

***Try Tennis Curriculum***

“Try Tennis” is a program created to introduce children to the sport of tennis in a fun and social environment. Players will participate in a wide range of fun drills, games, and supervised play. The focus of the curriculum is to get participants playing as quickly as possible while not dwelling on precise technique. Your job as the instructor is to keep participants engaged and motivated throughout the process.

Please use the curriculum guide below as an outline for your Try Tennis Program. REMINDER: Some players may develop more quickly than others. Use your discretion when it comes to skill development and the adaptation of activities for the participants.

***Overview of Classes***

All classes will be an hour with two different sections. Part One of each class will be instruction-based (approx. 30 mins). Part Two of the class will be game-based to apply newly learned skills in to game play (approx. 30 minutes). At the conclusion of every class, give your students some type of homework or something they can work on throughout the week leading up to the next class.

**Class 1**: Racket/Ball Handling  
   
**Class 2**: Forehand/Backhand Development

**Class 3**: Introduce Rally

**Class 4**: Serve/Return

**Class 5**: Tying it all together and Scoring Overview

**Class 6**: Game Day (This should be FUN; not too competitive and should include: Food, Drink, & Music.)

**Class I: Both Age Groups**  
  
**Equipment Needed:** Foam/Red Low Compression Balls, Cones (one per pair)

**Goal of Lesson:** Assess ability level of participants and students will be able perform basic racket and ball handling skills.

***Breakdown of Class I***

Instruction (30 mins)

* **Welcome Group** – introduce grips and how to hold a racket
  + Listen to coach, be nice to each other, try your hardest, have fun
* Warm-up (Skip Tag/Side Shuffle Tag) (10 minutes)
  + **Skip Tag** 
    - One person is “it.” Anyone moving must be side shuffling
    - Instructor can change the game by allowing only the person who is “it” to move freely (running, etc.), OR
    - In a smaller area of play, only the person who is “it” will be skipping and the remaining players are allowed free movement.
  + **Side Shuffle Tag**
    - One person is “it”. Anyone moving must be side shuffling.
    - Practice Leader can change the game by allowing on the person who is “it” to move freely(running, etc) OR only the person who is “it” will be side shuffling and the remaining players are allowed free movement.
* **Explanation and Introduction of Racket/Ball Handling Skills** (30 minutes)

Set-up in six unique stations spread out around the play space. If necessary, lead kids through an orientation of each station and how to successfully complete each task. You can also assign repetitions to each activity.

\*\*Safety note: Be sure to emphasize personal space.

* + Individual stations:
    - **Station #1: Ball balance**
      * Players must try and keep the tennis ball balanced on the racket strings while touching the ground with their opposite hand. (Easier: use a bean bag instead of a ball and/or choke up on the racket; Harder: try switching hands with the racket and ball after touching the ground and/or balance more than one ball.
    - **Station #2: Tap downs**
      * Try to bounce the ball down at waist level. (Easier: bounce the ball down once and catch with opposite hand) Harder: Dribble the ball down continuously and/or use the edge of the racket.
    - **Station #3: Bump ups**
      * Try to bounce the ball up eye level without letting the ball touch the ground. (Easier: Let the ball bounce on the ground after each bump up.) Harder: Try alternating sides of the racket(flip flops)
    - **Station #4: Partner stations** 
      * Tossing, Rolling, or Bouncing a Ball: Partners work together tossing, rolling, or bouncing a ball back and forth. (Easier: roll and SPLAT Harder: Balls can be tossed one at a time or two at a time, while stationary or moving, for an additional challenge).

Game Play (30 min)

* **Game #1: Racket Quickness Partners** 
  + Have each student stand with the racket on the tip of its frame with the handle pointing up.
  + Students have to determine when to release their racket and switch positions with their partner.
  + They try to catch the racket prior to it falling to the ground.
  + If partners have a successful catch, move back a step – if not, move in a step.
* **Game #2: Ice Cream Cones**
  + Toss ball up, let it bounce, catch inside upturned cone.
  + Catch after one bounce, and then catch in the air.
  + See how many can be caught in a row without a miss
* **Game #3: Red Light/Green Light**
  + Students balance a ball on their racket
  + If a student is caught moving when “red light” is called, they move back to the starting line
  + If they lose control of their ball(if it falls off the racket or they touch it with the other hand), they must move back to the starting line
  + Have students take turns as the group leader calling out “red light, green light”

HOMEWORK: Determine what students had the most difficulty performing and have them practice those skills at home prior to Class II.

**Class II: 10 & Under**

**Equipment Needed:** Foam/Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class II***

Warm-Up (3-5 minutes)

* Review Homework
* Review Class One Stations/Skills:

\*\*Start players on one doubles line and have them walk to the other doubles line 4 times completing the skills laid out below:

* + **Skill #1: Ball Balance**
    - Have players walk from one doubles line to the other balancing the ball on their strings
  + **Skill #2: Tap Downs**
    - Tap Downs: try and bounce the ball down at waist level

\*\*Simpler Variation-bounce the ball down then catch

* + **Skill #3: Bump Ups**
    - Bump Ups: try and bounce the ball up to eye level without letting the ball touch the ground

\*\*Simpler Variation-let the ball bounce in between bumps

* + **Skill #4: Tossing, Rolling, and Bouncing Partner Activities**
    - Have players roll the ball on the ground with the edge of their rackets

Stations (Approximately 35 minutes)

\*\*Each station will last around 8 minutes long

* **Station #1: Bungee Jumps with a partner**
  + Each player has a racket and a ball placed in the center of the strings
  + One player stands on the outside doubles alley line and the other on the inside doubles alley line
  + Tilt racket to the side letting the ball fall off
  + Let the ball bounce and then drop the ball to a partner so that it lands in the doubles alley and see how many they can keep going
* **Station #2: Forehand, Toss, Catch in Cone**
  + One player is tosser/catcher, one is hitter
  + One partner tosses the ball ***underhand*** to their partner who will catch the ball in the cone and hand the ball back to the tosser
  + Use a line/cone as a target for the tosser
  + Have the tossers mimic forehand and backhand strokes by turning the appropriate way and following through to the opposite shoulder
  + Switch roles after 5 forehand tosses and 5 backhand tosses
* **Station #3: Lobster Trap**
  + Players in pairs with two rackets and a red ball.
  + Partners stand 8 to 10 feet apart, one player has a red ball (tosser) and the other is holding a racket in each hand (lobster)
  + Toss ball underhand and lobster catches the ball after bounce by trapping the ball between both rackets
  + After trap, lobster set the ball on the ground with the rackets and rolls back to the tosser with a forehand
  + Complete four and switch
  + EXTRA CHALLENGE: Lobster traps ball at the side of the body like a forehand, progress from rolling back to drop hitting back to tosser
* **Station #4: Obstacle Course Through Cones**
  + Organize players into 2 lines
  + Players weave through cones performing one of the previously learned skills (tap downs, bump ups, ball balance)
  + For an additional challenge have players use their non-dominant hand

Game Play (20 minutes)

\*\*Each game will last around 8 minutes then rotate the groups

* + **Game #1: Caterpillar Relay**
    - Divide your players into groups of 8-10 and have them line up in a horizontal line
    - Have the players hold their rackets with “palm up” like they are holding a frying pan (the rackets are the body of the caterpillar)
    - The team then works together to move a ball from the “head” of the caterpillar all the way down to the “bottom” by passing the ball from one racket to the next consecutively until the ball reaches the last person
    - If the ball falls off of a racket then either restart from the beginning or begin from where the error was made
    - Challenge: form one large caterpillar with all players and see if they can pass the ball all the way down to the end of the line without making an error
  + **Game #2: Around the World**
    - Divide your players into small groups and position each team in a single file line behind the opposite baselines.
    - The first person in the longest line puts the ball into play with a side **toss**.
    - That player then runs around the net to the end of the line on the opposite side of the court
    - This continues until an error is made
    - The player who makes the error sits out
    - The winner is the last remaining player
    - To extend the activity, you may give them more than one error before they need to sit out
      * **Progression 1:** Toss and run
      * **Progression 2:** Roll ball under the tape to the other side then opponent traps the ball and rolls it back. Have players run to their right after passing the ball to the other side.
      * **Progression 3:** Hit and run

HOMEWORK: Determine what students had the most difficulty performing and have them practice those skills at home prior to Class III.

**Class II: 11 & Up**

**Equipment Needed:** Foam/Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class II***

Warm-Up (5 minutes)

* Review Homework
* Ball Balance Game:
  + Have the players spread out on one half of a court with a ball
  + Players will balance the ball on their strings while trying to maneuver around the court and take someone else’s ball off of their strings
    - Cooperative Variation:
      * When a player takes a ball off of someone else’s racket they then place it back on the racket and keep playing
    - Competitive Variation:
      * Players are eliminated from the game if:
        + The ball falls off of the their strings
        + Their ball gets taken by someone else

Stations: Introduce Forehand and Backhand (35 minutes)

\*\*Rotate stations every 8 minutes

* + **Station #1: Forehand Toss, Hit, Catch *in Cone***
    - One player is tosser/catcher, one is hitter
    - One partner tosses ***underhand*** to the forehand side of their partner
    - The partner hits it back to the tosser who then catches it in the cone
    - Begin with partners 5 steps apart
    - Change roles after 6 tosses
  + **Station #2: Backhand Toss, Hit, Catch (without cone)**
    - One player is tosser/catcher, one is hitter
    - One partner tosses ***underhand*** to the forehand side of their partner
    - The partner hits it back to the tosser who then catches it
    - Begin with partners 5 steps apart
    - Change roles after 6 tosses
  + **Station #3: Partner Rally Over a Line**
    - Partners work together with a line of some sort in between them to serve as an imaginary net
    - They bump and bounce the ball back and forth
    - Begin the rally with partners 5 steps apart and move backward/forward if necessary
    - Have partners count to see how many rallies they can get until an error is made
  + **Station #4: Obstacle Course Through Cones**
    - Organize players into 2 lines
    - Players weave through cones performing one of the previously learned skills (tap downs, bump ups, ball balance)
    - For an additional challenge have players use their non-dominant hand

Game Play (20 mins)

\*\*Each game will last for 10 minutes then the groups will switch

* **Game #1: Around the World**
  + Divide your players into small groups and position each team in a single file line behind the opposite baselines.
  + The first person in the longest line puts the ball into play with a side toss.
  + That player then runs around the net to the end of the line on the opposite side of the court
  + This continues until an error is made
  + The player who makes the error sits out
  + The winner is the last remaining player
  + To extend the activity, you may give them more than one error before they need to sit out
* **Game #2: Steal the Bacon**
  + Divide players into 2-3 smaller groups or keep entire group together
  + Have players place their rackets in a big circle
  + Place a basket of balls will be in the center of the circle
  + Players can grab one ball at a time from the basket in the center OR from another players racket
  + Goal: the first person to put 3 balls on their racket first wins

HOMEWORK: Determine what students had the most difficulty performing and have them practice those skills at home prior to Class III.

**Class III: 10 & Under**

**Equipment Needed:** Foam/Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class III***

Warm-Up: (5 minutes)

* Review homework
* **Bullseye Toss Game:**
  + Split large group into 2 medium sized groups
  + Using chalk, draw circles to act as the bullseye target
  + Each partner groups needs one ball
  + Partners are tossing the ball back and forth aiming to have the ball bounce inside the chalk circle
  + Goal: Toss the ball inside of the chalk circle and successfully catch the ball

Stations (Approximately 35 minutes)

\*\*Each station will be approximately 8 minutes long

* **Station #1: Roll, Splat, Pass** 
  + Form 2 lines at each doubles ally with the line beginning on the baseline
  + Place a cone 5 feet away from the net in the doubles ally
  + First player in line will dribble the ball down the doubles alley towards the net
  + Once the player has rolled their ball to the cone near the net they will trap the ball to stop it, then pass the ball into the “goal” (net)
  + Have players roll their ball back and pass it off to the next person in line

\*\*Key note: make sure the players’ use the **edge** of the rackets to pass the ball🡪 to mimic a forehand motion

\*\*Emphasize the **follow through**—finishing over the left shoulder for right handed individuals and over the right shoulder for those that are left handed

* **Station #2: Drop Hit to Target**
  + Set up targets on the fence at an approximate eye level for a majority of the kids
    - Targets could be colored paper zip-tied to the fence
  + Each player will have their own target (or share if low on space or targets) and stand 3-5 feet away from the fence
    - Place a cone where the player should stand
  + Players will drop hit the ball and aim to hit the target on the fence
  + Player will retrieve ball when it hits off of the fence and go back to their cone and drop hit again
  + See how many times each player can successfully hit the target out of 10 attempts
* **Station #3: Drop Trap on Strings**
  + Step 1: Individual
    - Have players spread out on the court in their own space
    - Players will drop the ball down off of the ground and then use their racket and non-racket hand to trap the ball on the strings
  + Step 2: Partners
    - Have players partner up
    - One partner will toss the ball up, let the ball bounce, and then their partner will trap the ball on their strings
    - Have partners switch roles after 3 traps
* **Station #4: Roll Rally**
  + Players will be partnered up
  + Partners will roll the ball back and forth from baseline to service line or from doubles line to center line (i.e. approximately 10 feet apart)
    - Have players trap or “splat” the ball before passing it back to partner
    - Emphasize to players to use the edge of their rackets to roll the ball; to make it similar to a forehand motion

\*\*Helpful Tip: Use the circles from the bullseye toss warm-up game as a guide for the players to try and roll the ball through

Game Play (Approximately 20-25 minutes)

\*\*Each game lasts approximately 10 minutes then switch

* **Tennis Putt-Putt** 
  + Each player will need one ball and their racket
  + Line players up along the net facing the baseline
  + Players will “putt” the ball from the net to a chosen line or point by the instructor
    - Ex: Putt from the full court net to the service line

\*\*Key Note: Make sure the players are using the **edge** of their rackets to putt the ball and not the top

* **Line Game**
  + Use the full court for this game
  + No racket or balls are needed
  + Begin by introducing each line on the court to the players
  + Once each line is introduced, have players start on a line and then an instructor will call out a line for the players to walk/run to

\*\*Competition: Whoever is the last to the line that is called out or goes to the wrong line is eliminated from the game—last player in wins

* **Around the World (*If time permits)***
  + Put players in two lines on each side of the net
  + Players toss the ball over the net and then run around/under the net to the other line

\*\*Competition: If someone drops the ball then they lose a life—players start with 3 lives

HOMEWORK: Have players practice tossing a ball up and trapping it on the strings using their racket and non-racket hand to trap.

**Class III: 11 & Up**

**Equipment Needed:** Red/Orange Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class III***

Warm-Up (Approximately 5-8 minutes)

* **Line Game**
  + No racket or balls are needed
  + Begin by introducing each line on the court to the players
  + Once each line is introduced, have players start on a line and then an instructor will call out a line for the players to walk/run to

\*\*Competition: Whoever is the last to the line that is called out or goes to the wrong line is eliminated from the game—last player in, wins

Stations (Approximately 35 minutes)

\*\*Each station will be around 8 minutes long

* **Station #1: Juggle Rally**
  + Players will bump the ball up to their selves, let the ball bounce off of the ground, and then bump the ball up to their partner
  + Partner will then do the same thing and bump the ball up in the air, let it bounce off of the ground, then pass it back to their partner
  + Players should keep the rally going for as long as possible

\*\*Vary the amount of times the player has to bump the ball up and bounce before passing it to their partner

* **Station #2: Serve, Return, Trap** 
  + One player will drop hit the ball over a line or a net to a partner
  + The other partner will return the serve
  + The server will catch/trap the return
  + Switch roles after each completed serve, return, catch series
* **Station #3: Circle, Bump, Pass Group** 
  + Divide into groups of six or less in circle formation with a marking spot (spot, racket, chalk circle, etc.) in the center to keep the circle of players from moving
  + All players have a racket and there is one ball per circle
  + The goal is to bump pass the ball to the other group members
  + The ball may bounce as many times as desired
  + The goal for each circle is to keep their rallies going for as long as possible
* **Station #4: Toss, Volley, Catch**
  + Partners will line up across the net from each other

\*\*Person volleying should be 2-3 feet away from the net

* + One partner will toss the ball to the person volleying and then catch the volley and toss again
  + Switch roles after 5 volleys

Game Play (Approximately 20-25 minutes)

\*\*Each game will be around 10 minutes long and then the groups will switch

* **Four Square**
  + Divide your players into small groups and position each team in a single file line behind the opposite baselines.
  + The first person in the longest line puts the ball into play with a drop hit.
  + That player then runs around the net to the end of the line on the opposite side of the court
  + This continues until an error is made
  + The player who makes the error sits out
  + The winner is the last remaining player
  + To extend the activity, you may give them more than one error before they need to sit out
* **Pass the Racket** 
  + Form 2 lines on each side of the net
  + Each team will choose 1 racket to use
  + An instructor will feed the ball into play
  + After one person hits the ball they will pass the racket off to the next person in line

\*\*Make sure players are standing far enough back from the hitter and that they do not throw the rackets to each other

* + Competition: If a player misses then they are eliminated from the game—last team with the most players standing wins the game

HOMEWORK: Have players practice self-rallying by hitting ball up and letting it bounce then hitting it up again.

**Class IV: 10 & Under**

**Equipment Needed:** Foam/ Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class IV***

Warm-Up: (5 minutes)

* Review homework
* **Line Game:**

\*\* Use half of a full 78 ft. court ***OR*** use the lines of a 36 ft. court

* + No racket or balls are needed
  + Begin by introducing each line on the court to the players
  + Once each line is introduced, have players start on a line and then an instructor will call out a line for the players to walk/run to
    - Competition: Whoever is the last to the line that is called out or goes to the wrong line is eliminated from the game—last player in wins

Stations (Approximately 35 minutes)

\*\*Each station will be approximately 8 minutes long

* **Station #1: Partner Target Toss**
  + - Equipment: foam/red balls, net (caution tape will work as well), one cone for each person
  + Pair the players off into partners
  + One partner will stand on each side of the net
  + Players will place their cone 3-4 steps away from the net and stand next to the cone—the cone is acting as a target
  + Goal:
    - Underhand toss a ball back and forth trying to bounce the ball on/near their partners cone

\*\*Note: make sure that right handed players are stepping with their left food to toss and vice versa for left handed players

* **Station #2: Lobster Trap**
  + Equipment: foam/red balls,
  + Players will be in pairs with two rackets and a foam/red ball.
  + Partners stand 8 to 10 feet apart, one player has a red ball (tosser) and the other is holding their racket in one hand and their partners racket in the other
  + Toss ball underhand and lobster catches the ball after bounce by trapping the ball between both rackets
  + After trap, lobster will set the ball on the ground with the rackets and rolls back to the tosser with a forehand
  + Complete four and switch
  + EXTRA CHALLENGE: Lobster traps ball at the side of the body like a forehand, progress from rolling back to drop hitting back to tosser
* **Station #3: Walk the Dog-Zig Zag with Partner**
  + Players in pairs with one red ball between them
  + Use chalk to draw 4 X’s in a zig-zag formation
    - Set up multiple zig-zag formations for each of the pairs
  + Goal:
    - First player, using their racket, walks the “dog” (ball) by rolling it along the ground to all four X’s with the forehand (palm forward)
    - After reaching the last X, the player will send the ball to their partner by either rolling it or passing it along the ground with the racket
    - The partner will receive the ball then begin their turn
* **Station #4: Volcano**
  + Spread players out in defined spaces using chalk or court boundaries
  + Players hold a cone in the palm of their hand (volcano)
  + Goal:
    - Move around play area without dropping the volcano
    - Players are trying to knock down (gently!) other players’ volcanos, causing the volcano to erode
  + Start with only allowing players to walk and then slowly progress to running
  + If a players volcano drops then that player will move to the sidelines to cheer on the remaining players or perform 5 repetitions of a fun exercise like star jumps, frog jumps, donkey kicks, etc. to keep them engaged

Game Play (Approximately 20-25 minutes)

\*\*Each game lasts approximately 10 minutes then switch

\*\*Combine station groups to make two larger groups for the games

* **Zig-Zag Toss Race**
  + Depending on the size of the group keep the group as one team or split into two court with 3-4 players on each side of the net
  + Players will toss the ball underhand diagonally and call out the name of the person they are tossing to
  + Goal: Underhand toss the ball diagonally from one end of the court to the other in a zig zag motion
  + Time how quickly the groups can successfully make it from one end to the other
  + If there is more than one court, see which team can complete the zig-zag the quickest

\*\*Note: Ball must bounce before player can catch the ball

* **Messy Bedroom**
  + Create two teams and put teams on opposite sides of the net with a bucket of red balls for each team
    - May be a good idea to use the full court depending on the size of the group
  + Goal:
    - Coach tips the bucket of balls over
    - Players throw balls overhand **one at a time** from their side of the net to the other side
    - 1 minute to throw as many balls as possible over the net to “clean the bedroom”
    - After one minute, player’s pick up all the balls on the other side and count how many were thrown
    - Whichever team has the least amount of balls on their side in the winner

HOMEWORK: Have players practice tossing a ball up and trapping it on the strings using their racket and non-racket hand to trap.

**Class IV: 11 & Up**

**Equipment Needed:** Red/Orange Low Compression Balls, Cones (one per player), 36 foot court nets (red ball), and *possibly* a 60 ft. orange ball court

**Goal of Lesson:** Students will be able to begin to hit cooperatively back and forth using the forehand and backhand skills they learned in class III.

***Breakdown of Class IV***

Warm-Up (Approximately 5-8 minutes)

* **Relay Races**
  + Split large group into 2 medium size groups
  + Form 2 teams and have them start on the doubles line and race to the opposite doubles line and back to tag next person in line to go
  + 3 Relay Races:
    - Run
    - Side shuffle
    - Crab walk
* **Review “Ready Position”**
  + Knees slightly bent, racket out in front, both hands on the racket with dominant hand on the bottom and non-dominant hand on top of the grip

Stations (Approximately 35 minutes)

\*\*Each station will be around 8 minutes long

* **Station #1: Ball Machine**
  + Split players up into partners and have 4 people to a court
  + One partner will be the tosser first while the other hits
  + Tosser will alternate tossing the ball to the hitters forehand, catching the ball, then tossing it to their partners backhand
  + After 4 shots the next partner pair will rotate in
  + Switch roles (tosser becomes hitter and vice versa) after each series of 4 hits
* **Station #2: Cross Court Rally**
  + Partners will stand across the net diagonal to their partner
  + Players will drop feed the ball and try to cooperatively rally cross court
  + Those on the deuce side will hit forehands while those on the ad side will hit backhands (unless left-handed then it would be opposite)
  + Goal: Hit as many cross court as you and your partner can before an error is made
  + Switch sides after 2 minutes so those that were rallying cross court on the deuce side will now be on the ad side
* **Station #3: Volley Rally**
  + Partners will line up across the net from each other

(Each person should be 2-3 feet away from the net)

* + One partner will toss the ball to their partner to start the rally
  + Partners will volley back and forth trying not to let the ball bounce in between volley’s
  + See which pair can get the most completed in 30 seconds
* **Station #4: Serve Trap**
  + Equipment: racket and one ball per player
  + Have players find a space along the fence, standing 2 feet back and facing the fence
  + Starting with the racket by their ear (strings touching the back of their head), players will underhand toss the ball up a few feet above their head
  + Goal: Trap the ball using the racket on the fence to imitate a serve motion

\*\*Note: Emphasize the students that they should reach the racket as high as it can go to trap the ball

Game Play (Approximately 20-25 minutes)

\*\*Each game will be around 10 minutes long and then the groups will switch

\*\*If players seem to be progressing quickly with red ball, use the 60 ft. court if possible or use orange balls on the 36 ft. court if space is limited

* **Send One Over**
  + Split group into 2 teams on 2 courts
  + Each team will send 1 person over to the other teams court to be the challenger
  + The teams will drop feed the ball (\*\*instructor step in to feed when needed)
  + The challengers cannot earn points for winning a point, they are simply just trying to keep the other team from getting points
  + Whichever team gets to 5 points first wins and then the teams will send another challenger to the other court
  + Continue playing and “sending 1 over” until everyone has had a change to be the challenger
* **King and Queen of the Court**
  + One player will be the king/queen (instructor choose)
  + Challengers will drop feed a ball into play and play out a point against the king/queen
  + Challengers have to win 2 points in a row to dethrone the king/queen and take their spot

\*\*Note: If players are having a hard time feeding the ball into play then an instructor will step in and begin the point with a feed

HOMEWORK: Have players continue to practice self-rallying to prepare the point play next class.

**Class V: 10 & Under**

**Equipment Needed:** Foam/ Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class V***

Warm-Up: (5 minutes)

* **Touch the Cone:**
  + Set-Up:
    - Place four cones or draw chalk targets in a zig-zag formation
      * First cone should be on the baseline
    - Split players into 3-4 groups
  + Mission:
    - Players will side shuffle through the cones, touching each one with their hand
    - Once they reach the fourth target they will run to the net and touch it then go to the back of the line

Stations (Approximately 35 minutes)

\*\*Each station will be approximately 8 minutes long

* **Station #1: Jacks**
  + Set-up:
    - Players spread out around the court and find their own working space
  + Mission:
    - Toss ball up and let it bounce, then tap the ball up with the racket (palm up) once and catch with the free hand= “onesies”
    - Toss, bounce, and tap up twice= “twosies.” Continue until you reach “fivesies,” or five times in a row

\*\*Challenge:

* + - * Use the backhand side (two hands)
      * Alternate forehand and backhand
* **Station #2: Walk the Dog-Zig Zag with Partner**
  + Set-up:
    - Players in pairs with one red ball between them
    - Use chalk to draw 4 X’s in a zig-zag formation
    - Set up multiple zig-zag formations for each of the pairs
  + Mission:
    - First player, using their racket, walks the “dog” (ball) by rolling it along the ground to all four X’s with the forehand (palm forward)
    - After reaching the last X, the player will send the ball to their partner by either rolling it or passing it along the ground with the racket
    - The partner will receive the ball then begin their turn

\*\*Challenge:

* + - * Use backhand
      * Toss ball back to partner
      * Drop and hit back to partner
* **Station #3: Tunnel Ball**
  + Set-up:
    - Players in pairs, spread out on one doubles line
    - The player with the ball will stand on the doubles line
    - The other player will stand **facing** their partner about five feet away with their feet spread shoulder-width apart
  + Mission:
    - Roll ball between partner’s legs at medium speed
    - The partner will turn and chase the ball down before it reaching the opposite doubles line and then roll/toss the ball back
    - Complete four successful rolls and catches, then switch roles

\*\*Challenge:

* + - * Toss ball over partner’s shoulder/head, partner attempts to catch (in air or after one bounce) before it reaches opposite sideline
* **Station #4: Add-em Up**
  + Set-up:
    - Make teams of 2-4 players
    - Place cones/targets in a row 6-8 feet from a line that the players will use as a starting point (ex: players on doubles lines, cones 6-8 feet away)
    - Give each cone a number (1- X)
    - Supply each team with a bucket of red balls
  + Mission:
    - Players attempt to hit the cones by sending the ball with their racquet along the ground using the forehand (palm forward), one at a time in their teams
      * Note: Make sure students pass the ball with edge of racquet on the ground to mimic a forehand swing
    - Instructor can call our a number and the players will each try and hit to the cone that corresponds with that number
    - Players score points each time they hit a target
    - Players rotate after 1-2 hits
    - Add up scores as a team based on number of cones hit

\*\*Challenge:

* + - * Use backhand to pass ball (two hands on racket, knuckles forward)

Game Play (Approximately 20-25 minutes)

\*\*Each game lasts approximately 10 minutes then switch

\*\*Combine station groups to make two larger groups for the games

* **Peaks and Valleys**
  + Set-up:
    - Split players into two teams (or 4 if numbers are large)
    - Place cones randomly on one half the court (or two halves of the court if there are 4 teams), some upright, some knocked over on their side
  + Mission:
    - Team 1 tips over as many cones as possible while Team 2 places as many cones upright as possible within a 30-second limit
    - Switch team roles after each 30-second game
* **Messy Bedroom**
  + Create two teams and put teams on opposite sides of the net with a bucket of red balls for each team
    - May be a good idea to use the full court depending on the size of the group
  + Goal:
    - Coach tips the bucket of balls over
    - Players throw balls overhand **one at a time** from their side of the net to the other side
    - 1 minute to throw as many balls as possible over the net to “clean the bedroom”
    - After one minute, player’s pick up all the balls on the other side and count how many were thrown
    - Whichever team has the least amount of balls on their side in the winner
* **Large Group Game: Jail** 
  + Players will form 2 lines on one side of the net
  + Instructors will be on the opposite side of the net feedings balls
  + Players will try and hit the ball over and in the court boundaries
  + If a player hits the ball out or in the net they will place their racket down near the net and come in “jail”
    - Players can get out of jail by either catching a ball out of the air or after one/two bounces
  + The last person standing and jail free wins the game

HOMEWORK: Have players practice tossing a ball up and trapping it on the strings using their racket and non-racket hand to trap.

**Class V: 11 & Up**

**Equipment Needed:** Red low compression balls; 36 foot court

**Goal of Lesson:** Students will be able to begin to hit cooperatively back and forth using the forehand and backhand skills they learned in class III.

***Breakdown of Class V***

Warm-Up (Approximately 5-8 minutes)

* **Run the Lines**
  + Split into two groups and each group will be on one side of the full size court
  + First player in each line will start in the corner of the court (where the doubles line and baseline meet to form the corner)
    - Players will run to the net
    - Side shuffle to the singles line
    - Back pedal to the service line
    - Side shuffle to the T
    - Run to the net
    - Side shuffle to the other singles line
    - Back pedal to the base line
    - Get in the back of the line
  + Send players once the person in front of them reaches the net

Stations (Approximately 35 minutes)

\*\*Each rotation will be about 15 minutes

* **Station #1: Team vs. Individual** 
  + Set-Up:
    - Split into two medium size groups
    - Split full size court into four, 36 ft. mini courts
  + Mission:
    - One person will go to the other side of the net and play against the team
    - Players from the team side will play one point and then rotate
    - First side of the net to get to 7 points, win by two, wins
    - If the individual wins, the team has to do 7 star jumps yelling “I’m a star” as they jump in the air
* **Station #2: Pass the Racket (Foam)**
  + Singles:
    - Set-Up:
      * Split group up into teams of four (use multiple courts in needed)
      * Teams will choose one person’s racket to use
      * Everyone else will put their rackets 2-3 feet away from the net
    - Mission:
      * Instructor will feed the ball into play
      * Continue playing the point out by hitting and passing the racket until a mistake is made
      * Whoever made the mistake will then go and kneel/sit by one of the rackets near the net
      * If the players at the net successfully volley a ball from the kneeling position (no standing) then they can get back in line
        + Playing for Time: The team with the most players standing at the end of two minutes wins
        + Elimination: First team to have all players in kneeling position loses

Game Play (Approximately 20-25 minutes)

* **Team Singles Up and Down the River**
  + Set-Up:
    - Split the group into partner pairs
    - Put partners together to form teams of four
    - Designate one of the courts as the “top court”
  + Mission:
    - First player will drop feed the ball to start the point and play a point out against a player from the team on the other side of the net
    - Whoever wins can stay in for another point (max. 2 points), and the player that lost will rotate out with their partner
    - First team to get to 5 on any of the court yells “switch”
    - The teams that won will move up towards the top court
    - The teams that lost will move the other way towards the bottom court
* **Star Catcher**
  + Split group up into two teams
  + Assign players a court to play on for their first match
    - Extra players will stand outside the playing area until it is their turn to play
  + Quick singles games will be played (ex: first to win 3 points, best 2 out of 3 wins)
  + As soon as one group finishes their game, they will come off the court and get back in the “on deck” line
    - Players that are first in line quickly fill the open courts as they become available
  + Players can earn a “star” (cone) for each mini-match that they win for their team
    - The team with the most “stars” (cones) at the end wins

\*\*Note: Players who are rotating out should be matched up with a new opponent for the next game

\*\*Note: Emphasize the safety importance of players running around the outside of the playing area when they are finished with their game

HOMEWORK: Have players look up, or ask someone who may know how score is kept in tennis. At the beginning of week six they will be asked what they learned.

**Class VI: 10 & Under**

**Equipment Needed:** Foam/ Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class VI***

Warm-Up: (5 minutes)

* Review homework
* **Line Game:**

\*\* Use half of a full 78 ft. court ***OR*** use the lines of a 36 ft. court

* + No racket or balls are needed
  + Begin by introducing each line on the court to the players
  + Once each line is introduced, have players start on a line and then an instructor will call out a line for the players to walk/run to
    - Competition: Whoever is the last to the line that is called out or goes to the wrong line is eliminated from the game—last player in wins

Stations (Approximately 35 minutes)

\*\*Each station will be approximately 8 minutes long

* **Station #1: Racket Quickness**
  + Split group into partner pairs
  + Each will need their own racket
  + Partners will be standing across from each other; 2-3 ft. distance between them
  + Have each player place two fingers on the “butt cap” of their tennis rackets with the tip of the racket on the court
  + Goal: instructor will say “go” and both players will take their hands off of their rackets and try to grab their partners racket before it falls to the ground
  + Have players take slight steps farther apart after each turn
* **Station #2: Four Square** 
  + Divide your players into small groups and position each team in a single file line behind the opposite baselines.
  + The first person in the longest line puts the ball into play with a drop hit.
  + That player then runs around the net to the end of the line on the opposite side of the court
  + This continues until an error is made
  + The player who makes the error sits out
  + The winner is the last remaining player
  + To extend the activity, you may give them more than one error before they need to sit out
* **Station #3: The Bucket Game**
  + Instructors will empty their bucket of balls so that there are a few empty ones to use for the game
  + Goal: Players will line up 4-5 feet away from the net and *properly* toss the ball (stepping with either right or left foot) and aim for the bucket(s)
  + Keep track of how many successful baskets the group can make
  + \*\*Challenge: Instructor picks up bucket and moves around as a moving target for the players to toss the balls in
  + \*\*Laundry basket buckets also work well if you have those
* **Station #4: Red Light Green Light: Ball Handling**
  + Each player will need a racket and a ball
  + Players will start on a line on the court (ex: doubles line)
  + Red=stop moving
  + Green=walk
  + Players much balance the ball on their strings during the game
  + If the ball falls of the strings or a player does the opposite of the command called then they are eliminated from the game
  + Winner: Last player standing wins OR first player to reach the other side of the court

Game Play (Approximately 20-25 minutes)

\*\*Each game lasts approximately 10 minutes then switch

\*\*Combine station groups to make two larger groups for the games

* **Jail (Survivor)**
  + Put players in 2 lines on one side of the net, instructors will be on the other side as the “jailors” feeding the tennis balls
  + Each player gets one try to hit the ball over and inside the boundaries of the court
  + If they make it successfully then they are “safe” and go to the back of the line
  + If they miss then they have to come to jail (instructor side of the net)
    - Have players set their rackets down before entering jail
  + Players can get out of jail if they catch a ball in the air or after one bounce
  + Winner: the last player standing and not in jail wins the game
* **Putt-Putt**
  + Each player will need one ball and their racket
  + Line players up along the net facing the baseline
  + Players will “putt” the ball from the net to a chosen line or point by the instructor
    - Ex: Putt from the full court net to the service line

\*\*Key Note: Make sure the players are using the **edge** of their rackets to putt the ball and not the top

HOMEWORK: Have players practice ball skills that they learned throughout the six weeks.

**Class VI: 11 & Up**

**Equipment Needed:** Foam/ Red Low Compression Balls, Cones (one per player)

**Goal of Lesson:** Students will be able to perform additional ball handling skills to prepare for stroke instruction.

***Breakdown of Class VI***

Warm-Up: (5 minutes)

* Review homework
* **Line Game:**

\*\* Use half of a full 78 ft. court ***OR*** use the lines of a 36 ft. court

* + No racket or balls are needed
  + Begin by introducing each line on the court to the players
  + Once each line is introduced, have players start on a line and then an instructor will call out a line for the players to walk/run to
    - Competition: Whoever is the last to the line that is called out or goes to the wrong line is eliminated from the game—last player in wins

Stations (Approximately 35 minutes)

\*\*Each station will be approximately 8 minutes long

* **Game #1: Racket Quickness**
  + Phase 1:
    - Split group into partner pairs
    - Each will need their own racket
    - Partners will be standing across from each other; 2-3 ft. distance between them
    - Have each player place two fingers on the “butt cap” of their tennis rackets with the tip of the racket on the court
    - Goal: instructor will say “go” and both players will take their hands off of their rackets and try to grab their partners racket before it falls to the ground
    - Have players take slight steps farther apart after each turn
  + Phase 2:
    - Form 2 medium sized groups or one big group
    - Have players place fingers on their rackets
    - When instructor says “go” players will try and catch the person’s racket to their RIGHT before it hits the ground
    - If a player does not catch the racket before it hits the ground then they are eliminated from the game
* **Station #2: Around the World** 
  + Divide your players into small groups and position each team in a single file line behind the opposite baselines.
  + The first person in the longest line puts the ball into play with a drop hit.
  + That player then runs around the net to the end of the line on the opposite side of the court
  + This continues until an error is made
  + The player who makes the error sits out
  + The winner is the last remaining player
  + To extend the activity, you may give them more than one error before they need to sit out
* **Station #3: Serve, Return, Catch**
  + 4 players on a court
  + One side will be [overhand] serving the ball diagonally to their partner across the net
  + The partner will return the ball cross court back to the server, and the server will catch the ball and serve again
  + Switch roles every 3 serves
  + \*\*Challenge: Serve, return, plus two more shots
* **Station #4: Doubles King and Queen of the Court**
  + A doubles team will start the game out being king/queen (instructor chooses a random pair)
  + Challengers will drop feed a ball into play and play out a point against the king/queens
  + Challengers have to win 2 points in a row to dethrone the king/queen and take their spot

\*\*Note: If players are having a hard time feeding the ball into play then an instructor will step in and begin the point with a feed

Game Play (Approximately 20-25 minutes)

* **Up and Down the River *Doubles***
  + Set-Up:
    - Split the group into partner pairs
    - Put partners together to form teams of four
    - Designate one of the courts as the “top court”
  + Mission:
    - One team will drop feed the ball to start the point and play a point out against the team on the other side of the net
    - First team to get to 5 on any of the court yells “switch”
    - The teams that won will move “up the river” (right) towards the top court
    - The teams that lost will move the other way towards the bottom court (left)
* **Star Catcher**
  + Split group up into two teams
  + Assign players a court to play on for their first match
    - Extra players will stand outside the playing area until it is their turn to play
  + Quick singles games will be played (ex: first to win 3 points, best 2 out of 3 wins)
  + As soon as one group finishes their game, they will come off the court and get back in the “on deck” line
    - Players that are first in line quickly fill the open courts as they become available
  + Players can earn a “star” (cone) for each mini-match that they win for their team
    - The team with the most “stars” (cones) at the end wins
* \*\*Note: Players who are rotating out should be matched up with a new opponent for the next game
* \*\*Note: Emphasize the safety importance of players running around the outside of the playing area when they are finished with their game

HOMEWORK: Have players practice ball skills that they learned throughout the six weeks.