

# GREEN BALL

**WHEELCHAIR TENNIS COACH'S CURRICULUM**

Green Ball Practice And Play Plans

GREEN BALL 02 / GREEN BALL 01

# DEAR COACH,

## WELCOME TO NET GENERATION!

On behalf of the USTA, we thank you for supporting Net Generation. You are the key to growing the game, and together, we can shape the future of tennis. Net Generation isn't just a new brand—it's a comprehensive platform and development program for kids ages 5 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 U.S. Fed Cup and U.S. Davis Cup captains, former professional tennis players, and parents, we are Net Generation ambassadors because we believe this new approach will benefit the growth of youth tennis. We believe that no other sport is meeting the needs of today's discerning 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 in coaching curriculum, digital tools and resources that make teaching, coaching, planning and playing easier, and marketing resources and support to enhance your programs' visibility. The USTA created Net Generation with you in mind and we hope to hear from you about what is working, what is not, and what materials, curriculum and tools will help you. After all, this is your brand and without your talents as a coach, teacher, and mentor, we cannot inspire kids to get in the game—and stay in it.

This coach's manual is just one item under the Net Generation brand. It's comprehensive, competency-based, collaborative, and packaged conveniently online with additional resources to help you customize your approach to teaching the sport you love.

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

### **Jim Courier**

U.S. Davis Cup Captain  
Net Generation Ambassador



### **Kathy Rinaldi**

U.S. Fed Cup Captain  
Net Generation Ambassador



# FOREWARD

## 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



# FOREWARD

## NET GENERATION WHEELCHAIR CURRICULA

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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# INTRODUCTION

Thank you for registering to Net Generation. It is great to have you as part of the team where our focus is to have more kids playing tennis more often. Net Generation starts with all of us, and we're here to usher in a new era of tennis in the United States.

Net Generation is the United States Tennis Association (USTA) official youth brand and development program that captures the imagination of parents and children ages 5 through 18. One that taps into the adaptability and creativity children and parents seek when choosing activities.

The following practice and play plans are unique to the USTA and have been developed and designed specifically for you, the coach. In doing so they are:

## COMPREHENSIVE

Covers the beginner Red Ball to the advanced Green Ball player.

## COMPETENCY BASED

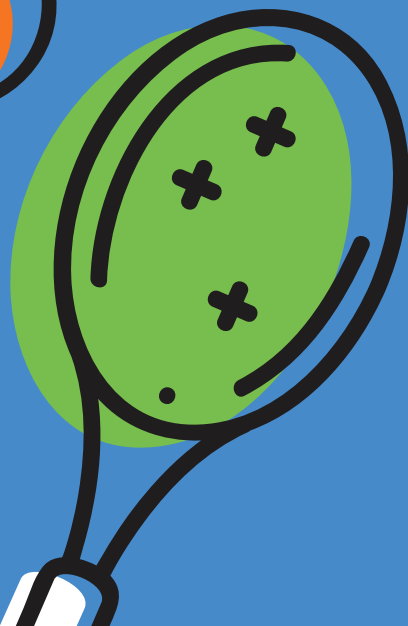
Spells out the skills and knowledge each player should have before moving to the next ball and court size.

## COLLABORATIVE

Includes nine levels developed by the USTA Community Tennis and Player Development divisions, USPTA and PTR, and subject matter experts in the field from the U.S. and abroad.

## CONVENIENT

Lets you select the method of delivery that works best for you—printed manual, downloadable PDFs, or coaches app.



Inside this manual you'll find two levels of Practice and Play Plans—Green Ball 2 and Green Ball 1. Each plan consists of eight chapters. We recommend you use each Practice Plan twice before moving on to the next plan. When you finish all the plans, you can start from the beginning again or move certain players to the next level.

Before you get started, take some time to review the necessary equipment, structure of the plans and descriptions of the activities.

# EQUIPMENT NEEDED

## MEDICINE BALLS

Lightweight medicine balls or junior-size basketball.

## GREEN BALLS

Used on the 78-foot court. Must be yellow with a green dot.

## RACQUETS

25 inches and larger for the 78-foot court with green ball.

## BALL BUCKETS

40 to 60-quart plastic containers or small plastic paint buckets. The large containers can hold playground balls or orange/green balls, and the small buckets are ideal when players work in small groups and need a limited supply of balls.

## POLY-SPOTS AND THROW-DOWN LINES (TDLs)

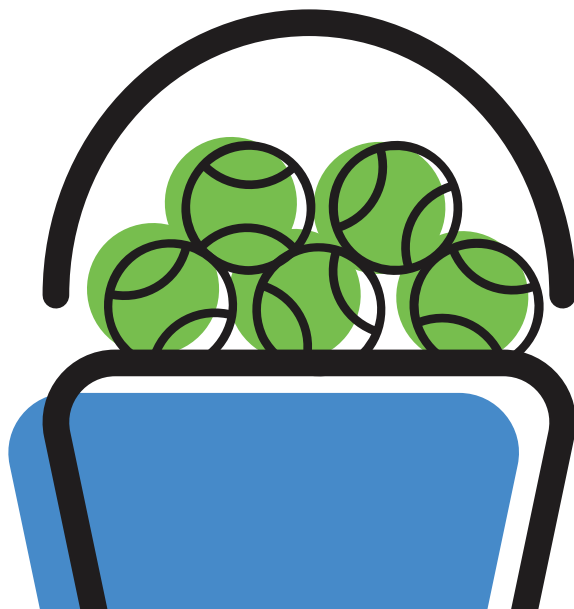
For targets, recovery spots, court lines, group control, etc.

## HULA HOOPS

Available at most big-box stores.

## CONES

9-inch and half-cones.



# STRUCTURE OF PRACTICE AND PLAY PLANS

## WARMUP

Partner-based activities that focus on control and theme of the day.

## SKILL DEVELOPMENT

**Athletic:** Covers tennis-specific movement, ABCs (agility, balance, coordination), speed, strength and advanced tossing/throwing/catching activities.

**Tennis:** Focuses on developing all five ball controls (direction, height, depth, speed, spin) and all phases of movement.

## GAMES

Skills learned from practices will be applied to tactical situations during games.

## CHARACTER

Practices have a character theme that can apply to tennis and life.

## PLAY AT HOME

After each lesson, players are assigned specific challenges to practice at home with friends or family, or on the court.





# DESCRIPTIONS OF ACTIVITIES



## TYPE

**Individual:** Independent skill development.

**Team:** Two or more players.

**Cooperative:** Pairs or groups focused on improving skills together.

**Competitive:** Scoring and declaring a winner.

**Hand/Racquet-Feed:** How the ball is introduced into the activity—can be player or coach.

## FOCUS

Specific areas to work on.

## SETUP

Location of players, balls and equipment.

## MISSION

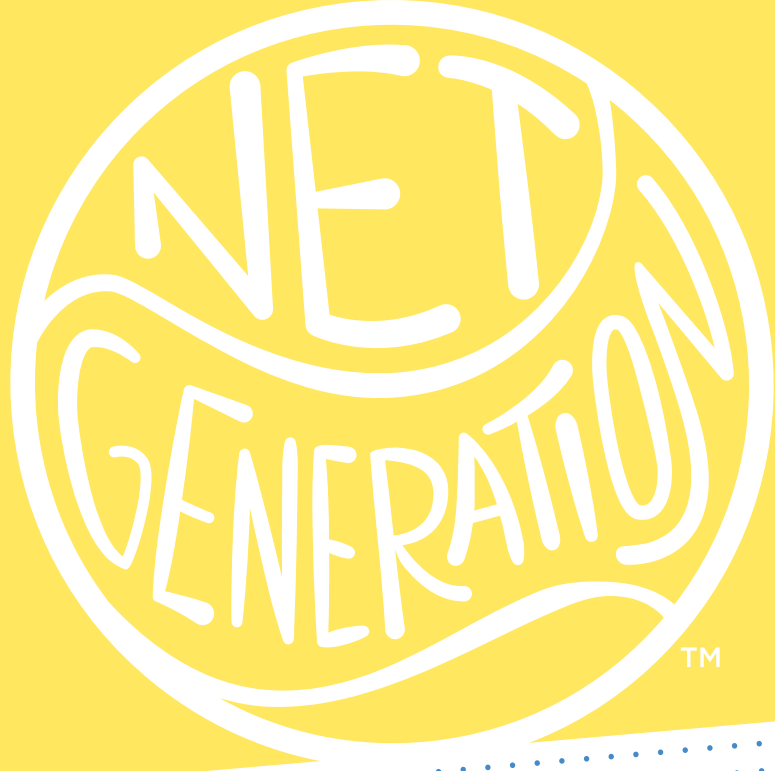
What we want players to do, followed by bullets with specific instructions.

## GOAL

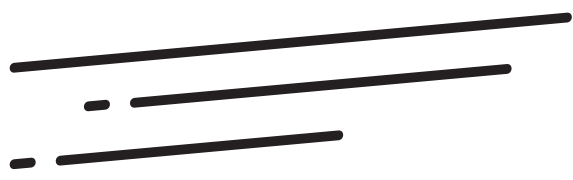
How we want players to execute the activity, generally related to a specific competency.

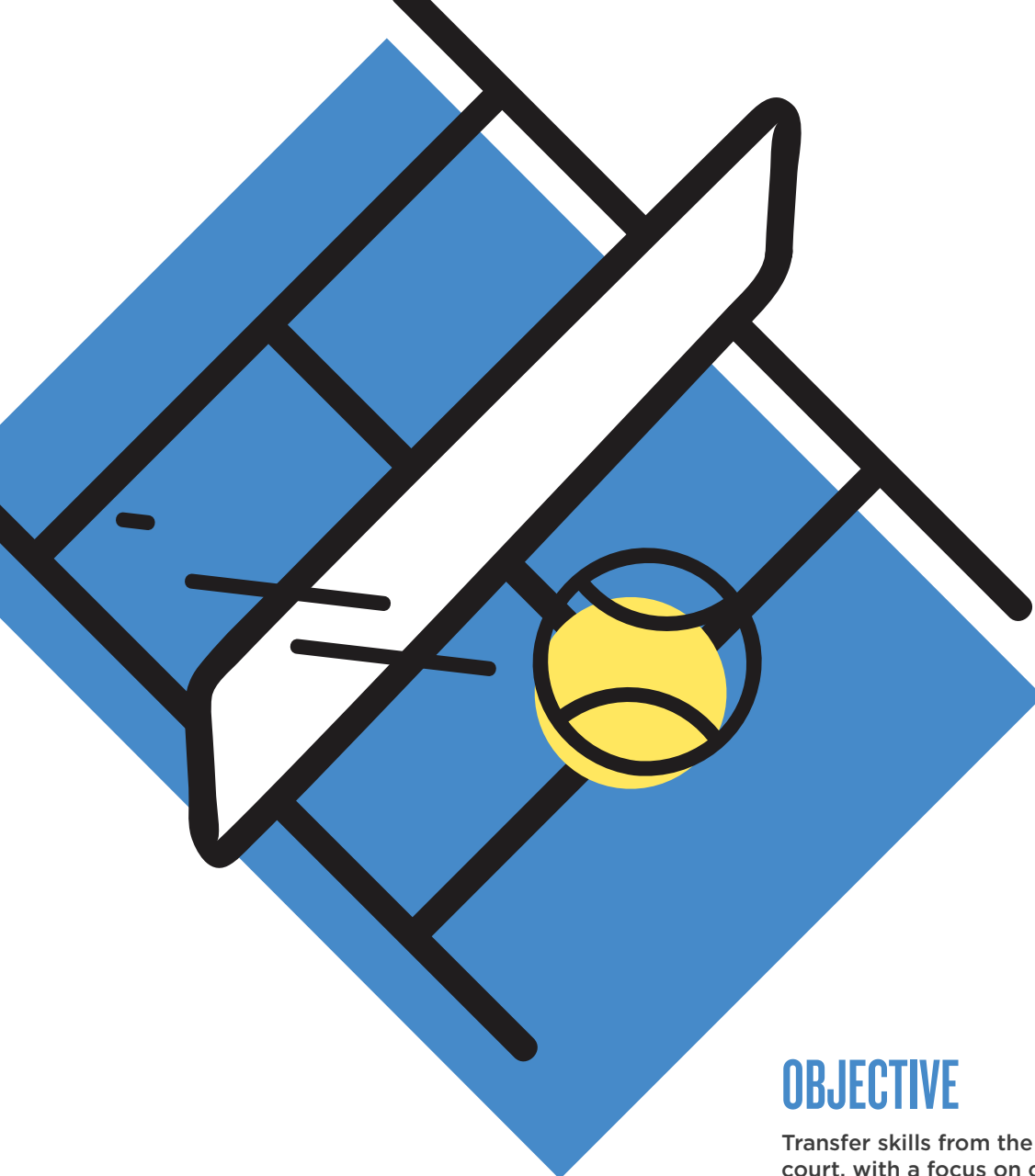
## PROGRESSIONS

Specific steps to increase the difficulty of the skill/activity, to be used in subsequent practices or to handle mixed abilities.



# GREEN BALL 02





## NOTES:

For this level, a dynamic stretch at the beginning and static stretch at the end are important. If properly trained, players can do these outside of the practice session.

## OBJECTIVE

Transfer skills from the 60-foot court to the 78-foot court, with a focus on court coverage.

## SAMPLE LESSON PLAN

### Total: 90 minutes

- Warmup: 6 - 8 minutes
- Character: 3 minutes or less
- Skills (athletic and tennis): 30 - 35 minutes
- Games: 25 - 30 minutes
- Play-on-Your-Own Review: 3 minutes or less

## PLANS AT A GLANCE



Warmup	Character	Athletic Skills	Tennis Skills	Games	Play on Your Own
<b>01</b> Going Green	Mini-Tennis Independence	Zig Zags Freeze Tag Four-Corner Toss	Call the Bounce X Drill	Up and Down the River Crazy Feed	Depth Games
<b>02</b> Open Up the Court	Mini-Tennis Angles Play fair	Push to the Line Compass Pushes Make 'Em Move	Alley Rally	Sideline Defend and Recover	Angle the Angler
<b>03</b> Put It In Neutral	Mini-Tennis Points Independence	4x4 Tag Zig Zags Obstacle Course	Tempo Drill Alley Rally	Team Up and Down the River	Use Your Slice
<b>04</b> Attack and Defend	Mini-Tennis Effort	Freeze Tag Push to the Line Hi-Lo Toss	Tempo Drill Depth Drill	Absorb and Rip Team Defender	Serve & Volley/Chip & Charge
<b>05</b> Serve to Spots	Mini-Tennis Points Independence	Copy Cat Zig Zags Three-Level Throw	Drag Serve Serve Index	Return the Cannon Point Play	Drag Serve
<b>06</b> Make the Pass	Figure 8 Independence	Obstacle Course Hub Drill Make 'Em Move	Call the Bounce Make the Pass	Triples Point Play	Trick Shots
<b>07</b> Return to Sender	Over and Under Effort	Red Light/Green Light Hub Drill	Pinch	Serve Pyramids Two-on-One Attack	Step Up
<b>08</b> Game On!	Trick Shots Figure 8 Effort	Player's Choice	Five-Minute Warmup	Defend and Recover Team Defender	Start a Journal

## CHAPTER 01

## GOING GREEN

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots, and TDLs.

## I. WARMUP

## MINI-TENNIS

**Type:** Cooperative, players in pairs.

**Focus:** Groundstroke direction.

**Setup**

- Two pairs per court, using half-court.
- All players on service line.
- Hit into service box and alley.

**Mission**—Crosscourt groundstroke patterns.

- Pairs rally crosscourt with outside stroke only.
- After two minutes, switch sides of court.

**Goal**—Take advantage of extra width.

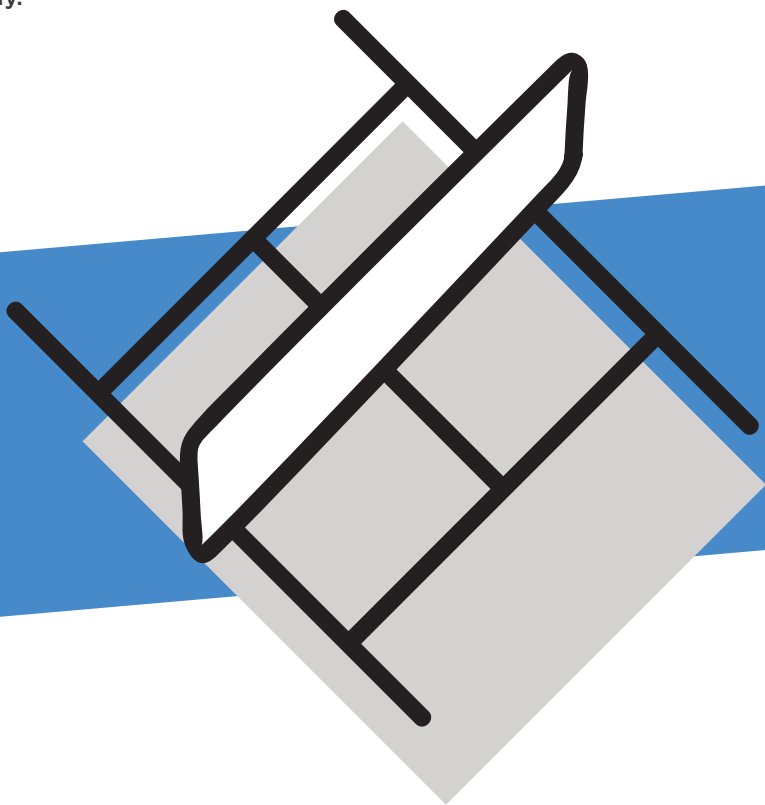
**Progressions**

1. Rally into service-box corners.
2. Rally with more angle into alleys.

## II. CHARACTER

## INDEPENDENCE

Show commitment by scheduling your own practice time outside of lessons.



## III. ATHLETIC SKILLS

### ZIG ZAGS

#### Setup

- Up to four players on each side of net, spread out along baselines.
- Place cones or TDLs in front of net so players know when to zig and then zag.

#### Mission

- Warm up with basic zig zag to the net.
- Next, call out specific types of movement to net and back such as sprinting, pulling backwards, or zig zagging. Perform two rounds and move on to progressions.

#### Progressions

1. Zig Zag down and pull backwards on the way back.
2. One hand push on the way down and use the different hand on the way back..
3. Pull a partner down and back using normal pushes. Partners will hold on the back bar.

### FREEZE TAG

#### Setup

- Have players spread out on one side.
- Designate one person to be “it”.

#### Mission

- Attempt to tag opponent’s chair.
- Once tagged, players must freeze. .
- Players can be unfrozen by teammates.
- After 45 seconds, a new player is “it”.
- The player with the most tags in 45 seconds wins.

#### Progressions

1. Players tagged can now be “it” as well but can only pursue other players using a one hand push or by going backwards.



## FOUR-CORNER TOSS

### Setup

- Players in pairs, no more than four pairs on each side of net.
- Pairs stay about four feet apart facing each other, with four green balls.

### Mission

- Toss ball with right hand to partner, who catches in the air with left hand.
- Partner then passes ball from left hand to right before tossing back to player's left hand.
- Toss ball to side of body.
- Once successful, add movement, going from sideline to sideline and back while tossing.

### Progressions

1. Toss two balls, continuing to toss with right hand, catch in left, and pass ball from left hand to right. Do in a stationary position, then add movement.
2. Toss three balls—first stationary, then add movement.
3. Toss four balls—first stationary, then with movement.

## IV. TENNIS SKILLS

### CALL THE BOUNCE

**Type:** Cooperative, players in pairs.

**Focus:** Ball recognition.

### Setup

- Two or three pairs per court, using half-court.
- All players spread out on baseline.

**Mission**—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up” “back” or “stay” then move to that spot to return shot.
- Follow a really short “up” ball to net, finish rally and move back.

**Goal**—Call location and move to ball as it crosses net.

### Progressions

1. Rally crosscourt.
2. Any stroke, one stroke, alternate strokes.

## X DRILL

**Type:** Hand feed, players in groups of three.

**Focus:** Diagonal movement for groundstrokes.

### Setup

- One group of three per court, one feeder and two hitters.
- One hitter is in center of baseline, other hitter is behind at safe distance.
- Feeder is in middle of court between baseline and service line on same side as hitters.
- Feeder has a supply of balls.
- Targets in deep and short corners of court on other side.

**Mission**—Roll deep ball and angle midcourt ball.

- Feeder tosses high and deep to one side; hitter returns high and deep crosscourt with heavy topspin and recovers.
- Second feed is high and short to opposite side; hitter plays short angle and recovers.
- Repeat to opposite sides.
- Complete two sequences and switch hitters. After each hitter has gone, change the feeder.
- Can do with four and have one player picking up.

**Goal**—Move in diagonals.

### Progressions

1. Hand-feed, then racquet-feed from other side of net.
2. Coach feeds to increase tempo and difficulty.



### TEACHING TIP

Moving from the 60 to the 78-foot court means lots of extra space. Most players' overall skill level will drop, and that should be expected. The most important thing to work on, initially, is court coverage.



## UP AND DOWN THE RIVER

**Type:** Competitive, one on one.

**Focus:** Groundstroke depth and consistency.

**Setup**

- Two pairs per court, using half-court. Boundaries are middle to doubles line.
- Use TDLs to split court from service line to baseline.

**Mission**—Stay consistent while keeping ball deep.

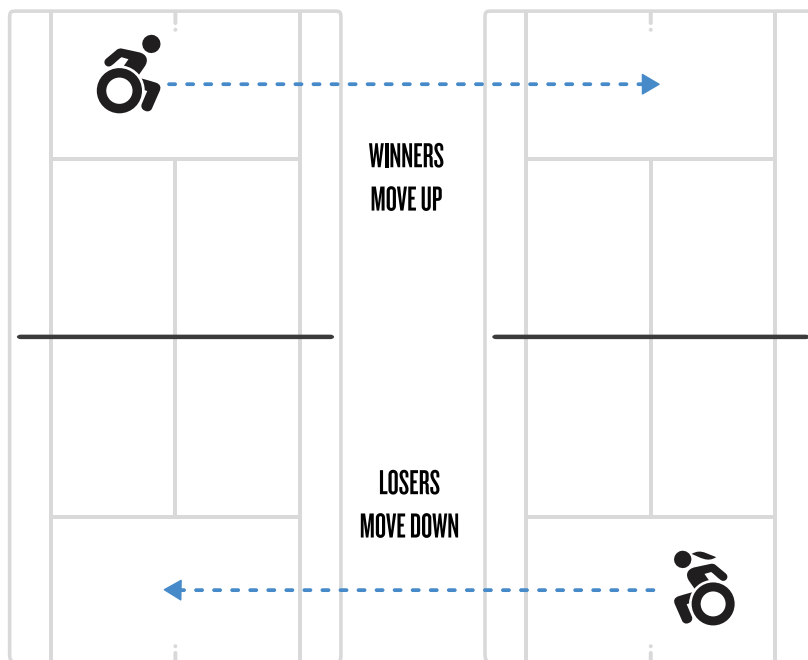
- Start points after serve and return.
- Both players must let ball bounce.
- Play to four points, then volley cooperatively until last court finishes.
- After all courts finish, winner moves up half a court; loser moves down.

**Goal**—Use height, spin, and speed to keep ball deep.

**Progressions**

1. Start points straight ahead with one stroke.
2. Play crosscourt with outside stroke only.

**ILLUSTRATION: UP AND DOWN THE RIVER**





## COURT CENTS

When using TDLs to separate court spaces, use just a few. This keeps costs down and encourages kids to play balls that are close to the boundary.

## CRAZY FEED

**Type:** Competitive, team.

**Focus:** Heavy topspin.

**Setup**

- Teams of three or four on opposite baselines.
- Two play at a time, full-court points.

**Mission**—Put opponent on defensive with high loop.

- One side attacks; other defends.
- Attackers self-feed deep ball from behind baseline, hitting high and deep to opponent's weakness.
- Play out point. Attacker can't come to net off feed.
- Rotate players every point.
- Attackers score one for winning point; defenders two.
- Play first to seven, then adjust teams or order so players have different opponents.

**Goal**—Take advantage of increased length and width by rolling balls deep to corners.

**Progressions**

1. Self-feed forehands, then backhands.
2. Defender feeds high, deep ball with little spin to attacker, who hits back with heavy topspin.

## VI. PLAY ON YOUR OWN

### DEPTH GAMES

- Play points or rally with a friend.
- All balls must bounce between service line and baseline.

# OPEN UP THE COURT

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### MINI-TENNIS ANGLES

**Type:** Cooperative, players in pairs.

**Focus:** Groundstroke depth.

**Setup**

- Two pairs per court, using half-court.
- All activities inside service lines.
- Use TDLs to split service box in half horizontally.
- TDLs in service box are baseline.

**Mission**—Rally crosscourt angles.

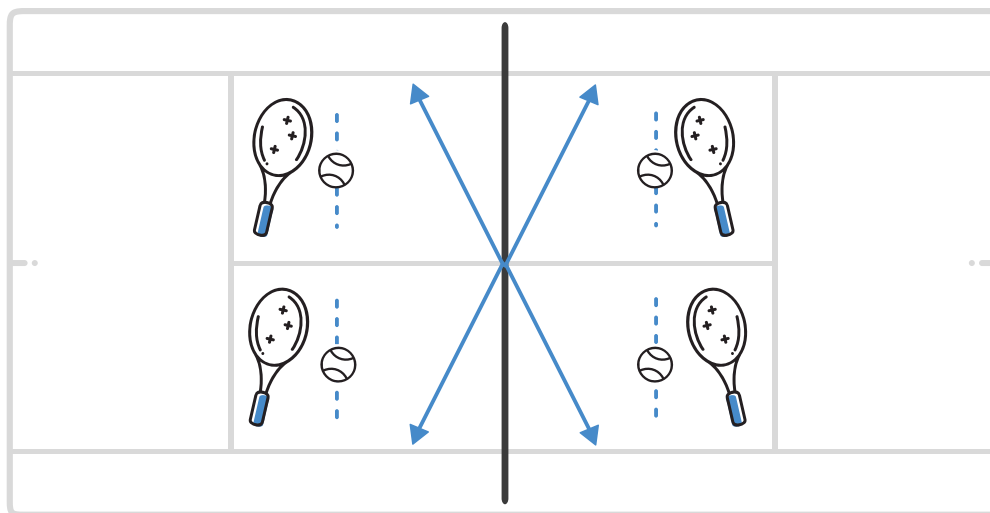
- Pairs rally crosscourt angles with outside stroke only.
- Switch sides after two minutes.

**Goal**—Make ball bounce in alley to pull partner off court.

**Progressions**

1. With service line as baseline, alternate rallies between short, sharp angles, and deep between TDLs and service line.
2. Play points with bonus for hitting into alley.

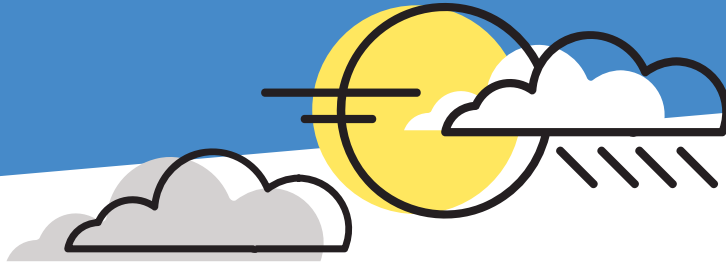
#### ILLUSTRATION: MINI-TENNIS ANGLES



## II. CHARACTER

### PLAY FAIR

Learn to handle adversity.



## III. ATHLETIC SKILLS

### 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.

### COMPASS PUSHES

#### Setup

- Place four cones in a square to represent north, south, east and west. Cones should be about eight feet from center.
- Players in groups of two or three per "compass."

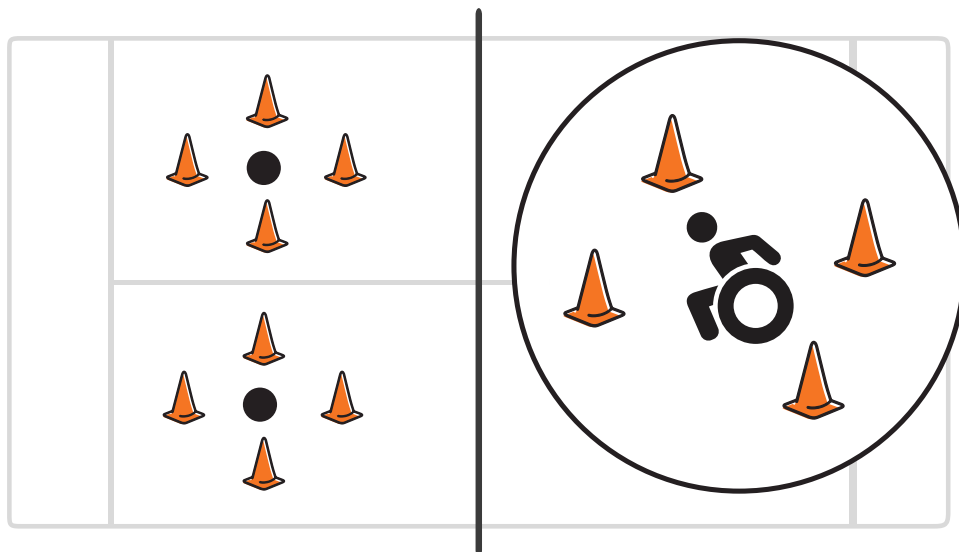
#### Mission

- Start in center of cones and push to each cone, returning to center each time.
- Move around compass three times, then next player goes.
- After all players have gone once, change direction.

#### Progressions

1. Go around each cone.
2. Backwards pull from each cone.

## ILLUSTRATION: COMPASS PUSHES



## MAKE 'EM MOVE

**Setup**

- Players in pairs with green ball and TDL.
- Up to three pairs spread out on each side of court.
- Pairs face each other, four to six feet apart.
- One player feeds; other catches.
- Catcher uses TDL as “home base.”

**Mission**

- Start off catching all balls in the air, like a volley.
- Toss to forehand side about five feet away, with enough height so catcher has to move. Catch at chest level.
- All catches made with opposite hand.
- Switch roles every minute, then switch to backhand side.

**Progressions**

1. Add a groundstroke/volley combination—catch first ball after bounce, second in the air.
2. Move farther apart.

**TEACHING TIP**

When catching on backhand side, players don't need to use their dominant hand. Focus should be on proper movement and chair turn.

## IV. TENNIS SKILLS

### ALLEY RALLY

**Type:** Cooperative, players in pairs.

**Focus:** Direction and consistency on groundstrokes.

**Setup**

- Two pairs per court.
- All players on baseline.

**Mission**—Rally ball into doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.

**Goal**—Stay consistent hitting with square chair stance and good extension.

**Progressions**

1. One stroke, alternate strokes.
2. Topspin only, slice only.

#### ILLUSTRATION: ALLEY RALLY



## V. GAMES

### SIDELINER

**Type:** Competitive, one on one.

**Focus:** Angle groundstrokes.

**Setup**

- Four to six per court, using half-court.
- Use TDLs to split court in half. Alleys count.

**Mission**—Move opponent outside sideline.

- Play all points crosscourt. Two pairs can play at same time.
- Start with serve. After that, must hit outside stroke.
- Score for winning point and forcing opponent outside sideline.
- Use up-and-down-the-river or champion-of-the-court format.

**Goal**—Use spin and proper height to move ball off court.

**Progressions**

1. Every ball must bounce.
2. Play full court.

## DEFEND AND RECOVER

**Type:** Competitive.

**Focus:** Use of angles and court coverage.

**Setup**

- Teams of two or three on opposite baselines.
- Full-court points, two players at a time.
- One side feeds; other angles.

**Mission**—Open up court.

- Feeder stays on far right side of baseline behind alley. Angler starts in center of baseline.
- Feed crosscourt to service box, recover to center, and push to center mark.
- Angler moves up, plays short-court angle and recovers to baseline. Play out point.
- Rotate players after each point, play games to seven, then switch roles. Switch feed side every other game.

**Goal**—Move opponent with combinations of shots (angle/down-the-line).

**Progressions**

1. Angler plays first ball down the line and can come in.
2. Angler can play angle or down the line.
3. Angle must bounce inside service box; down the line must bounce past service line.

## VI. PLAY ON YOUR OWN

### ANGLE THE ANGLER

**Setup**

Play with partner on driveway, flat surface or tennis court.

**Mission**—Hit crazy angles.

- Play points or rally with a friend. Create playing area that is wide and shallow.
- See how wide you can send ball.
- Use topspin and slice.

# PUT IT IN NEUTRAL

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots, jump ropes and TDLs.

## I. WARMUP

### MINI-TENNIS POINTS

**Type:** Competitive, one on one.

**Focus:** Touch shots.

**Setup**

- Two pairs per court, using half-court.
- All points straight ahead inside service line, alleys included.

**Mission**—Play all slices.

- Either player starts with drop-hit.
- Play all shots with continental grip and slice; backhands are one-handed.
- Move opponent around short court with touch shots.
- Play up-and-down-the-river format.
- Play to four points, then volley cooperatively until last court finishes.

**Goal**—Use touch and move opponent.

**Progressions**

1. Play crosscourt.
2. One stroke, alternate strokes.
3. Players can volley.



### TEACHING TIP

At this age and stage, you should slowly introduce one-on-one competition. When using an up-and-down-the-river format, start with player combinations that won't have the same kids playing each other on the top and bottom courts.

## II. CHARACTER

### INDEPENDENCE

Make decisions and find solutions on your own.





## III. ATHLETIC SKILLS

### 4X4 TAG

#### Setup

- Create a square on each side of net using baseline and sidelines, and adding TDLs or cones in front of net.
- Up to eight players on each side of net. Half of group on one corner of square; other half on opposite corner.

#### Mission

- One player from each team in box—tagger and avoider.
- Avoider attempts to dodge tag for seven seconds. Game ends when someone is tagged or steps out of playing area.
- When finished, players go to back of opposite line and next two begin.

#### Progressions

1. Shrink square.
2. Create a different shape.

### ZIG ZAGS

#### Setup

- Up to four players on each side of net, spread out along baselines.
- Place cones or TDLs in front of net so players know when to zig and then zag.

#### Mission

- Warm up with basic zig zag to the net.
- Next, call out specific types of movement to net and back such as sprinting, pulling backwards, or zig zagging. Perform two rounds and move on to progressions.

#### Progressions

1. Zig Zag down and pull backwards on the way back.
2. One hand push on the way down and use the different hand on the way back.
3. Pull a partner down and back using normal pushes. Partners will hold on the back bar.

## OBSTACLE COURSE

### Setup

- Use four cones to create an 18x18-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

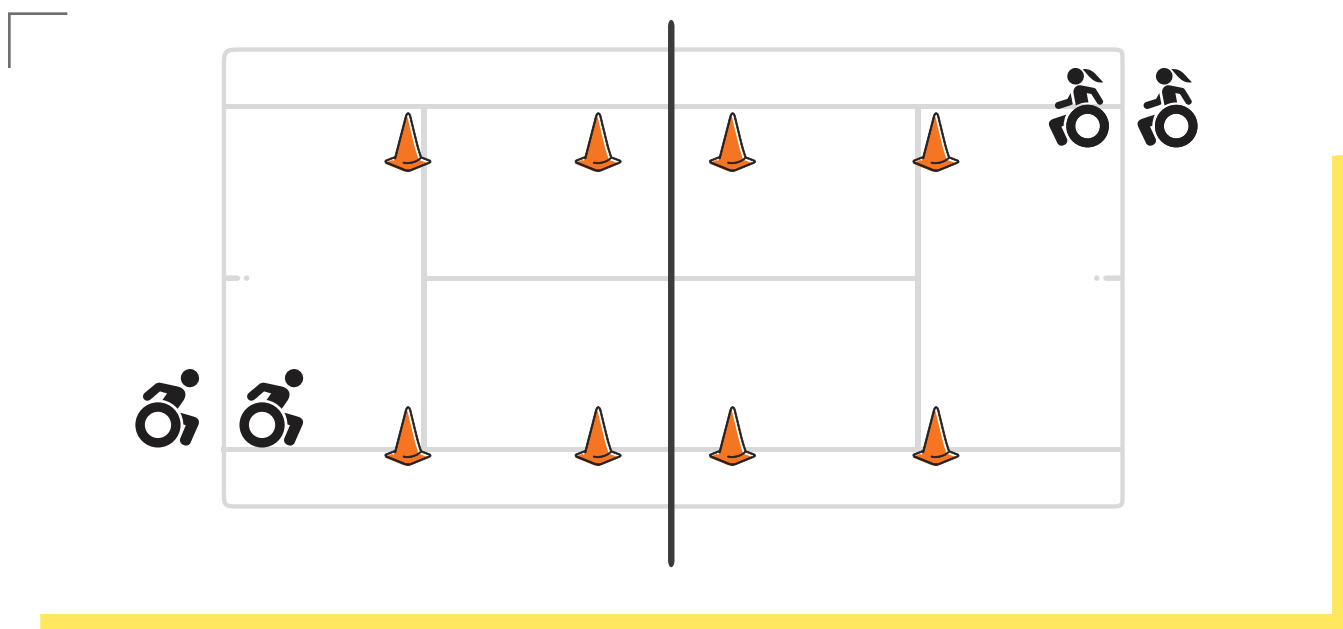
### Mission

- Proceed from cone to cone using different movements such as sprinting, zig zagging, or using one hand. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

### Progressions

1. Go to cones in a straight line
2. Change direction at each cone— forward and backward.
3. Diagonal. Move diagonally to each cone..
4. Circles. Move to each cone and make a complete circle around it.

### ILLUSTRATION: OBSTACLE COURSE



## IV. TENNIS SKILLS

### TEMPO DRILL

**Type:** Cooperative, players in pairs.

**Focus:** Consistency and spin on groundstrokes.

**Setup**

- Two or three pairs per court.
- All players on baseline.

**Mission**—Hit as many balls as possible in a set period of time.

- See how many balls you can rally in one minute using one ball.
- If you miss, start again at same number.
- Repeat and try to beat record.

**Goal**—Hit with spin and speed to increase numbers.

**Progressions**

1. Straight ahead then crosscourt.
2. Straight ahead with one stroke.
3. Crosscourt with outside stroke.

## ALLEY RALLY

**Type:** Cooperative, players in pairs.

**Focus:** Direction and consistency on groundstrokes.

**Setup**

- Two pairs per court.
- All players on baseline.

**Mission**—Rally ball into doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- Rally for numbers. If you miss, go back to zero.

**Goal**—Stay consistent, hitting with square chair stance and good extension.

**Progressions**

1. One stroke, alternate strokes.
2. Topspin only, slice only.

## V. GAMES

### TEAM UP AND DOWN THE RIVER

**Type:** Competitive, team.

**Focus:** Groundstroke direction and defense.

**Setup**

- Teams of two or three on opposite baselines.
- Play two at a time on full court.
- One side covers entire court; other covers baseline and 60-foot-court sidelines. If there are no blended lines for 60-foot court, use TDLs.



### COACHING TIP

Depth is key on the green court. Players who just hit high and loopy topspin to keep the ball deep will struggle as the game becomes more advanced on the 78-foot court.

**Mission**—Move opponent.

- Start point with serve and return. Returner hits into 60-foot-court sideline.
- Server tries to move opponent around court and take advantage of extra space.
- Play one point and rotate players. Play to seven and switch servers.
- After both sides have served, winning team moves up a court; losing team moves down.

Note: With smaller numbers, play individually.

**Goal**—Use all five controls to move opponent: direction, height, depth, speed and spin.

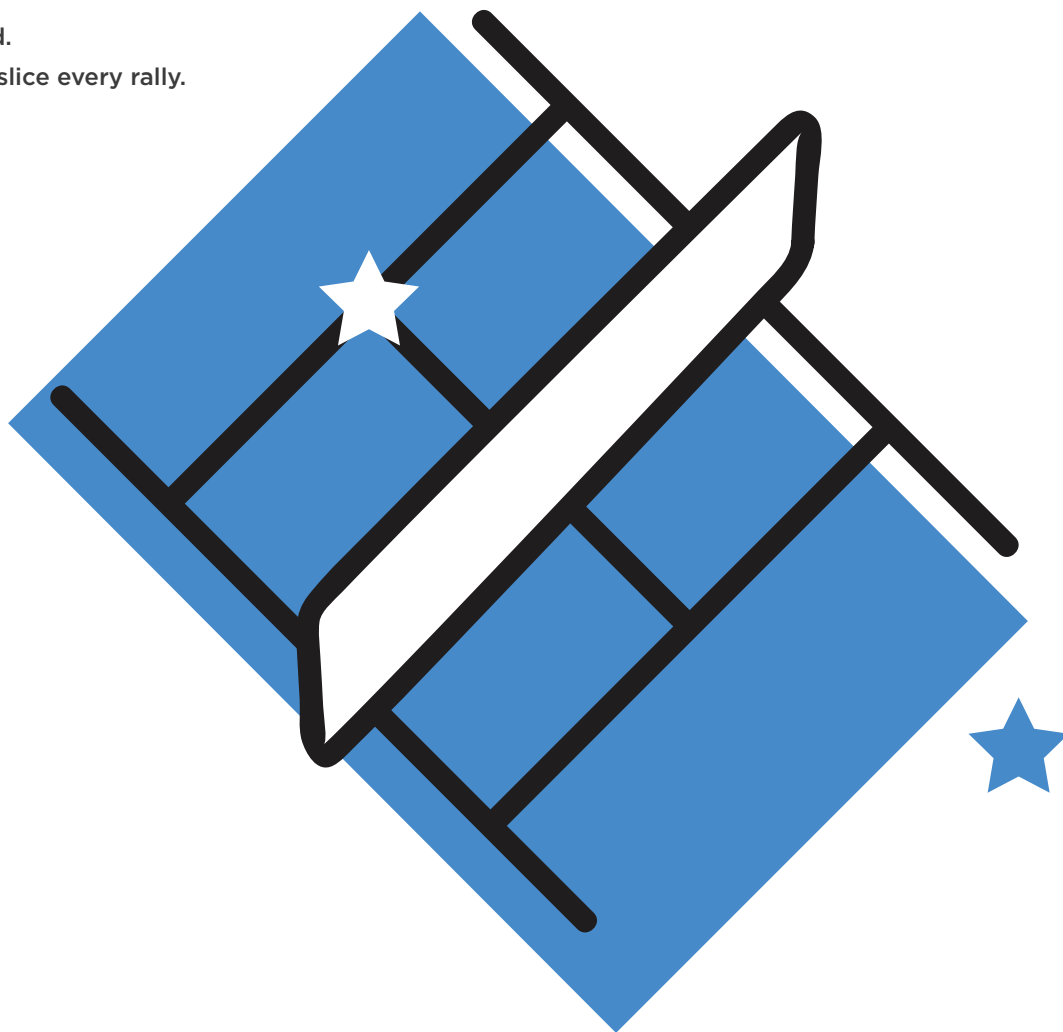
**Progressions**

1. Server must hit forehand on second ball.
2. Use 78-foot-court sidelines after return and next ball.

## VI. PLAY ON YOUR OWN

### USE YOUR SLICE

- Play points with a friend.
- Try to play at least one slice every rally.



# ATTACK AND DEFEND

**Equipment:** 25 to 27-inch racquets, green balls, cones, poly-spots and TDLs.

## I. WARMUP

### MINI-TENNIS

**Type:** Cooperative, players in pairs.

**Focus:** Direction, spin.

**Setup**

- Two pairs per court, using half-court.
- All activities inside service box.

**Mission**—Rally with groundstrokes and volleys.

- Both players on service line rallying easy groundstrokes straight ahead.
- One player at net; other on service line. Groundstroke to volley, then switch.
- Volley to volley.
- After one minute, switch roles or activities.

**Goal**—Continuous movement.

**Progressions**

1. One stroke only.
2. Alternate strokes.



#### TEACHING TIP

Just because players are on the 78-foot court doesn't mean they have to play with an adult-size racquet. Use the right size for the player, and steadily move up to a 27-inch racquet as control improves.

## II. CHARACTER

### EFFORT

Never give up when the score is against you.

## III. ATHLETIC SKILLS

### FREEZE TAG

#### Setup

- Have players spread out on one side.
- Designate one person to be “it”.

#### Mission

- Attempt to tag opponent.
- Once tagged, players must freeze.
- Players can be unfrozen by teammates.
- After 45 seconds, a new player is “it”.
- The player with the most tags in 45 seconds wins.

#### Progressions

1. Players tagged can now be “it” as well but can only pursue other players using a one hand push or by going backwards.

### 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 .

## HI-LO TOSS

### Setup

- Players in pairs with green ball.
- Up to four pairs spread out on each side of net.
- Players face each other, four to five feet apart.

### Mission

- One player feeds; other catches.
- Catch first ball in the air above waist level, second after bounce.
- Catch with right hand on right side, left hand on left.
- After four successful hi-lo catches on each side, switch roles.

### Progressions

1. Toss first ball high over catcher's shoulder, second in front of catcher.
2. Toss first ball short and high, second over shoulder.
3. Toss randomly.

## IV. TENNIS SKILLS

### TEMPO DRILL

**Type:** Cooperative, players in pairs.

**Focus:** Consistency and spin on groundstrokes.

### Setup

- Two or three pairs per court.
- All players on baseline.

**Mission**—Hit as many balls as possible in set period of time.

- See how many balls you can rally in one minute using one ball.
- If you miss, start again at same number.
- Repeat and try to beat record.

**Goal**—Hit with spin and speed to increase numbers.

### Progressions

1. Straight ahead with one stroke.
2. Crosscourt with outside stroke.

## DEPTH DRILL

**Type:** Cooperative, players in pairs.

**Focus:** Hitting with depth and spin on groundstrokes.

### Setup

- Two or three pairs per court.
- All players on baseline.

**Mission**—Keep groundstrokes deep.

- Rally, aiming past service line.
- See how many balls you can hit in one minute that are rising as they cross baseline. One player in pair counts.

**Goal**—Hit with height, spin and speed for consistent depth.

### Progressions

1. Score one point for inside court, two if ball rises as it crosses baseline. First team to 25 wins.
2. Hit crosscourt with outside stroke.

## V. GAMES

### ABSORB AND RIP

**Type:** Competitive, team.

**Focus:** Big-forehand and continental-grip defense.

### Setup

- Teams of three or four on opposite baselines.
- Use TDLs to split court in half.
- All players on baseline.

**Mission**—Defend and rip.

- Play points straight ahead; either side starts with drop-hit.
- “Juggle” first ball by hitting it up in the air off of bounce, let it bounce again and rip next ball.
- Must use continental grip on juggle ball. Can hit it up and forward as long as it’s a groundstroke.
- Winners stay in for two points.
- Play to a set number of points, then rotate opponents and/or teammates.

**Goal**—Use spin on first ball to take pace off and set up for next ball.

### Progressions

1. All forehands.
2. Backhand on first ball, forehand on second.
3. Play crosscourt points.



## TEAM DEFENDER

**Type:** Competitive, team.

**Focus:** Approach and volley.

### Setup

- Minimum six players and two courts, using full court.
- Players in teams of three or four.
- Each team is assigned a court to “defend.”

**Mission**—Attack second serve.

- Each team sends one player to compete against another team on a different court.
- Others remain on their court to defend it. Defenders play one point against challenger and rotate out.
- Challenger gets one serve; defender must return and come in.
- Play for time or set number of points. After each game, teams send another player to compete against another team.

**Goal**—Take return early.

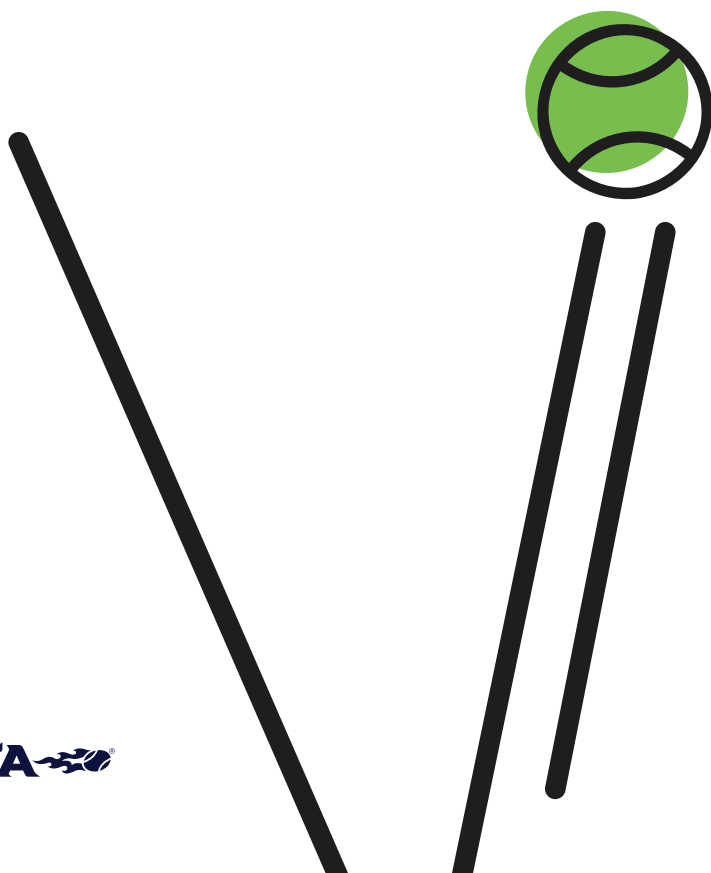
### Progressions

1. Hit return to open court.
2. Serve/hit to designated spot.

## VI. PLAY ON YOUR OWN

### SERVE AND VOLLEY/CHIP AND CHARGE

- Play half-court points with a friend.
- First serve must serve and volley; second serve, returner must slice and come to net.



# SERVE TO SPOTS

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### MINI-TENNIS POINTS

**Type:** Competitive, one on one.

**Focus:** Touch shots.

**Setup**

- Two pairs per court, using half-court.
- All points crosscourt with service-box boundaries, alleys included.

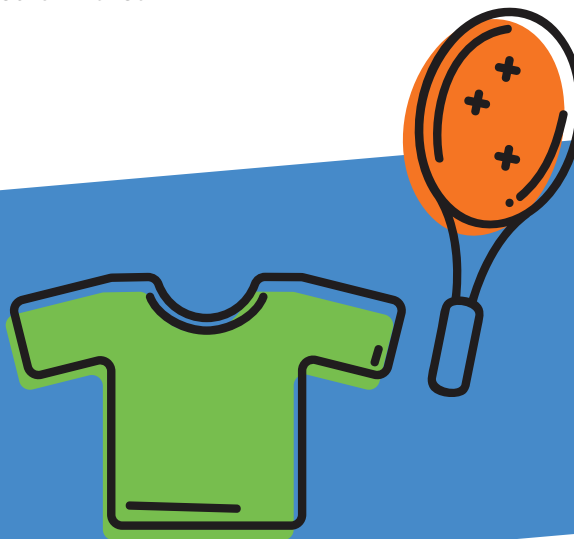
**Mission**—Play all slices.

- Either player starts point with drop-hit.
- Play all shots with continental grip and slice.
- Players move each other around short court with touch shots; no volleys.
- Play first to four in up-and-down-the-river format. Ad is higher court, deuce is lower court.
- After four points, volley cooperatively until last court finishes.

**Goal**—Take advantage of angle.

**Progressions**

1. One stroke, alternate strokes.
2. Players can volley.



## II. CHARACTER

### INDEPENDENCE

Be accountable—take responsibility and “own” your tennis training.



## III. ATHLETIC SKILLS

### COPY CAT

#### Setup

Players spread out on court; maximum four on each side of net.

#### Mission

Coach demonstrates a specific movement in a chair, then players copy. Movements can be varied such as sprinting, one hand pushes, zig zagging, wiggle waggles, circles, pulling backwards...get creative!

#### Progressions

1. The coach can gradually add more difficult movements.

### ZIG ZAGS

#### Setup

- Up to four players on each side of net, spread out along baselines.
- Place cones or TDLs in front of net so players know when to zig and then zag.

#### Mission

- Warm up with basic zig zag to the net.
- Next, call out specific types of movement to net and back such as sprinting, pulling backwards, or zig zagging. Perform two rounds and move on to progressions.

#### Progressions

1. Zig Zag down and pull backwards on the way back.
2. One hand push on the way down and use the different hand on the way back.
3. Pull a partner down and back using normal pushes. Partners will hold on the back bar.

### THREE-LEVEL THROW

#### Setup

- Three to six players per court.
- Players are on one side of net, in two lines behind baseline.

#### Mission—Throw ball various distances.

- Two players at a time throw from baseline—one from deuce side, other from ad.
- First throw into appropriate service box. Throw twice and rotate.
- Next throw between service line and baseline. Throw twice and rotate.
- Final throw between baseline and fence.

#### Progressions

1. Throw three in a row—service box, past service line, past baseline.
2. Split service box and court into two sides and throw to specific area.
3. See who can hit opposite fence.

# IV. TENNIS SKILLS

## DRAG SERVE

**Type:** Cooperative, players in pairs.

**Focus:** Relaxed hitting arm on serve.

### Setup

Two pairs per court, on baseline diagonally across from each other.

**Mission**—Tossing arm ahead of hitting arm on serve.

- Serve twice; partner catches and serves back.
- Start with racquet pointing straight down, next to hub of wheel.
- Toss first. Move hitting arm when ball reaches its peak.

**Goal**—Increase racquet-head speed on serve.

### Progression

Drag serve on one, full motion on next.



### TEACHING TIP

This motion teaches players to keep their palm down in the backswing, which simulates a throwing motion.



## SERVE INDEX

**Type:** Individual best.

**Focus:** Serve direction.

### Setup

- Up to four players per court, all on one side of net.
- Two players serve at a time—one from deuce side, other from ad.
- Use TDLs to split each service box vertically into two zones.

Note: Use extra players as returners.

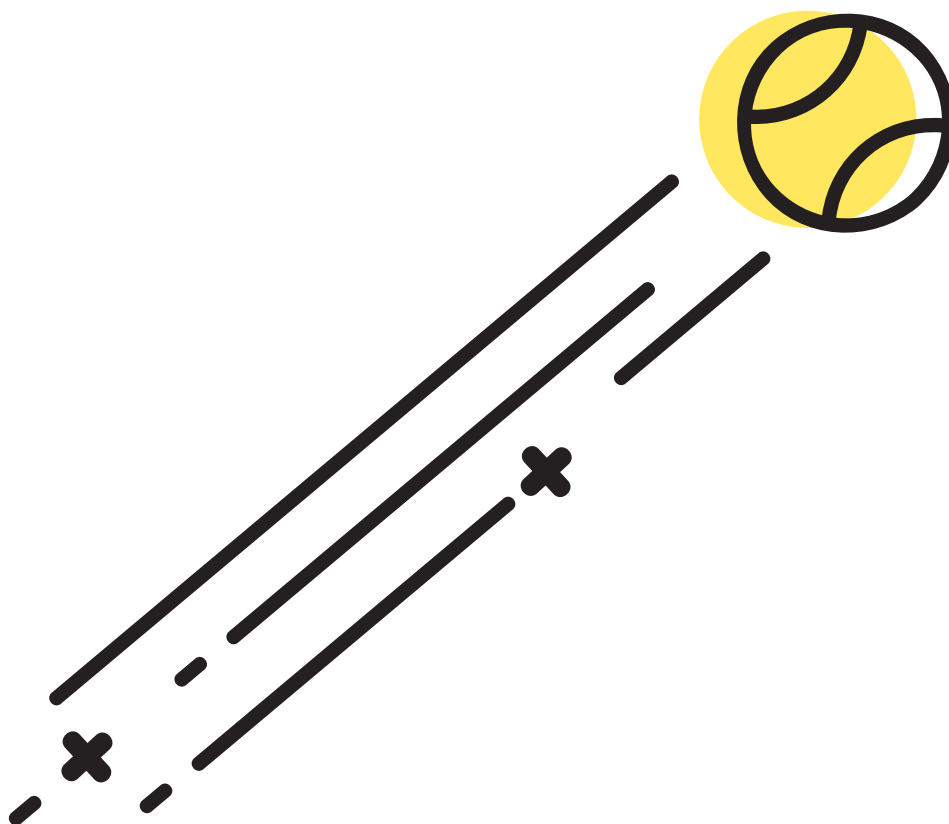
**Mission**—Serve to each zone.

- Count how many balls it takes to serve successfully to all four zones. This is your “serve index.”
- Only counts if you use same rituals before each serve.
- Once all players have served to all four zones, start over and go for personal best.

**Goal**—Use spin to add control.

### Progression

- All serves must have spin.



## RETURN THE CANNON

**Type:** Competitive, one on one.

**Focus:** Racquet-head speed on serve.

### Setup

- Two pairs per court, using half-court.
- One serves; other returns.
- Use TDLs to split court in half. Play all points crosscourt.

**Mission**—Serve aggressively and return back to server.

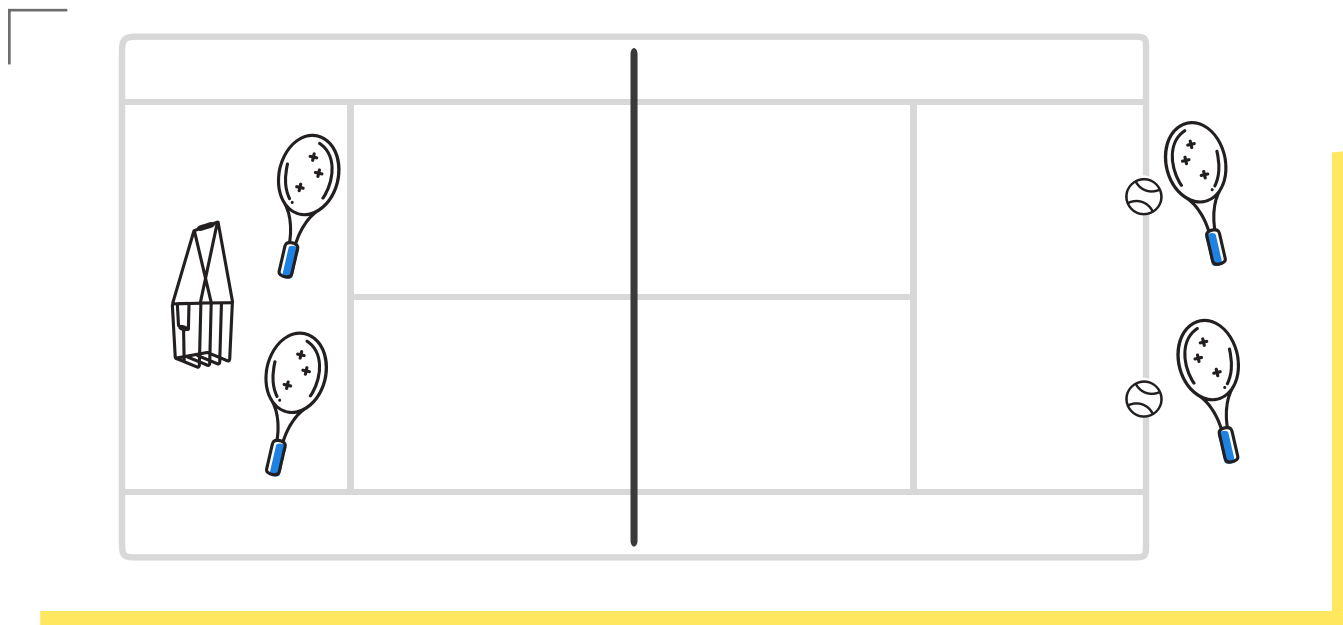
- Staying on service line, try to hit unreturnable serve.
- Server wins point if returner can't return crosscourt.
- Returner wins point for returning crosscourt.
- Play to four, switch roles, then switch sides.

**Goal**—Use spin, speed and direction on serve.

### Progressions

1. Play out point on half-court. Returner scores two points for winning rally.
2. Serve between service line and baseline.

### ILLUSTRATION: RETURN THE CANNON



## POINT PLAY

Note: Whenever there's time left, add point play.

### Setup

- Two teams of two or three per court, using full court.
- One team serves, other returns.

**Mission**—Play points with serve and return.

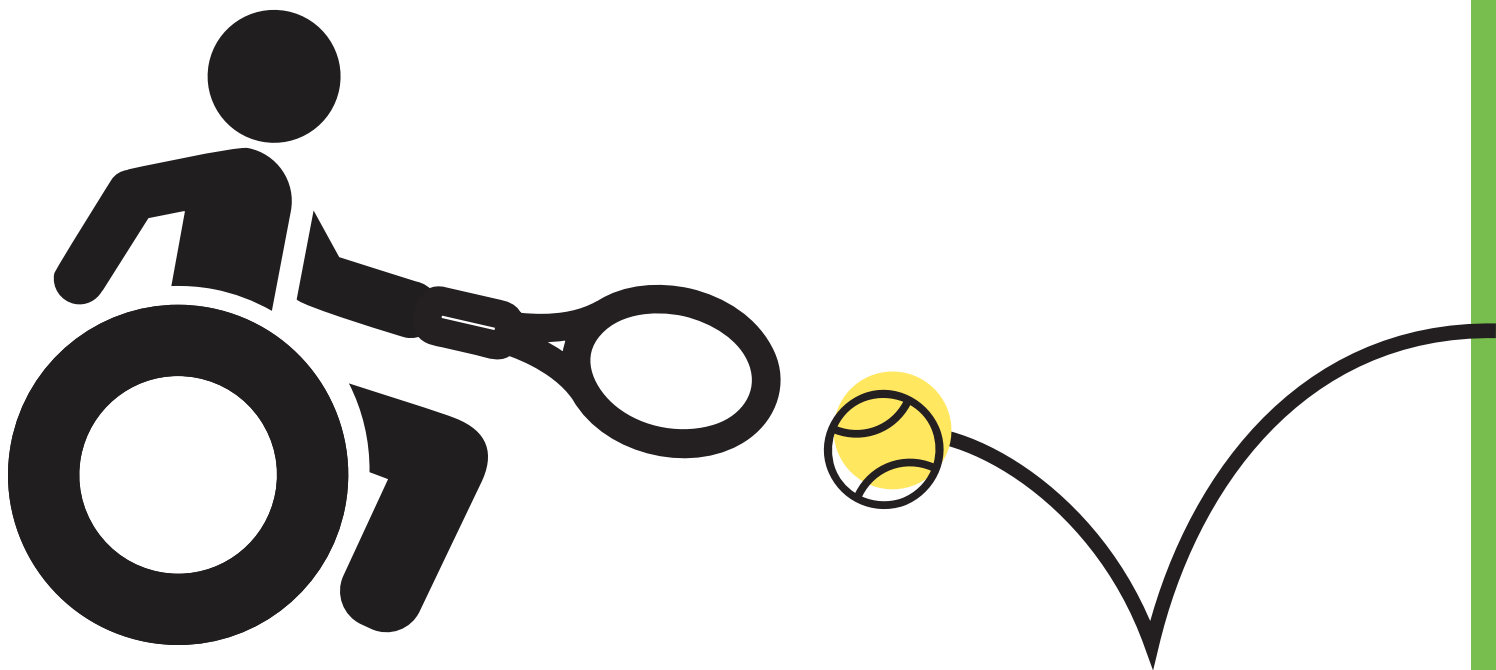
- Play out games as a team.
- Play one point and rotate if three on a team; two points and rotate if two on a team.
- Switch servers when game ends.

**Goal**—Apply day's theme to point play (serve to spots).

## VI. PLAY ON YOUR OWN

### DRAG SERVE

- Play points with a friend or practice against a wall.
- Work on “drag” serve.



# MAKE THE PASS

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### FIGURE 8

**Type:** Cooperative, players in pairs.

**Focus:** Change of direction on groundstrokes.

**Setup**

Two pairs per court on opposite service lines.

**Mission**—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

**Goal**—Find a rally pace you can control with appropriate speed and spin.

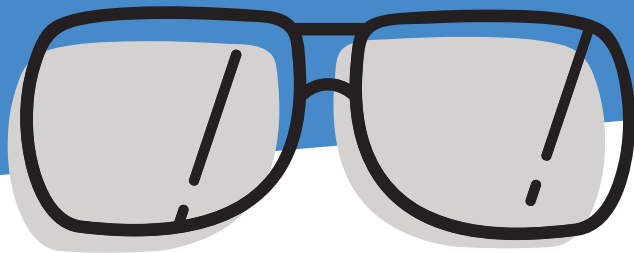
**Progressions**

1. Slice and topspin from service line.
2. One side hits all forehands.

## II. CHARACTER

### INDEPENDENCE

Set simple goals.





## III. ATHLETIC SKILLS

### OBSTACLE COURSE

#### Setup

- Use four cones to create an 18x18-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

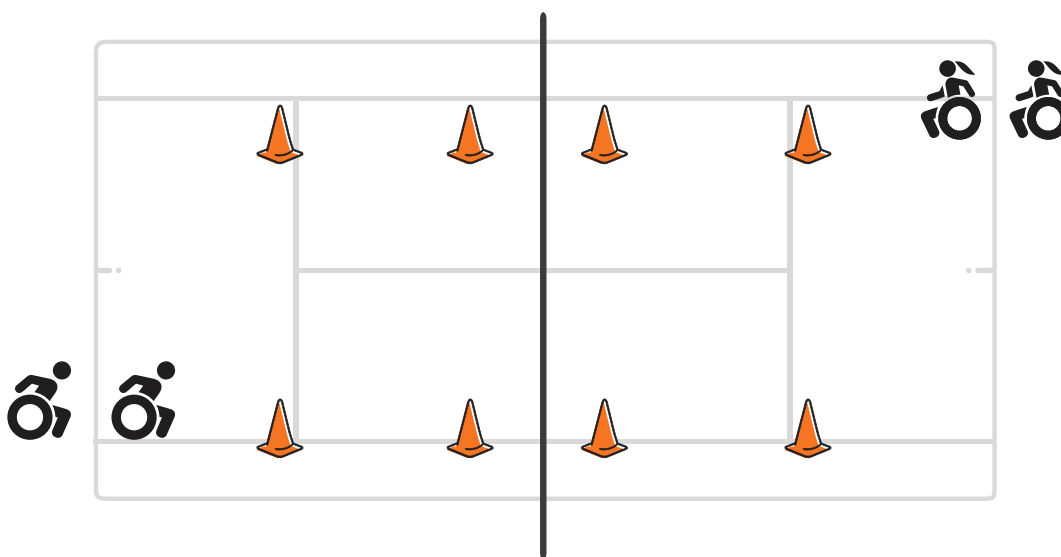
#### Mission

- Proceed from cone to cone using different movements. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

#### Progressions

1. Go to cones in a straight line.
2. Change direction at each cone.
3. Diagonal. Move diagonally to each cone.
4. Circles. Move to each cone and make a complete circle around it.

#### ILLUSTRATION: OBSTACLE COURSE



## HUB DRILL

### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

## MAKE 'EM MOVE

### Setup

- Players in pairs with green ball.
- Up to three pairs spread out on each side of net.
- Face each other, four to six feet apart.
- One feeds, other catches.

### Mission

- Feeder tosses while moving; catcher catches after bounce and keeps following feeder.
- Feeder can toss and move backward, forward or diagonally.

### Progressions

1. Catch first ball after bounce, second in the air.
2. Catch with specific hand.
3. Use two balls—feeder tosses next ball as catcher tosses other one back.

## IV. TENNIS SKILLS



### CALL THE BOUNCE

**Type:** Cooperative, players in pairs.

**Focus:** Ball recognition.

**Setup**

- Two or three pairs per court.
- All players spread out on baseline.

**Mission**—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up,” “back” or “stay” then move to that spot (or stay) to return shot.
- Follow really short “up” ball to net, finish rally and move back.

**Goal**—Call location and move to ball as it crosses net.

**Progressions**

1. Straight ahead, then crosscourt.
2. One stroke, alternate strokes.

### TEACHING TIP

With the increased length of the 78-foot court, players get in the habit of waiting on balls. If the ball isn't bouncing too high, players should move inside the baseline to take the ball as it's rising.

### MAKE THE PASS

**Type:** Hand-feed, players in pairs.

**Focus:** Passing shots.

**Setup**

- Players in pairs on half-court—one feeds, other hits.
- Hitters next to each other at center of baseline.
- Feeders on same side as hitters, next to “T” with a supply of balls.
- Place targets in service-box corners and deep corners.

**Mission**—Alternate angle and down-the-line passing shots.

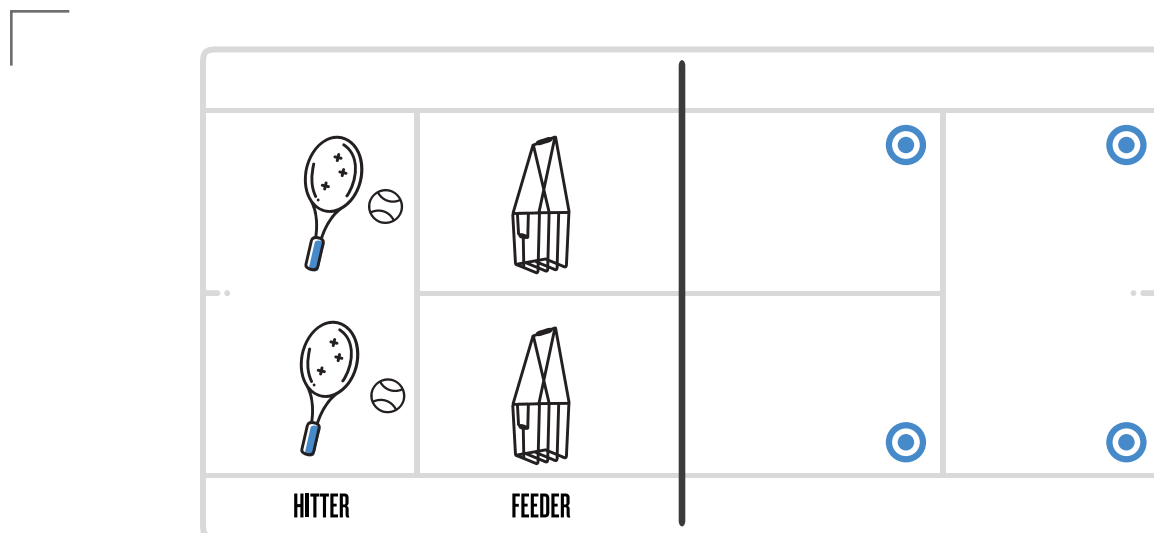
- First toss is out wide; hitter plays an angle into service box and recovers.
- Second toss is to same spot; hitter plays down-the-line pass and recovers.
- Complete four sequences and switch positions. After a complete rotation, switch sides of court.

**Goal**—Use appropriate spin to dip angle short and more extension on down-the-line pass.

**Progressions**

1. Hand-feed, then racquet-feed from other side.
2. Coach feeds; use net player.
3. Add a topspin lob.

## ILLUSTRATION: MAKE THE PASS



## V. GAMES

## TRIPLES

**Type:** Competitive, team.

**Focus:** Volleys and passing shots.

**Setup**

- Two teams of three or four per court.
- Start with three players on each side of net—one at net and two on baseline.
- Extra players behind baseline.

**Mission**—Be aggressive at net, make passing shots.

- Coach or player feeds first ball to deep player.
- After each point, players rotate one spot.
- Only net player can volley.
- Play games to set number of points, then change teams.

**Goal**—Use spin on passing shots, close the net and angle volleys.

**Progressions**

1. Switch to two up/one back to encourage lobs.
2. Use doubles or singles boundaries.

## POINT PLAY

Note: Whenever there's time left, add point play.

### Setup

- Two teams of two or three per court, using full court and hitting singles.
- One team serves, other returns.

**Mission**—Play points with serve and return.

- Play out games as a team.
- Play one point and rotate if three on a team; two points and rotate if two on a team.
- Switch servers after game ends.

**Goal**—Apply day's theme to point play (e.g., must come in off second-serve return).



### COACHING TIP

With the increased length and width of the court, players need to learn three passing shots—down-the-line, short-angle and topspin lob.

## VI. PLAY ON YOUR OWN

### TRICK SHOTS

#### Setup

Play on driveway or any flat surface.

**Mission**—Create cool shots on bounce and in the air.

- Play with a friend and take video.
- Share video with coach and friends.

# RETURN TO SENDER

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots and TDLS.

## I. WARMUP

### OVER AND UNDER

**Type:** Cooperative, players in pairs.

**Focus:** Alternating topspin and slice.

**Setup**

- Two or three pairs per court.
- Players on service line.

**Mission**—Keep rally going while changing spins.

- One side hits easy topspin groundstroke, other alternates topspin and slice.
- Switch roles after two minutes.

**Goal**—Switch grips and/or hands when moving from slice to topspin.

**Progressions**

1. Straight ahead, then crosscourt.
2. Straight ahead, then outside stroke crosscourt.
3. Alternate strokes.

## II. CHARACTER

### EFFORT

Practice positive self-talk and be encouraging.



## III. ATHLETIC SKILLS

### RED LIGHT/GREEN LIGHT

#### Setup

- Up to four players on each side of net, spread out along baseline.
- Place cones or TDLs in front of net so players know when to stop.

#### Mission

- Name a specific movement. Then use red light/green light commands—go fast when coach calls out “green light,” slow down for yellow, stop for red. Specific movements can be sprint, one hand push, zig zags, etc...
- Once majority of players get to net, turn around and start again in other direction.

#### Progressions

1. Use colors as verbal cues to change direction: Blue light means move left, pink means move right.
2. Let players create their own lights.

### HUB DRILL

#### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

#### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

## IV. TENNIS SKILLS

### PINCH

**Type:** Cooperative, players in pairs.

**Focus:** Groundstrokes on the rise.

#### Setup

Two or three pairs per court.

**Mission**—Keep rally going.

- With wheels on service line, rally any groundstrokes. Don't move backward.
- Back up and rally groundstrokes with wheels on baseline.
- Take deep shots on the rise. If it's in the air, volley it!
- Up to two minutes on each line.

**Goal**—Prepare earlier for deep balls on the rise.

#### Progressions

1. Straight ahead then crosscourt.
2. Straight ahead then outside stroke crosscourt.
3. Alternate strokes.

## SERVE PYRAMIDS

**Type:** Competitive, team.

**Focus:** Aggressive return.

### Setup

- Two teams of two or three, using half-court.
- One player serves, other returns.
- Each team has designated area behind baseline for four-ball pyramid.

**Mission**—Hit aggressive return to open court.

- Server gets one serve, returner gets two chances.
- Returner moves in, drives ball to open court and plays out point.
- Team adds ball to pyramid for each point scored.
- First team to complete pyramid wins. Start new game and switch serving team.

**Goal**—Take return on the rise.

### Progressions

1. Returner can hit to either side.
2. Returner must hit forehand on return.
3. Returner must come in.

## TWO-ON-ONE ATTACK

**Type:** Competitive.

**Focus:** Return and come in.

### Setup

- Four or five players per court.
- Net player and baseliner on one side covering doubles court. Extra players lined up behind baseliner.
- Single player (champ) on opposite baseline covering half-court, middle to doubles line.

**Mission**—Attack net and play out point.

- Champ gets one serve; returner comes to net. Play out point two on one.
- Champ can't lob first two balls.
- After point, rotate—baseliner to net, net player to back of line.
- After seven points, bring over new champ.

**Goal**—Take return early.

### Progressions

1. Must use forehand on return.



### COACHING TIP

Players need at least two types of returns on the 78-foot court with a green ball. First is a rally return where they're behind the baseline and just put the ball in play. Second is an attacking return on the rise when the serve is more predictable.

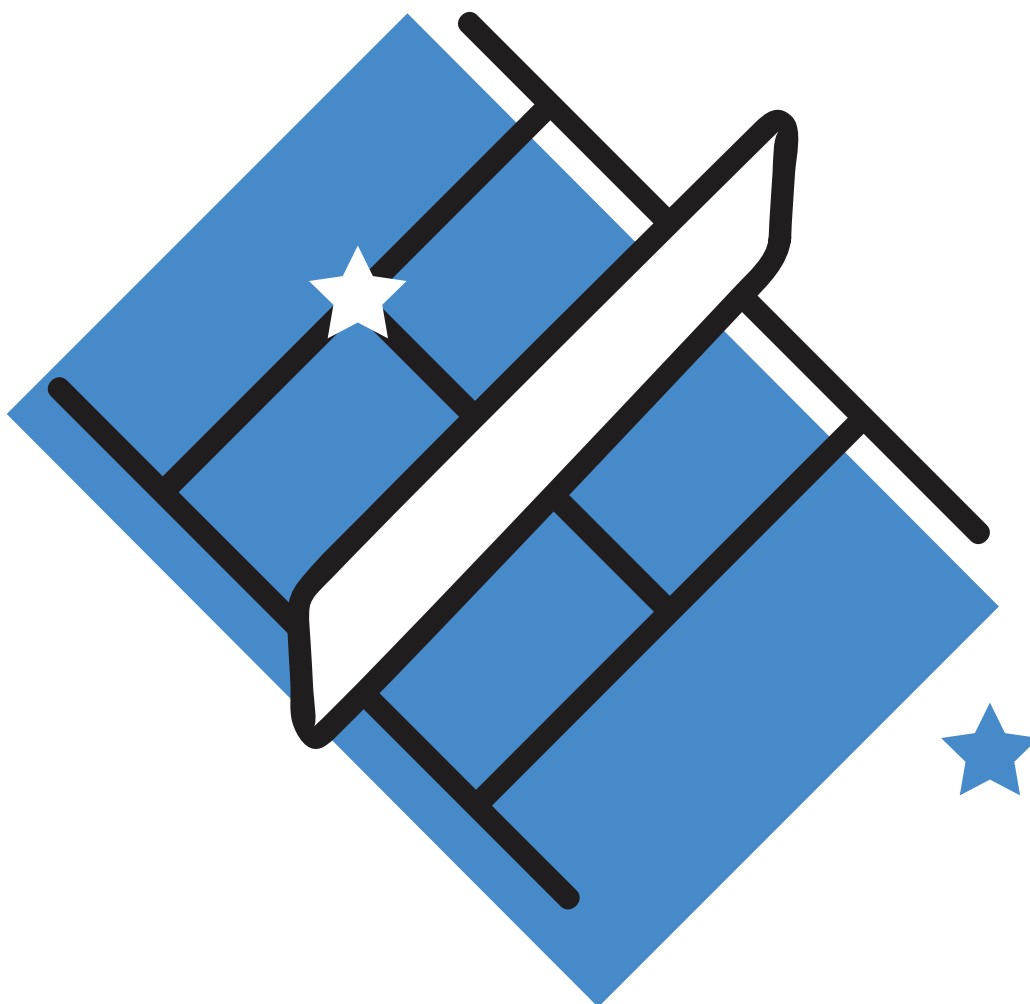


## VI. PLAY ON YOUR OWN

### STEP UP

#### Setup

- Play points with a friend.
- Stay right behind service line to return second serves.



# GAME ON!

**Equipment:** 25 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### TRICK SHOTS

- Players spread out around court.
- Show coach your best trick shots!

### FIGURE 8

**Type:** Cooperative, players in pairs.

**Focus:** Change of direction on groundstrokes.

#### Setup

- Two pairs per court, starting on opposite service lines.

**Mission**—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

**Goal**—Find a rally pace you can control with appropriate speed and spin.

#### Progressions

1. Slice and topspin from service line.
2. One side hits all forehands.

## II. CHARACTER

### EFFORT

Fully focus on what matters in the moment.

## III. ATHLETIC SKILLS

### PLAYERS CHOICE

- Let two players pick a different athletic skill that's already been done in practice, or even create one.
- Be sure to select players who have demonstrated good character during session.

## IV. TENNIS SKILLS

### FIVE-MINUTE WARMUP

**Type:** Cooperative with partner.

**Focus:** Managing a timed warmup.

**Setup**

- Two or three pairs per court.
- Players start on baseline.

**Mission**—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, gives two-minute, then one-minute warning.

**Goal**—Hit all strokes within five-minute period.

## V. GAMES

### DEFEND AND RECOVER

**Type:** Competitive, team.

**Focus:** Attacking short ball, playing defense.

**Setup**

- Teams of two or three on opposite baselines.
- Full-court points, two players at a time.
- One side feeds, other attacks.

**Mission**—Move opponent.

- Feeder starts on far right side of baseline behind alley; attacker starts in center of baseline.
- Feed crosscourt to service box, recover to center.
- Attacker moves up and plays short angle or rips down the line.
- Rotate players after each point, play to seven, then switch roles. Switch sides for feeders every other game.

**Goal**—Have same setup (disguise) for short ball, whether hitting angle or down the line.

**Progressions**

1. Angle must bounce inside service box; down-the-line must bounce past service line.
2. Attacker can play a drop shot.

## TEAM DEFENDER

**Type:** Competitive, team.

**Focus:** Approach and volley.

### Setup

- Minimum six players and two courts, using full court.
- Players in teams of three or four.
- Each team is assigned a court to “defend.”

**Mission**—Hit an offensive return.

- Each team sends one player to compete against another team on a different court.
- Others remain on their court to defend it. Defenders play one point against challenger and rotate out.
- Challenger gets one serve; defender must return and come in.
- Play for time or set number of points. After each game, teams send another player to compete against another team.

**Goal**—Disguise return.

### Progression

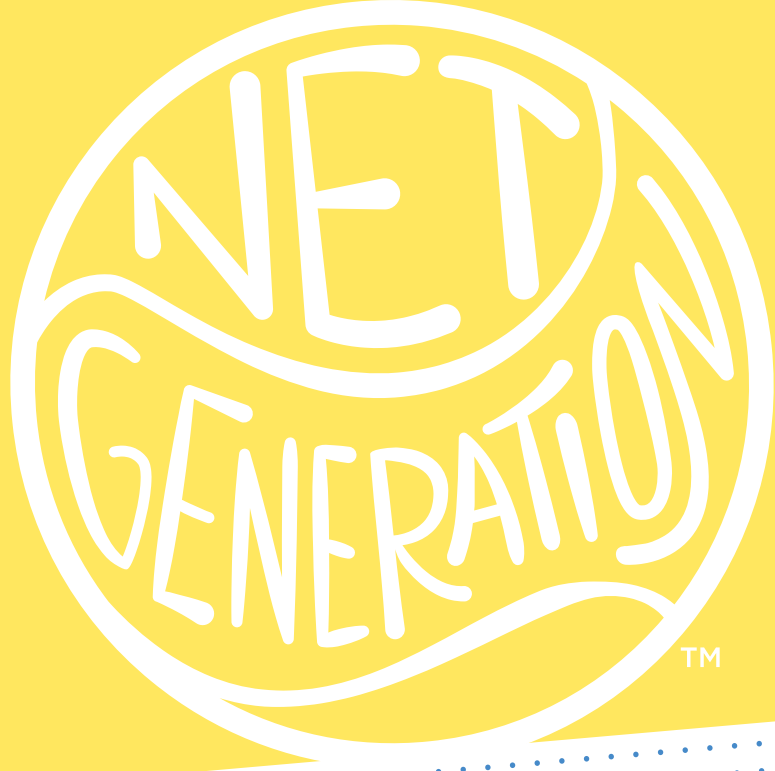
- Let players pick.

## VI. PLAY ON YOUR OWN

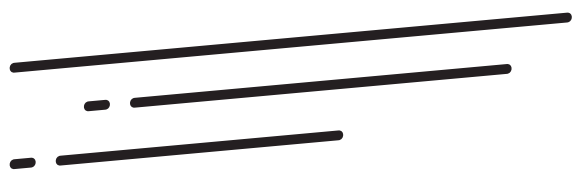
### START A JOURNAL

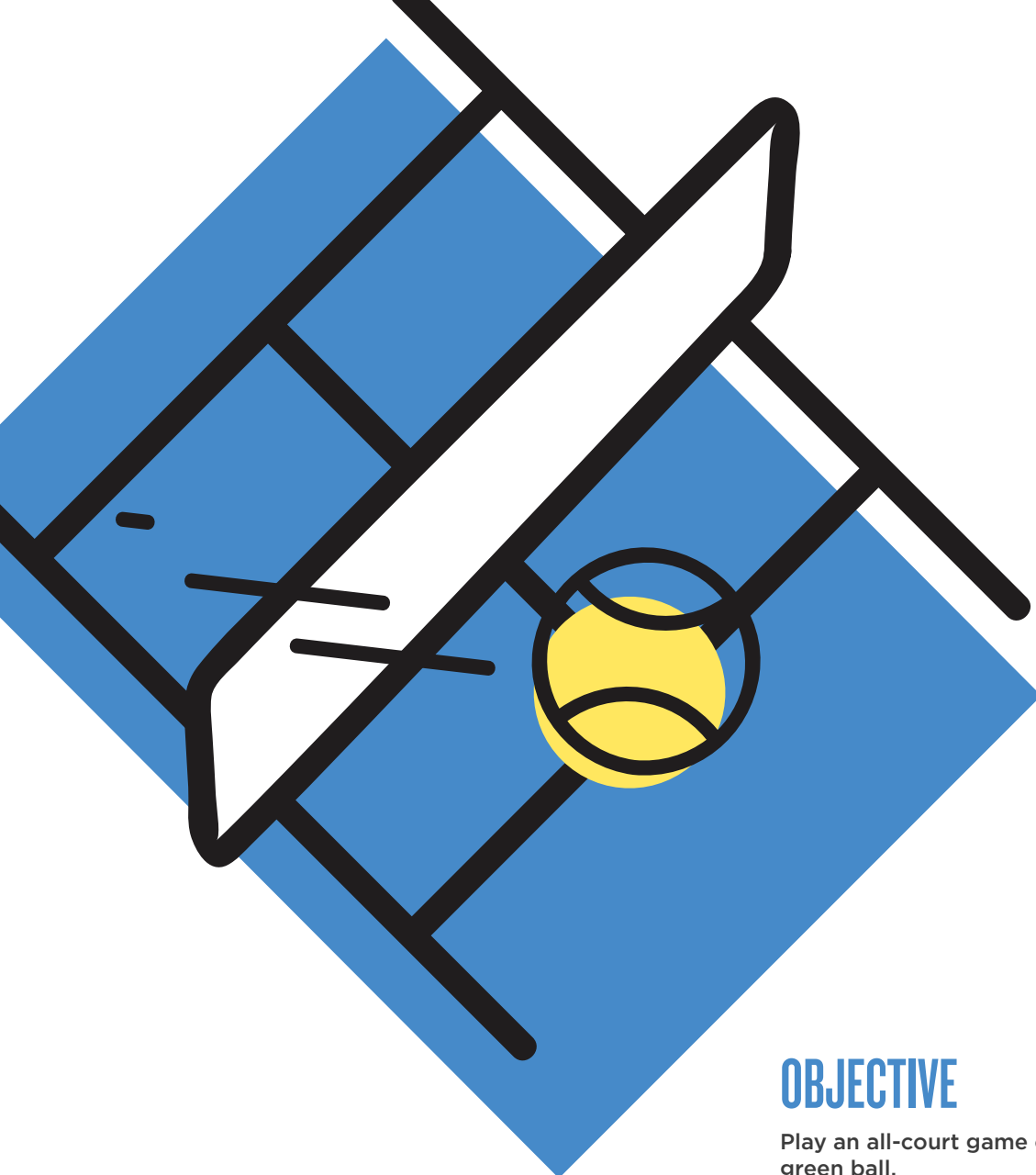
Get a notebook/journal and start writing.

- What did you accomplish in practice today?
- What are your goals for the week?
- Review your matches: What did you do well? What did your opponent do well?



# GREEN BALL 01





## NOTES:

Suggested Session Time: 90 minutes to 2 hours

For this level, a dynamic stretch at the beginning and static stretch at the end are important. If properly trained, players can do these outside of the practice session.

## OBJECTIVE

Play an all-court game on the 78-foot court with the green ball.

## SAMPLE LESSON PLAN

### Total: 120 minutes

- Dynamic Stretch and Warmup Hit: 10 - 15 minutes
- Character: 3 minutes or less
- Skills (athletic and tennis): 40 - 45 minutes
- Games: 50 - 60 minutes
- Static Stretch and Play-On-Your-Own Review: 8 minutes or less

## PLANS AT A GLANCE



	Warmup	Character	Athletic Skills	Tennis Skills	Games	Play on Your Own
<b>01</b> <b>Hit It Heavy</b>	Figure 8	Independence	Hub Drill Copy Cat Big-Ball Toss	Tempo Drill X Drill	Sideline Ping Pong Triples	All Top
<b>02</b> <b>I'm the Boss</b>	Alley Rally	Independence	Copy Cat Hub Drill Four-Corner Toss	Two on Ones	Half-Court Battle I'm the Boss	Big Forehand
<b>03</b> <b>Drop It</b>	Over and Under	Respect	Hub Drill Obstacle Course One Hand Push	Drop the Dropper Roll Out	Drop or Top	Drop Shot
<b>04</b> <b>Three Spots</b>	Center Third, Outside Third	Effort	Red Light/Green Light Push to the Line Three-Level Throw	Cobra Serve Serve Index	Serve Plus Forehand Serve Plus Forehand Live	Serve to the Body
<b>05</b> <b>Make Your Move</b>	Hub Drill	Effort	Obstacle Course One Hand Push Hi-Lo Toss	Alley Rally Chip-Lob Rally	Lob and Play Chip and Charge	Floater Volleys
<b>06</b> <b>Double Trouble</b>	Figure 8	Independence	Obstacle Course Copy Cat Make 'Em Move	Five-Minute Warmup	Poach and Play Chip and Charge Dubs Both Sides Attack	Attacking Doubles
<b>07</b> <b>Crack the Code</b>	Drop the Dropper	Respect	Copy Cat Hub Drill Big-Ball Tennis	Call the Bounce	Lob and Rob One Ball Live	Mini-Tennis
<b>08</b> <b>Prime Time</b>	Center Third, Outside Third	Effort	Player's Choice	Five-Minute Warmup	Half-Court Battle One-Side Attack I'm the Boss	Yellow Ball

# HIT IT HEAVY

**Equipment:** 26 to 27-inch racquets; green balls and playground balls (light medicine ball or junior basketball); cones, poly-spots and TDLs.

## I. WARMUP

### FIGURE 8

**Type:** Cooperative, players in pairs.

**Focus:** Change of direction on groundstrokes.

#### Setup

Two pairs per court, using half-court.

**Mission**—Change direction on every ball.

- Rally cooperatively—one side hits down the line, other crosscourt.
- Move partner a few feet right to left using outside stroke.
- After each side has hit down the line and crosscourt, do same from baseline.

**Goal**—Find a rally pace you can control with appropriate speed and spin.

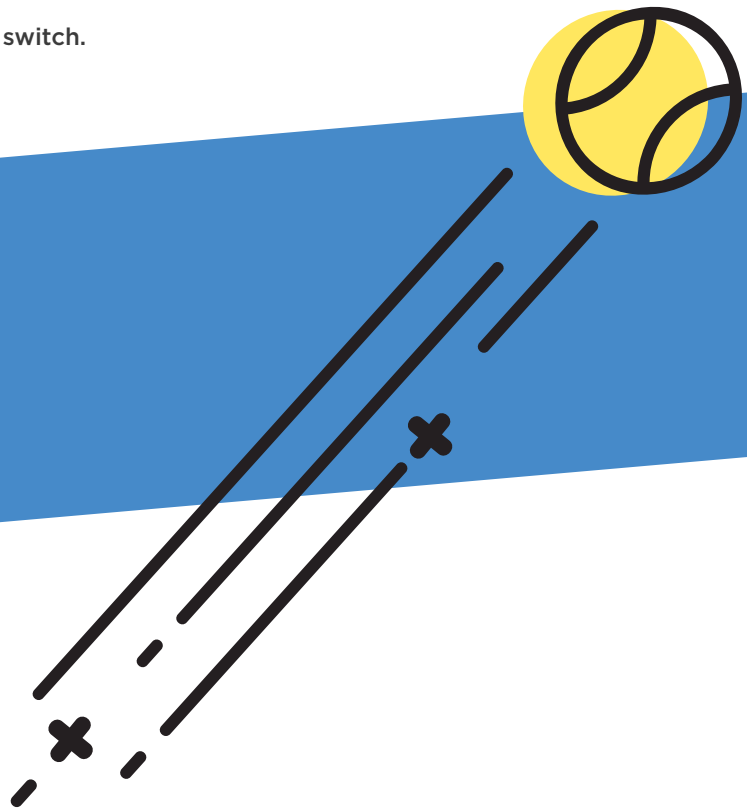
#### Progressions

1. Must hit specific number of shots before a switch.
2. Slice and topspin from service line.
3. One side hits all forehands.

## II. CHARACTER

### INDEPENDENCE

Set goals to focus on improvement.





## III. ATHLETIC SKILLS

### HUB DRILL

#### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

#### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

### COPY CAT

#### Setup

Players spread out on court, no more than four on each side of net.

#### Mission

Coach demonstrates a specific movement, then players copy using shadow movements. Movements can be varied such as sprinting, one hand pushes, zig zagging, wiggle waggles, circles, pulling backwards...get creative!

#### Progressions

1. Coach can add in shadow swings

### BIG-BALL TOSS

#### Setup

- Two pairs per court, using half-court.
- Pairs start on service line, each with big ball.

#### Mission

- Toss back and forth over net, catching after bounce.
- Toss over net from side of body and catch in front of body.
- Switch patterns every minute.

#### Progressions

1. Square chair stance throws—forehand only, backhand only, alternate.
2. Open chair.
3. Crosscourt with movement, all open chair stance.

## IV. TENNIS SKILLS

### TEMPO DRILL

**Type:** Cooperative, players in pairs.

**Focus:** Consistency and spin on groundstrokes.

**Setup**

- Two or three pairs per court.
- All players on baseline.

**Mission**—Hit as many balls as possible in set period of time.

- See how many balls you can rally in one minute using one ball.

**Goal**—Hit with spin to increase consistency.

**Progressions**

1. Straight ahead and crosscourt with recovery.
2. Straight ahead with one stroke.
3. Crosscourt with outside stroke.

### X DRILL

**Type:** Hand-feed, players in pairs.

**Focus:** Move diagonally up and back for groundstrokes.

**Setup**

- Two pairs per court, using half-court.
- Hitters on baseline in middle of half-court. Tossers in service box on same side as hitters.
- Tosser has supply of balls.
- Targets in deep and short corners of each half-court.

**Mission**—Roll deep ball and angle midcourt ball.

- Feeder tosses high, deep ball; hitter rolls deep crosscourt.
- Second ball is short to opposite side; hitter plays aggressive ball to corner.
- Repeat to opposite sides.
- Complete four sequences and switch positions. After complete rotation, switch sides of court.

**Goal**—Increased racquet speed on high loop.

**Progressions**

1. Short angle or rip to corner on short ball.
2. Coach feeds to increase tempo and difficulty.
3. Play competitively with partners as a team.

## SIDELINER PING PONG

**Type:** Competitive, team.

**Focus:** Width on groundstrokes.

### Setup

- Divide group into doubles teams.
- Play games diagonally on half-court.
- Use extra TDLs to split court in half; alleys count.

**Mission**—Move opponent outside sideline.

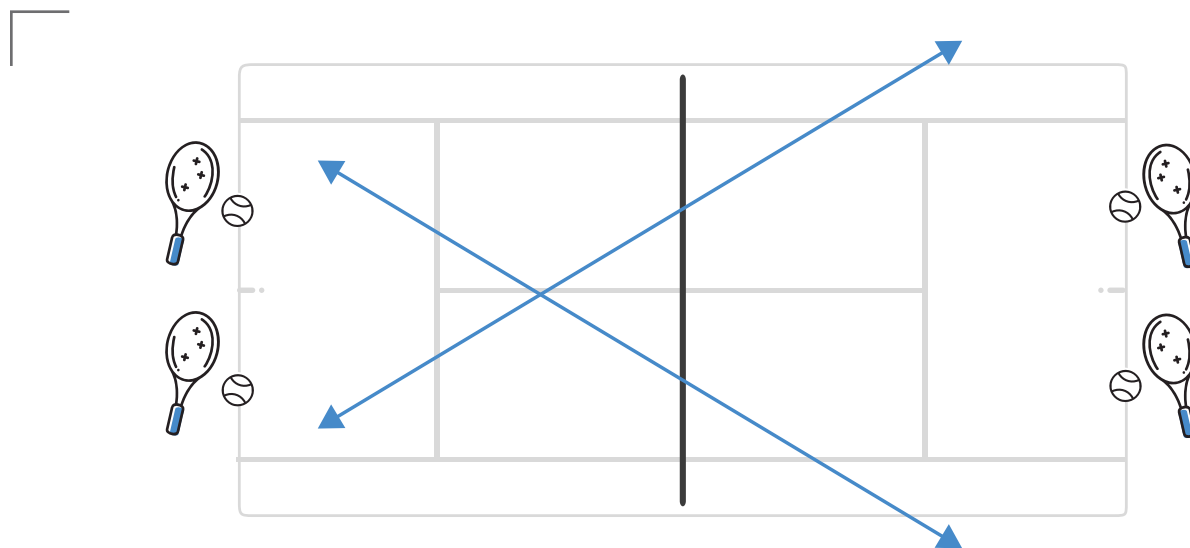
- Play all points crosscourt, both pairs hitting simultaneously.
- Use ping pong doubles format—partners alternate hitting balls.
- Start point with a serve; players must hit their outside stroke.
- All balls must bounce.
- Score points for your team by winning point and forcing opponent outside sideline.
- Play to seven, then change servers.

**Goal**—Use spin and height to take ball off court.

### Progressions

1. Volleys count.
2. Play full court.

### ILLUSTRATION: SIDELINER PING PONG



## TRIPLES

**Type:** Competitive, team.

**Focus:** Volleys and passing shots.

### Setup

- Two teams of three or four per court.
- Start with one at net, two on baseline.
- Extra player behind baseline.

**Mission**—Be aggressive at net, make passing shots.

- Coach or player feeds first ball to deep player.
- After each point, players rotate one spot.
- Only net player can volley.
- Play games to set number of points, then change teams.

**Goal**—Use spin on passing shots, close net, and angle volleys.

### Progressions

1. Switch to two up/one back to encourage lobs.
2. Use doubles or singles boundaries.
3. Award extra points for specific passes (e.g., down-the-line is worth two points).

## VI. PLAY ON YOUR OWN

### ALL TOP

- Play points with a friend.
- Play all topspin. Try to stay back and play baseline points.



# I'M THE BOSS

**Equipment:** 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### ALLEY RALLY

**Type:** Cooperative, players in pairs.

**Focus:** Direction and consistency on groundstrokes.

**Setup**

- Two pairs per court.
- All players on baseline.

**Mission**—Rally ball in doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- After 10 forehands each in alley, switch to backhands, then move to baseline.

**Goal**—Stay consistent, hitting with square stance and good extension.

**Progressions**

1. Any stroke, one stroke, alternate strokes.
2. Topspin only, then slice only.

## II. CHARACTER

### INDEPENDENCE

Be a student of the game—be inquisitive, ask questions and seek improvement.



## III. ATHLETIC SKILLS

### COPY CAT

#### Setup

Players spread out on court; maximum four on each side of net.

#### Mission

Coach demonstrates a specific movement in a chair, then players copy. Movements can be varied such as sprinting, one hand pushes, zig zagging, wiggle waggles, circles, pulling backwards...get creative!

#### Progressions

1. The coach can gradually add more difficult movements.
2. Coach can also add shadow swings.

### HUB DRILL

#### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

#### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

### FOUR-CORNER TOSS

#### Setup

- Up to four pairs on each side of net.
- Pairs stay about four feet apart facing each other, with four green balls.

#### Mission

- Toss ball with right hand to partner, who catches in the air with left hand.
- Partner then passes ball from left hand to right before tossing back to player's left hand.
- Toss ball to side of body.
- Once successful, add movement, going from sideline to sideline and back while tossing.

#### Progressions

1. Toss two balls in a stationary position, then add movement.
2. Toss three balls stationary, then add movement.
3. Toss four balls stationary, then add movement.

## IV. TENNIS SKILLS

### TWO ON ONES

**Type:** Cooperative, groups of three.

**Focus:** Change of direction.

**Setup**

- One or two groups of three per court.
- Two players on one side of net, one on other. All players on baseline.

**Mission**—Change direction on groundstrokes.

- Players rally, with group of two hitting all balls to single player's forehand (isolation).
- Single player hits side to side.
- Switch spots every minute or after a certain number of successful sequences.

**Goal**—Change direction and recover according to location and type of shot.

**Progressions**

1. Isolate to backhand side of single player, but must hit forehand.
2. Any stroke, then outside stroke only for side with two players.



#### TEACHING TIP

Create an environment where movement is part of everything players do. After each shot, players should recover to the hub to simulate match play. If necessary, count only sequences where players recover properly.

## V. GAMES

### HALF-COURT BATTLE

**Type:** Competitive, players in pairs.

**Focus:** Dictate with forehand.

**Setup**

- Two pairs per court, playing half-court points on a diagonal.
- Use TDLs to split court in half.

**Mission**—Use forehand to dictate play.

- Begin point with serve and alternate every two serves.
- Forehands only.
- Play games to seven, then switch opponents.

**Goal**—Use five controls to force opponent to hit backhand or make error.

**Progressions**

1. Play straight ahead, then crosscourt.
2. Server must hit forehand only.

## I'M THE BOSS

**Type:** Competitive, team.

**Focus:** Forehand change of direction.

### Setup

- Two or three players per team, full-court points.
- Serving team members are “bosses.”

**Mission**—Change direction of groundstroke.

- Begin points with serve from baseline.
- Play return crosscourt to server and continue point crosscourt with outside strokes.
- Boss can change direction (with forehand only); returners must hit everything crosscourt.
- After initial change of direction, play is open.
- Boss gets bonus point for changing direction with forehand and winning point.
- On ad side points (for righties), boss can change direction with inside-in forehand.
- Play games to seven, then switch servers.

**Goal**—Wait for short ball or sitter on baseline to change directions.

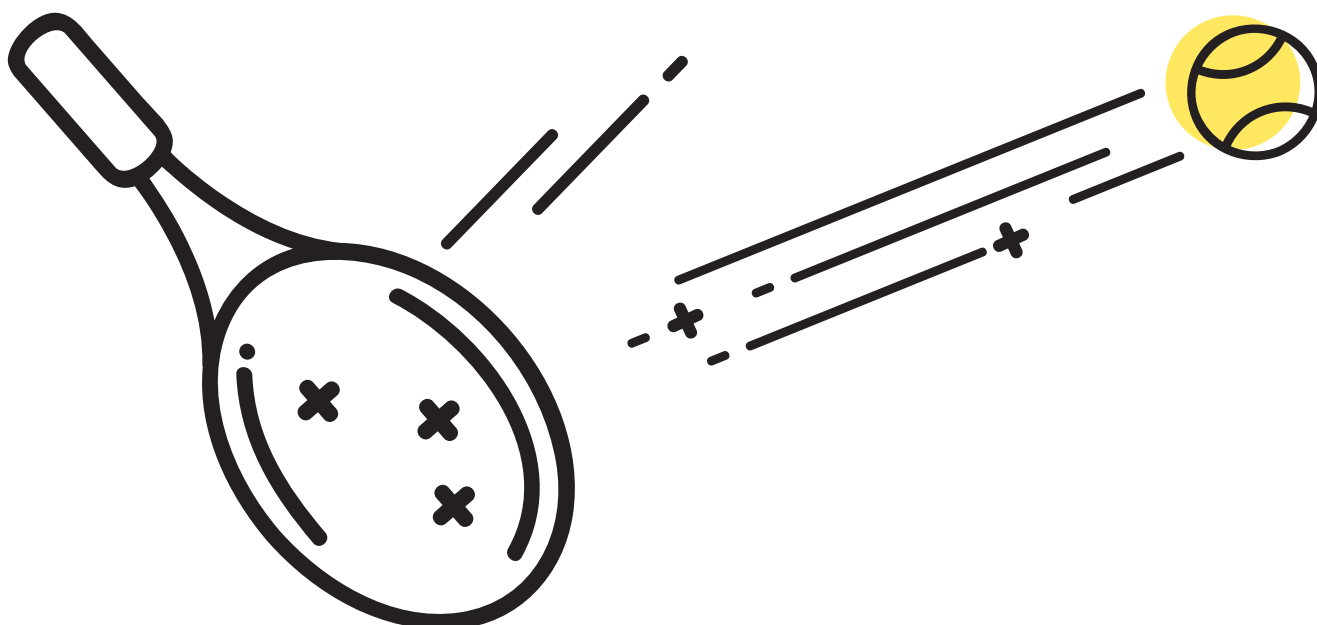
### Progressions

1. Outside stroke only, then any stroke during rally.
2. Boss gets negative point for losing point on change of direction.
3. Both sides can be boss.

## VI. PLAY ON YOUR OWN

### BIG FOREHAND

- Play points with a friend.
- Look to hit forehands on all short balls and second-serve returns.





# DROP IT

**Equipment:** 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### OVER AND UNDER

**Type:** Cooperative, players in pairs.

**Focus:** Alternating topspin and slice.

**Setup**

- Two or three pairs per court.
- Players start on service line.

**Mission**—Keep rally going while changing spins.

- One side hits easy topspin groundstroke, other alternates topspin and slice.
- Switch roles after two minutes.

**Goal**—Switch grips and/or hands when moving from slice to topspin.

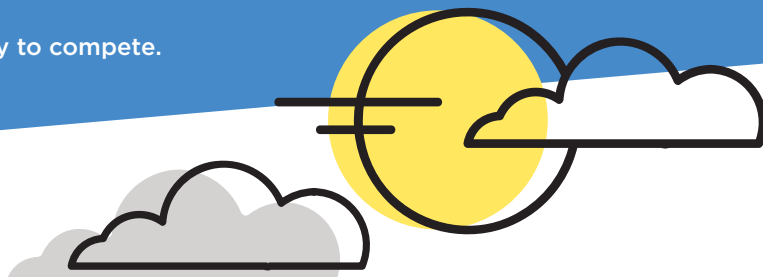
**Progressions**

1. Straight ahead, then crosscourt.
2. One stroke straight ahead, outside stroke crosscourt.
3. Alternate strokes.

## II. CHARACTER

### RESPECT

Honor the game and be grateful for the opportunity to compete.



# III. ATHLETIC SKILLS

## HUB DRILL

### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

### Progressions

1. Have players go twice.
2. Have players hit shadow forehands and backhands

## OBSTACLE COURSE

### Setup

- Use four cones to create an 18x18-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

### Mission

- Proceed from cone to cone using different movements such as sprinting, zig zagging, or using one hand. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

### Progressions

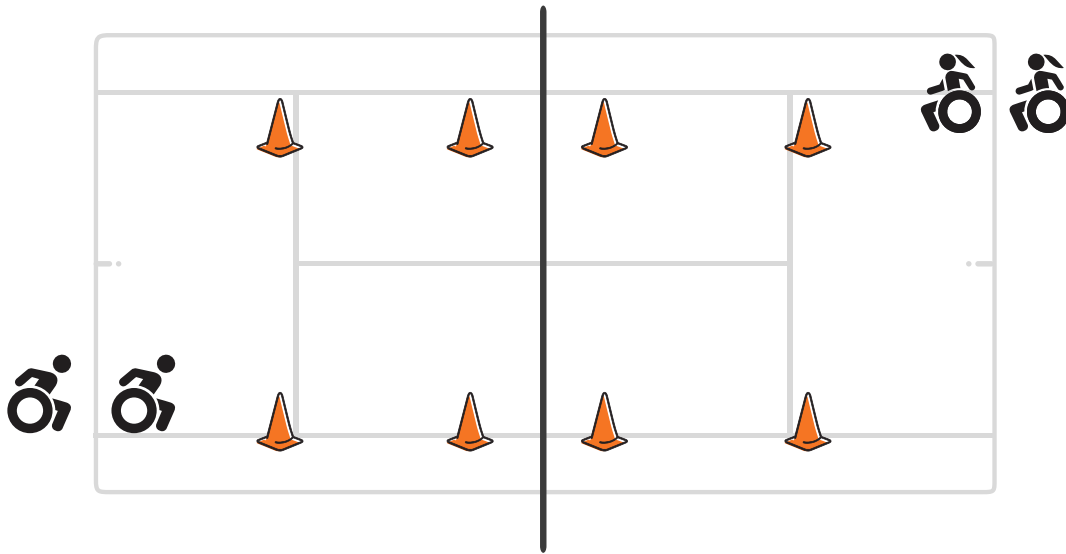
1. Go to cones in a straight line
2. Change direction at each cone.
3. Diagonal. Move diagonally to each cone..
4. Circles. Move to each cone and make a complete circle around it.



### TEACHING TIP

To challenge players further, ask questions before “go” command: “What is six minus three?” “Say alphabet backward from letter D.”

ILLUSTRATION: OBSTACLE COURSE



ONE HAND PUSH

Setup

- Players spread out on the singles sideline.

Mission

- Players will push with one hand to the opposite singles sideline and back. Repeat three to four times.
- Progressions
- Push down with one hand and push back with the other. Push down with one hand and pull backwards with one hand.



## IV. TENNIS SKILLS

### DROP THE DROPPER

**Type:** Competitive, players in pairs.

**Focus:** Drop shots and touch.

**Setup**

- Two pairs per court, using half-court.
- Boundaries are service boxes.
- Play all points straight ahead.

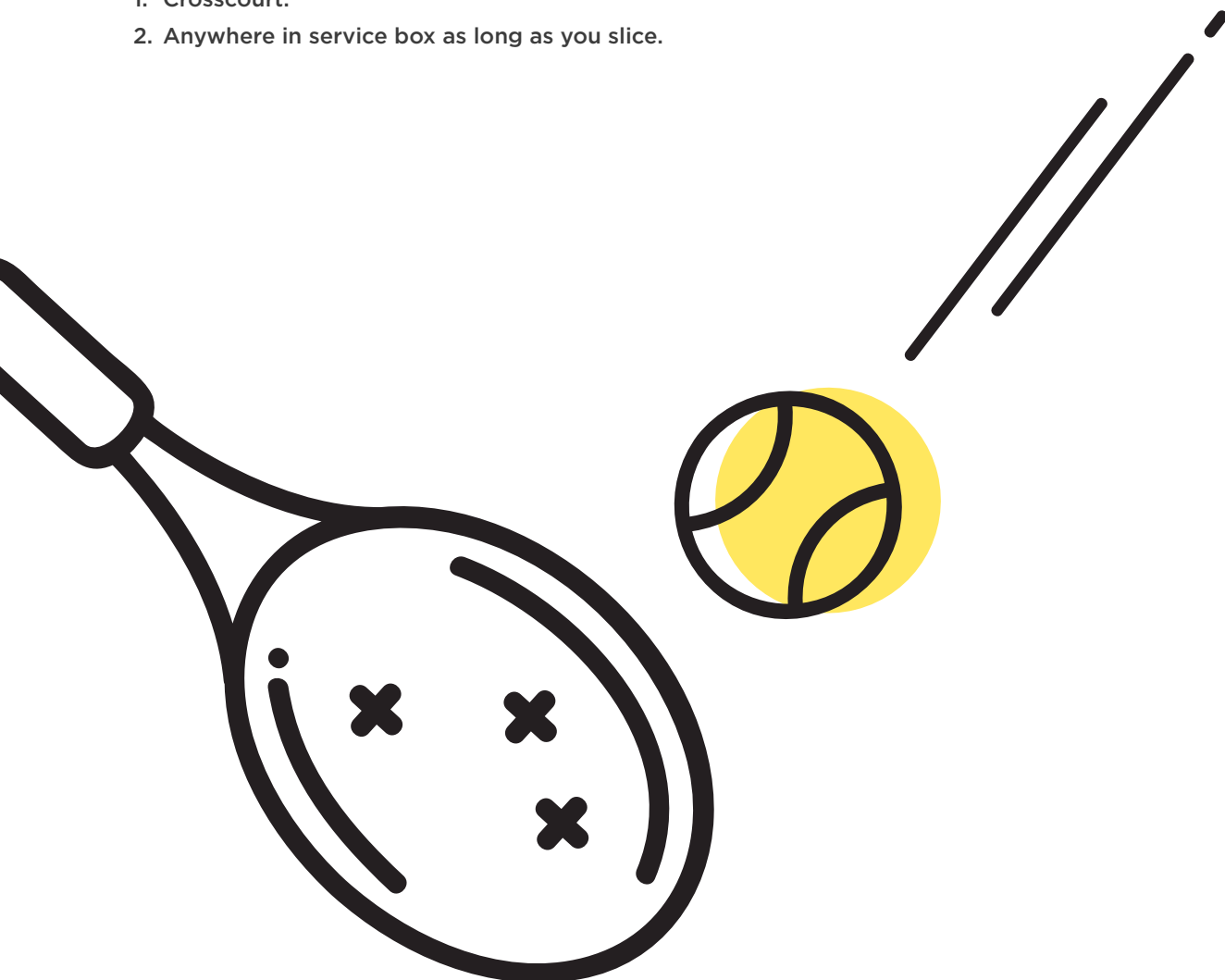
**Mission**—Play a better drop shot than your opponent.

- Start point with a drop-hit.
- Hit a drop shot and recover back to service line, touching line with wheels.
- Play continues until someone misses or can't get to ball.
- Play to seven, then switch opponents.

**Goal**—Play all shots with continental grip and try to make ball stop on bounce.

**Progressions**

1. Crosscourt.
2. Anywhere in service box as long as you slice.





## COURT CENTS: PLAYING ON CLAY

When possible, have practice on clay courts. Clay helps develop endurance, athleticism and creativity. When developing lesson plans, use drills that take advantage of the surface—drop shots, heavy topspin and hitting behind the opponent.

## ROLL OUT

**Type:** Hand-feed, players in pairs.

**Focus:** Drop shot.

### Setup

- Two or three teams per court.
- Hitter on service line, feeder close to net on opposite side.

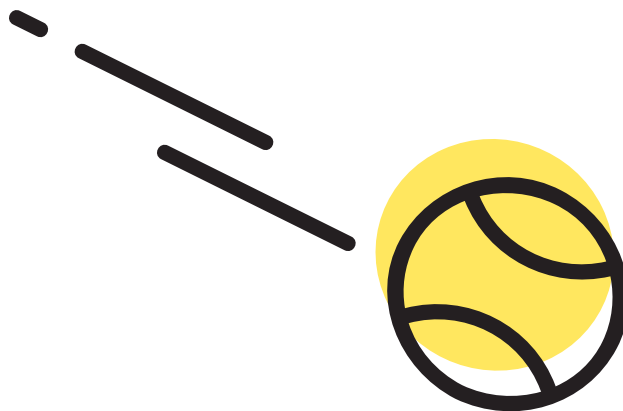
**Mission**—Play drop shot with slice, inside service box.

- Toss low ball inside service box.
- Hitter plays drop shot with continental grip.
- Six attempts, then switch roles. After complete rotation, switch strokes.

**Goal**—Drop shot bounces multiple times in service box; even better if ball rolls out.

### Progressions

1. Hitter moves to midcourt, then baseline.
2. Racquet feed from further back.
3. Play with partner as a team, earning points for number of bounces in service box (most points for roll-outs).



## V. GAMES

### DROP OR TOP

**Type:** Competitive, team.

**Focus:** Hitting and handling a short slice.

**Setup**

- Teams of three or four on opposite baselines, playing full-court points.
- One team feeds, other drops.
- Feeder starts on “T,” dropper on opposite baseline.

**Mission**—Hit slice drop or topspin approach.

- Toss short over net into service box, then recover and touch baseline with the racket.
- Dropper moves up and either plays short slice and retreats or hits topspin approach and comes to net.
- When point ends, new players rotate in.
- Play set number of points and switch roles.

**Goal**—Make good decisions based on where short slice is located.

**Progressions**

1. Dropper comes to net after drop shot.
2. Game ends if feeder can’t touch drop shot before second bounce.

## VI. PLAY ON YOUR OWN

### DROP SHOT

- Play points or a practice match.
- Score two for points won with drop shot.

# THREE SPOTS

**Equipment:** 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### CENTER THIRD, OUTSIDE THIRD

**Type:** Cooperative, players in pairs.

**Focus:** Direct ball to center and outside of court.

**Setup**

- Two pairs per court, hitting on a diagonal.
- On one side of net, divide court vertically into thirds with TDLs; service line is baseline

**Mission**—Move partner from middle to outside of court.

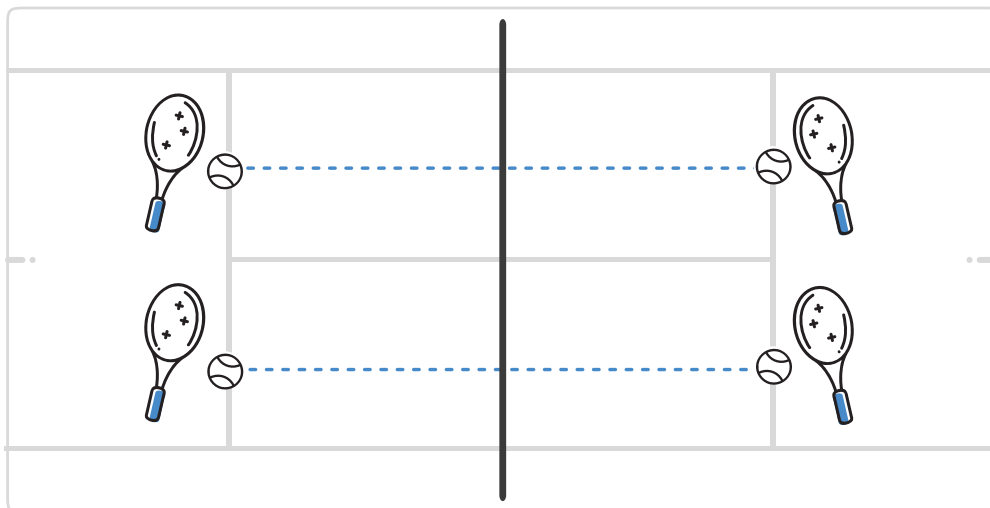
- One player hits every ball to same spot crosscourt, other alternates between middle and outside third of court.
- Switch roles and then switch sides of court.

**Goal**—Move player out wide by increasing spin and angle.

**Progressions**

1. Both sides have court marked and hit same patterns.
2. Two or three players per court and allow full service-court patterns.

#### ILLUSTRATION: CENTER THIRD, OUTSIDE THIRD

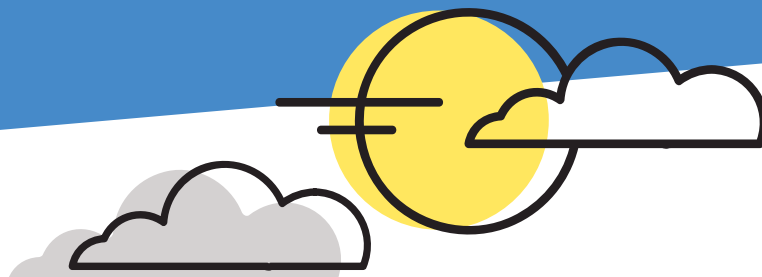


# II. CHARACTER

## EFFORT

Bounce back after a difficult loss; view tough competition as an opportunity.

## III. ATHLETIC SKILLS



## RED LIGHT/GREEN LIGHT

### Setup

- Up to four players on each side of net, spread out along baseline.
- Place cones or TDLs in front of net so players know when to stop.

### Mission

- Name specific movement. Then use red light/green light commands—go fast when coach calls out “green light,” slow down for yellow, stop for red. Specific movements can be sprint, one hand push, zig zags, etc...
- Once majority of players get to net, turn around and start again in other direction.

### Progressions

1. Use colors as verbal cues to change direction: Blue light means move left, pink means move right.
2. Let players create their own lights.

## 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.

## THREE-LEVEL THROW

### Setup

- Three to six players per court.
- Players are on one side of net in two lines behind baseline.



**Mission**—Throw ball various distances.

- Two players at a time throw from baseline—one from deuce side; other from ad.
- First throw into appropriate service box; throw twice and rotate.
- Next throw between service line and baseline; throw twice and rotate.
- Final throw between baseline and fence.

**Progressions**

1. Divide service box and court into three areas on each side and throw to specific area.
2. See who can hit opposite fence.

## IV. TENNIS SKILLS

### COBRA SERVE

**Type:** Cooperative, players in pair.

**Focus:** Develop more speed on serve.

**Setup**

- Two or three pairs per court.
- Partners on baseline diagonally across from each other.

**Mission**—Serve with abbreviated motion.

- Serve two to partner, who catches and serves two back.
- Start with hitting arm at mid-motion with palm down, like a cobra.
- Toss first. Once ball is at its peak, move hitting arm.

**Goal**—Increase racquet-head speed on serve.

**Progressions**

1. Cobra serve on first serve, full motion on next.
2. Serve from service line and see how high ball can bounce on fence.

**Note:** Some players may need to grab the push rim for stability



## SERVE INDEX

**Type:** Individual best.

**Focus:** Serve direction.

### Setup

- Up to four players per court.
- All players on one side of net, one serving from deuce side, other from ad.
- Divide each service box into three zones using TDLs.

Note: Use extra players as returners.

**Mission**—Serve to each zone.

- Count how many balls it takes to serve successfully to all six zones. This is your “serve index.”
- Once all players have served to all six zones, start over and go for personal best.

**Goal**—Use spin and speed for control.

### Progressions

1. Only counts if same rituals are used before serve.
2. Righties must use slice for out wide on deuce side and down the “T” on ad side (opposite for lefties).
3. Righties must use topspin/kick for serves to “T” on deuce side and out wide for ad side (opposite for lefties).

## V. GAMES

### SERVE PLUS FOREHAND

**Type:** Cooperative with partner.

**Focus:** Serve and return direction and consistency.

### Setup

- Two pairs per court, diagonally across net from each other—one serves, other returns.
- Divide each service box into three areas using TDLs.

**Mission**—Execute serve, return and first ball.

- Serve, return, plus forehand, then returner traps ball (all on a diagonal).
- Switch roles.
- Coach calls target for serve and return (three spots for server, two for returner).
- Complete four sequences each as server/returner, then switch sides of court (deuce to ad).

**Goal**—Recover to the hub after serve and use quick movements to set up for forehand.

## SERVE PLUS FOREHAND LIVE

### Setup

- Same as Serve Plus Forehand.
- Play point live on full court.

### Mission

- Call serve targets in advance.
- Server must play forehand on first ball, then point is live.
- Alternate pairs after each point.
- Play first to seven, switch roles, then change opponents.

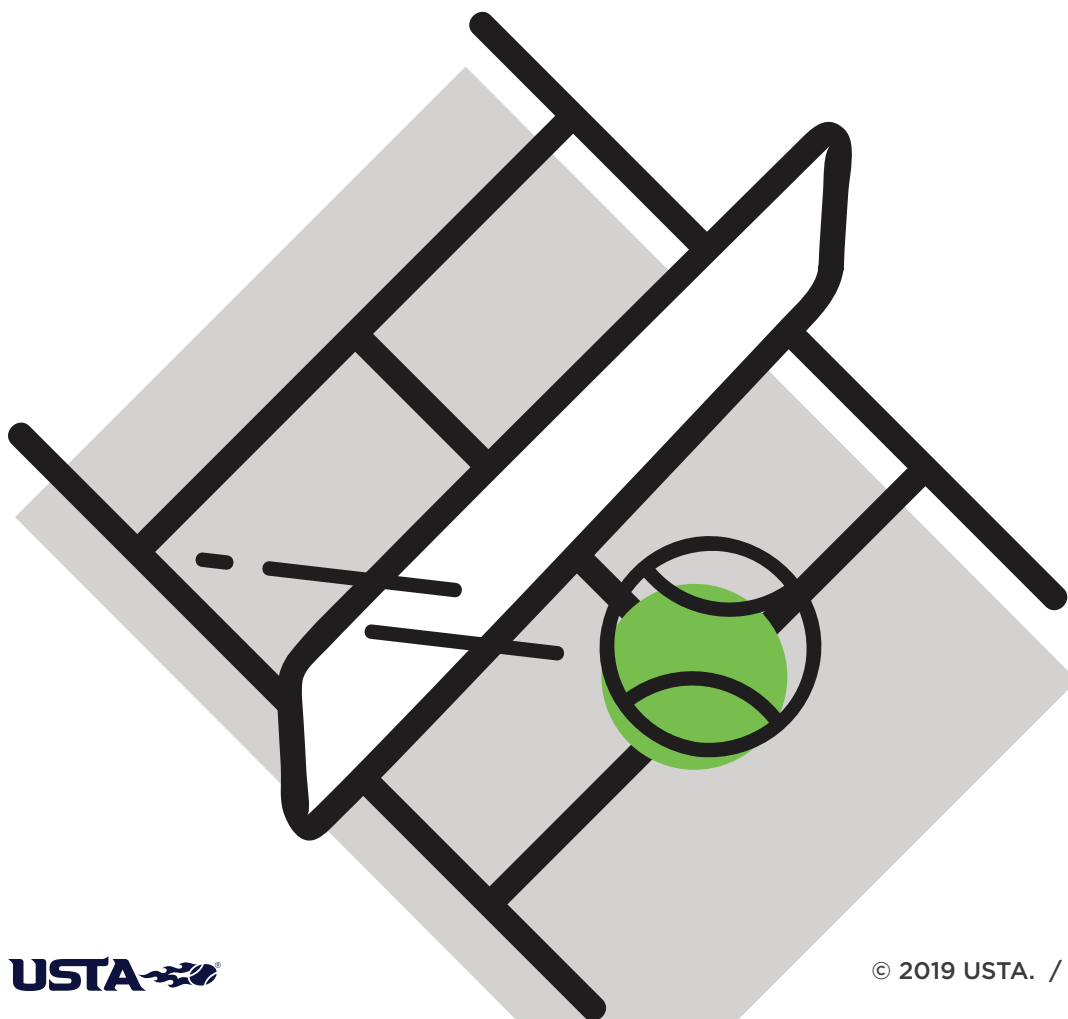
### Progressions

1. Server calls spots for serve and first forehand in advance.
2. Returner plays first serve down center, second to any of three spots, calling spots in advance.

## VI. PLAY ON YOUR OWN

### SERVE TO THE BODY

- Play points or a match with a friend.
- All first serves to body.
- Return first serves down middle.



## CHAPTER 05

## MAKE YOUR MOVE

**Equipment:** 26 to 27-inch racquets, green balls, cones, poly-spots and TDLs.

## I. WARMUP

## HUB DRILL

**Setup**

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

**Mission**

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

**Progressions**

1. Have players go twice.

## II. CHARACTER

## EFFORT

Be willing to change and adapt when things don't go as planned.



## III. ATHLETIC SKILLS

## OBSTACLE COURSE

**Setup**

- Use four cones to create a 20x20-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

**Mission**

- Proceed from cone to cone using different movements such as sprinting, zig zagging, or using one hand. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

**Progressions**

1. Circles. Move to each cone and make complete circle around it. Face same direction entire time.
2. Ask questions. Have players answer specific questions as they perform various movements.

## ONE HAND PUSH

**Setup**

Players spread out on the singles sideline.

**Mission**

- Players will push with one hand to the opposite singles sideline and back. Repeat three to four times. Progressions.
- Push down with one hand and push back with the other. Push down with one hand and pull backwards with one hand.

## HI-LO TOSS

**Setup**

- Players in pairs with green ball.
- Up to four pairs spread out on each side of net.
- Players face each other, four to five feet apart.

**Mission**

- One player feeds, other catches.
- Catch first ball in the air, second after bounce.
- Catch with right hand on right side, left hand on left.
- After four successful hi-lo catches on each side, switch roles.

**Progressions**

1. Toss first ball high over catcher's shoulder, second in front of catcher.
2. Toss first ball short and high, second over shoulder.
3. Toss randomly.

## IV. TENNIS SKILLS

### ALLEY RALLY

**Type:** Cooperative, players in pairs.

**Focus:** Direction and consistency on groundstrokes.

**Setup**

- Two pairs per court.
- All players on baseline.

**Mission**—Rally ball in doubles alley.

- Pairs rally back and forth in their doubles alley.
- Recover outside of alley after each shot.
- Must alternate groundstrokes each time.

**Goal**—Work on quick movement to get around alley for alternate shots.

**Progressions**

1. Two in a row of same stroke, then switch stroke.
2. Topspin only, slice only.

### CHIP-LOB RALLY

**Type:** Cooperative, players in pairs.

**Focus:** Chip lob.

**Setup**

- Two pairs per court, using half-court.
- One player at net, other at baseline.

**Mission**—Rally lobs and overheads.

- Drop-hit lob using continental grip to net player, who plays controlled overhead back to lobber.
- Attempt continuous rally of chip lobs and overheads.
- Rotate positions every minute.

**Goal**—Use continental grip and one-handed backhand for chip lobs.

**Progressions**

1. Change pattern to lob/overhead/groundstroke/volley/lob.
2. Play two on one with two lobbers and one net player. Net player alternates sides on overhead.

## V. GAMES

### LOB AND PLAY

**Type:** Competitive, doubles.

**Focus:** Doubles positioning.

**Setup**

- Four to six players per court.
- Begin in both back doubles position.

**Mission**—Lob net player then play out point after the point has started, the net players will be trying to go in and out.

- Play doubles points, starting with serve.
- Returner must hit crosscourt.
- Play no-ad games, rotating players in every two to four points. Switch opponents every two games.
- For large groups, play up-and-down-the-river format. For smaller groups, change partners every two games.
- Need help? Start point with drop-hit lob down the line.

**Goal**—Play deep lob down the line and take over net.

**Progressions**

1. Must play a chip lob.
2. Lob first-serve return, come in on second.

**COACHING TIP**

Use this time to review different situations that occur in doubles. Wait for situations to occur during a point, then ask players how they responded or could have responded.

**CHIP AND CHARGE**

**Type:** Competitive, one on one.

**Focus:** Slice and come in off return.

**Setup**

- Four to six players per court, playing half-court points.
- Boundaries are middle line to doubles line; use TDLs to split court.
- Two champs on baseline as servers, challengers on opposite baseline as returners. Extra players at back of fence.

**Mission**—Slice return and come to net.

- Play all points on a diagonal, one side at a time so no one gets hit.
- Champ gets one serve; returner must slice and come to net. Play out point.
- Rotate players to champ's spot after a set amount of time or number of points.

**Goal**—Take return on the rise and keep ball low to force opponent to hit up.

**Progressions**

1. Play straight ahead.
2. Use singles lines.
3. No lobs.

**VI. PLAY ON YOUR OWN****FLOATER VOLLEYS**

- Play points or a match with a friend.
- Come in and volley all aggressive balls that come back as floaters.

# DOUBLE TROUBLE

**Equipment:** 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### FIGURE 8

**Type:** Cooperative, players in pairs.

**Focus:** Volley and groundstroke direction.

**Setup**

- Two pairs per court, using half-court.
- Hit in service boxes, half-court straight ahead.

**Mission**—Change of direction on groundstrokes and volleys.

- One player at net, other on service line. Figure 8 groundstroke and volley, moving player just one step to each side.
- Volley-to-volley Figure 8.
- After one minute on each pattern, switch roles or activities.

**Goal**—Continuous movement.

**Progression**

One minute for each pattern, then must hit a set number of shots in a row before progressing.

## II. CHARACTER

### INDEPENDENCE

Take responsibility—step up and lead where there is a need.





## III. ATHLETIC SKILLS

### OBSTACLE COURSE

#### Setup

- Use four cones to create an 18x18-foot square in center of court on each side of net. Keep square a safe distance from net.
- Four to six players per square.

#### Mission

- Proceed from cone to cone using different movements such as sprinting, zig zagging, or using one hand. Next player goes when previous player reaches second cone.
- After each player has gone twice, change movement.

#### Progressions

1. Go to cones in a straight line
2. Change direction at each cone.
3. Diagonal. Move diagonally to each cone..
4. Circles. Move to each cone and make a complete circle around it.

#### ILLUSTRATION: OBSTACLE COURSE



### COPY CAT

#### Setup

- Players spread out on court; maximum four on each side of net.

#### Mission

- Coach demonstrates a specific movement in a chair, then players copy. Movements can be varied such as sprinting, one hand pushes, zig zagging, wiggle waggles, circles, pulling backwards...get creative!

#### Progressions

1. The coach can gradually add more difficult movements.

## MAKE 'EM MOVE

### Setup

- Players in pairs with green ball.
- Maximum three pairs spread out on each side of net.
- Face each other, four to six feet apart.
- One feeds, other catches.

### Mission

- Feeder tosses while moving; catcher catches after bounce and keeps following feeder.
- Feeder can toss and move backward or forward.

### Progressions

1. Catch first ball after bounce, second in the air.
2. Must catch with specific hand.

## IV. TENNIS SKILLS

### FIVE-MINUTE WARMUP

**Type:** Cooperative with partner.

**Focus:** Managing a timed warmup.

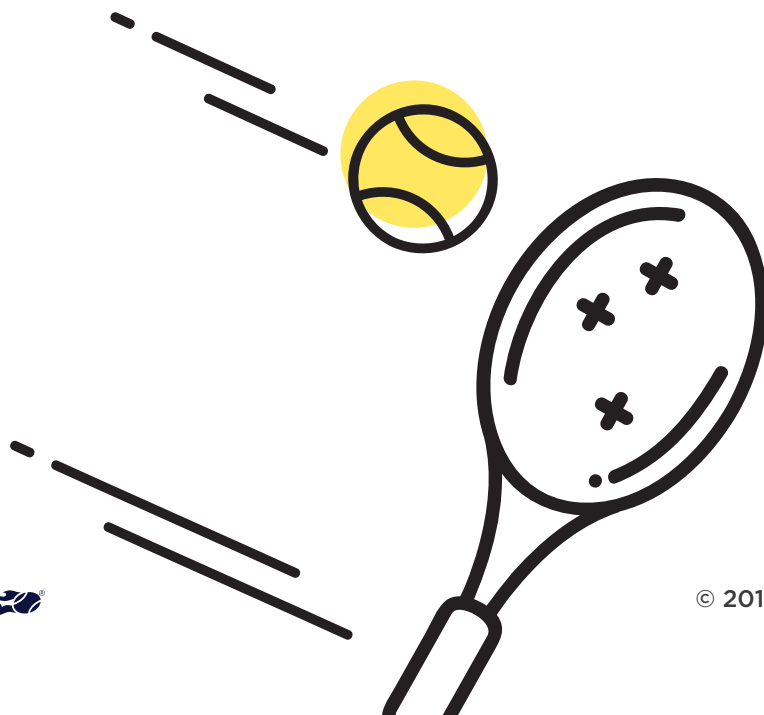
### Setup

- Two or three pairs per court.
- Players start on baseline.

**Mission**—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, coach gives two-minute, then one-minute warning.

**Goal**—Hit all strokes within five-minute period.



## POACH AND PLAY

**Type:** Competitive, team.

**Focus:** Poaching and diagonal movement at net for doubles.

### Setup

- Four to six players per court, starting in both back formation.
- As the server hits the serve, his or her partner will begin to move forward with the serve
- Start with coach as returner.

**Mission**—Poach off first serve.

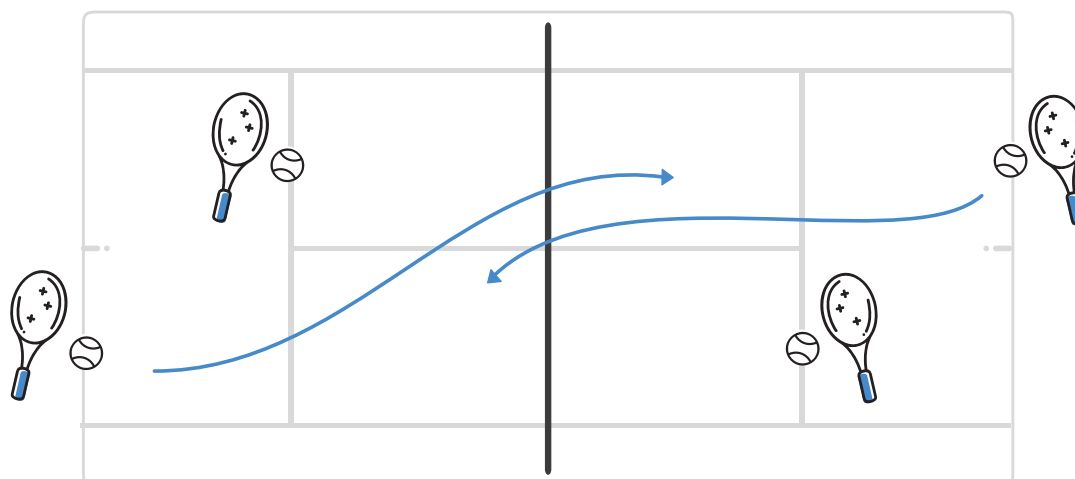
- Start point with serve; return must go crosscourt.
- Server's partner moves diagonally forward as serve bounces, and intercepts return as volley. Play out point.
- Adjust scoring and rotations to number of players. Ensure equal time on deuce and ad courts.

**Goal**—Time poach so that movement to volley is continuous.

### Progressions

1. Players return serves.
2. Returner's partner poaches off second-serve return.
3. Returner can hit crosscourt or down the line; net player can fake, stay or poach.

### ILLUSTRATION: POACH AND PLAY



## CHIP AND CHARGE DUBS

**Type:** Competitive, doubles.

**Focus:** Slice and come in off return.

**Setup**

- Two or three doubles teams per court.
- Full-court doubles boundaries.

**Mission**—Slice return and come to net.

- One serve only. Returner must slice and come to net. Play out point.
- Adjust scoring and rotations to number of players. Ensure equal time on deuce and ad courts.

**Goal**—Take return on the rise and keep ball low to force opponent to hit up.

**Progressions**

1. Use singles lines.
2. No lobs.

## BOTH SIDES ATTACK

**Type:** Competitive, doubles.

**Focus:** Transition to net.

**Setup**

- Four to six players per court.
- Start in both back doubles formation.

**Mission**—Get to net in different ways.

- Play doubles points. Must serve and volley, and return and come in.
- Returner can't lob.

**Goal**—Keep closing on net to end points.

**Progressions**

1. Topspin approach, then slice approach.
2. Return must go crosscourt.

# VI. PLAY ON YOUR OWN

## ATTACKING DOUBLES

- Play points or a match with a friend.
- Serve and volley on first serve and return and come in off opponent's second serve.

# CRACK THE CODE

**Equipment:** 26 to 27-inch racquets; green balls and playground balls (light medicine ball or junior basketball); cones, poly-spots and TDLs.

## I. WARMUP

### DROP THE DROPPER

**Type:** Competitive, players in pairs.

**Focus:** Drop shots and touch.

**Setup**

- Two pairs per court, using half-court.
- Boundaries are service boxes.
- Play all points straight ahead.

**Mission**—Play a better drop shot than your opponent.

- Start point with drop-hit.
- Hit drop shot and recover back to service line.
- Play continues until someone misses or can't get to ball.
- Play to seven, then switch opponents.

**Goal**—Play all shots with continental grip and try to make ball stop on bounce.

**Progressions**

1. Hit crosscourt.
2. Can play anywhere in service box as long as you slice.

## II. CHARACTER

### RESPECT

Be fair, honest and true to your words and actions.

## III. ATHLETIC SKILLS

### COPY CAT

#### Setup

- Players spread out on court; maximum four on each side of net.

#### Mission

- Coach demonstrates a specific movement in a chair, then players copy. Movements can be varied such as sprinting, one hand pushes, zig zagging, wiggle waggles, circles, pulling backwards...get creative!

#### Progressions

1. The coach can gradually add more difficult movements.

### HUB DRILL

#### Setup

- Players spread out along the back fence with one player starting at the first cone about five feet behind the baseline. Place one more cone roughly where the baseline and singles sidelines intersect on the deuce and ad side.

#### Mission

- Players will push to the deuce side and go around the cone with an inside turn.
- They will then recover to the cone behind the baseline and move towards the ad side cone. They will go around that cone using an outside turn. Players then recover to the cone behind the baseline again.

#### Progressions

1. Have players go twice.
2. Have players hit shadow forehands and backhands.

### BIG-BALL TENNIS

#### Setup

- Two teams of two or three per court.
- Play matches inside service boxes. One big ball per court.

#### Mission

- Begin by tossing serve into appropriate service box.
- Toss all balls from side of body. Must land within court boundaries.
- Catch all balls after bounce and throw from same spot.
- For teams of three, rotate positions every two points.
- Play to set number of points, then switch opponents.

#### Progressions

1. Can catch ball in the air.
2. Throw serve overhead, like soccer throw.

## IV. TENNIS SKILLS

### CALL THE BOUNCE

**Type:** Cooperative, players in pairs.

**Focus:** Ball recognition.

**Setup**

- Two or three pairs per court.
- All players spread out on baseline.

**Mission**—Call out where ball will land.

- Rally straight ahead with partner.
- As ball comes back, call out “up” “back” or “stay” then move to that spot (or stay) to return shot.
- Follow a really short “up” ball to net, finish rally, and move back.

**Goal**—Call location and move to ball as it crosses net.

**Progressions**

1. Straight ahead with one stroke.
2. Crosscourt with outside stroke.

## V. GAMES

### LOB AND ROB

**Type:** Competitive, team.

**Focus:** Sneak attack in singles or doubles.

**Setup**

- Four to six players per court, starting on baseline.
- Two players at a time hitting to singles lines.

**Mission**—Feed high ball and sneak into net.

- Feeder hits high ball deep to opponent’s backhand.
- Opponents must back up before ball bounces on their side.
- Feeder waits until ball bounces, then sneaks into net. Play out point.
- Adjust scoring and rotations to number of players.

**Goal**—Wait as long as possible so opponent doesn’t see you coming in.

**Progressions**

1. One side hits high with heavy topspin, and can come in on any ball.
2. Let feeders pick which side they feed to.
3. Make returners start at fence.



#### COACHING TIP

This is a great time to discuss hitting behind the opponent, also known as “wrong footing.” When you take the ball out of the air and your opponent has recovered to the middle, that’s a good time to volley back to the same side the ball came from.

## ONE BALL LIVE

**Type:** Competitive, players in pairs.

**Focus:** Groundstroke consistency and attacking net.

**Setup**

- Four to six players per court.
- Half-court and full-court points.

**Mission**—Go from defense to offense, and offense to defense.

- Two pairs rally on half-court, straight ahead. Alleys count.
- Each pair rallies simultaneously, starting with drop-hit.
- Once error is made, player calls out “point,” and all four play remaining ball as doubles point.
- Winning team scores a point.
- Adjust scoring and rotations to number of players.

**Goal**—Look for opportunities to attack after first point ends.

**Progressions**

1. Must win first rally and next point in order to score.
2. No volleys on first point.
3. Bonus point for team that wins second point at net.

## VI. PLAY ON YOUR OWN

### MINI-TENNIS

- Get a friend, make up a court and play mini-tennis.
- Got a cool court? Take a picture or video and share with your coach and friends.



# PRIME TIME

**Equipment:** 26 to 27-inch racquets; green balls; cones, poly-spots and TDLs.

## I. WARMUP

### CENTER THIRD, OUTSIDE THIRD

**Type:** Cooperative, players in pairs.

**Focus:** Work center and outside of court.

**Setup**

- Two pairs per court, hitting on a diagonal.
- On one side of net, divide court vertically into thirds with TDLs; service line is baseline.

**Mission**—Move partner from middle to outside of court.

- One player hits every ball to same spot crosscourt; other alternates between middle and outside third of court.
- Switch roles and then switch sides of court.

**Goal**—Move player out wide by increasing spin and angle.

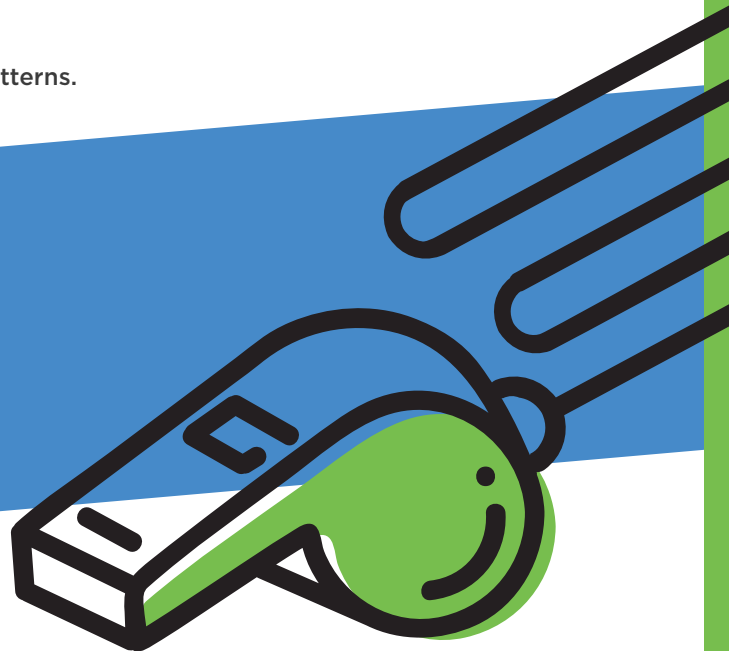
**Progressions**

1. Both sides have court marked and hit same patterns.
2. Two or three players on court and allow full service-court patterns.

## II. CHARACTER

### EFFORT

Consistently practice and compete with full engagement.



## III. ATHLETIC SKILLS

### PLAYER'S CHOICE

- Let two players pick a different athletic skill that's already been done in practice, or even create one.
- Be sure to select players who have demonstrated good character during session.

## IV. TENNIS SKILLS

### FIVE-MINUTE WARMUP

**Type:** Cooperative with partner.

**Focus:** Managing a timed warmup.

**Setup**

- Two or three pairs per court.
- Players start on baseline.

**Mission**—Hit serves, returns, groundstrokes, volleys and overheads.

- Players start at baseline and have five minutes to hit all strokes.
- Coach keeps track of time. First round, coach won't call out time until end. Second round, give two-minute, then one-minute warning.

**Goal**—Hit all strokes within five-minute period.

## V. GAMES

### HALF-COURT BATTLE

**Type:** Competitive, players in pairs.

**Focus:** Dictate with forehand.

**Setup**

- Two pairs per court, hitting on a diagonal.
- Use TDLs to split court in half.

**Mission**—Use forehand to dictate play.

- Begin point with serve; alternate every two serves.
- Forehands only.
- Play games to seven, then switch opponents.

**Goal**—Use five controls to force opponent to hit backhand or make error.

**Progressions**

1. Play straight ahead, then crosscourt.
2. Server must hit forehand only.



### COACHING TIP

This game is full of tactical decisions. Be sure to use questions that challenge players to think, "How can you make your opponent hit a backhand?" "When should you hit to the forehand side?"

## ONE-SIDE ATTACK

**Type:** Competitive, doubles.

**Focus:** Get to net.

**Setup**

- Four to six players per court.
- One up/one back formation.

**Mission**—Return and come in on second serve.

- Play out points with serving team serving and volleying on first serve.
- Second serve, servers stay back and returning team comes in.

**Goal**—Take control of net with partner and put ball away.

**Progressions**

1. Allow returners or servers to play two back.
2. Returners must chip and charge.

## I'M THE BOSS

**Type:** Competitive, one-on-one or doubles.

**Focus:** Aggressive groundstrokes.

**Setup and Mission**

- Let players pick game.
- Must be centered around an aggressive shot that's a strength.
- Can be previous game, version of previous game or completely new.

# VI. PLAY ON YOUR OWN

## YELLOW BALL

It's time to start playing Yellow Ball on a 78-foot court, if you're not already!

TOGETHER WE WILL

# GROW THE GAME

