



# WELCOME BACK TO PLAY

## COACHING RECOMMENDATIONS



The USTA's American Development Model is committed to the safety and well being of a player's tennis journey to foster a lifelong love of the game. Through this lens, Net Generation welcomes all players back to the courts! With safety as our number one priority, we want to support your efforts in welcoming players back with tips that will assist you in our new coaching environments. Through fun, skill development, and creativity, we will empower our players to own their game more than ever before.



Below we are providing TOP 5 things to do to welcome back your students within your courts, players' support, and activities.

## PROMOTING A SAFE ENVIRONMENT

### Clean and social distancing

1. Educate parents on how you will ensure a safe environment for their kids (social distancing, limiting things to touch, cleaning the area after sessions).
2. Stagger start and finish times to ensure players and parents can practice social distancing when arriving and departing. Limit group sizes, so it will be easier to practice social distancing during your sessions.
3. Prepare your court in making sure that players have a designated area (use chalk, tape, etc) they can put their equipment (water coolers, etc.) in a space that is 6 ft apart from other players. Ensure players have their equipment and that they don't share.
4. Make sure your court and court area are clean by disinfecting any potential hot spots (nets and nets posts, benches). Make hand sanitizer available before and after the lesson (build this into lesson plan).
5. It is recommended that players do not physically touch the tennis balls, only with their racket. No hand-feeding by the players and the coach picking up the balls.



## SUPPORTING YOUR PLAYERS

### Ask questions and make sure they have FUN

1. It is important to recognize each player. Remember to be patient, accepting, and the more fun you have, they will too!
2. Encourage kids to come up with a way to give high fives and some ritual to do as a group while practicing social distancing regulations.
3. Positive coaching-catch players' doing the right thing and showing great effort!
4. Allow kids to share how they are feeling and allow them to connect with other players - ask guided open-ended questions. Be prepared to adapt to the feedback that you receive from your players.
5. Incorporate "Character Development" through Net Generation's "Word of the Day" and take-home activities.

## PLAY AND ENGAGE

### NO LINES and keep them moving

1. More cooperative play will encourage social distancing and eliminate lines.
2. Incrementally increase the intensity and hits through the lesson and series of lessons, start with athletic development to allow adequate warm-up and observation of kids' athletic background.
3. Coach participation is welcome while still showing positive coaching.
4. Engage the group through positive reinforcement while giving individual strategies to each player.
5. Stop, Show, and Go- short demonstrations will keep players attentive and engaged. Give players the freedom to explore skills through Free Play.

