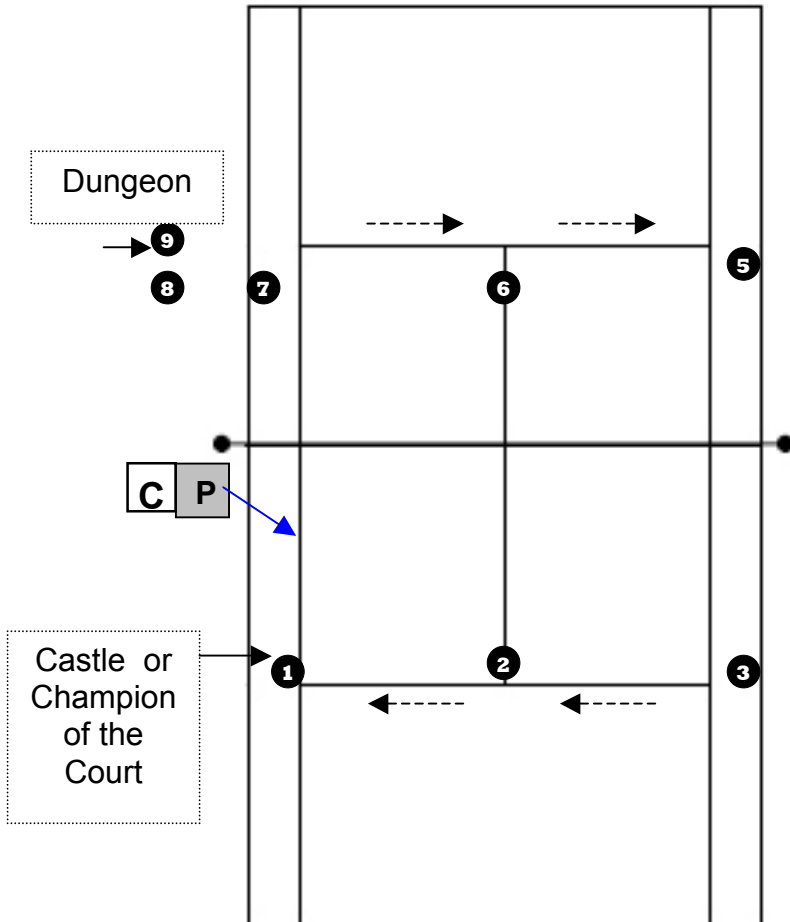


Cool Down: **Dragon**

Ideal Number: **6-10** players



- The goal is to live in the castle (see player #1)
- The dungeon is where the last person in line stands (player 8 and 9).
- Pro feeds to start the point and can feed to anyone; so all the players must have a heads up.
- Players will play out the point 3 vs. 3 (no lobs allowed).
- When someone makes an error, everybody rotates one position clockwise, to the position where the player made the mistake. Example: player #3 makes an error so players 4, 5, 6, 7, 8 move and players 1 and 2 hold their positions. The player who made the mistake (in this case #3 goes to the dungeon (end of the line)).
- If the ball goes between two people, then they both go to the end of the line with a double rotation.

Cardio Nuances

Based upon the ability level, the ball can be played as only mini-groundstrokes; a combination of mini-groundstrokes/volleys, or only volleys. (For groundstrokes anything past the service line is out). For safety, players on the outside should be positioned in the alleys, use plastics.

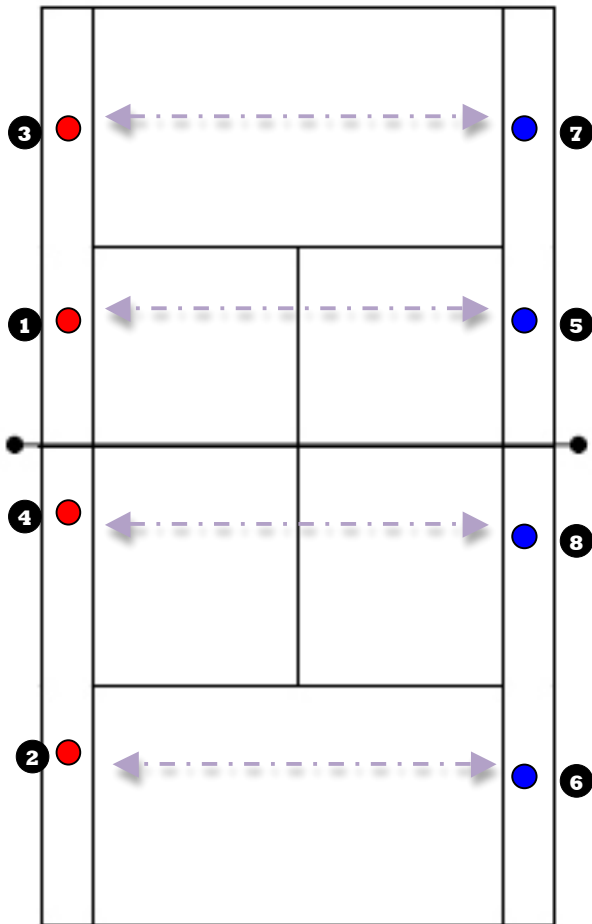
If you play 2 vs. 2 it is now more of a warm-up than a cool down.

Warm Up: **Body Bump**

WU progression: Light hitting

Ideal Number: Partner based

Signature Court set-up



- One player hits the ball cooperatively with a nice arch to their partner so that it bounces in front of them
- The receiver will “bump” the ball off of their body so it bounces in front of them before they hit the ball back across to their partner. Any body part can be used for the bump
 - Head, Chest, Knee, Foot

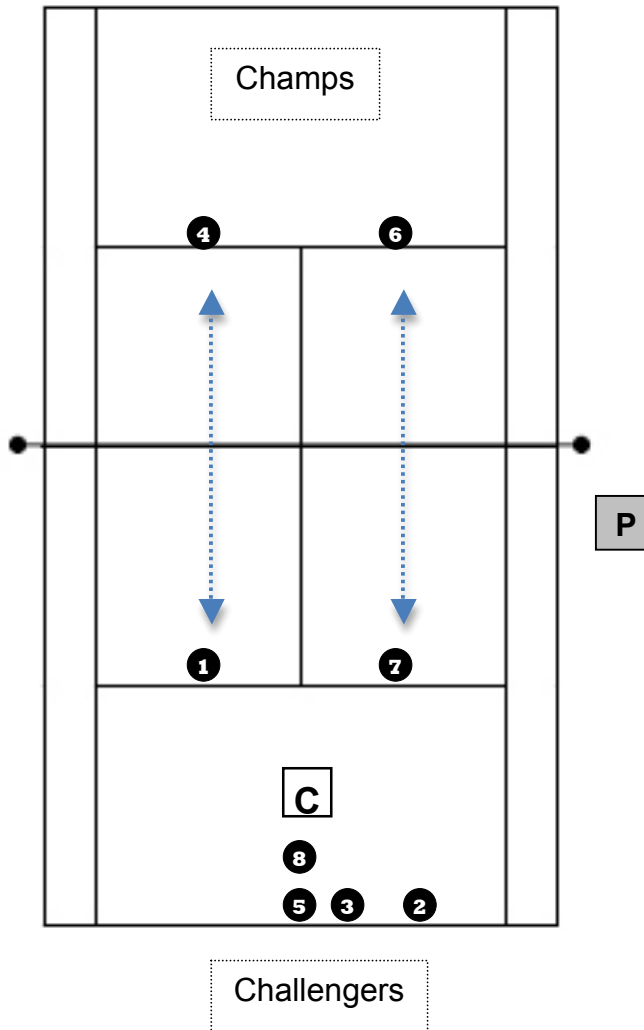
Cardio Nuances:

- Can make a rule that each pair has to use each of the four body parts at least once to finish: Head, Chest, Knee, Foot before they are done.
- For odd number form group of 3 and play in a circle of 3 passing the ball.

Warm Up/Cool Down/Game: **I Did It**

Ideal Number: 5 – 8

“**I did it**” is a way of rotating and can be used in the warm-up, games and cool down segments of Cardio Tennis.



- ½ court mini tennis game with 2 points going on at the same time.
- Players play 1 point against either champion and rotate out. Challenger is one and done, Champions stay and defend
- Make sure a single file line is formed behind the cart as players will take first available space
- When a challenger wins a total of 3 points, they yell, “I did it” and take the place of the champion.
 - Everyone’s score goes back to zero.

Cardio Nuances:

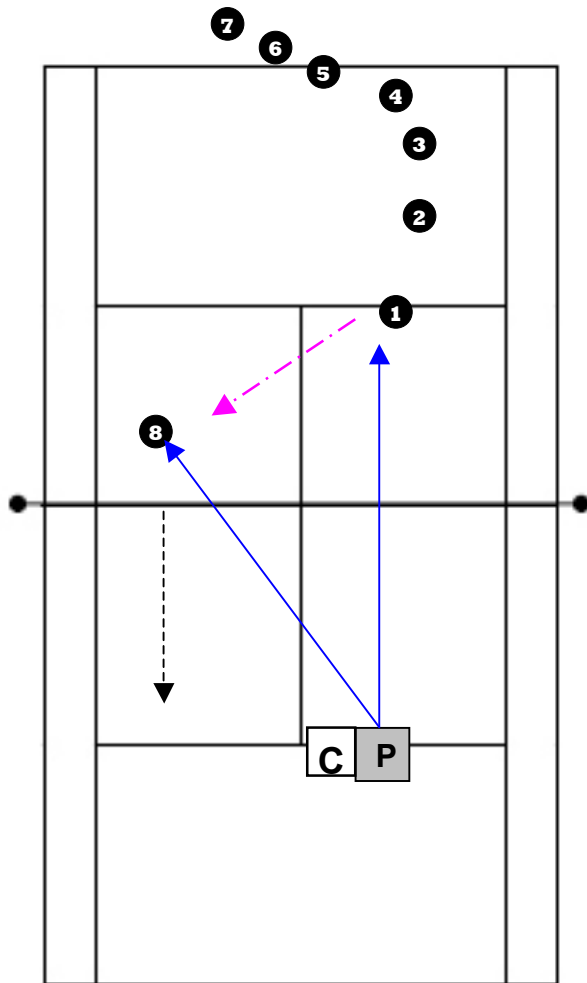
In the games segment, play full court:

- Start point with a drop feed or serve
- Can play crosscourt or DTL
- Play server stays back or has to go to net
- Player is awarded 2 points if they win at net by hitting a volley or overhead.

If you have 7 or 8 players rotate after 1 or 2 points instead of 3 to keep everyone moving.

Cool Down: Nice and Nasty

Ideal Number: 4-8 players



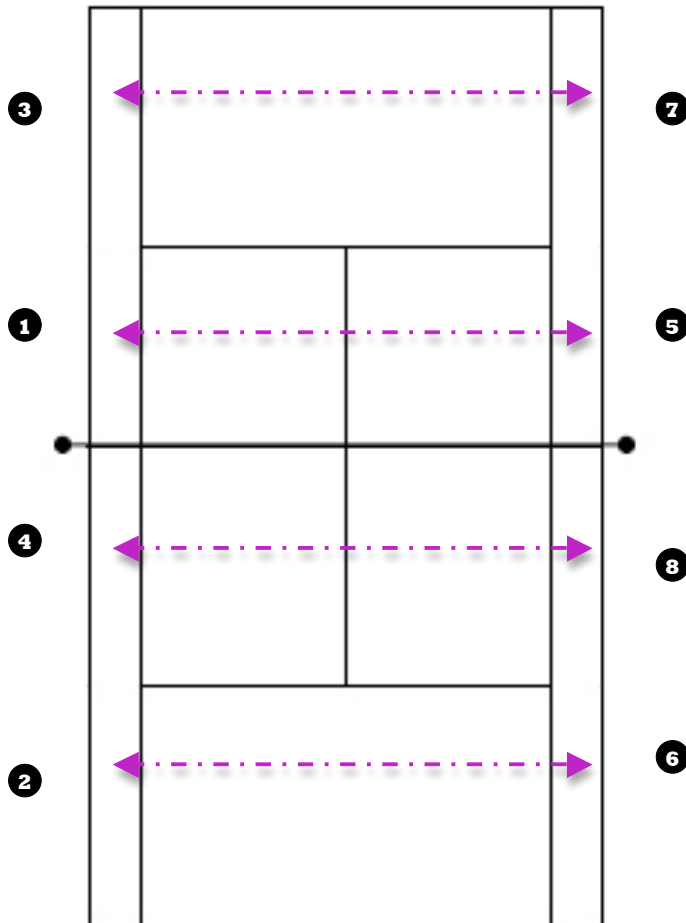
- Players line up starting at the center of the Ad Service line.
- Pro feeds ball to the first player who cooperatively volleys it back to the pro ('nice').
- Pro then volleys the ball cooperatively towards the deuce court and the player moves forward to intercept the ball and puts it away ('nasty').
 - Player then walks back to the end of the line. They are walking back because this is a cool down
- If the player misses the first volley or does not hit it back cooperatively the pro feeds in the 2nd ball.

Cardio Nuances:

This can also be a warm-up the difference is to add the agility ladder upon return to line and assign a CB for those on deck.

Cool Down: **Non-Dominant Hand**

Ideal Number: Partner based activity



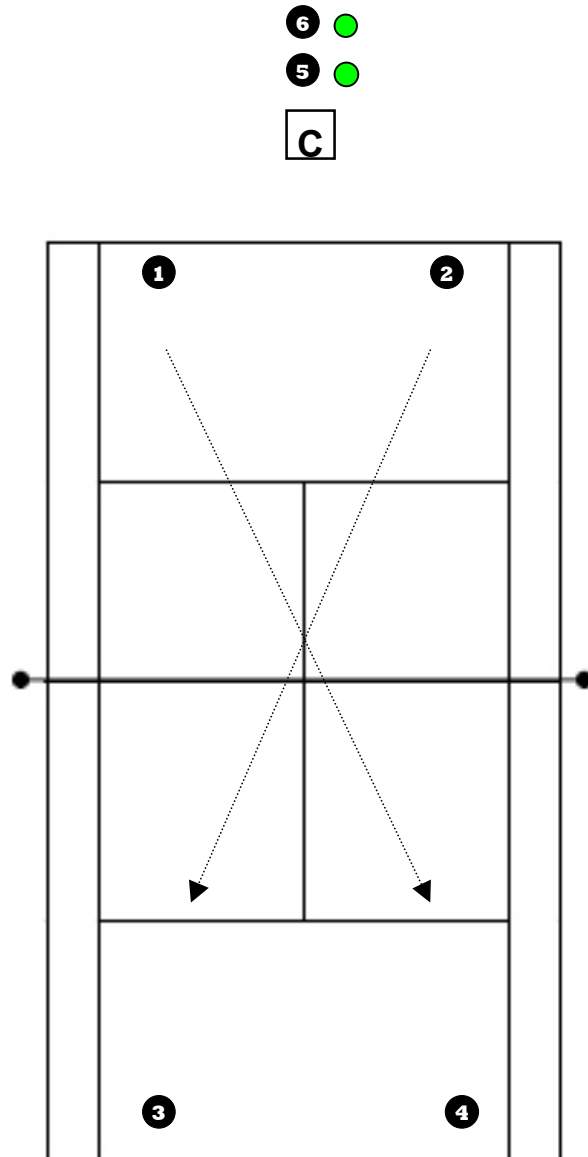
- Partner up in signature court set-up
- Using their non-dominant hand, players gently rally with each other hitting the ball so it bounces in front of their partner

Cardio Nuances:

If skilled players challenge them by added a bump up to self before sending back

Cool Down: **Serves with Return**

Ideal Number: 4-8 players



7 ●

8 ●

- Players will serve crosscourt and receiver will trap the ball against the racket strings and serve it back
- To rotate a pair completes the sequence of serve/trap, serve/trap and then rotate out.
- Add to this sequence with this progression: serve, return, trap and catch, repeat
- Competition: count number of successful sequences
- This is a cool down therefore the point is not played out.

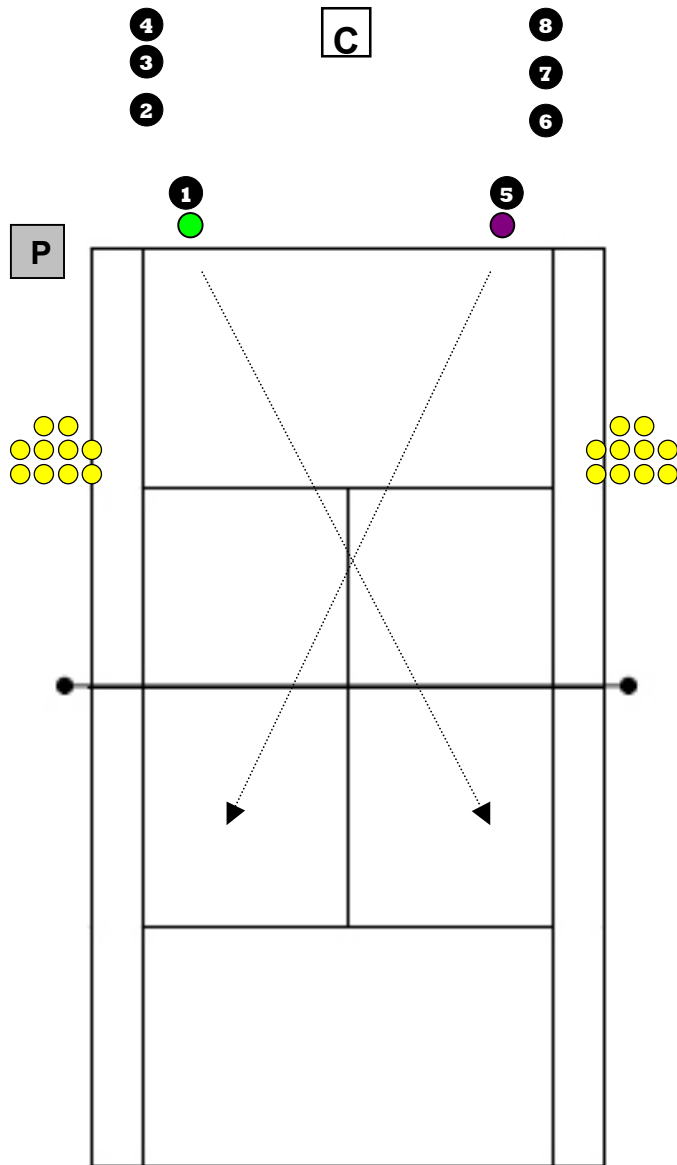
Cardio Nuances:

- Challenge serve placement by using targets
- Coach players to get sideways to the ball on the trap with butt end of racket close to belly.

Cool Down: **Service Race**

Ideal Number: 6-10

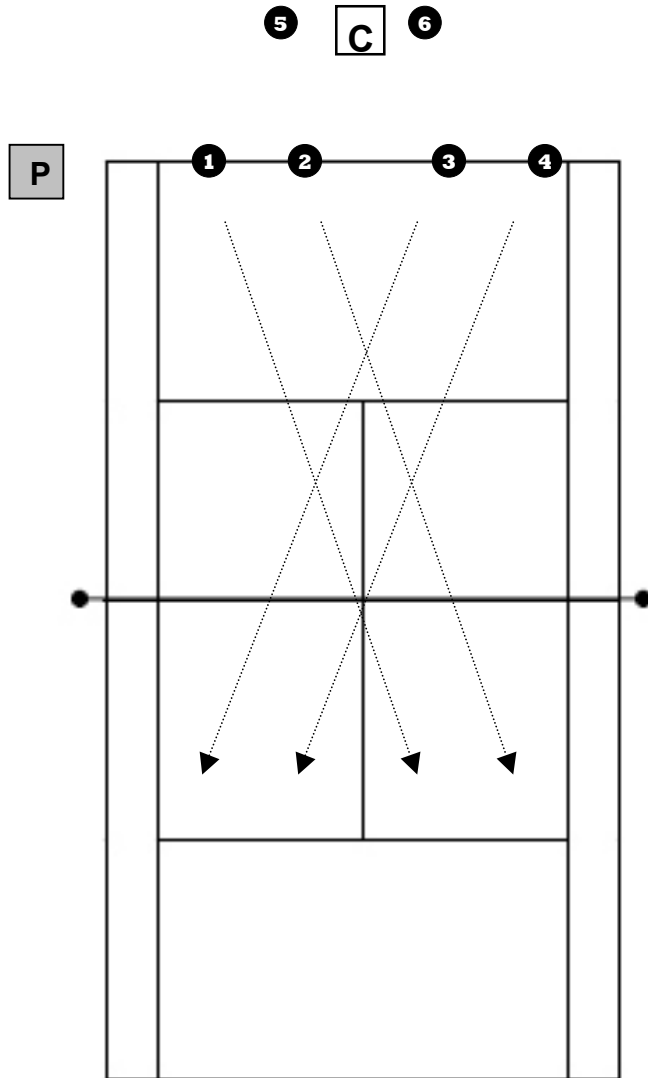
Skills Improved: Serving under pressure



- Form 2 teams and use a plastic for positioning
- Coach groups 10 balls on the service line for each team.
 - Can also use hoppers or baskets to hold the balls
- The first player serves and if they make it in, they run and take the ball from their group of tennis balls and give it to their teammate next in line.
- If the player misses their serve, they run back to the cart and get a ball from there. The first team to use up their 10 balls wins.

Cool Down: **Serving for 10**

Ideal Number: 4-8



- Players spread out along the baseline, up to 4 at a time (use plastics for position)
- Each player will serve 10 balls to the appropriate service box.
 - The goal is to see how many of their 10 serves they can make successfully.
- Players can serve from both sides of court or the same. They can rotate in and out and/or rotate spots with another person
- Players keep track of own score
 - If time permits, have the players repeat the drill and see if their score improves.

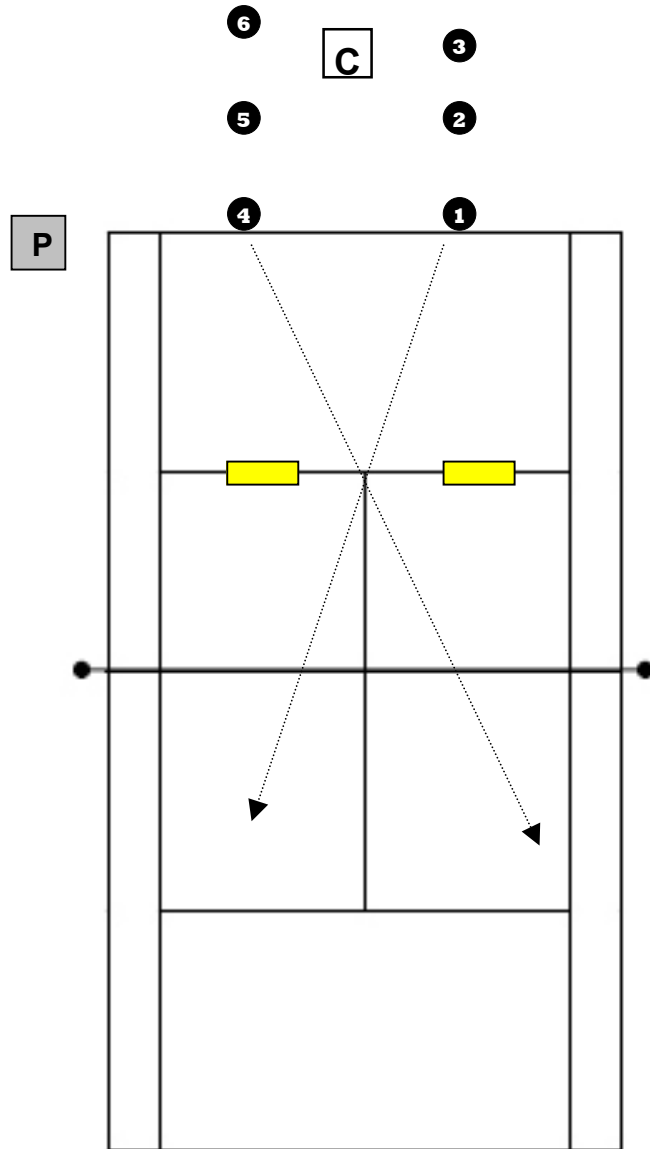
Variations:

Split the service box in $\frac{1}{2}$ and have each player serve five balls to the inside of the box and then the next five balls to the outside of the box.

Set cones up as targets and see which player can hit the most targets.

Cool Down: **Serving LOS (Line of Shame)**

Ideal Number: 6 – 10 players



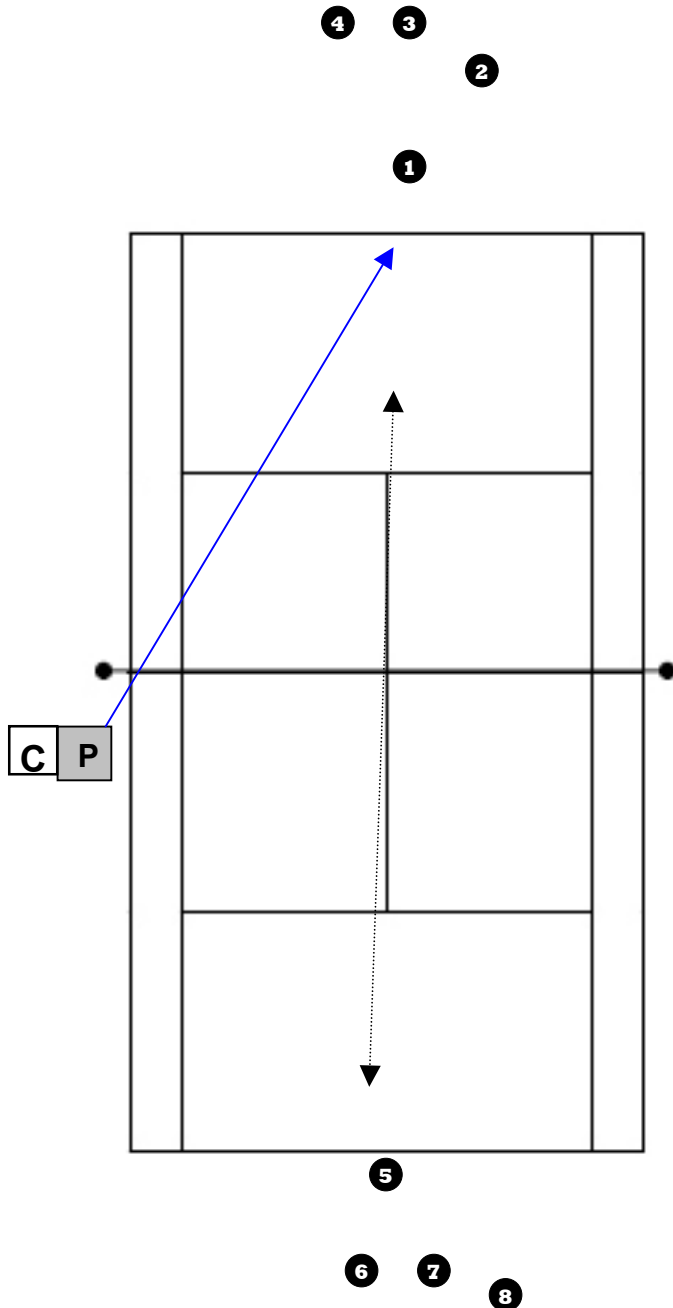
- Form two teams. The ball cart is positioned a good distance from the baseline and players may only get a ball from the basket.
- On go the first players get a ball from the cart and serve. If they get it in they score and the next player in line serves.
 - If the player misses their 1st serve, they must go to the basket for the ball and try again.
 - If the player misses their 2nd attempt, they get a 3rd ball, and serve from the service line (line of shame), if they make the serve they score. If they don't they are done and end of line
- Play for time or a number
- Pick a captain and make sure team score is being said out loud

Cardio Nuances:

Have your stronger players serve using their non-dominant hand

Cool Down: **Star Wars**

Ideal Number: 6 – 8 players

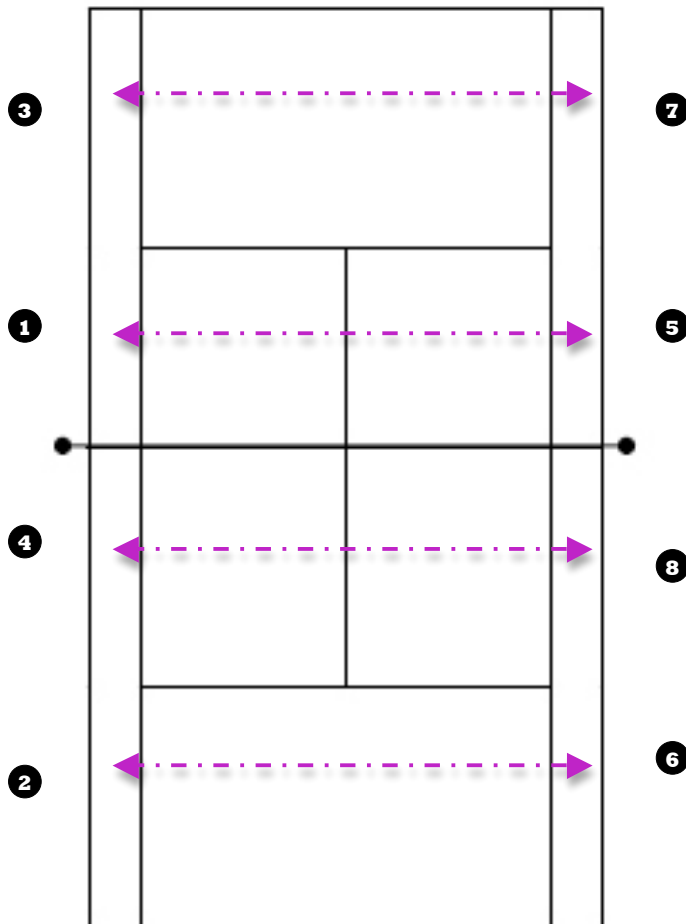


This is a cool down, which is also a game. It is in the cool down section because there are not enough touches on the ball or movement in general for it to be in the Games section of the Cardio Tennis class.

- Teams start at the baseline as a singles point
 - With rookies use the 60 foot court
- Pro feeds a ball and the point is played.
- The winning team adds one player so it is now 2 vs. 1
- The person who lost the point rotates out
- When you win you always add a player so it could be 3-5 players vs. 1. If you lose the point ALL players rotate out.
- Pro can feed to either side anytime, feed to one side only or feed to the side who loses the point.
- Once one team has all of their players on court and wins a point, they score a point for their team
 - Next point is then started as a singles point
- Play to 5 or 7

Cool Down: **Up and Over**

Ideal Number: Partner based activity



- Players partner up in signature CT court set up
- Players hit ball cooperatively in the red court off a bounce
- When the player receives the ball they must bump the ball up to themselves with control, let the ball bounce and then send back to their partner.
- Continue rallying until the pro calls time.

Cardio Nuances:

If very skilled players challenge them by having them bump up on one side and hit back off the other

- Can also be done as volleys
- Have players play with non-dominant hand

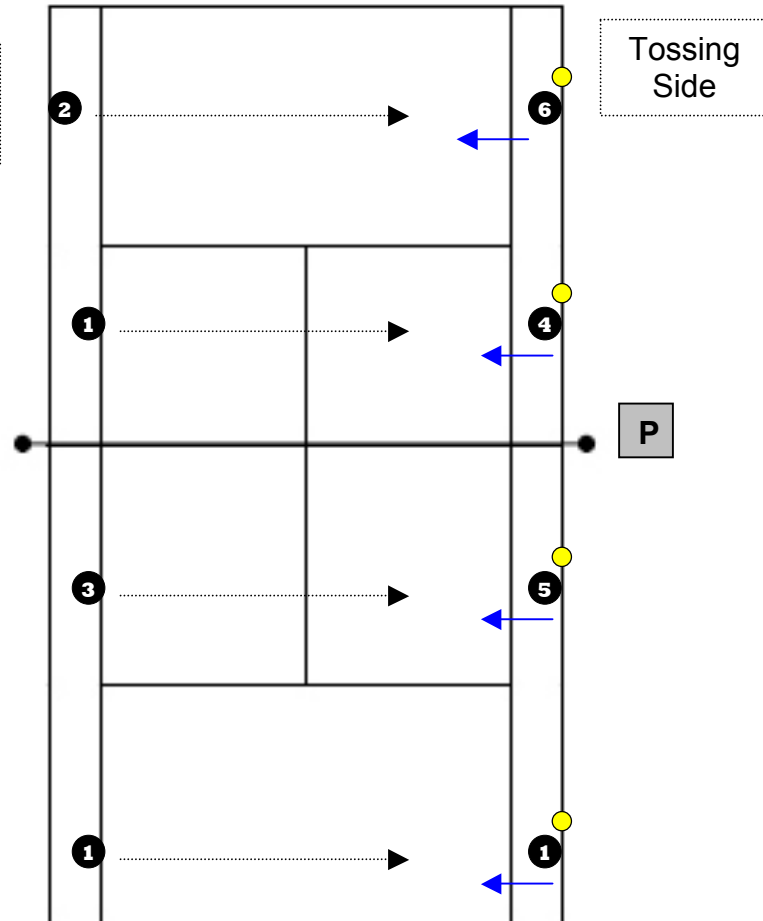
Warm Up/Cool Down: **Toss and Trap**

WU Progression: Tossing and Catching

Ideal Number: Partner Based

Signature Court set-up

This is more appropriate in the cool down but a good warm-up for lower skilled players



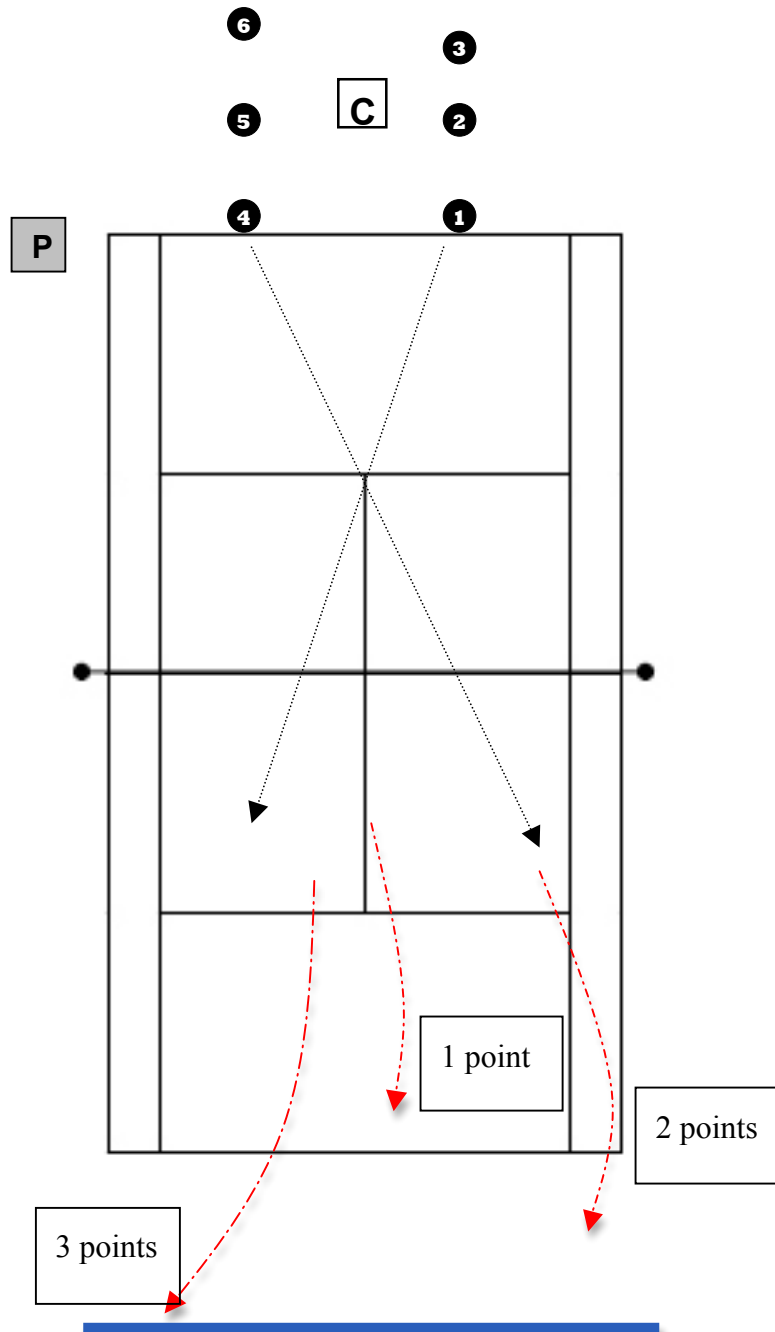
- One side has rackets the other a ball
- The tosser throws underhand to their partner so it bounces.
- The player with the racquet traps the ball against their strings.
 - Once they trap it they will then do a drop hit (cooperatively) back to their partner.

Cardio Nuances

- After X amount of time players will switch roles
- Both players have rackets and both trap
- The tosser can yell out a number of bounces (1, 2, 3) and the player with the racquet must make adjustment to catch the ball after the specified number of bounces.
- Add competition by number of successful catches in a row, timed or to X amount

Cool Down: Vegas Serving

Ideal Number: 6-8 players



- Form 2 teams
- Serving competition where the first team to 21 wins
- Players for each team serve 1 ball and then rotate to the end of the line:
- Point scoring is:
 - Serve into net: **-1 point**
 - Missed Serve but over the net: **0 points**
 - Good Serve and 2nd bounce inside the baseline: **1 point**
 - Good Serve and 2nd bounce outside the baseline: **2 points**
 - Good Serve and 2nd bounce into the back curtain: **3 points**

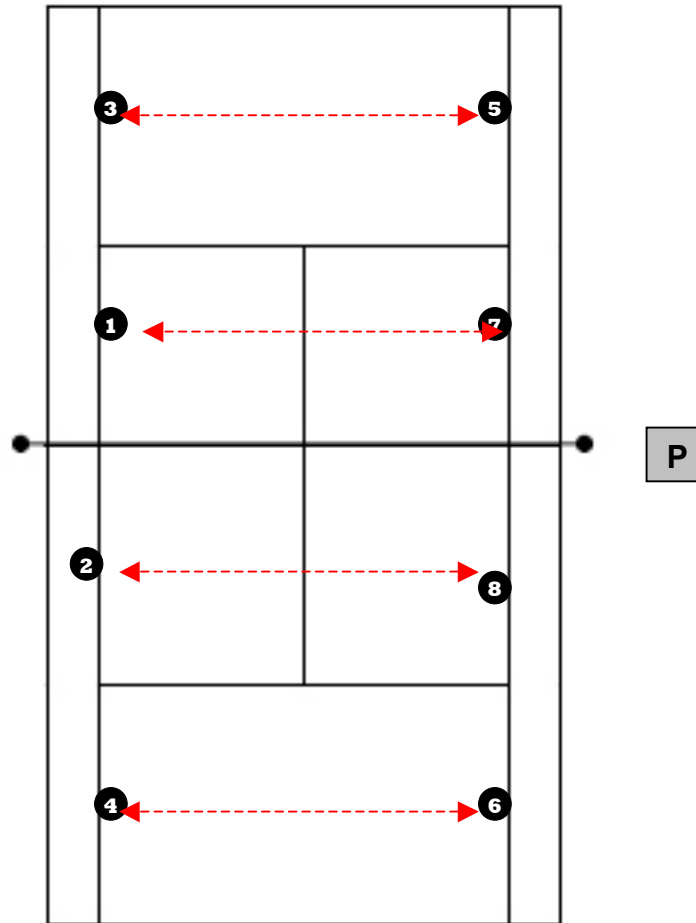
Cardio Nuances:

Have players compete against another player (example: 1 vs. 4, 2 vs. 5, 3 vs. 6)

Because this is a timed rotation it is unlikely you will get to 21 so just play for time

Cool Down: **Volley Combos**

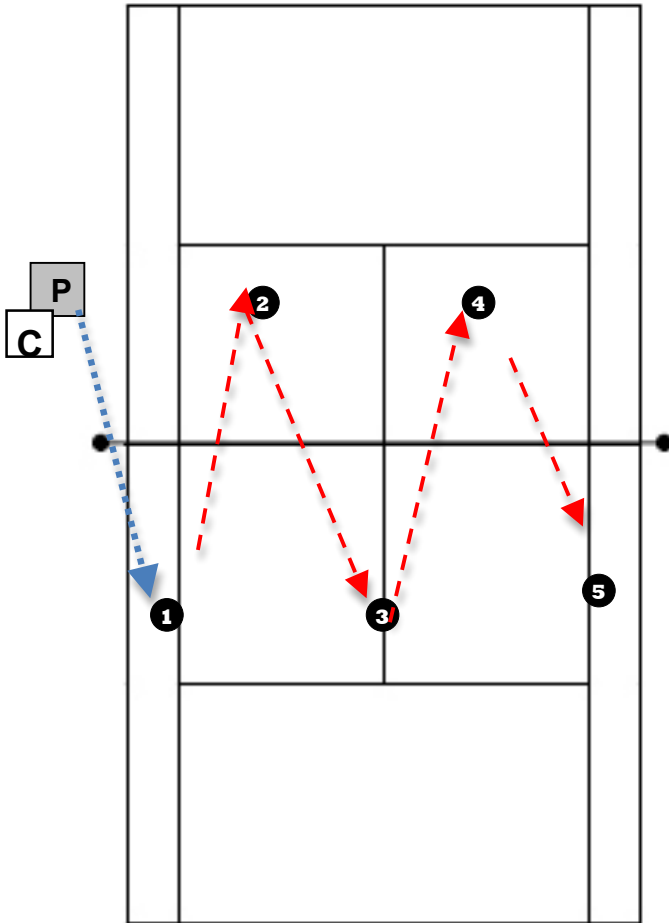
Ideal Number: Partner based



- Players start on the singles side line
- Players reflex volley for depth cooperatively while maintaining their position on the singles sideline
- After about 1 minute have the pairs move in closer and work a closer reflex volley
 - To progress, volley a pattern like alternating FH and BH
- After another minute have players meet at the imaginary net of the red court and bump ball to one another utilizing the line or a target to aim the bounce. Coach players to be in $\frac{3}{4}$ squat, choke up on racket, slight open racket face. We refer to this as volley kisses even though the ball is bouncing
- To progress, players can move in a circle as they bump the ball
- This is a great way to end a Cardio Tennis session as the touches on the ball are off the charts!

Cool Down: **Zigzag Volleys** (over the net)

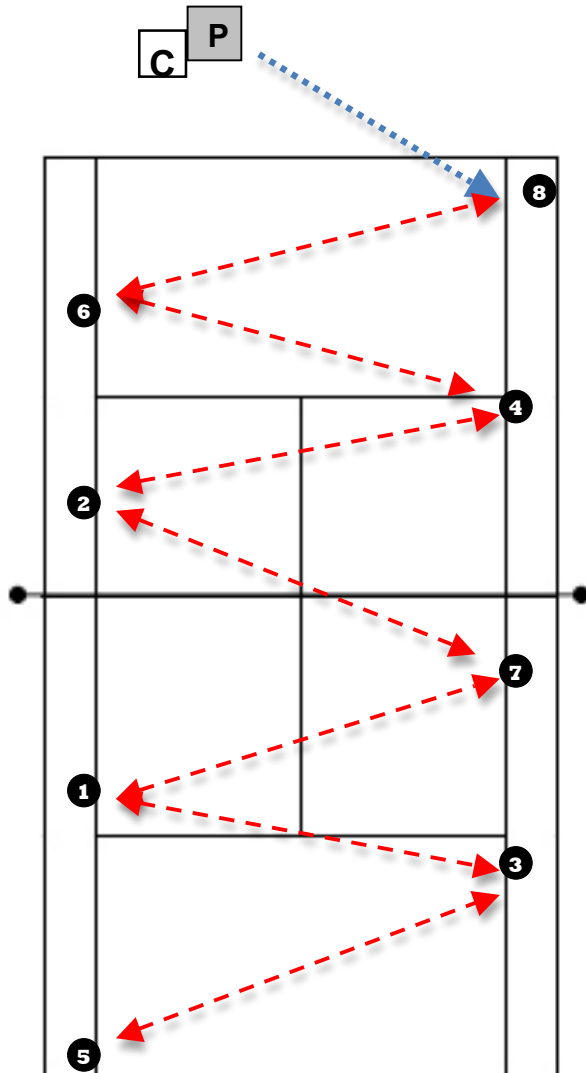
Ideal Number: 5 – 7 players



- Pro feeds to player 1 and then players hit control volleys zigzagging player to player.
- When the ball gets to the last person:
 - If odd # they send it back to the pro.
 - If even they can reverse the direction
- With odd #'s the pro can feed multiple balls into play, so 3-5 balls might be going simultaneously.
- Play 2-minute rounds rotating player positions after each round.
- Ask players to do whatever it takes to keep the ball in play
- Position your strongest player in the last position
- To modify play off the bounce

Cool Down: Zigzag Volleys (Signature Court)

Ideal Number: 8-10 players



- What variation you use will be dependent on numbers and skill level
- For lower skill and even numbers:
 - Pro puts ball into play as players cooperatively control zigzag volleys. When ball reaches last player the direction reverses
- For higher skill or odd numbers:
 - With 9 the last player hits the ball back over and across the court to the pro so it is a continuous rally (really difficult)
 - Pro can feed multiple balls before the previous ball works its way through the end of line
- To modify play off the bounce

Cardio Nuances:

Keep the zigzag on the same side of the net