

TENNIS 101

RED BALL

WELCOME

We hope you are as excited to dig into these plans as we were in creating them! Your role in bringing the game of tennis to the next generation is of the highest importance. Through the experiences they share with you on the court, your players have the opportunity to come away as lifelong enthusiasts of our sport and lead healthier, happier lifestyles because of it.

This manual was written so you could lean on the USTA and experts in the industry to provide you with turnkey plans for beginner tennis players. As you read on, you will see the plans can be adapted across a range of circumstances to help serve their needs and deliver a great experience that's sure to have kids playing and enjoying the game from day one.

This resource could not have been completed without the input and thoughtful collaboration of some of the best in the tennis community. To those who contributed to these plans by way of review, suggestion or other means, our most sincere appreciation for the time and care which you provided. The importance of creating a positive first experience for beginner tennis players can't be overstated, and we are honored to present a resource that reflects the passion and expertise of all those involved.

Special thanks to our friends John Borden, Tim Bustle, Michele Byrne, Jorge Capestany, Matt Dektas, Mark Faber, Simon Gale, Rita Gladstone, Judith Hernandez, Ben Hestley, Kyle Jewett, Tracy Lawson, Kristy McLean, Ajay Pant, Brian Parkkonen, Larry Sims, Butch Staples and Fernando Velasco.

From the entire team at the USTA, thank you for your commitment to bringing our incredible game to a new generation of players!

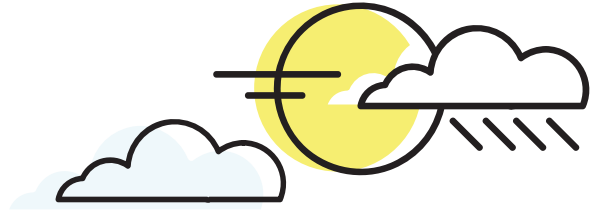


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ABOUT THE AMERICAN DEVELOPMENT MODEL



Youth sport in the United States is undergoing exciting changes, and the United States Tennis Association (USTA) is leading the effort with the American Development Model (ADM). In partnership with the United States Olympic & Paralympic Committee (USOPC), the USTA is one of several national governing bodies of sports who has signed on to create a sport-specific ADM.

An ADM provides a foundational framework on which to build sport experiences for children and is critical to tennis for it puts into practice the best research and applications from leading experts around the world. Our ADM is the backbone of everything we do. We employ the ADM to guide community providers, tennis coaches and facilities of all types across the country in delivering research-based programming that provides optimal opportunities for fun, development and appropriate competition.

DEVELOPING PHYSICAL LITERACY

For you and all others teaching tennis, it's important to understand that the foundation of the USTA's ADM is physical literacy. Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Children need varied and expansive opportunities in physical activity to help develop physical literacy, including exposure to proper, age-appropriate instruction. All too often they have been placed in environments or given tasks beyond the scope of their developmental readiness in our sport. It's our job to change that.

Opportunities for physical literacy development are prioritized in these plans as well as play at home opportunities. Foundational movement skills of throwing, skipping, jumping and hopping, along with spatial and body awareness, are critical to the development of the child before the tennis player can emerge. As children increase their physical literacy, they gain confidence and enjoyment which opens the door for a variety of recreational or competitive activities for the rest of their lives.

GROWING THE GAME

The USTA has always been a strong supporter in utilizing long-term athlete development principles, and your engagement with our ADM ensures that every tennis player now has the best possible opportunity to realize their long-term capabilities as an athlete.

Take pride in knowing we are all in this together. By following the USOPC's lead, by integrating research and best practice principles into tennis delivery in the United States, more players will play the game longer, leading to greater health and a larger pool of talented players.

We couldn't do this without you, and we hope you move forward in your endeavors energized and excited by the opportunity at hand. Be confident in the knowledge that by following the ADM, you are giving your students the best chance to succeed not only as tennis players but as healthy individuals for the rest of their lives!

For more information on the USTA's ADM, please visit netgeneration.usta.com/adm

GUIDING PRINCIPLES

The USTA's ADM is guided by seven key principles to lend guidance to providers and help them create optimal learning experiences for players entering the game. The principles also provide for continued quality participation so players can enjoy and stay engaged in tennis while reaching their full potential.

1. Use developmentally appropriate teaching and play methods

Emphasize motor and foundational skills through developmentally appropriate training and coaching.

2. Educate coaches and officials

Ensure coaches at all age levels are qualified and trained.

3. Follow a clear development pathway

Integrate tennis into physical education programs in schools and recreational community programs. From there, kids and teens can advance into age- and skill-based programs and competitions.

4. Support multi-sport/multi-activity participation

Build athletes through a multi-sport approach in tennis programming and cross-promotion with other sports and activities.

5. Create an atmosphere that is fun and athlete-centered

Focus on creating a fun, positive and engaging atmosphere within a team culture rather than on wins and losses.

6. Provide universal access

Make sure playing tennis is safe, accessible, local and affordable.

7. Deliver parent/player guidance, education, and transparency

Provide parents and players with the information they need to guide their tennis development.

THE 5 C'S OF ADM

In line with the USOPC's Quality Coaching Framework, the USTA has adopted their 4 C's — Competence, Confidence, Character and Connection — and added a 5th C: Creativity. The 5 C's provide a focus on tennis player-centered outcomes. These ADM 5 C's guide tennis coaches and teachers in defining the overall outcomes for players in their programs. These principles are also integrated in the Net Generation curriculum.



COMPETENCE

Technical, tactical and performance skills.



CONFIDENCE

Self-belief, resilience, mental fortitude and a sense of positive self-worth.



CHARACTER

Respect for the sport and others, integrity, self-discipline and ethical and moral well-being.



CONNECTION

Interpersonal skills and the ability to build and sustain meaningful and positive relationships.



CREATIVITY

Provides a unique and imaginative environment that encourages problem-solving and promotes individuality and self-reliance.

RESOURCES TO GET STARTED

This provider manual will give you all the information needed to deliver a Tennis 101 Program for your players. With these tools at your disposal, you will be up and running in no time!

SERVE TENNIS

Explore Serve Tennis, powerful digital tools brought to you by the USTA and made for tennis.

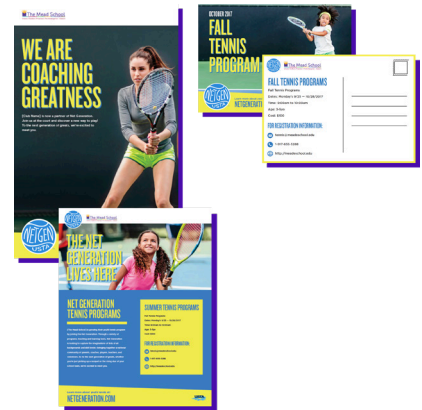
Here you can list your Tennis 101 programs, take online payments, register players and more.

Access everything from the Tennis Service Center within your USTA account. Visit [USTA.com/tennisservicecenter](https://www.usta.com/tennisservicecenter)



THE USTA MARKETING GENERATOR

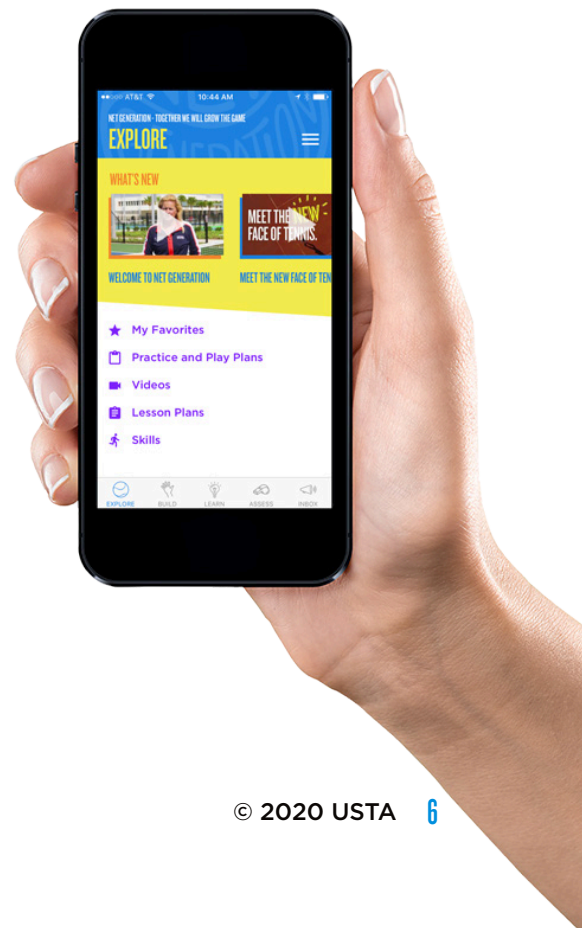
This tool in the Tennis Service Center on [USTA.com](https://www.usta.com) helps you customize your own professionally-designed marketing materials to promote your events. Create posters, flyers, postcards, and more.



MOBILE APP

Net Generation Mobile App: This free tool will give you access to world-class curricula and instructional teaching videos, as well as pre-built Net Generation lesson plans with the option to build your own.

Download the App Today!



PLANS AT A GLANCE

	<u>Lesson 1</u> Let's Begin	<u>Lesson 2</u> Keep Growing	<u>Lesson 3</u> Next Level	<u>Lesson 4</u> We Serve	<u>Lesson 5</u> Big Time	<u>Lesson 6</u> Rally Party	<u>Lesson 7</u> Play Time	<u>Lesson 8</u> The Grand Finale
ADM Theme	Connection							
Character Skill	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship	Inclusion	Teamwork
Instant Activity	Fire Ants	Racquet Quickness	One Bounce Two Bounce	Ball Drops	Tunnel Ball	Messy Bedroom	Shake Hands Toss	Big Ball Tennis
Multi-Sport Skills	Softball Pitches with Partner	Golf Putts with Partner	Baseball Throws with Partner	Soccer Kicks with Partner	Football Throws with Partner	Hockey Shots with Partner	Basketball with Partner	Player's Choice
Tennis Skills	Balance the Egg with Partner	Bungee Jumps	Jacks	Half-Pound Lobster Trap	Serve Pyramid	Card Shark	Serve Pyramid	Family Team Challenge
	Bungee Jumps	Jacks	Half-Pound Lobster Trap	Serve/Return Progression	Rally Pyramid	Serve Pyramid	Tag-Team Singles	
	Jacks	Lobster Trap	Battle Spots	Team Singles	Card Shark	Battle Spots	Survivor	
Game Skills	Keep it Moving	Battle Spots	Team Singles	Capture the Clothespins	Team Singles	Team Doubles	Team Challenge Co-Op	
	Free Play							
Play at Home	Bungee Jumps	Jacks	Lobster Trap	Serve 20	Serve 30	Card Shark	Singles	Play Tennis

EXAMPLE OF GAME COMPONENTS

These can be used singularly (try to get 10 in a row) or in combination (players have one minute to see how many repetitions they complete in a game), using clothespins to track their totals.



NUMBERS

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



TIME

Each activity has a specific start and end time.



CARDS

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



CLOTHESPINS

Use these to keep track of the score in games or the number of repetitions for skills-development activities. You can put them on the net or an article of clothing for players and coaches to keep track of success.

GET TO KNOW THE PRACTICE AND PLAY PLAN

I. EQUIPMENT

Everything you need to run the class for the day.

CHARACTER SKILL

Relates to the character skill of the day.

II. INSTANT ACTIVITY

Each lesson features a fun athletic activity designed to get kids moving right away.

ADM Theme

THEME:

Calls out the ADM theme of the day that you need to be mindful of as the coach.



Action: Calls out how to deliver an action supporting the ADM theme.

CHECK UPS

When you see this icon, be sure to say these things to your players.



Most are intended to be open-ended and help you guide discussion with your players rather than a one-way communication.

Setup: The arrangement of your players in the play area.

Mission: How the activity is performed once players are appropriately arranged.

Levels: Activity variations in order of increasing difficulty.

III. MULTI-SPORT SKILLS

Players are able to build confidence and skills as they take part in activities from sports other than tennis.

IV. TENNIS SKILLS

Introduces the tennis skill outcomes of the day.

Character Check-ups during the Lesson: Say these things to your players during a ball pick-up or water break.

COACHING CUES

Use these simple cues to guide your players where appropriate.

V. GAME SKILLS

Allows players to take the tennis skills they've learned and apply them in a game environment.

VI. FREE PLAY

Each day finishes with free play to give players the chance to create and try things on their own.

VII. WRAP UP

Helps players leave class with the takeaways for the day, play at home ideas and team camaraderie.

TEAM TALK:

Use these prompts to guide discussion at the end of class.

PLAY AT HOME:

One skill from the class that your players can do at home by themselves or with a partner.

EXIT ACTIVITY:

An important way to finish the class by getting the players to perform a fun athletic activity before they leave.

PRACTICE AND PLAY PLAN 01: LET'S BEGIN

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: LISTEN (2 MINUTES)

How can you show someone you're listening?

We can listen with our eyes, mouth, ears and body.

II. INSTANT ACTIVITY (4 MINUTES)

FIRE ANTS

Setup:

- Put players by themselves; no racquets or balls are needed.
- Spread players out around the court standing in ready position.

Mission

- When the coach says, "Go," players try and stomp as many fire ants as possible in a stationary position.
- Stomp as many ants as possible in a set period of time.

Level 2: Skip and stomp: Skip around the court and stomp when the coach shouts, "Fire ants!"

Level 3: Shuffle and stomp: Side-shuffle around the court and stomp when the coach shouts, "Fire ants!"

Level 4: Ask the players to come up with a different movement.

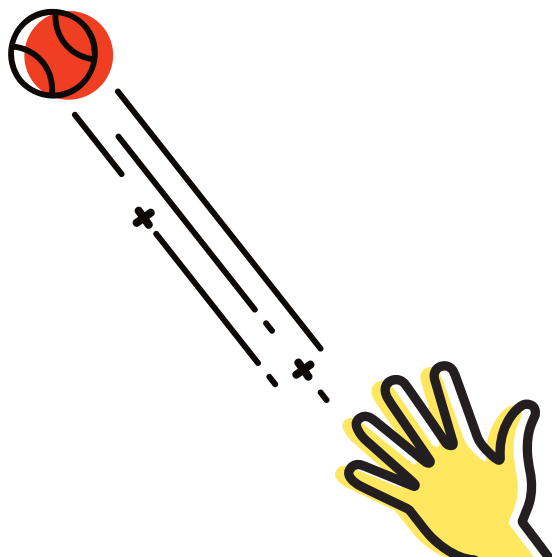
ADM Theme

CONNECTION



Allow opportunities for you and your players to get to know each other through knowing everyone's names.

Action: Catch your players doing the right thing - tell them they showed great effort.



III. MULTI SPORT SKILLS (8 MINUTES)

SOFTBALL PITCHES

Setup:

- Players in pairs, with one red ball per pair.
- Spread players out on both sides of the court.
- Players start toe to toe and take three big steps backward.

Mission

- The player with the ball makes the windmill motion of a softball pitcher and tosses the ball to their partner gently.
- The partner lets the ball bounce, catches the ball with two hands and windmill tosses back.

Level 2: The player with ball tosses ball gently, and the catcher tries to catch the ball out of the air with two hands.

Level 3: Pitch with the non-dominant hand.

Level 4: Catch the ball with one hand.

IV. TENNIS SKILLS (20 MINUTES)

BALANCE THE EGG WITH PARTNER

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Place three pairs on each side of net.

Mission

- Balance the ball on strings, palm up, while walking to the opposite sideline and back.
- Pass the ball to the partner, who will repeat the action.
- Need help? Have a player use a beanbag or a big ball.

Level 2: Balance the ball with the knuckles facing up.

Level 3: The partner calls “Red light” or “Green light.”

Level 4: Do bungees to the opposite sideline and back, pass to the partner with the ball on the strings.

BUNGEE JUMPS 123

Setup:

- Players in pairs, with racquets and one red ball each.
- Spread players out on both sides of the court.
- Pairs near each other but working individually for first level and then paired for remainder.

Mission

- With the palm up, place the ball in the center of strings.
- Tilt the racquet to the side so the ball falls off.
- Catch the ball on the strings after the bounce.
- Reposition the ball in the center, using your free hand, if necessary.

Level 2: One partner tilts the racquet so the ball falls off. The other partner catches the ball on their strings after the bounce. Repeat.

Level 3: Do bungees while moving sideways around the court with the partner.

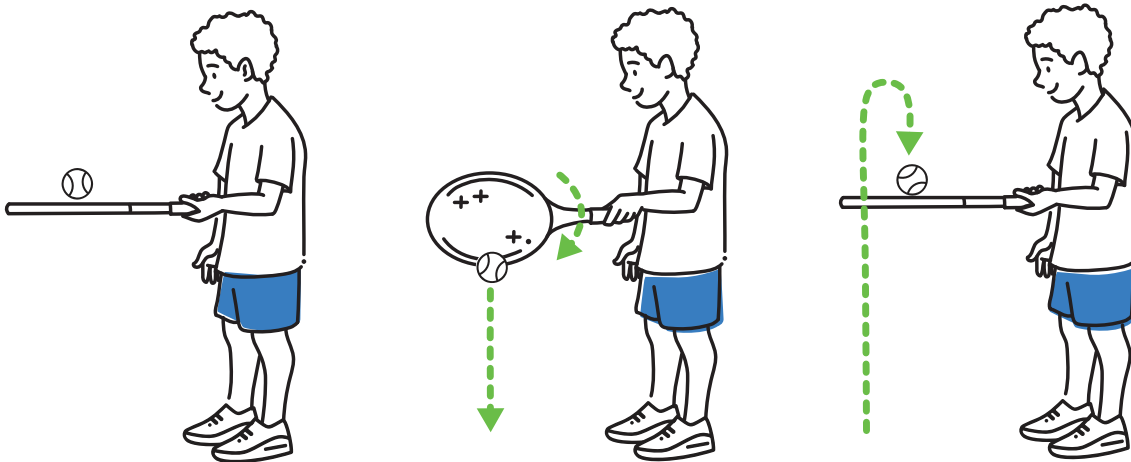
Level 4: Do bungees on one foot then alternate with the partner.

COACHING CUES

Keep your eye on the ball, nice and steady.



ILLUSTRATION: BUNGEE JUMP



JACKS

Setup:

- Players by themselves, each with a racquet and one red ball.
- Spread players out around the court.

Mission

- Toss the ball up and let it bounce, tap it up once with the racquet (palm up), catch with the free hand and call, "Onesies."
- Toss, bounce, tap up twice and call, "Twosies." Continue until you reach "Fivesies," or five tap-ups in a row.

Level 2: Rally until you miss.

Level 3: Have players use backhands.

Level 4: Alternate forehands and backhands.

COACHING CUES



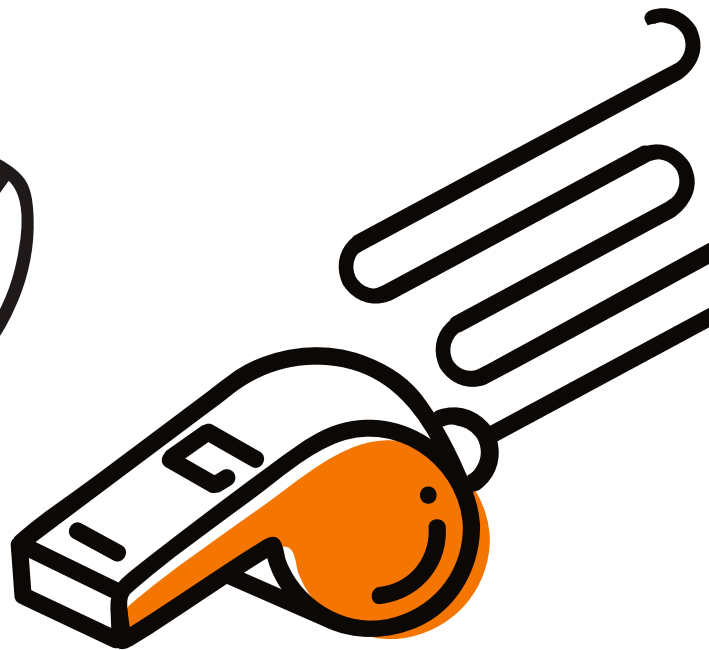
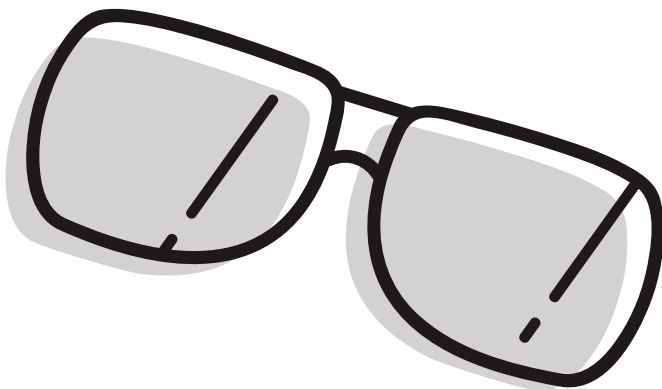
Bend your knees to get under the ball and catch with palm up.

LISTEN: CHECK UPS DURING THE LESSON



How did you and your partner listen to one another?

Did you listen when the coach gave you instructions?



V. GAME SKILLS (12 MINUTES)

KEEP IT MOVING

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Spread pairs out around the court.
- Position partners opposite each other with a line acting as a net.
- Have players mark court boundaries using chalk, targets or TDLs.

Mission

- Start a cooperative rolling rally using the forehand.
- Move the ball without over-hitting.
- Players stop the ball and roll it back.

Level 2: Rolling rally continuously using forehand to forehand.

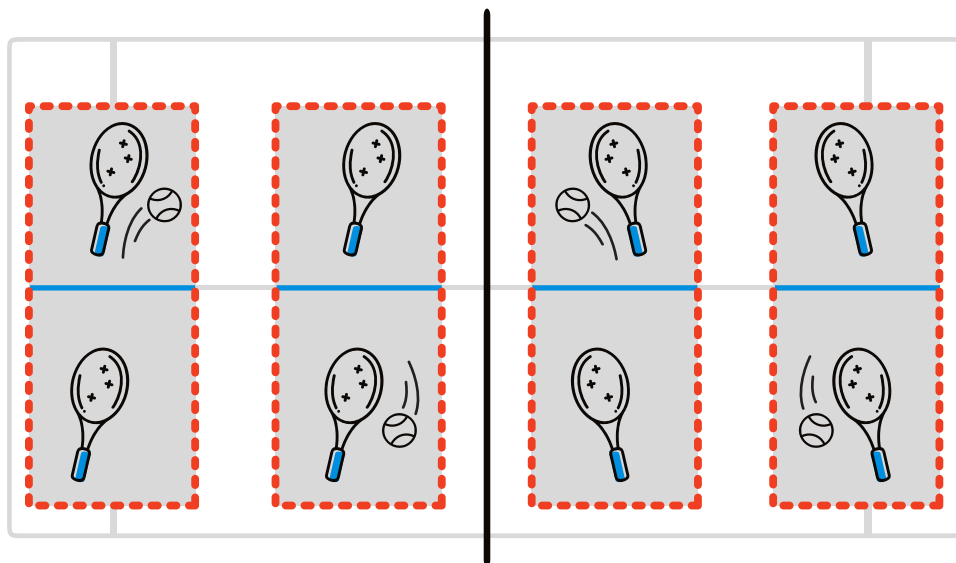
Level 3: Rolling rally backhands.

Level 4: Bumps over a net (using the line on the court).

COACHING CUES

Keep the racquet on its edge and use a simple motion to move the ball.

ILLUSTRATION: KEEP IT MOVING



VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level), with racquets and two balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- Once successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally-start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

What was one new skill you enjoyed learning today?

Who can you work on listening better to at home?

How can listening help you in school?

PLAY AT HOME: DO BUNGEE JUMPS

Bungee jumps by yourself or with a friend.

EXIT ACTIVITY

All players show the coach how high they can jump.

PRACTICE AND PLAY PLAN 02: KEEP GROWING

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards.

CHARACTER SKILL: RESPECT (2 MINUTES)

What does respect mean to you?

Name some of the people you respect.

II. INSTANT ACTIVITY (4 MINUTES)

RACQUET QUICKNESS:

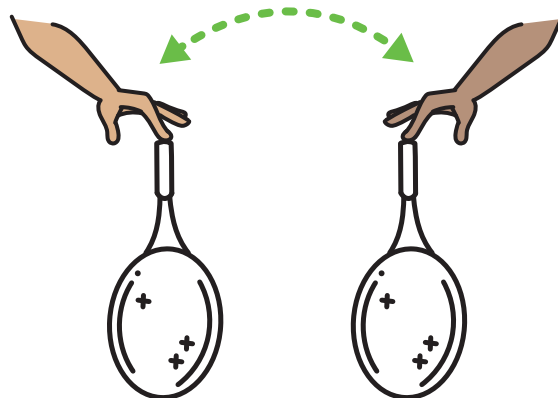
Setup:

- Players in pairs, with racquets; no balls needed.
- Have players face each other with their racquets standing on the top of the frame and the handle pointing up.

Mission

- On the count of three, players switch places and catch each other's racquets without letting them drop.
- After four attempts, move back half a step at a time and see how far you can go without letting the racquets drop.

ILLUSTRATION: RACQUET QUICKNESS



ADM Theme

CONNECTION



Help players be successful with the activity you choose.

Action: Start at the lowest level and use the curriculum progression suggestions once success is achieved.

III. MULTI SPORT SKILLS (8 MINUTES)

GOLF PUTTS

Setup:

- Players in pairs with racquets and one red ball per pair.
- Spread players out on both sides of the court.
- Players start toe to toe and take three big steps backward.

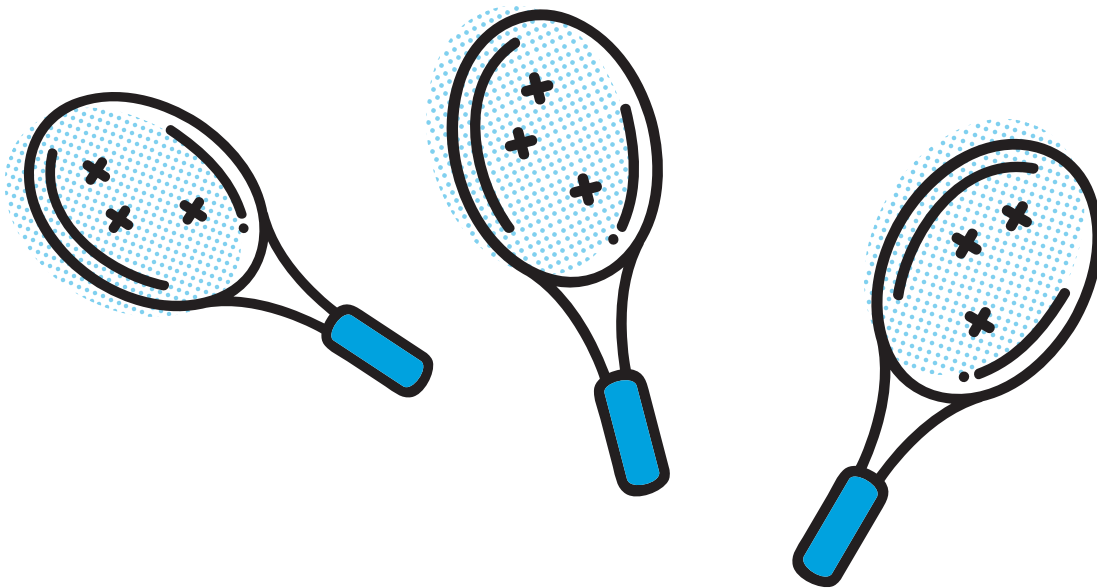
Mission

- Player with the ball places it on the ground while their partner puts their heels together making a “V” with their feet.
- Player with the ball uses their racquet to gently “putt” the ball on their forehand side toward their partner’s feet as their target.
- Repeat with partners changing roles.

Level 2: Increase distance between partners.

Level 3: Original distance but using backhand side.

Level 4: Increase distance with backhands.



IV. TENNIS SKILLS (20 MINUTES)

BUNGEE JUMPS

Setup:

- Players in pairs, with racquets and one red ball each.
- Spread players out on both sides of the court.
- Pairs near each other but working individually for first level and then paired for remainder.

Mission

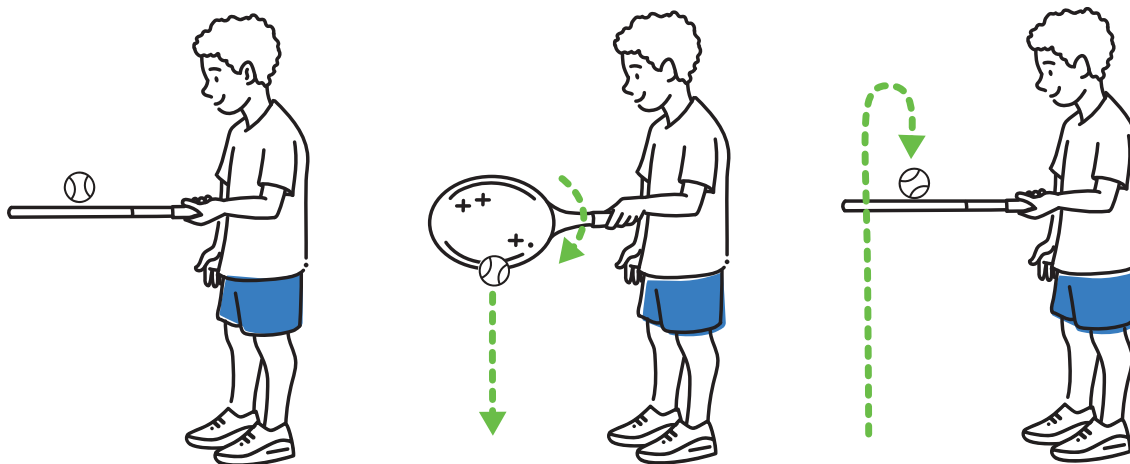
- With the palm up, place the ball in the center of strings.
- Tilt the racquet to the side so the ball falls off.
- Catch the ball on the strings after the bounce.
- Reposition the ball in the center, using your free hand, if necessary.

Level 2: One partner tilts the racquet so the ball falls off. The other partner catches the ball on their strings after the bounce. Repeat.

Level 3: Do bungees while moving sideways around the court with partner.

Level 4: Do bungees on one foot and then alternate with partner.

ILLUSTRATION: BUNGEE JUMP



JACKS 123

Setup:

- Players by themselves, each with a racquet and one red ball.
- Spread players out around the court.

Mission

- Toss the ball up and let it bounce, tap it up once with the racquet (palm up), catch with your free hand and call, “Onesies.”
- Toss, bounce, tap up twice and call, “Twosies.” Continue until you reach “Fivesies,” or five tap-ups in a row.

Level 2: Rally until you miss.

Level 3: Have players use backhands.

Level 4: Alternate forehands and backhands.

COACHING CUES

Bend your knees to get under the ball and catch with palm up.



LOBSTER TRAP 123

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Partners stand six to eight feet apart. One player (the feeder) has a red ball; the other player (the lobster) has a racquet in each hand.

Mission

- The feeder tosses the ball and the lobster traps it between the two racquets after the bounce.
- The lobster sets the ball on the ground with the racquets and rolls it back to the feeder using a forehand.
- Complete four and switch roles.

Level 2: The feeder tosses and the lobster receives on both sides of the body and “launches” ball back.

Level 3: The lobster sends the ball back with a drop-hit.

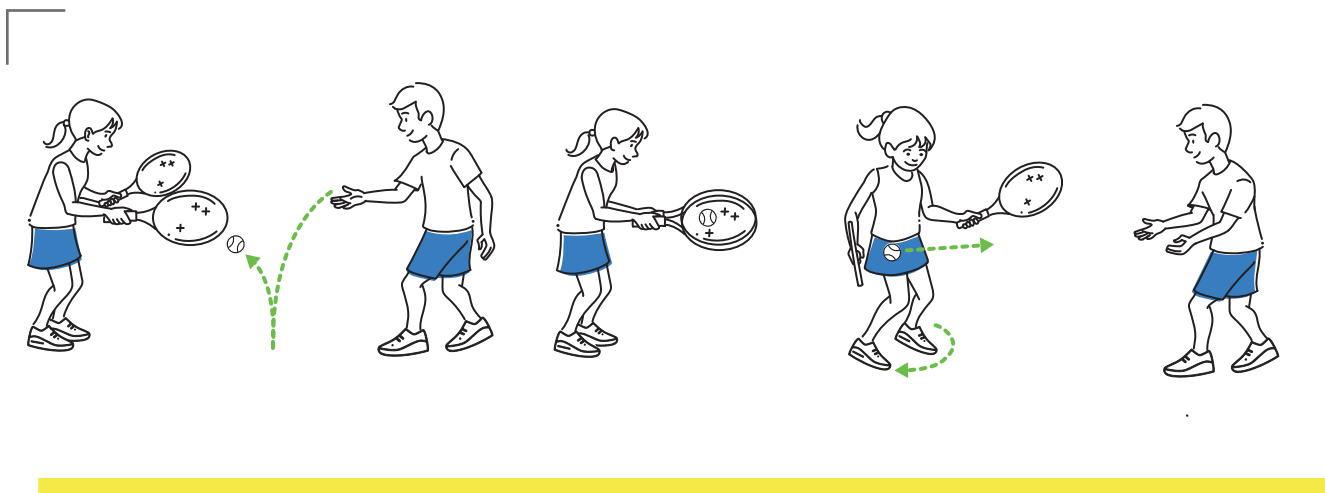
Level 4: Make the lobster move.

COACHING CUES

Move up and trap the ball to the side of your body at waist level like a groundstroke.



ILLUSTRATION: LOBSTER TRAP



V. GAME SKILLS (12 MINUTES)

BATTLE SPOTS

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Pairs start across the net from each other with the service box as a boundary. Place up to two pairs per court.
- Position multiple poly-spots, hula hoops, cones or chalk as targets on each side of the net in a cluster.

Mission

- One player stands on the service line and attempts to hit partner's targets by drop-hitting a forehand over the net.
- Partner traps the ball and drop-hits it back while attempting to hit targets on the opposite side.
- Players score a point each time they hit a target.
- See how many points you can score in a set amount of time, and then try to beat your record.
- Need help? Shorten the distance and allow the ball to go under the net (using tape/rope) or use bigger/more targets.

Level 2: Move farther back.

Level 3: Rally back and forth.

Level 4: Start the rally with an overarm throw.

RESPECT: CHECK UPS DURING THE LESSON

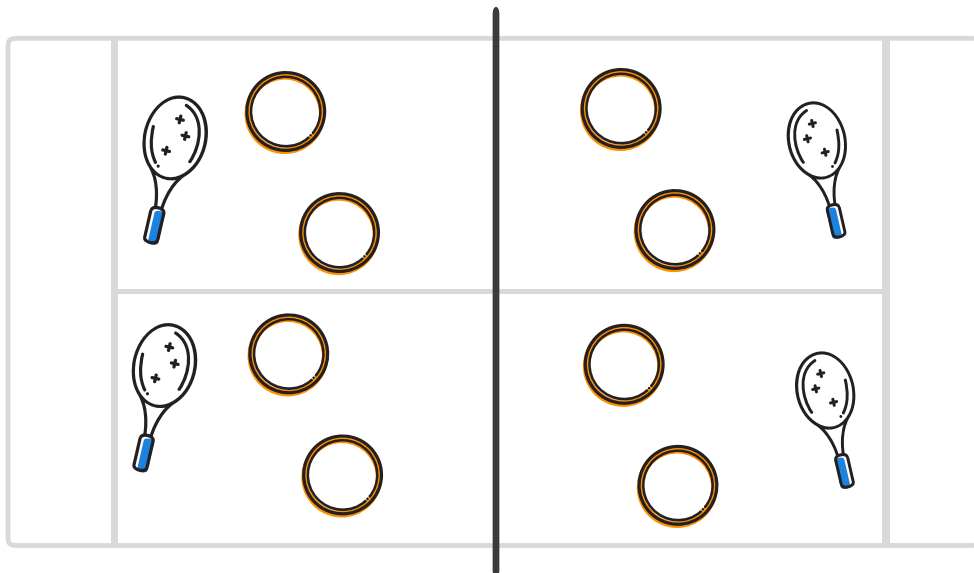
How did your partner show respect?

How can you show respect to your partner?

COACHING CUES

Keep your arm to the side and your palm down when you drop-hit with your non-dominant hand.

ILLUSTRATION: BATTLE SPOTS



VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level), with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally— start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

What was one new skill you enjoyed learning today?

How did respecting your teammate make tennis more fun?

Where else can you work on respect?

PLAY AT HOME: DO JACKS

Play jacks by yourself or with a friend.

EXIT ACTIVITY

All players try a 360° spin jump.

PRACTICE AND PLAY PLAN 03: NEXT LEVEL

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: EFFORT (2 MINUTES)

What does effort mean to you?

How can you make a good effort today?

ADM Theme

CONNECTION



Help players feel good based on what they can control.

Action: Catch your players doing the right thing- tell them great effort.

II. INSTANT ACTIVITY (4 MINUTES)

ONE BOUNCE—TWO BOUNCE

Setup:

- Players in pairs, with one red ball per pair.
- Spread pairs out around the court.
- Use a line, tape/rope or object for a net and position pairs on opposite sides about eight feet apart.

Mission:

- Partners take turns tossing the ball to each other. The tosser calls out either “one” or “two.” This is the number of bounces a player is allowed before catching the ball. Players should start by catching with two hands and progress to one-handed catches if possible.

Level 2: Toss with your non-dominant hand.

III. MULTI SPORT SKILLS (8 MINUTES)

BASEBALL THROWS

Setup:

- Players in pairs, with one red ball per pair.
- Spread players out on both sides of the court.

- Players start toe to toe and take three big steps backward.

Mission:

- The player with the ball uses an overhand motion of a baseball pitcher and throws the ball to their partner.
- The partner lets the ball bounce, catches the ball with two hands and overhand throws back.

Level 2: Catch ball out of the air with two hands.

Level 3: Increase the distance.

Level 4: Original distance throws with the non-dominant hand.

IV. TENNIS SKILLS (20 MINUTES)

JACKS

Setup:

- Players by themselves, each with a racquet and one red ball.
- Spread players out around the court.

Mission:

- Toss the ball up and let it bounce, tap it up once with the racquet (palm up), catch with your free hand and call, “Onesies.”
- Toss, bounce, tap up twice and call, “Twosies.” Continue until you reach “Fivesies,” or five tap-ups in a row.

Level 2: Rally until you miss.

Level 3: Have players use backhands.

Level 4: Alternate forehands and backhands.

COACHING CUES

Bend your knees to get under the ball and catch with palm up.



HALF - POUND LOBSTER TRAP

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Have partners stand six to eight feet apart. One player (the feeder) has a red ball; the other player (the lobster) has a racquet in one hand.

Mission:

- The feeder tosses the ball to the lobster’s forehand side who traps it against the racquet after the bounce.
- The lobster gently drop-hits the ball back to the feeder.
- Need help? The lobster puts the ball on the ground and sends it back to the feeder or players stand closer together.

Level 2: Players use backhand.

Level 3: Make the lobster move to the side, back and forward.

COACHING CUES

Trap the ball to the side of your body at waist level like a groundstroke.



BATTLE SPOTS 123

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Pairs start across the net from each other with the service box as a boundary. Place up to two pairs per court.
- Position multiple poly-spots, hula hoops, cones or chalk as targets on each side of the net in a cluster.

Mission:

- One player stands on the service line and attempts to hit partner's targets by drop-hitting a forehand over the net.
- Partner traps the ball and drop-hits it back while attempting to hit targets on the opposite side.
- Players score a point each time they hit a target.
- See how many points you can score in a set amount of time, and then try to beat your record.
- Need help? Shorten the distance and allow the ball to go under the net (using tape/rope) or use bigger/more targets.

Level 2: Move farther back.

Level 3: Rally back and forth.

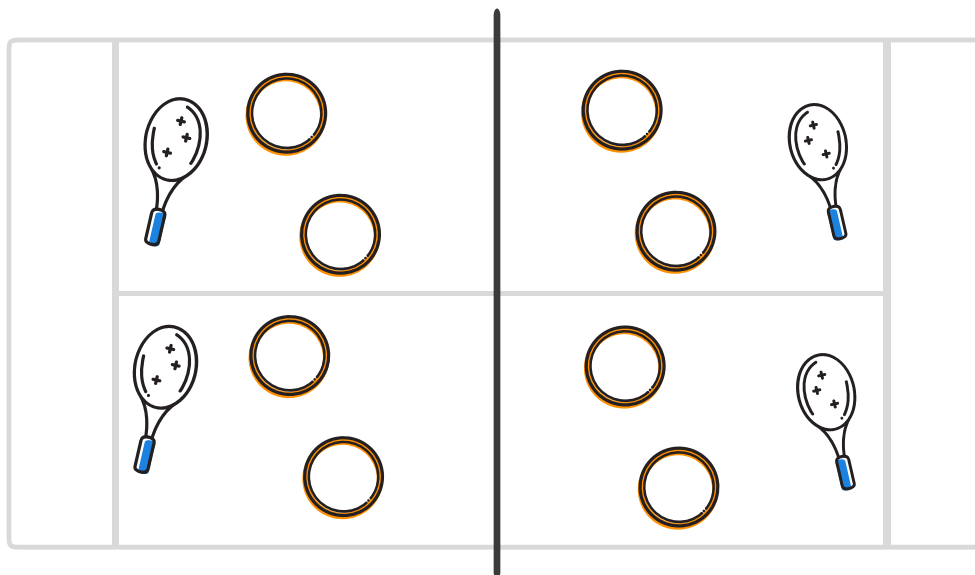
Level 4: Start the rally with an overarm throw.

COACHING CUES

Keep your arm to the side and your palm down when you drop-hit with your non-dominant hand.



ILLUSTRATION: BATTLE SPOTS



EFFORT: CHECK UPS DURING THE LESSON

Provide an example of your partner making a good effort.

If something is challenging, do you give up or keep working at it?



V. GAME SKILLS (12 MINUTES)

TEAM SINGLES

Setup:

- Players divided into teams of two (according to skill level) with racquets and one red ball per team.
- Place each team one behind the other in the center of the baseline.
- Boundaries are court lines.

Mission:

- The first player from one side drop-hits the ball over the net and the returner keeps the rally going as long as possible.
- After the rally ends, players rotate and the waiting players step in and try to rally.
- Goal: Control the ball down the center of the court.

Level 2: Courts compete for the longest rally.

Level 3: Play cooperatively for a certain rally length (e.g. four) then play competitively.

Level 4: Play competitively.

VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level) with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission:

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally— start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

What was one skill you enjoyed learning today?

Where else can you show good effort? (Encourage “the classroom,” “other sports,” and “at home” answers.)

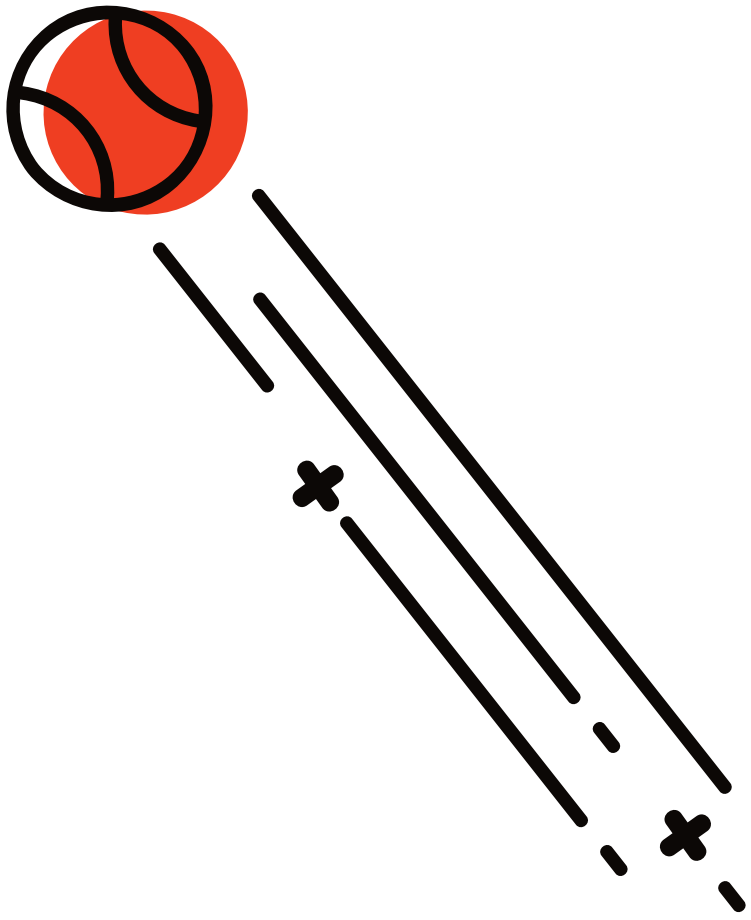
How will making a good effort help you in school?

PLAY AT HOME: DO LOBSTER TRAPS

Play “Half-Pound Lobster Trap” with a friend or against a wall.

EXIT ACTIVITY

All players try to jump over the alley.



PRACTICE AND PLAY PLAN 04:

WE SERVE

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls, red balls and orange balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: TEAMWORK (2 MINUTES)

What does it mean to be a team player?

What are ways that you can be a good teammate?

ADM Theme

CONNECTION



Help your players feel some ownership in the experience.

Action: Ask your players what game they would like to play.

II. INSTANT ACTIVITY (4 MINUTES)

BALL DROPS

Setup:

- Players in pairs, one player has two red or two orange balls (orange balls are easier to catch one-handed) while their partner catches.
- Spread pairs out around the court and have them start toe to toe and then take one huge step backward.

Mission

- Hold both balls straight out at shoulder level in a “T” position, with palms down.
- Drop a ball. The partner catches with one hand after the bounce.
- Catch with your right hand on the right side of your body and your left hand on the left side.
- After four tries, players switch roles.
- Need Help? Catch the red ball with two hands from the side or dropper holds balls up higher over their head.

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

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

Level 4: Take a step back.

III. MULTI SPORT SKILLS (8 MINUTES)

SOCCER KICKS

Setup:

- Players in pairs with one red ball per pair.
- Spread players out on both sides of the court.
- Players start toe to toe and take three big steps backward.

Mission

- The player with the ball places it on the ground and kicks with the inside of their dominant foot to their partner.
- The partner tries to stop ball with their dominant foot and kick back with dominant foot.

Level 2: Increase the distance between partners.

Level 3: Original distance but partners use non-dominant foot.

Level 4: Alternate stopping the ball with the non-dominant foot and sending with dominant foot.

IV. TENNIS SKILLS (20 MINUTES)

HALF-POUND LOBSTER TRAP

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Have partners stand six to eight feet apart. One player (the feeder) has a red ball; the other player (the lobster) has a racquet in one hand.

Mission

- The feeder tosses the ball to the lobster's forehand, who side traps it against the racquet after the bounce.
- The lobster gently drop-hits the ball back to the feeder.
- Need help? The lobster puts the ball on the ground and sends it back to the feeder or players stand closer together.

Level 2: Players use their backhand.

Level 3: Make the lobster move to the side, back and forward.

COACHING CUES

Trap the ball to the side of your body at waist level like a groundstroke.

SERVE/RETURN PROGRESSION

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Position pairs diagonally across the net from each other in the middle of the service box with two pairs per court.
- Use TDLs or chalk as a "baseline" for players to stand behind.

Mission

- Serve and return cooperatively with a partner.
- Need help? Move forward, drop-hit serve.

Level 1: The server throws from a turned position to their partner, the returner catches it on the bounce and throws it back.

Level 2: Using an abbreviated motion, overhand-serve to your partner who traps it and serves it back. Players feet should be at a 45-degree angle to the baseline when serving.

Level 3: The receiver returns the serve and the server traps it on the strings. After four serve-and-return sequences, the receiver serves.

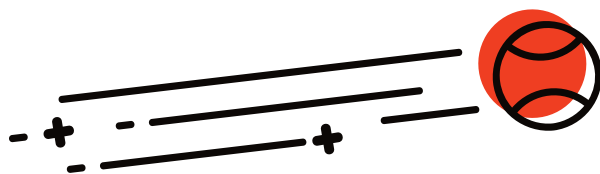
TEAM SINGLES

Setup:

- Players are divided into teams of two (according to skill level) with racquets and one red ball per team.
- Place each team one behind the other in the center of the baseline.
- Boundaries are court lines.

Mission

- The first player from one side drop-hits the ball over the net and the returner keeps the rally going as long as possible.
- After the rally ends, players rotate and the waiting players step in and try to rally.
- Goal: Control the ball down the center of the court.



V. GAME SKILLS (12 MINUTES)

CAPTURE THE CLOTHESPINS

Setup:

- Players in two teams with racquets, one red ball and five clothespins per team.
- Place two to three players per court, playing one-on-one, rotating if odd number.
- Have each team line up their five clothespins on their side of the net, outside of the court near the net.
- Play points from the middle of the service box, using TDLs or chalk to mark off boundaries.

Mission

- Play out points with a serve. It can be drop-hit or served out of the air.
- If the serve is not returned, the server wins the point. If the serve is returned, the returner wins the point. Players rotate in or out after each serve and return.
- The winner runs to the opponent's side and claims a clothespin.
- Play games by time; team with the most clothespins wins or the team with all the clothespins win.
- Switch serving teams after each game.

COACHING CUES

Challenge each player individually; not everyone will be able to do each progression.



TEAMWORK: CHECK UPS DURING THE LESSON

How did you and your partner show good teamwork?

How did working together help you and your partner?



- Need help? Toss for the serve and trap and drop-hit for the return.

Level 2: Play out the entire point.

Level 3: Players must serve to designated half of the box.

VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level) with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally— start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP-UP (3 MINUTES)

TEAM TALK

Did teamwork make tennis more enjoyable today?

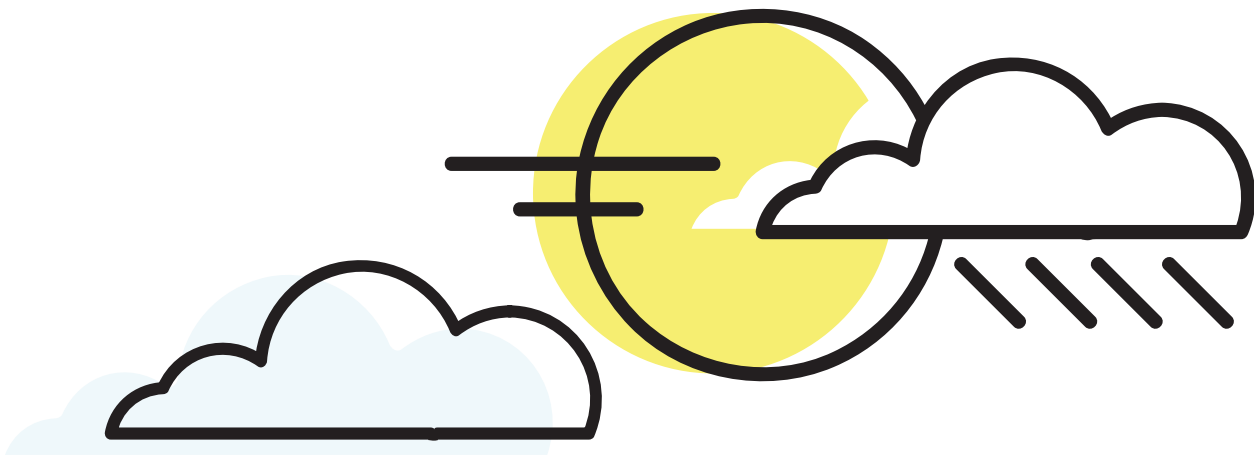
Where else can you show teamwork?

PLAY AT HOME: SERVE 20

Practice 20 serves or 20 serve tosses with a friend or against a wall.

EXIT ACTIVITY

All players try to do a Star Jump.



PRACTICE AND PLAY PLAN 05: BIG TIME

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: RESPONSIBILITY (2 MINUTES)

What does it mean to be responsible?

How have you shown responsibility?

ADM Theme

CONNECTION

Help your players feel safe by having them try to beat their record.

Action: Focus on your player's number of hits, see if they can stay active.

II. INSTANT ACTIVITY (4 MINUTES)

TUNNEL BALL

Setup:

- Players in pairs, with one red ball per pair; no racquets needed.
- Place two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in the ready position, with their feet shoulder-width apart.
- Give the player on the line a ball.

Mission

- Roll the ball between your partner's legs at medium speed.
- The partner turns and chases the ball down before it reaches the opposite sideline and tosses it back.
- Complete four attempted rolls and catches, then switch roles.

Level 2: Players toss the ball over the head of their partner, whose goal is to catch it before it reaches the opposite sideline.

Level 3: While tossing the ball, the player shouts a number (either One, Two or Three). That number is how many bounces the catcher has before catching the ball.

III. MULTI SPORT SKILLS (8 MINUTES)

FOOTBALL THROWS

Setup:

- Players in pairs with one red ball per pair.
- Spread players out on both sides of the court.
- Players start shoulder-to-shoulder standing on the doubles sideline.

Mission

- The player with the ball is the quarterback and their partner is the receiver. When they say “Hike” their partner runs straight forward toward the doubles sideline on the other side of the court.
- The receiver lets the ball bounce, catches the ball with two hands and jogs back to the quarterback.
- Players change roles.

Level 2: Catch the ball out of the air with two hands.

Level 3: The receiver runs diagonally away from the quarterback.

Level 4: Catch the ball out of the air with one hand.

IV. TENNIS SKILLS (20 MINUTES)

SERVE PYRAMID

Setup:

- Players in pairs with four red balls per pair; no racquets needed.
- Place two pairs on each court: one server, and one returner.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

Mission

- The server throws a red ball diagonally into a box, and the returner catches and tosses it back.
- For every successful serve and return, add a ball to the pyramid.
- Switch roles after completing the pyramid.
- After complete rotation, switch sides of the court.

Level 2: The server drop-hits and the returner traps and drop-hits back.

Level 3: The server hits the ball in the air underhand and the returner traps the ball after the bounce.

COACHING CUES

Make sure servers/throwers are turned to the side with throwing arm bent and hand behind the head.

RALLY PYRAMID

Setup:

- Players in pairs with racquets and four red balls per pair.
- Place two pairs on each court: one server, and one returner.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

Mission

- Rally on the half-court, standing in the middle of the service box.
- Player 1, with racquet under arm or on the ground, tosses to Player 2 and assumes a ready position.
- Player 2 hits the ball over the net with either stroke, and Player 1 hits it back.
- For every successful rally of one each, add a ball to the pyramid.
- Need help? Drop-hit and trap.

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

Level 3: Increase the distance between players.

CARD SHARK



Setup:

- Players in pairs with racquets and one red ball per team.
- Place two pairs on each court, using half-courts and hitting from the service line.
- The coach has a deck of cards and establishes a color for each stroke (e.g. red card is forehand).
- Use only lower numbered cards if players struggle, use all cards if players successful; the joker is a wild card.

Mission

- Rally the number of balls on the card.
- One player from each pair picks a card and runs back to their spot.
- Players rally the number of times indicated by card, with the correct stroke, then hold onto the card and pick another.
- Create scoring that lets players compete as a group (play until all cards are gone), or separate teams and play for designated time.
- Give players the opportunity to start off short (service line). If a player struggles, look to bump and, if needed, try trapping.

Level 2: Move players back from the service line.

Level 3: Rally diagonally with the outside stroke.

V. GAME SKILLS (12 MINUTES)



TEAM SINGLES



Setup:

- Players are divided into teams of two (according to skill level) with racquets and one red ball per team.
- Place each team one behind the other in the center of the baseline.
- Boundaries are court lines.

Mission

- The first player from one side drop-hits the ball over the net and the returner keeps the rally going as long as possible.
- After the rally ends, the players rotate and the waiting players step in and try to rally.

COACHING CUES

Make sure both players come back to the ready position after they hit.



COACHING CUES

Stay balanced to track the ball.



RESPONSIBILITY: CHECK UPS DURING THE LESSON



How did your partner show responsibility as your teammate?

How does being responsible help you in tennis?

- Goal: Control the ball down the center of the court.

Level 2: Courts compete for longest rally.

Level 3: Overhand serve and courts play cooperatively for a certain rally (e.g. four) then play competitively.

Level 4: Overhand serve and courts play competitively.

VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level) with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally— start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

What was one skill you enjoyed learning today?

Did showing responsibility make you feel proud of yourself?

Where else can you show responsibility?

PLAY AT HOME: SERVE 30

Practice 30 serves or 30 serve tosses with friend or against a wall.

EXIT ACTIVITY

All players try to show their best jump and kick.

PRACTICE AND PLAY PLAN 06: RALLY PARTY

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; clothespins.

CHARACTER SKILL: SPORTSMANSHIP (2 MINUTES)

What does sportsmanship mean? (May need to give example).

What are ways you can show sportsmanship today?

ADM Theme

CONNECTION



Help players realize that you think their thoughts are important.

Action: Discover what the players think is fun, follow through on one.

II. INSTANT ACTIVITY (4 MINUTES)

MESSY BEDROOM

Setup:

- Put players in teams of three to five, with each team on its own side; no racquets needed.
- Have teams create their own space using a net or barrier tape to separate the teams.
- Position players on one side of the net or line (preferably the side opposite the fence) with a bucket of red balls.

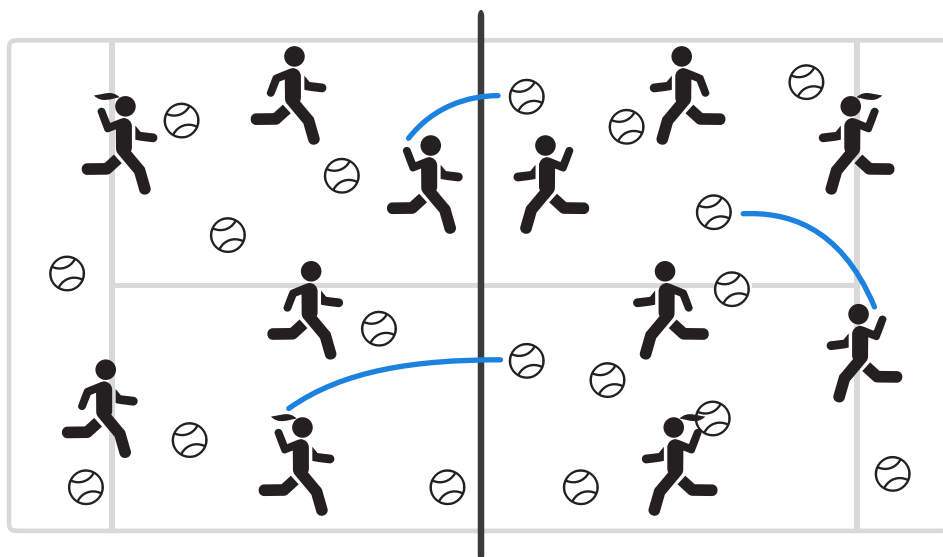
Mission

- The coach tips the bucket of balls over on each side.
- Players throw the balls overhand one at a time to the other side.
- Throw as many balls as possible in one minute or less. Adjust the time to the number of balls in the buckets.
- After time is up, have players pick up all the balls on the other side and count how many they threw.
- Do it again and have them try to beat the team record.

Level 2: Throw with the non-dominant hand.

Level 3: Must throw into a service box or designated area.

ILLUSTRATION: MESSY BEDROOM



III. MULTI SPORT SKILLS (8 MINUTES)

HOCKEY SHOTS WITH PARTNER

Setup:

- Players in pairs with one racquet and one red ball per pair.
- Spread players out on both sides of the court.
- The player with the ball and racquet starts on the service line and their partner stands in front of them with the net at their back.

Mission

- The player with the ball places it on the ground while their partner stands with a wide stance making a “goal” with their feet.
- The player with the ball uses their racquet to “shoot” the ball on their forehand side toward their partner’s “goal.”
- The player with the racquet gets three chances before players change roles.

Level 2: Increase distance between partners.

Level 3: Original distance but using backhand side.

Level 4: Increase the distance with backhands.

IV. TENNIS SKILLS (20 MINUTES)

CARD SHARK

Setup:

- Players in pairs with racquets and one red ball per team.
- Place two pairs on each court, using half-court and hitting from the service line.
- Coach has a deck of cards and establish a color for each stroke (e.g. red card is forehand).
- Use only lower numbered cards if players struggle, use all cards if players successful; the joker is a wild card.

Mission

- Rally according to the number of balls on the card.
- One player from each pair picks a card and runs back to their spot.
- Players rally for the number of times indicated by card, with the correct stroke, then hold onto the card and pick another.
- Create scoring that lets players compete as a group (play until all cards are gone), or separate teams and play for designated time.
- Give players the opportunity to start off short (service line). If a player struggles, look to bump and, if needed, try trapping.

Level 2: Move players back from service line.

Level 3: Rally diagonally with the outside stroke.

COACHING CUES

Stay balanced to track the ball.



SERVE PYRAMID

Setup:

- Players in pairs with four red balls per pair; no racquets needed.
- Place two pairs on each court: one server, and one returner.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

Mission

- The server throws a red ball diagonally into a box, and the returner catches and tosses it back.
- For every successful serve and return, add a ball to the pyramid.
- Switch roles after completing pyramid.
- After complete rotation, switch sides of the court.
- Need help? Drop-hit and trap.

Level 2: The server drop-hits and the returner traps and drop-hits back.

Level 3: The server hits the ball in the air underhand and the returner traps the ball after the bounce.

COACHING CUES

Make sure servers/throwers are turned to the side with their throwing arm bent and their hand behind their head.



BATTLE SPOTS

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Pairs start across the net from each other with the service box as a boundary. Place up to two pairs per court.
- Position multiple poly-spots, hula hoops, cones or chalk as targets on each side of the net in a cluster.

Mission

- One player stands on the service line and attempts to hit partner’s targets by drop-hitting a forehand over the net.
- Partner traps the ball and drop-hits it back while attempting to hit targets on the opposite side.
- Players score a point each time they hit a target.
- See how many points you can score in a set amount of time, and then try to beat your record.
- Need help? Shorten the distance and allow the ball to go under the net (using tape/rope) or use bigger/more targets.

COACHING CUES

Keep your arm to the side and your palm down when you drop-hit with your non-dominant hand.

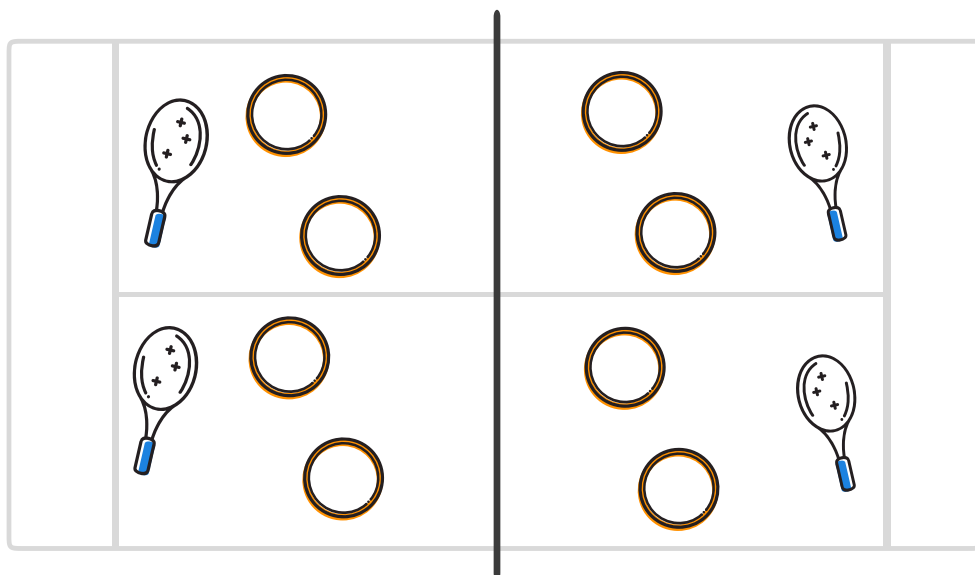


Level 2: Move farther back.

Level 3: Rally back and forth.

Level 4: Start the rally with an overarm throw.

ILLUSTRATION: BATTLE SPOTS



**SPORTSMANSHIP:
CHECK UPS DURING
THE LESSON**



How have you been able to show your partner good sportsmanship?

Does showing good sportsmanship make the game more fun?

V. GAME SKILLS (12 MINUTES)

TEAM DOUBLES

Setup:

- Players are divided into teams of two (according to skill level) with racquets and one red ball per team.
- Players are positioned next to their teammate, with space in between, on their baseline.
- Boundaries are court lines.

Mission

- The first player from one side drop-hits ball over net and the returner keeps the rally going as long as possible.
- After the rally ends, a player from the other team drop-hits the ball over the net to start the rally. Players continue to rotate the player who drop-hits the ball to start so everyone gets a turn.
- Goal: Begin to get familiar with playing on court with a teammate.

Level 2: Overhand serve and courts compete for the longest rally.

Level 3: Overhand serve and courts play cooperatively for a certain rally (e.g. four) then play competitively.

Level 4: Overhand serve and courts play competitively.

VI. FREE PLAY (7 MINUTES)

Setup:

- Players in pairs (according to skill level) with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally-start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

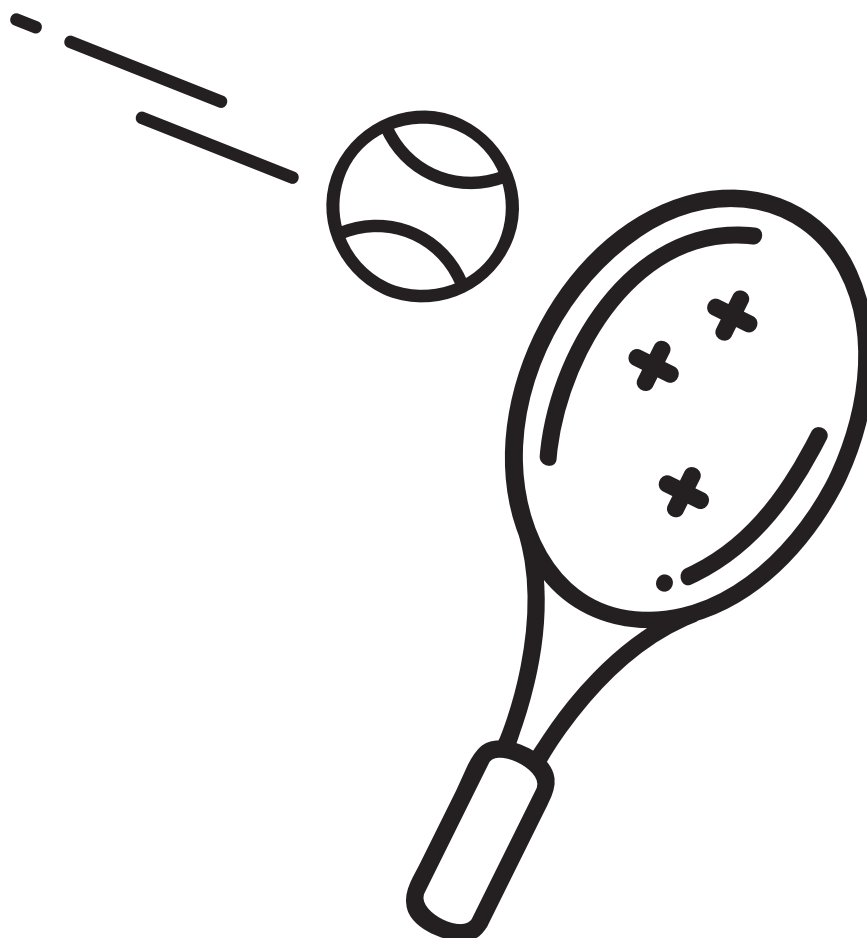
What was one new skill you enjoyed learning today?
How will you work on sportsmanship in other sports?
Who do you think is a good sport?

PLAY AT HOME: CARD SHARK

Play Card Shark with friends or against a wall.

EXIT ACTIVITY

Each player shows the coach how far they can jump.



PRACTICE AND PLAY PLAN 07:

PLAY TIME

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; inflatable/playground balls, red balls and orange balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: INCLUSIVE (2 MINUTES)

What does it feel like to be included?

How are some ways we are alike and different?

II. INSTANT ACTIVITY (4 MINUTES)

SHAKE-HANDS TOSS

Setup:

- Players in pairs, each with one orange ball.
- Spread pairs out around the court.

Mission

- Shake hands and hold onto the shake so your arms form a net.
- With your free hand, gently toss the ball over the “arm net,” let it bounce, and catch with one hand, and then repeat.
- Players may need to move their feet together in the same direction to adjust for bad tosses.
- After four tosses each, switch hands.

Level 2: Toss the ball higher and wider.

Level 3: Catch the ball in the air.

ADM Theme

CONNECTION

Help players understand it's OK to try things they might think are difficult.

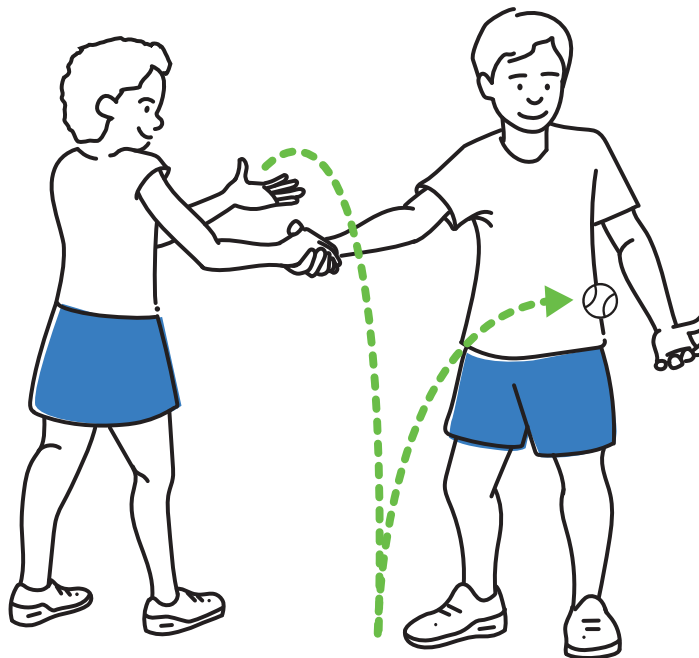
Action: Optimal challenge— challenge your players just above their ability.

INCLUSIVE: CHECK UPS DURING THE LESSON

How can you help make people feel included?

How do you include others in the activities?

ILLUSTRATION: SHAKE-HANDS TOSS



III. MULTI-SPORT SKILLS (8 MINUTES)

BASKETBALL

Setup:

- Players in pairs with one red ball per pair.
- Place a basket or bucket with the net or court tarp as a backdrop.
- Players spread out and take three big steps backward from the basket.

Mission

- Player without the ball is the “rebounder”.
- Partner with the ball tries to “shoot” it like a basketball into the basket.
- Rebounder gets rebounds until the partner shoots three times, then they switch roles.

Level 2: Take two dribbles with the right hand, then two dribbles with the left hand and shoot; rotate after three.

Level 3: Take two big steps backward and no dribbles; rotate after three shots.

Level 4: Try to dribble the ball between the legs and then shoot; rotate after three shots.

IV. TENNIS SKILLS (20 MINUTES)

SERVE PYRAMID

Setup:

- Players in pairs with four red balls per pair; no racquets needed.
- Place two pairs on each court: one server, and one returner.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

Mission

- The server throws a red ball diagonally into a box, and the returner catches and tosses it back.
- For every successful serve and return, add a ball to the pyramid.
- Switch roles after completing pyramid.
- After a complete rotation, switch sides of the court.
- Need help? Drop-hit and trap.

Level 2: The server drop-hits, and the returner traps and drop-hits back.

Level 3: The server hits the ball in the air underhand and the returner traps the ball after the bounce.

TAG-TEAM SINGLES

Setup:

- Players are in two teams of four to six per court with racquets.
- Position teams on opposite sides of the net.
- Need help? Have hitting players stand between the baseline and the net.

Mission

- The first player drop-hits the ball over the net and moves to the back of the line.
- The receiver traps the ball, drop-hits it and goes to the back of the line.
- Continue in this manner until someone misses.
- Try to set an overall team record.

Level 2: Overhand serve and courts compete for the longest rally.

Level 3: Overhand serve and courts play competitively.

SURVIVOR

Setup:

- Form two teams of three or four players with racquets.
- Line up both teams behind the service line on the same side of the net (one team on the deuce court and other team on ad court).
- Use one container of red balls per team.
- The side where the players are lined up is the “island,” the side where the coach/player is tossing the ball is the “sea.”

COACHING CUES

Make sure servers/throwers are turned to the side, with their throwing arm bent and their hand behind their head.

COACHING CUES

Keep the ball down the middle of the court to get it in.

Mission

- Coach or players act as a “ball machine,” standing on the other side of the net (around the center mark) and gently tossing players two forehands.
- If players struggle, move the container of red balls to their side of the court and let them drop-hit over the net.
- Players must get at least one out of two in the court to stay on the “island.” (The side where the teams are lined up).
- Players who miss both tosses go “out to sea” (on the other side of the net with the coach/ball machine).
- Catch a ball on one bounce to get back on the island. Catch it in the air and all players out to sea get back to the island.
- The hitter whose ball is caught goes out to sea.
- If using a player rather than a helper, be sure to rotate the “ball machine” at intervals.

Level 2: Add backhands.

Level 3: Hit one forehand and then one backhand.

Level 4: Overarm throw— players become the ball machine.

V. GAME SKILLS (12 MINUTES)

TEAM CHALLENGE COOPERATION

Setup:

- Players are divided into two teams. Pair up players on each team, with racquets and one red ball per pair.
- Assign each pair a line or net to hit over.
- Try to keep together on the same court.

Mission

- Players rally with their partners with a drop-hit serve. The returner traps and drop-hits back and continues until the rally is over (the ball rolls or hits the net/fence).
- Set a time limit of up to two minutes for each round.
- Players are to keep track of the total numbers of shots hit by all the pairs on a team.
- At the end of the overall time limit, see which team has the highest rally number. Do again and try to set a “team best.”
- If players are successful for the first two minutes, move them to the next level.
- Need help? Allow multiple bounces.

Level 2: Overhand serve and returner bumps it up, lets it bounce and hits it back.

Level 3: Overhand serve and rally back.

VI. FREE PLAY (7 MINUTES)

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

Setup:

- Players in pairs (according to skill level) with racquets and two red balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- If successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally-start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP-UP (3 MINUTES)

TEAM TALK

What was one new skill you enjoyed learning today?

Did you enjoy finding new ways to include people today?

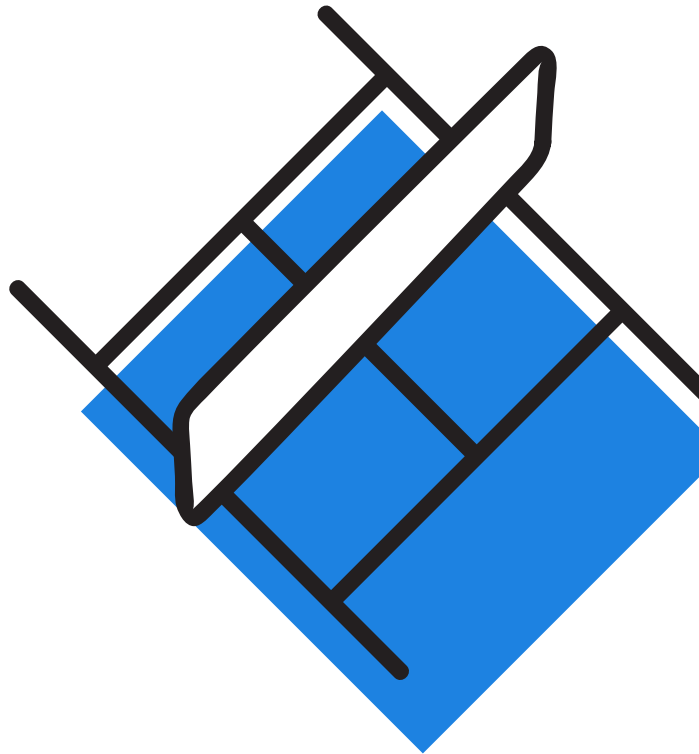
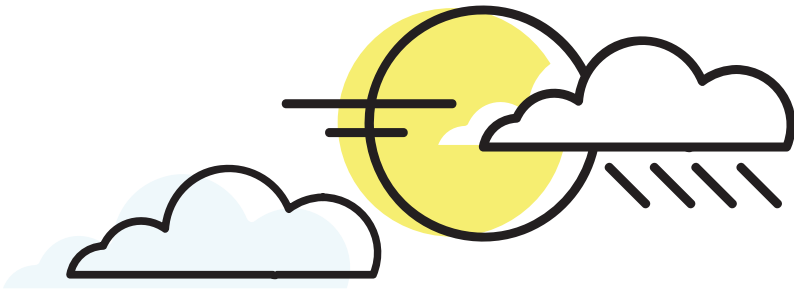
Where else can you find ways to show inclusion to others?

PLAY AT HOME

Play singles with a partner to practice what you've learned.

EXIT ACTIVITY

All players must show coach how high they can skip.



PRACTICE AND PLAY PLAN 08: THE GRAND FINALE

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; inflatable/playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: TEAMWORK (2 MINUTES)

What does it mean to be a team player?

What are ways that you can be a good teammate?

ADM Theme

CONNECTION



Help players understand how great it is to play as a team.

Action: Have players come up with a cool team name and cheer.

II. INSTANT ACTIVITY (5 MINUTES)

BIG BALL TENNIS

Setup:

- Players are divided into two teams; racquets are not needed.
- Pair up players on each team, with two pairs per court.
- Each court has one playground ball (or red ball).
- The service boxes are the boundaries.

Mission

- One pair starts the point with a two-hand toss from the side into the opposite service boxes.
- Players on the other side attempt to catch with two hands after the bounce and toss it back. Multiple bounces are allowed.
- Continue the rally until the ball hits the net or rolls.
- See how many tosses and catches players can complete in a set period of time. Do it again and go for a “team record.”

Level 2: Toss from one side of the body, then any side.

Level 3: The ball can bounce only once.

Level 4: Play competitively.

III. MULTI-SPORT SKILLS (5 MINUTES)

PLAYERS CHOICE!

Players pick their favorite multi-sport skill from a previous class and perform it.

IV. GAME SKILLS (40 MINUTES)

FAMILY TEAM CHALLENGE

Setup:

- When possible, incorporating a player's family member into this activity is a great way to make the last day of class fun-filled and more memorable.
- Players are divided into teams of three or four players of a similar level, or from the same family.
- Play points over tape/rope and adjust the court size for the level of play.

Mission

- Have teams play against another team of similar playing level.
- Set up individual matches, with two matches per court. Players will play one point and rotate out with the other pair (alternate points).
- Drop-hit for the serve anywhere in the court, bump it up/bounce/hit back or hit back after the first bounce.
- Players who struggle can drop-hit and trap or have a rolling rally.
- Players serve four points each and switch roles.
- Make the duration of matches between two and three minutes.

Level 2: Serve underhand and hit it back.

Level 3: Serve overhand and hit it back.

Special Note:

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

VII. WRAP-UP (3 MINUTES)

TEAM TALK

What was one new skill you enjoyed learning today?

Did you enjoy working as a team today?

What are some other ways to work as a team and have more fun?

PLAY AT HOME

Play tennis at home and try out your new skills!

EXIT ACTIVITY

Every player says their favorite part of learning tennis.

**THE
FUTURE
OF TENNIS
IS HERE**





TOGETHER WE WILL

**GROW
THE GAME**

