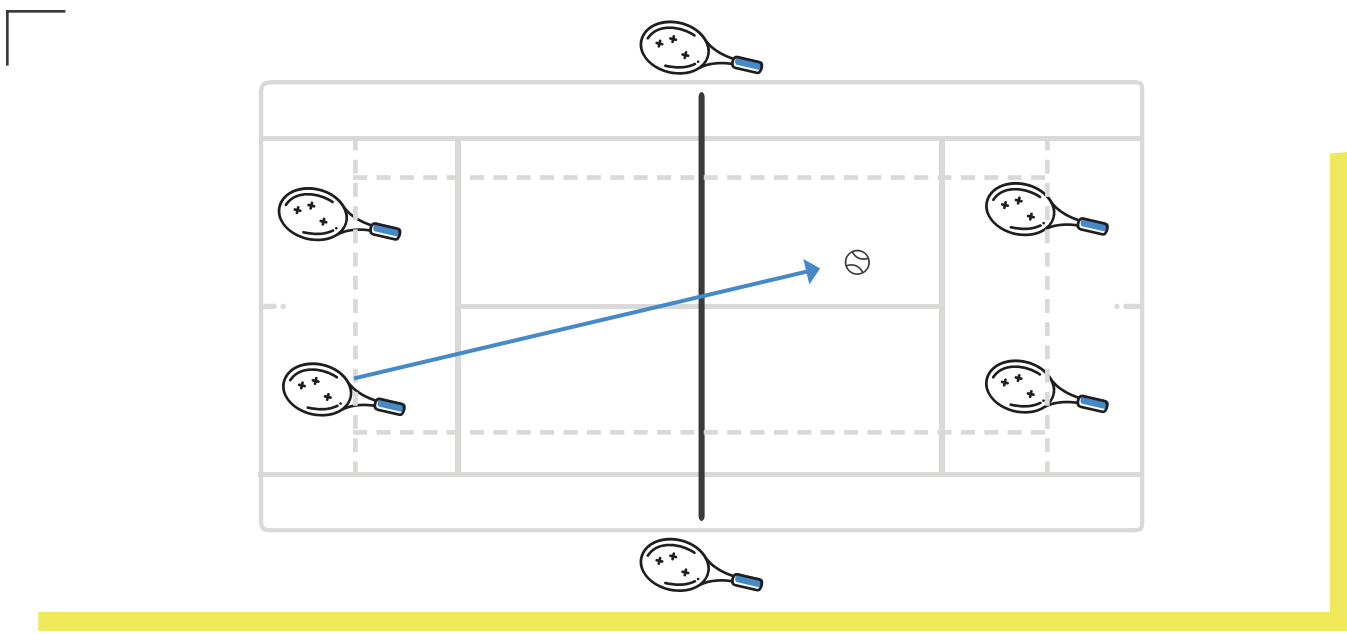


CHARACTER CHECK UP

How did you and your partner demonstrate good teamwork?

Why does being a good team player make you a better tennis player?

ILLUSTRATION: ALL POSITIONS DOUBLES



IV. GAME (10 – 12 MINUTES)

CHARGE! DOUBLES   

Setup

- Four to eight players per court.
- Put players in teams of up to four players, playing on the 60-foot doubles court.

Mission

- Players start in a one-up/one-back doubles formation.
- The serving team will drop-hit the ball, come to net, and play out the point.
- Play four points with the same serving team, then returners will serve.
- If there are four players per side, rotate a team of two after each point. With three players, rotate one spot after each point. With just two per side, play four points in a row.

Level 2: Returning team can't lob.

Level 3: Serving team serves, returners come to net after return of serve.



V. FREE PLAY (5 MINUTES)

Note: This is an opportunity for the players to experience doubles with limited rules. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players in doubles teams, trying to make pairings as even as possible.
- All points played on the 60-foot doubles court, up to four pairs per court.

Mission

- Players will start off in a one-up/one-back doubles position.
- Baseline players will work on keeping the ball crosscourt, away from the net player.
- Net players will work on volleying between the opponents when possible.

Two teams per court

- One team serves; the other team returns.
- Servers will begin by serving to the deuce side and playing out points. Alternate sides of the court after each point.
- After four points, switch servers. After all four players have served, look to change opponents.

Three or four teams per court

- Put a team on one side as the returners. The other two or three teams are on the opposite side, as servers.
- First serving team will begin by serving to the deuce side and playing out the point. Play one point, and rotate out.
- Every four to six points, send a new returning team over and switch sides of the court.

Note: In intervals (every two to three minutes), mix up teams on the different courts.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Did anyone's partner improve throughout the lesson?
- What is one thing you can do to be a better teammate?

PLAY AT HOME: TEAM GAME

- Play a team game at home.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"

CHAPTER 05

TEAM PLAY

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

FOUR-CORNER TOSS

Setup

- Pair up players, maximum of four pairs on each side of the net.
- Pairs face each other about four feet apart, with four orange balls.

Mission

- Player tosses a ball (palm up) with right hand to partner, who catches in the air with the left hand.
- Partner passes the ball from the left hand to the right, and tosses it back to player's left hand. Repeat.
- Once successful, add a second ball, continuing to toss and catch in the same sequence.

Level 2: Add a third ball, then a fourth.

Level 3: Catch balls while moving sideways.

II. CHARACTER DEVELOPMENT (3 MINUTES)

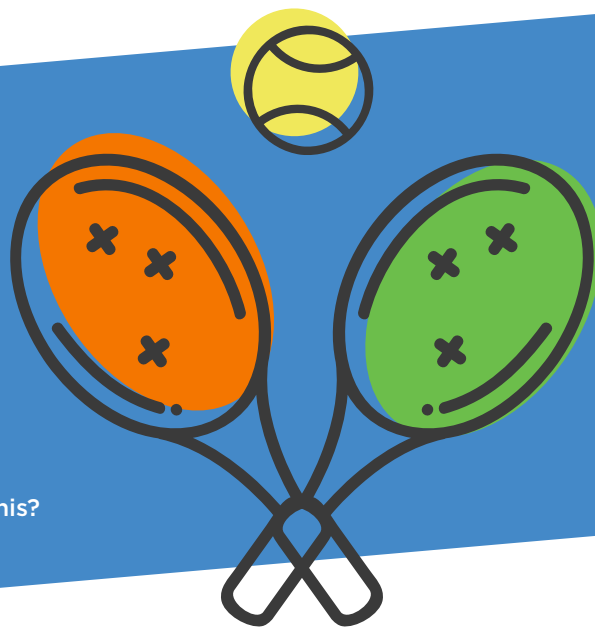
PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPONSIBILITY

Introduce Character Theme

- What does it mean to be responsible?
- How can you be responsible when coming to or leaving from tennis?



III. TENNIS SKILLS (20 – 25 MINUTES)

RALLY PYRAMIDS

Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the 60-foot baseline. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player One will start the rally with a drop-hit, Player Two hits the ball over the net with either stroke, and Player One hits it back.
- For every successful rally of one each, add a ball to the pyramid.

Coaching Cue:

Level 2: Two each, then three each, etc., to score a point.

Level 3: Hit crosscourt.

FOUR-SQUARE

Setup

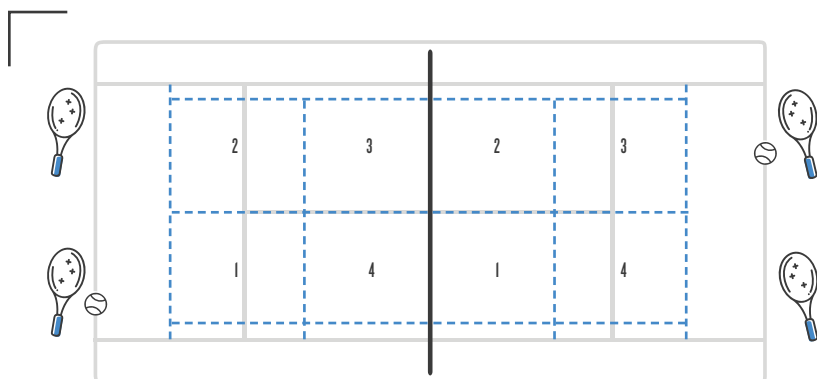
- Two teams of two to three players per court, playing points on the full 60-foot court.
- Divide the court into four equal squares using TDLs or poly-spots. The line dividing the short and deep squares should be about five feet in front of the service line.

Mission

- Play singles points starting with a serve and return. After the serve, players can't hit into the same square twice in a row.
- If players struggle with the serve, allow them to drop-hit the second serve.

Level 2: Players can pick one square (the black hole), that opponent cannot hit into.

ILLUSTRATION: FOUR-SQUARE



COACHING CUE

Keep the swing small for the short box, and long for the deep box.



CHARACTER CHECK UP

How did your partner show responsibility as your partner?

How can you show responsibility when you prepare to serve or when you make a line call?

IV. GAME (10 - 12 MINUTES)

TEAM CHALLENGE

Note: This an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level.
- For singles, play full 60-foot court points. For doubles, use the 60-foot doubles court.

Mission

- Start with singles matches, and finish with doubles matches.
- Set up two matches per court. For singles, two players will play one point, and rotate out with another pair (alternate points).
- For doubles, have teams play two points and then rotate.
- Players will start points with an overhand serve, and if players struggle, let them drop-hit the second serve.
- After players serve two points, switch roles.
- The duration of matches is between two to three minutes. After each match, have the players shake hands with their opponent.
- Points played for each match contribute to their team's score. At the end of point play, add up total points, and change opponents to make matches as even as possible.

Level 2: For singles and doubles, give an extra point if players win at the net.

Special Note:

- Bring the players together at the end and tell them they did a GREAT JOB! Emphasize positive areas like they called the score out clearly, rotated properly in doubles, and demonstrated consistency during singles points.
- No need to announce team scores. Just get the players to understand every point they earn counts towards their team's total.
- Recognize who showed good Sportsmanship.

V. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you take responsibility for your tennis?
- What is another way you can be responsible at home/school?

PLAY AT HOME: TWO AND TWO

- Two and Two—Serve overhand to wall, then hit two forehands and two backhands.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"

CHAPTER 06

LET'S PLAY

Equipment: Orange court, 25-inch racquets, orange balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

PLAYERS CHOICE – PICK ANY ACTIVITY FROM PRIOR CHAPTERS

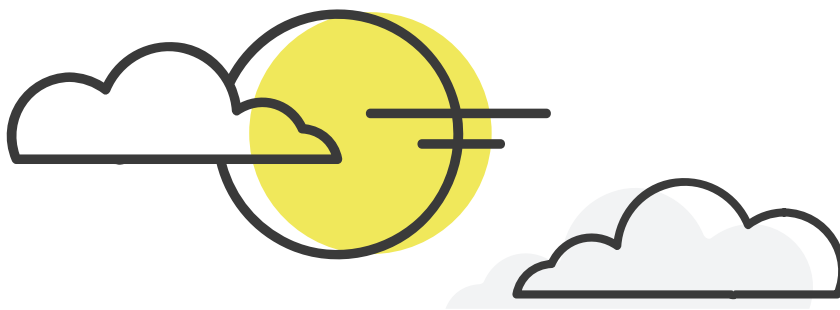
II. CHARACTER DEVELOPMENT (3 MINUTES)**PLEDGE**

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: SPORTSMANSHIP

Introduce Character Theme

- What does sportsmanship mean?
- How will you show sportsmanship today?
- Can anyone name an athlete who shows good sportsmanship and talk about how they show it?



III. TENNIS SKILLS (15 – 17 MINUTES)

CRAZY FEED

Setup

- Two teams of three or four players on opposite baselines.
- Play singles points using the full 60-foot court, two players at a time.

Mission

- Designate one side as the attackers, other side as the defenders.
- The attacker feeds any type of ball they choose - high and deep, short in the court - then plays out point. Rotate players every point.
- If attackers win the point, they score one; if defenders win, they score two.
- Play first team to seven points, then adjust teams or order so players have different opponents.

Level 2: Play full 60-foot court or half-court points.

SERVE PLUS ONE

Setup

- Two pairs per court, one server and one returner.
- Players are on the 60-foot baseline playing half-court, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Full-court.

Level 3: Third ball is hit away from returner and play out point.



COACHING CUE

Encourage attackers to move the opponent, defenders get every ball back.



COACHING CUE

Serve, get back to hub and prepare for the next shot.



CHARACTER CHECK UP

How has your opponent shown you good sportsmanship?

How can you show your teammate/opponent better sportsmanship?

IV. GAME (25 MINUTES)

TEAM CHALLENGE

This an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level.
- For singles, play full 60-foot court points. For doubles, use the 60-foot doubles court.

Mission

- Start with singles matches, and finish with doubles matches.
- Set up two matches per court. For singles, two players will play one point, and rotate out with another pair (alternate points).
- For doubles, have teams play two points and then rotate.
- Players will start points with an overhand serve, and if players struggle, let them drop-hit the second serve.
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- The duration of matches is between two to three minutes. After each match, have the players shake hands with their opponent.
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Level 2: For singles and doubles, give an extra point if players win at the net.

Special Note:

- Bring the players together at the end and tell them they did a GREAT JOB! Emphasize positive areas like they called the score out clearly, rotated properly in doubles, and demonstrated consistency during singles points.
- No need to announce team scores. Just get the players to understand every point they earn counts towards their team's total.
- Recognize who showed good sportsmanship.

V. WRAP UP (5 MINUTES)

TEAM TALK

- What did you enjoy about the team challenge?
- How will you continue to practice, play, and show good sportsmanship?

PLAY AT HOME: TEAM CHALLENGE

Play a Team Challenge in your local area.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"

**THE
FUTURE
OF TENNIS**

IS HERE





TOGETHER WE WILL

**GROW
THE GAME**

