

GREEN BALL

WHEELCHAIR TENNIS COMMUNITY PRACTICE AND PLAY PLANS

COMMUNITY 1 / COMMUNITY 2



NetGeneration.com

DEAR COACH,

WELCOME TO NET GENERATION!

On behalf of the USTA, thank you for supporting Net Generation. Together, we will shape the future of tennis. Net Generation isn't just a new brand—it's a comprehensive platform and development program for kids ages five through 18. By creating a singular platform for tennis that we all can rally behind, and through the support the USTA will offer along the way, we believe we can grow tennis participation, instill the love of the game in future generations, and ensure that tennis remains a vibrant sport in our communities for years to come.

As a former #1 world tennis player, former President of the Women's Tennis Association, ESPN analyst, business owner, entrepreneur, and mother, I'm a Net Generation ambassador because I believe this new approach will benefit the growth of youth tennis. Sports today don't meet the needs of parents, players, coaches, and community organizations quite like we will with Net Generation.

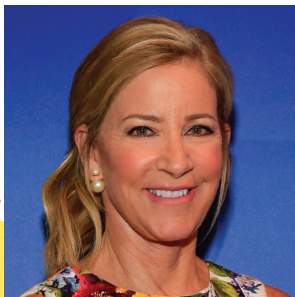
By registering and becoming an active part of Net Generation, you will get access to the very best curricula that will help you facilitate play and deliver programs, digital tools, and resources that make teaching, coaching, planning and playing easier, and marketing resources and support to enhance your program's visibility.

This manual is just one tool under the Net Generation brand and we hope it becomes a valuable resource for you. It's comprehensive, competency-based, collaborative, and also packaged conveniently online with additional resources to help you customize your approach to creating programs for the sport you love.

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



Chris Evert
Former World #1 Tennis Player



FOREWARD

NET GENERATION WHEELCHAIR CURRICULA

For a sport that had its origins in Southern California, created by an extreme skier named Brad Parks in 1976, the sport of wheelchair tennis has come a very long way. How could Brad have ever dreamed how much growth and inclusion wheelchair tennis would receive from the overall global tennis community? Wheelchair tennis has been included into all four Grand Slam events, been a medal sport at the Paralympic Games since 1992, created the World Team Cup (wheelchair tennis' equivalence to Davis Cup and Fed Cup) in 1985, the creation of the year-end NEC Singles and UNIQLO Doubles Masters, and the building of an entire professional tour managed by the ITF (International Tennis Federation) and sponsored by UNIQLO. Having all of that history behind it, the future for wheelchair tennis and it's growth looks to be even greater!

Net Generation, the official youth tennis brand of the USTA, will provide ALL youth the opportunity to play more tennis and to have the sport made more accessible to those who need some adaptation to make it work! The Net Generation Wheelchair Tennis adapted curricula, created here by the USTA National Wheelchair Staff, will allow teachers, physical therapists, occupational therapists, parents and volunteers to bring tennis to kids who otherwise might find the able-bodied curricula more difficult to adapt to. Adaptation, accessibility and inclusion, all in one curriculum!

We hope you enjoy the journey you are about to embark upon and with the power of Net Generation at your back! There is only the love and joy that tennis brings all of us that is coming your way.

Jason Harnett

USTA National Manager - Wheelchair
Head Paralympic Coach for Team USA



FOREWARD

NET GENERATION WHEELCHAIR CURRICULA

On behalf of the USTA Wheelchair Tennis Department, it brings me much joy to introduce this adapted Net Generation Curricula. On a personal level, much satisfaction was derived in this lengthy process. Wheelchair tennis is unique in that it is the most integrated of all the disabled sports. This integration is due to several factors that we celebrate frequently. Wheelchair players get two bounces and all the rest is the same including court size and equipment. We also observe that there is a professional wheelchair tennis tour sanctioned and managed by the ITF. I highlight this as a precursor to the fantastic integration that our department has enjoyed through this process of utilizing the Net Generation platform.

Through this effort to adapt Net Generation curricula, we had the opportunity to liaise and collaborate with several departments within the USTA. In doing so, we were able to solidify strong relationships while bringing more attention to this great sport. Over the next few years, we look forward to continued collaborative work in order to grow wheelchair tennis.

I have personally seen how children's lives have changed as a result of playing wheelchair tennis. As you begin to utilize these curricula, enjoy the shared wonderful moments. Hopefully, you will find the immense education value in this program. I want to highlight two essential ground-breaking aspects. All of these curricula are a stellar example of transition tennis based on appropriate progressions. Moreover, they all promote high levels of engagement during every lesson. Long gone are the days of children waiting in a line to hit a ball.

We wish you and your students' great success. Hopefully we will see you on the courts!

Jason Allen
Manager
USTA Wheelchair Tennis



TABLE OF CONTENTS

INTRODUCTION	5
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COMMUNITY 1

1. Let's Rally	11
2. Control It	17
3. Party At The Net	23
4. I Can Serve	29
5. I Love Doubles	34
6. Let's Play	40

COMMUNITY 2

1. Move It	47
2. Watch Me Volley	53
3. Control It	58
4. Party At The Net	62
5. Team Play	68
6. Let's Play	72

INTRODUCTION

Net Generation Community is a “Learn to Play” program designed to engage more players in the game of tennis. The program uses modified equipment to promote early success, with a focus on serve, rally, and play. The Net Generation Community curriculum was created for wheelchair coaches who may have little to no experience in delivering wheelchair tennis.

Community Green encompasses two levels of Practice and Play Plans.

COMMUNITY 1

Program covers the beginning stages of serve, rally, and play in a team environment

Recommended Age/Level:

Players who complete Orange Community 2, or 15- to 18-year-old beginner players.

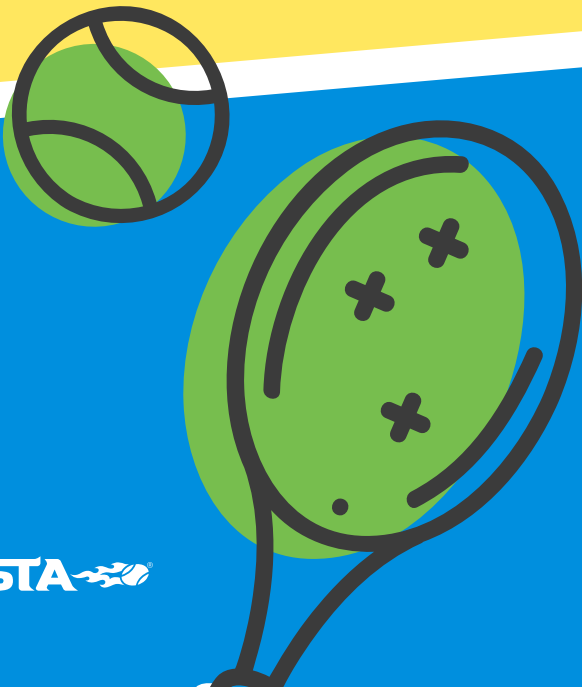
COMMUNITY 2

Designed to further develop serve, rally, and play in a team environment.

Recommended Age/Level:

Players who complete Green Community 1 or have some prior tennis experience. Target age range is 15 to 18.

Note: In all disabled sports, the coach must make an aged-based decision depending on various factors surrounding the child’s disability.



The program has been designed to allow for local flexibility regarding the length of the individual and overall sessions.

RECOMMENDED EQUIPMENT

ORANGE BALLS

Orange balls. Two per player.

GREEN BALLS

Green balls. Two per player.

RACQUETS

25- to 27-inch racquets.

BALL BUCKETS

One 40- to 60-quart plastic container and one small plastic paint bucket per coach. The large containers can hold orange and green balls, and the small buckets are ideal when students work in small groups and need a limited supply of green balls.

POLY-SPOTS AND THROW-DOWN-LINES (TDL)

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

CONES

One nine-inch or half-cone for every two players.

PLAYING CARDS

Use for challenges in different activities. Two packs per class.

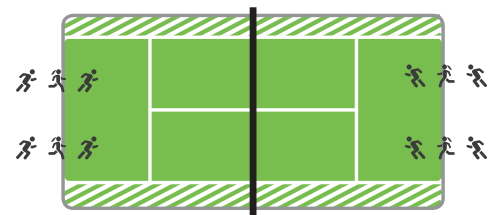
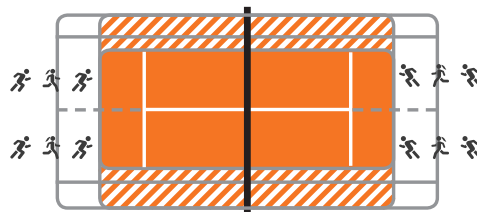
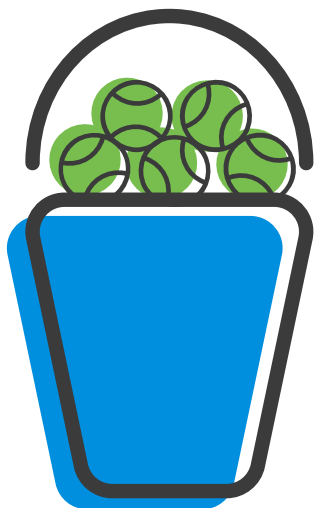
COURT – ORANGE 60-FOOT

The first two chapters of Green 1 use a 60-foot court. The dimensions for the orange court for singles play are 60 feet long (nine feet inside the 78-foot court baseline), and 21 feet wide (three feet inside the 78-foot court singles sidelines). Orange court for doubles play are 60 feet long and 27 feet wide (using singles line of 78-foot court). For more than two players, the doubles alley of the 78-foot court can be used to accommodate additional play.

If there are no 60-foot blended lines on the court, chalk, throw down lines, or painters tape can be used to create temporary lines.

COURT – GREEN 78-FOOT

The remaining four chapters of Green 1, and all six chapters of Green 2, use the 78-foot court. The dimensions for the green court for singles are 78 feet long and 27 feet wide. Green court for doubles play are 78 feet long and 36 feet wide. For more than two players, the doubles alley of the 78-foot court can be used to accommodate additional play.



STRUCTURE OF PRACTICE AND PLAY PLANS

WARM UP

Each practice starts with a simple, fun activity that gives players a chance to become engaged and gives the coach time to make final adjustments for the session.

PLEDGE/CHARACTER DEVELOPMENT

All players will recite the pledge, and the coach will introduce the character development “word of the day.”

TENNIS SKILLS

Each session has activities for players to build the foundation for serve, rally, and play. These include individual and partner activities.

GAME

Players are divided into teams to work on the skills covered in each practice.

FREE PLAY

All players will have an opportunity to play the game of tennis at the end of the session.

PLAY AT HOME

With each practice and play plan, players have specific challenges to practice at home. They can practice independently or with a friend or family member.

DESCRIPTIONS OF ACTIVITIES

SETUP

Location of players, balls, and equipment.

MISSION

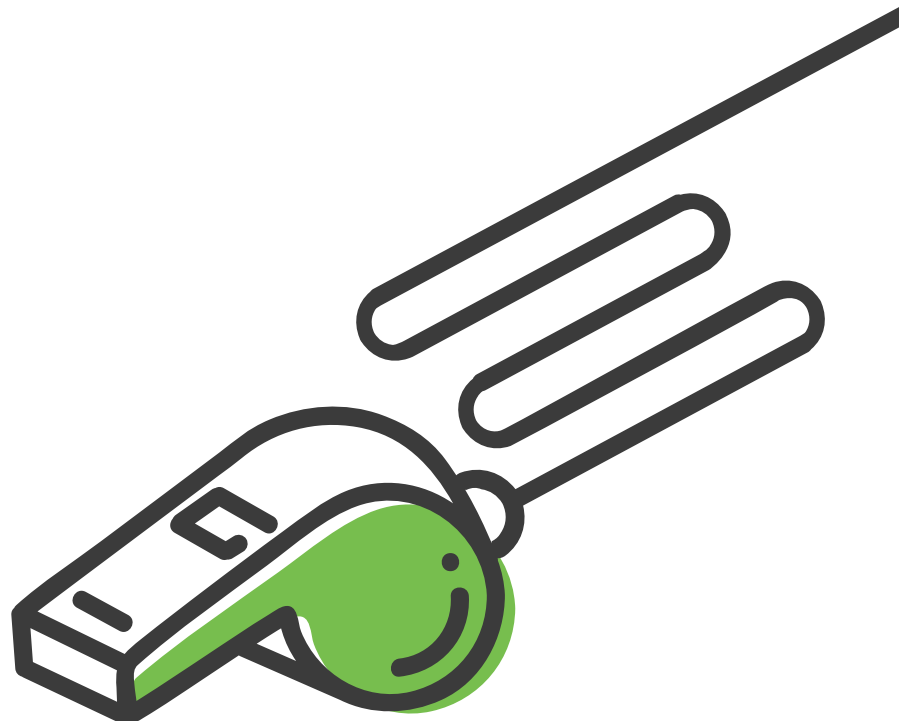
What we want players to do, followed by bullet points containing specific instructions.

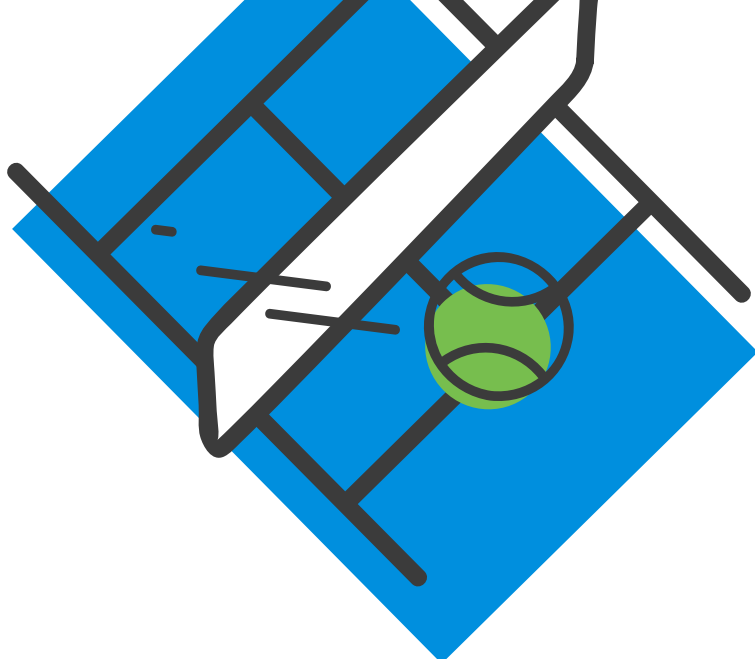
LEVEL 2, LEVEL 3, ETC.

Progressions to make activities more difficult.

COACHING CUES

Short tips to help players with the serve, rally, and play.





INTRODUCTION

Welcome to Community Green 1 Practice and Play Plans! This serve, rally, and play program supports and follows the Orange 2 Practice and Play Plans or it can be an introduction to tennis for 15- to 18-year-old players. This program focuses on partner rallies and being on a team. Players will work on fundamental skills, including an introduction to the serve, which will help prepare them for play. Progressions are used to match the skill level of the individual. After completing Community Green 1, players will be more comfortable with playing the game.

GAME COMPONENTS

For each of the tennis activities in Community 1 and 2, coaches can use different tools to motivate players.



Numbers

These measure players' success and increase the challenge. Can use six or 10 to work on tennis scoring.



Time

Each activity has a specific start and end time.



Cards

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



Distance

Making the court smaller (half-court) or bigger (full-court) will adjust the amount of challenge for the player. A smaller court will make it easier and a bigger court will increase the challenge.

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 points they can score in a game). Cards can be used to determine the score the players need to reach.

PLANS AT A GLANCE



	Warm Up	Character	Tennis Skills	Game	Free Play	Play at Home
01 Let's Rally	Positional Starts	Listen	Rally Me	Rally Pyramids	Free Play	Rally Me
	Ball Drops		Half-Pound Lobster Trap			
			Toss, Hit, Catch			
02 Control It	4 x 4 Tag	Respect	Toss, Hit, Catch	Gladiator	Free Play	Half-Pound Lobster Trap
	Make 'Em Move		Build Up			
			Rally Pyramids			
03 Party At The Net	One Hand Push	Effort	Toss, Hit, Catch-Volley	Positive - Negative	Free Play	Throw, Hit, Volley
	Four-Corner Toss		Up-and-Back Volley			
			Build Up			
04 I Can Serve	Rock-Paper-Scissors	Teamwork	Rally Pyramids	Four Square	Free Play	Serve Pyramid
	Fence Throws		Serve - Return Progression			
			Serve Plus One			
05 I Love Doubles	Zig Zags	Responsibility	What's It Worth	Charge! Doubles	Free Play	Rally
	Make 'Em Move		All-Position Doubles			
			One Up - One Back Doubles			
06 Let's Play	4x4 Tag	Sportsmanship	Card Shark	Team Challenge		Try Out New Skills
	Quarterback		Serve Plus One			

CHAPTER 01

LET'S RALLY

Equipment: 25- to 27-inch racquets, orange balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

POSITIONAL STARTS

Setup

- Players spread out on sideline on both sides of net. Up to four on each side.

Mission

- Start in various positions as chosen by the coach, and on coach's command, sprint push and stop on opposite sideline.
- Emphasis is on big, strong pushes and driving arms.
- When finished, push backwards to starting point.

Progressions

1. Start facing the net and turn to start.
2. Do the entire activity pushing backwards.
3. Stop on opposite baseline and do three wiggles.

BALL DROPS

Setup

- Players in pairs spread out around court.
- One player has two orange balls, their partner catches.
- Pairs start about four feet apart, facing each other.

Mission

- Player with balls holds them straight out at shoulder level with their arms in a V position with palms down.
- Drop one ball. Partner catches with one hand after bounce.
- Catch with right hand on right side of body, left hand on left.
- After four successful catches on each side, switch roles.

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

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

Level 4: Take a push back.

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: LISTEN

Introduce Character Theme

- What makes a good listener/communicator?
- How can we show our partner that we are listening to them?



III. TENNIS SKILLS (20 – 25 MINUTES)

RALLY ME 123

Setup

- Spread players out on both sides of the net, each with a racquet and an orange ball.

Mission

- Toss the ball up and let it bounce, then tap it up to about head level with the racquet (palm up).
- Players will try to continue to tap the ball up after each bounce, rallying on their own.
- Players can use a target on the ground (poly-spot, chalk, etc.) to encourage hitting ball up instead of away from them.

Level 2: Hit backhands (knuckles up).

Level 3: Alternate forehand (palm up) and backhands (knuckles up).

Level 4: Rally over a line with a partner (use existing line or a throw-down-line).

HALF-POUND LOBSTER TRAP 123



Setup

- Pair up players, with racquets and one orange ball.
- Partners sit eight to 10 feet apart. One player (the feeder) has an orange ball; the other (the lobster) has a racquet in one hand.
- This can be done with or without a net.

Mission

- The feeder tosses the ball to the forehand side (palm forward), and the lobster traps it against the racquet with the free hand after the bounce.
- The lobster gently drop-hits the ball back to the feeder.

Level 2: Use a backhand. The player will hold the racquet with the dominant hand at the bottom of the grip, and trap the ball against the strings with the non-dominant hand.

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

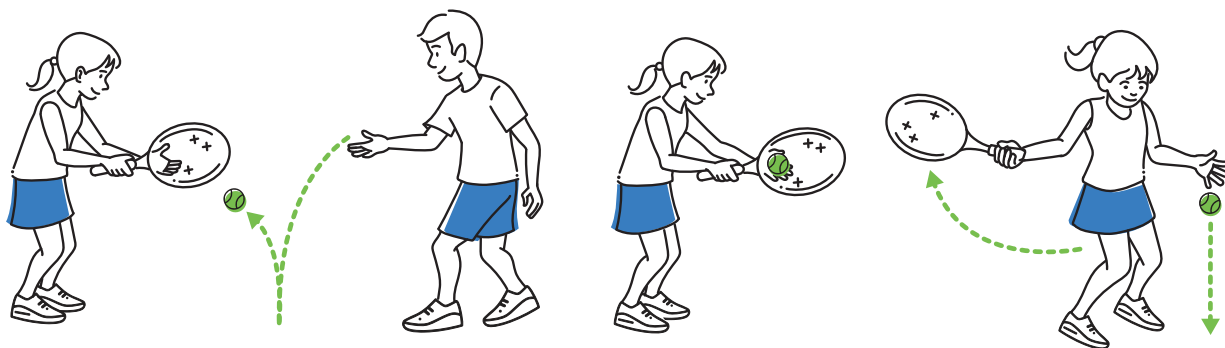
Level 4: Feeder moves back increasing the distance between feeder and lobster.



COACHING CUE

Keep the trap to the side, and in front of the body.

ILLUSTRATION: HALF-POUND LOBSTER TRAP



TOSS, HIT, CATCH 123    

Setup

- Two teams of three per court, each team uses half-court.
- Feeder sits in the middle of the service box, on the same side of the net as the hitter, with a supply of orange balls.
- Hitter is in the center of the service line; catcher is on the opposite service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

Mission

- Feeder tosses a ball to the forehand side of the hitter. Ball should be tossed a safe distance away from the hitter, so the feeder is not hit with the ball.
- Hitter plays the ball over the net, and recovers to the spot.
- Hitter’s shot should land in the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- After six balls, players change positions. Feeder moves to hitter’s position, hitter moves to catcher’s position, catcher moves to feeder’s position.

Level 2: Toss to backhand side.

Level 3: Alternate forehands and backhands.

Level 4: Hitter moves to baseline.



COACHING CUE

Return to the hub after each shot, and follow through to the target/partner.

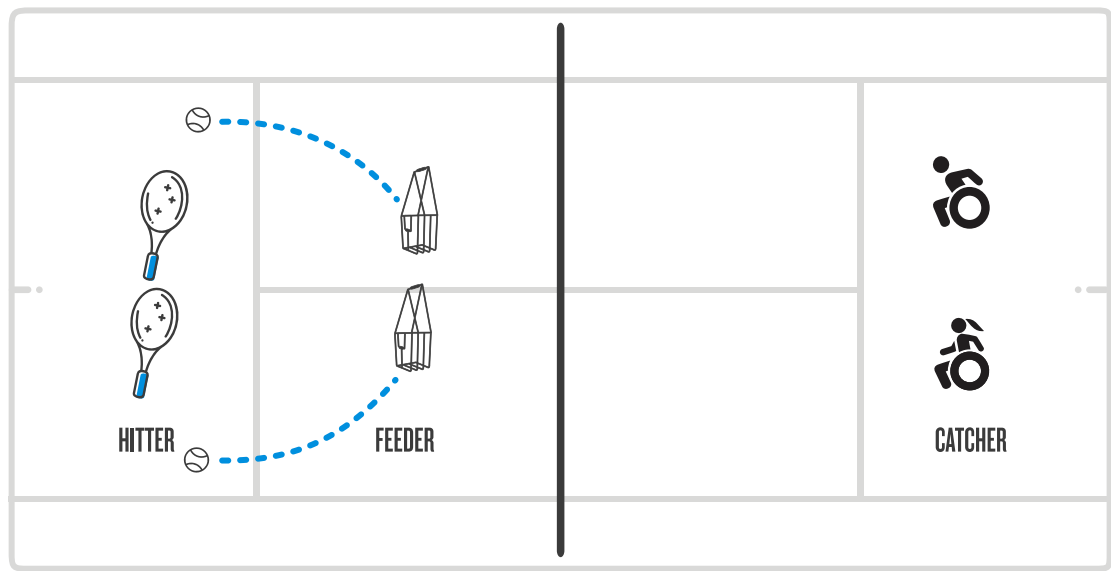


CHARACTER CHECK UP

How could you tell your partner was listening to you?

Why is it important to listen to your partner?

ILLUSTRATION: TOSS, HIT, CATCH



IV. GAME SKILLS (10 – 12 MINUTES)

RALLY PYRAMIDS



Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the service line with an orange ball. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player 1 will start the rally with a drop-hit, Player 2 hits the ball over the net with the forehand stroke, and Player 1 hits it back.
- For every successful rally of two each, add a ball to the pyramid.

Level 2: Three each, then four each, etc., to score a point.

Level 3: Hit crosscourt.



COACHING CUE

For consistency, use a short backswing and follow through to control the ball.

V. FREE PLAY (5 MINUTES)



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

Setup:

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- Start players on the service line, and move backwards as they are more successful.
- Two orange balls per pair.

Mission:

- Rally over net: start with a drop-hit serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Who can you work on listening to better at home?
- How can listening help you at home and school?

PLAY AT HOME: RALLY ME

- Toss the ball up and let it bounce, tap it up to about head level with the racquet (palm up).
- Players will try to continue to tap the ball up after each bounce, rallying on their own.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CHAPTER 02

CONTROL IT

Equipment: 25- to 27-inch racquets, orange balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

4X4 TAG

Setup

- Create a square on each side of the net using the baseline and sidelines of the 78-foot court, and adding cones in front of the net.
- Put up to eight players on each side of the net. Half of the group should be on one corner of the square, the other half on the opposite corner.

Mission

- One player from each team is in the box – a tagger and an avoider.
- The avoider attempts to dodge the tag for seven seconds. The game is over when someone is tagged or steps out of the playing area.
- When finished, players go to the back of the opposite line and the next two begin.
- In intervals, switch teams and tagger/avoider.

Level 2: Shrink square.

Level 3: Create a different shape.

MAKE 'EM MOVE

Setup

- Pair up players with an orange ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their “hub.”

Mission

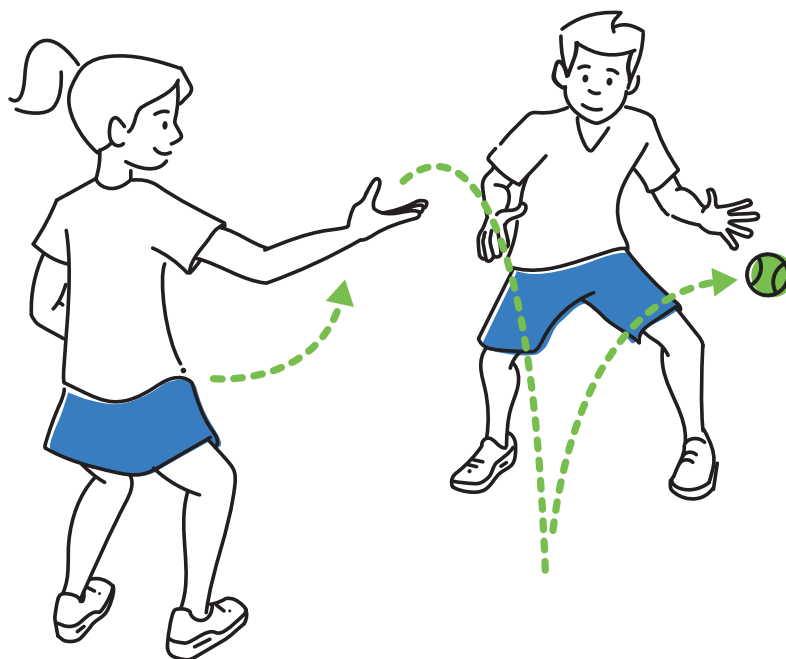
- The feeder tosses the ball to one side of the catcher, who catches with one hand, tosses back and recovers to home base.
- Catcher uses right hand on right side, left hand on left.
- Feeder makes the catcher move to the left and right, using enough height for catcher to get to the ball.
- Switch roles every minute.

Level 2: Vary toss high/low and deep/short.

Level 3: Increase distance between pairs.

Level 4: For high ball, catch with opposite hand.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPECT

Introduce Character Theme

- What does respect mean to you?
- Who are people you respect and why?
- Should you respect someone if you don't feel respected? What can you do?



III. TENNIS SKILLS (20 – 25 MINUTES)



TOSS, HIT, CATCH 123 🕒 📅 📏 🏠

COACHING CUE
 Turn chair sideways to hit and follow through to the target/partner.

Setup

- Two teams of three per court, each team uses half-court.
- Feeder sits in the middle of the service box, on the same side of the net as the hitter, with a supply of orange balls.
- Hitter is in the center of the service line; catcher is on opposite service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

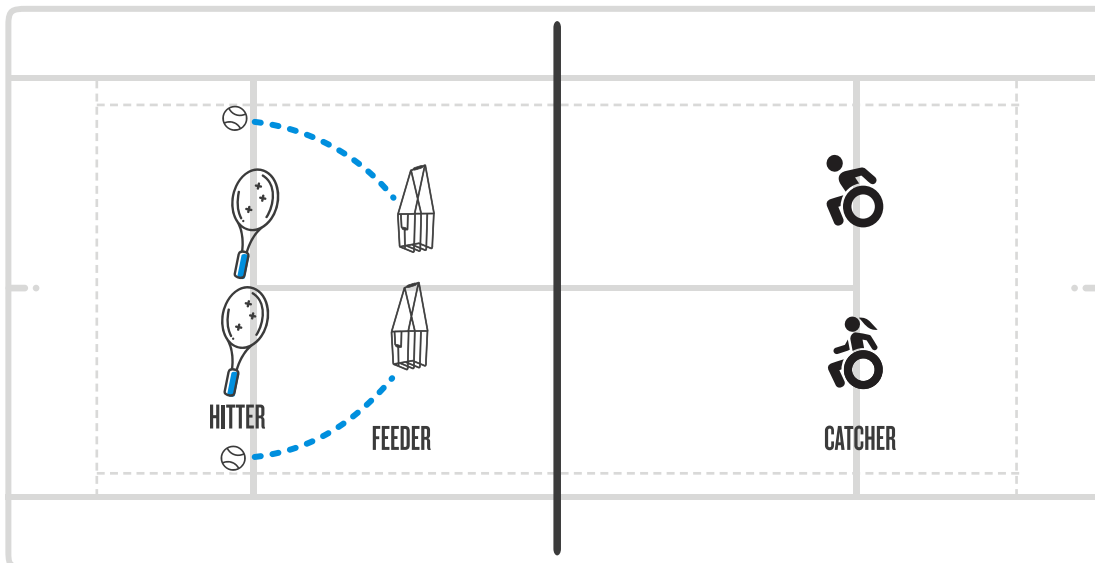
Mission

- Feeder tosses a ball to the backhand side of the hitter. The ball should be tossed a safe distance away from the hitter, so the feeder is not hit with the ball.
- Hitter plays the ball over the net, and recovers to the spot.
- Hitter’s shot should land in the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- After six balls, players change positions. Feeder moves to hitter’s position, hitter moves to catcher’s position, catcher moves to feeder’s position.

Level 2: Alternate forehands and backhands.

Level 3: Hitter moves to 60-foot baseline.

ILLUSTRATION: TOSS, HIT, CATCH



BUILD UP 123

Setup

- Pair up players, two pairs per court, using half-court.
- Both players start on the service line, with an orange ball.

Mission

- Players will rally back and forth using backhands.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.

Level 2: Use forehands and backhands.

Level 3: Move to the 60-foot baseline.



COACHING CUE

For consistency, emphasize control – nice and easy!

RALLY PYRAMIDS

Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the service line with an orange ball. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player 1 will start the rally with a drop-hit, Player 2 hits the ball over the net with the forehand stroke, and Player 1 hits it back.
- For every successful rally of two each, add a ball to the pyramid.

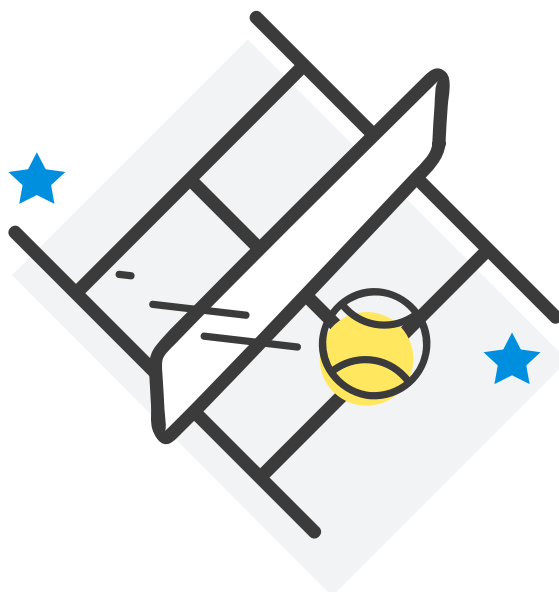
Level 2: Three each, then four each, etc., to score a point.

Level 3: Hit crosscourt.



COACHING CUE

For consistency, use a short backswing and follow through to control the ball.



IV. GAME (10 – 12 MINUTES)



Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using 60-foot court (sitting on baseline).
- Singles can be played with a smaller number of players.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the baseline (Challengers).

Mission

- Challengers drop-hit the ball to the Champs and play out the point.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before drop hitting the ball to start the point they need to shout, “Gladiator.”
- If they shout “Gladiator” and end up winning the point they take the Champs’ spot.
- If they don’t shout “Gladiator” and end up winning the point they don’t take the Champs’ spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then drop-hit, to make the game more exciting.
- Note: Alternative is having the players keep their point score once there is a new champ.

Level 2: If rally goes over set amount of hits (e.g. 8) and the Challenger wins the point they receive double points (2 points).



COACHING CUE

When possible, try to find ways to rotate Challengers to the Champs spot who are not winning as many points, so everyone can get equal play time (reward players for good hustle, or showing improvement).

V. FREE PLAY (5 MINUTES)



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

Setup:

- Pair up players according to skill level using half-court, playing inside the 60-foot court.
- Start players on the 60-foot baseline, and move forward if they are not successful.
- Two orange balls per pair.

Mission:

- Rally over net: start with a drop-hit as a serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

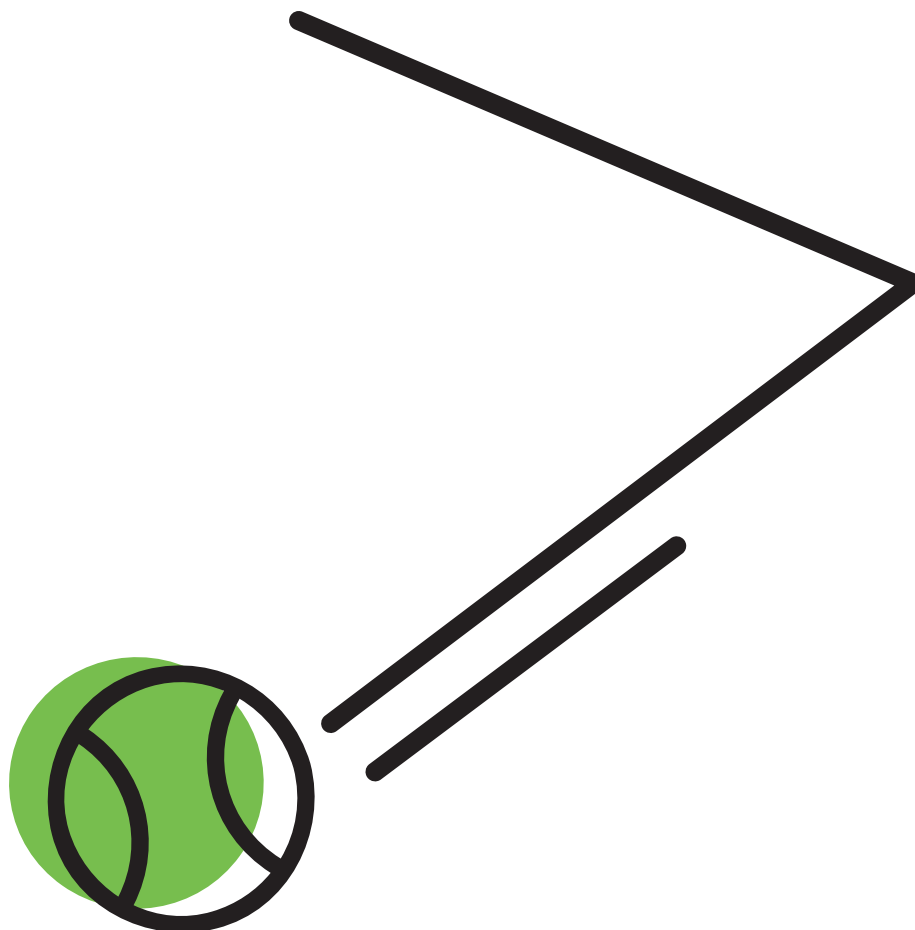
- What was one new skill you enjoyed learning today?
- How does respecting your teammate/coach make you a better tennis player?
- Is there someone in the community that you should show more respect to?

PLAY AT HOME: HALF-POUND LOBSTER TRAP

- Half-pound lobster trap with friend or family member at home.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CHAPTER 03

PARTY AT THE NET

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

ONE HAND PUSH

Setup

- Players spread out on the singles sideline.

Mission

- Players will push with one hand to the opposite singles sideline and back. Repeat three to four times.

Progressions

1. Push down with one hand and return with the other.
2. Push down with one hand and pull backwards with one hand.



FOUR-CORNER TOSS

Setup

- Pair up players, maximum of four pairs on each side of the net.
- Pairs face each other about four feet apart, with four green balls.

Mission

- Player tosses a ball (palm up) with right hand to partner, who catches in the air with the left hand.
- Partner passes the ball from the left hand to the right, and tosses it back to player's left hand. Repeat.
- Once successful, add a second ball, continuing to toss and catch in the same sequence.

Level 2: Add a third ball, then a fourth.

Level 3: Catch balls while moving.

II. CHARACTER DEVELOPMENT (3 MINUTES)

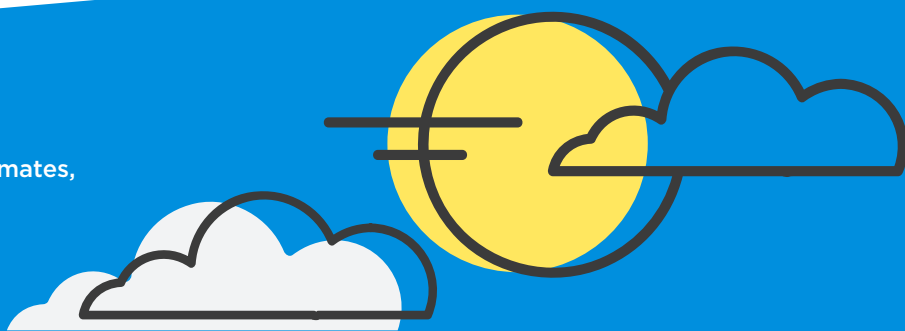
PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: EFFORT

Introduce Character Theme

- What does effort mean to you?
- How do you show good effort on the court?



III. TENNIS SKILLS (20 – 25 MINUTES)

TOSS, HIT, CATCH-VOLLEY

Setup

- Two teams of three per court, each team uses a half court.
- The volleyer sits about four feet from the net, in the middle of the service box. The feeder sits four feet from the net on the opposite side, with green balls. The catcher is on the same side as the feeder, standing on the service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.



COACHING CUE

For the volley, racquet is above the hand.

Mission

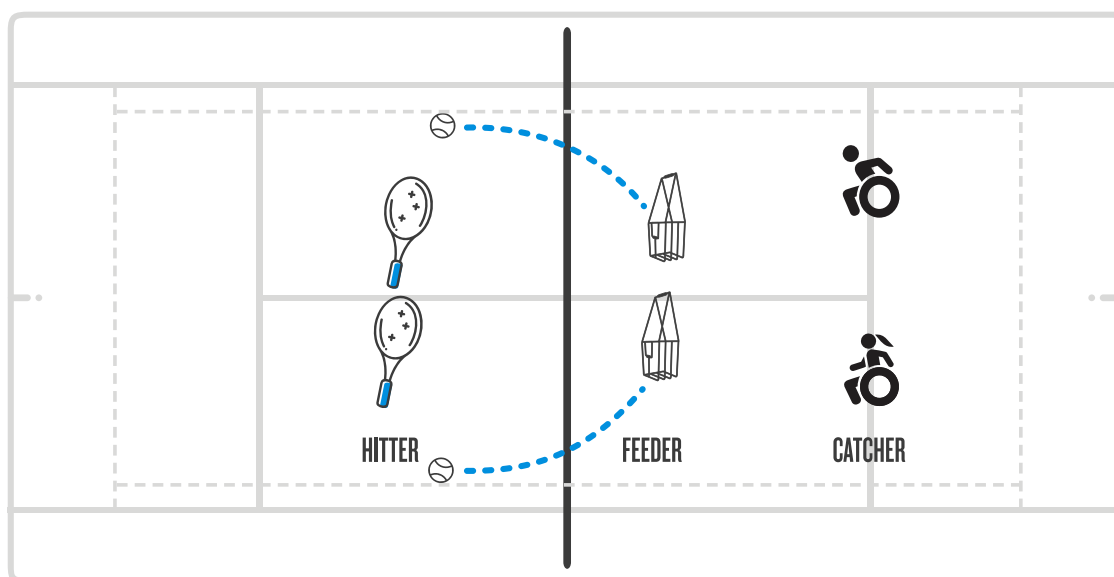
- The feeder tosses the ball to the forehand side, with enough height for the volleyer to hit above the waist.
- The volleyer hits the ball in the air to the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- The catcher catches the ball after one bounce.
- After playing six balls, players change positions. Feeder moves to volleyer's position, hitter moves to catcher's position, and catcher moves to the feeder's position.

Level 2: Toss to backhand side.

Level 3: Alternate forehand and backhand volleys.

Level 3: Do it in pairs and rally a groundstroke to volley.

ILLUSTRATION: TOSS, HIT, CATCH-VOLLEY



UP-AND-BACK VOLLEY



Setup

- Pair up players, two pairs per court, with green balls.
- Pairs are on half-court, starting on opposite service lines.

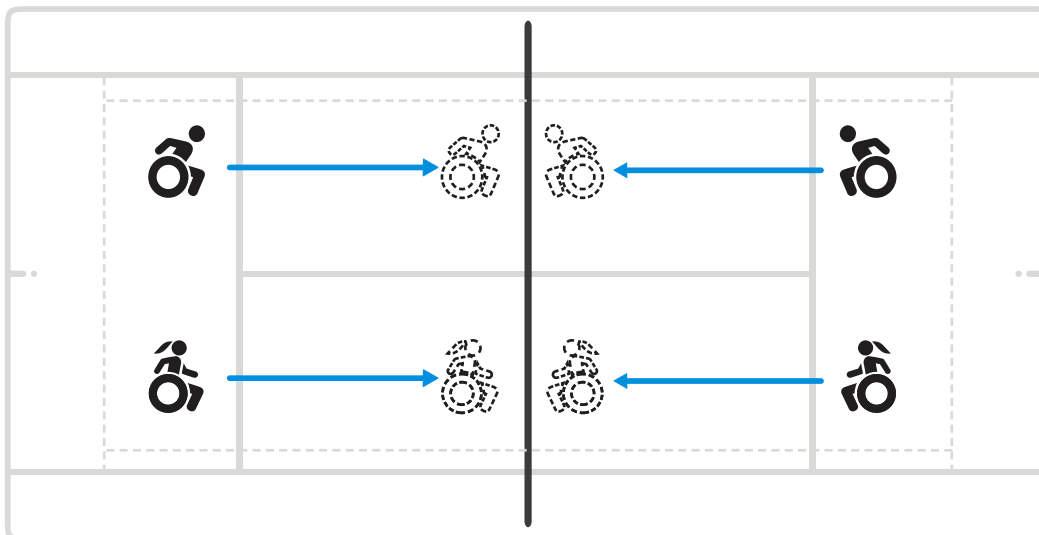
Mission

- Player 1 drop-hits an approach shot to Player 2, comes to net.
- Player 2 traps the ball, and drop-hits back to Player 1, who volleys the ball in the air back to Player 2.
- Player 2 lets the ball bounce, and traps the ball. Then Player 1 retreats to the service line, and Player 2 drop-hits an approach shot to Player 1, and comes to net.
- Players continue to repeat the sequence.
- Need help? Players can use their hands and toss and catch in the same sequence.

Level 2: Drop-hit and approach, partner hits ball back to net player, ball is volleyed back to partner who traps, and repeats the sequence.

Level 3: Rally all balls without any traps.

ILLUSTRATION: UP-AND-BACK VOLLEY



BUILD UP

Setup

- Pair up players, two pairs per court, using half-court.
- Both players start on the service line, with a green ball.

Mission

- Players will rally back and forth using backhands.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.

Level 2: Backhand only.

Level 3: Move to 60-foot baseline.

Level 4: Move to 78-foot baseline.

IV. GAME (10 – 12 MINUTES)

POSITIVE-NEGATIVE

Setup

- Two pairs per court, playing half-court points, using a green ball, starting on 60-foot baseline.
- Coach decides on a certain number of shots the players rally to (e.g., six or eight).

Mission

- Players rally with each other, starting with a drop-hit. Both players start at zero.
- If the rally stops before the number decided by the coach, the player making the mistake loses a point. If starting at zero, they would go down to -1.
- When the rally goes over the number decided by the coach, the player that did not make the mistake receives a positive score. If starting at zero they would have a +1 score.
- Coach calls time after two minutes, player with the highest score wins.
- Switch opponents and play another round.

Level 2: Play crosscourt with one stroke (for righties, forehand only on deuce court, backhand on ad).

Level 3: 78-foot court.



COACHING CUE

For consistency, emphasize control – nice and easy!



CHARACTER CHECK UP

Provide an example of your partner showing good effort.

How does good effort help you when a task becomes more challenging?

V. FREE PLAY (5 MINUTES)

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

Setup

- Pair up players according to skill level using half-court, playing inside the baseline of the 60-foot court.
- Start players on the 60-foot baseline, and move forward to service line if not as successful.
- Two green balls per pair.

Mission:

- Rally over net: start with a drop-hit or overhand serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

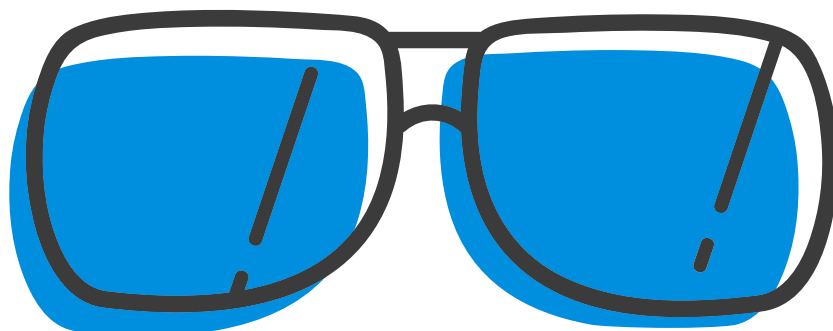
- What was one new skill you enjoyed learning today?
- Rate your effort (1 being poor and 5 terrific).
- Where can you improve your effort? (Encourage school, other sports or at home).

PLAY AT HOME: THROW AND HIT VOLLEY

Practice throw and hit volley with friend or family member.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CHAPTER 04

I CAN SERVE

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw-down-lines (TDLs), poly-spots, chalk, cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

ROCK-PAPER-SCISSORS TO A TARGET

Setup

- Pair up players, up to four pairs on each side of the net.
- Players will face each other in an athletic chair stance.
- Each player places a cone to their right or left side, or can use lines of the court. Can be any distance from the players, but both targets should be the same distance.

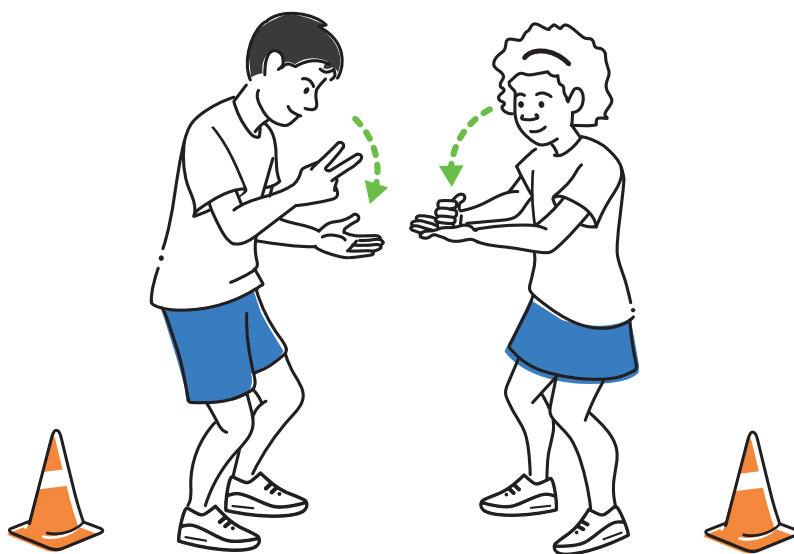
Mission

- Play rock-paper-scissors.
- After each round, race immediately to the spot belonging to the winner to see who gets there first.
- Score by winning rock-paper-scissors and getting to the spot first.
- Play the same opponent for no more than two minutes then rotate.

Level 2: Change how players reach spot such as pulling backwards or zig zagging.

Level 3: Specific movement to cone and different movement back.

ILLUSTRATION: ROCK-PAPER-SCISSORS TO A TARGET



FENCE THROWS

Setup

- Players are in pairs, one outside the fence, the other inside.
- Both players are about ten feet from the fence.
- Each pair has two green balls.

Mission

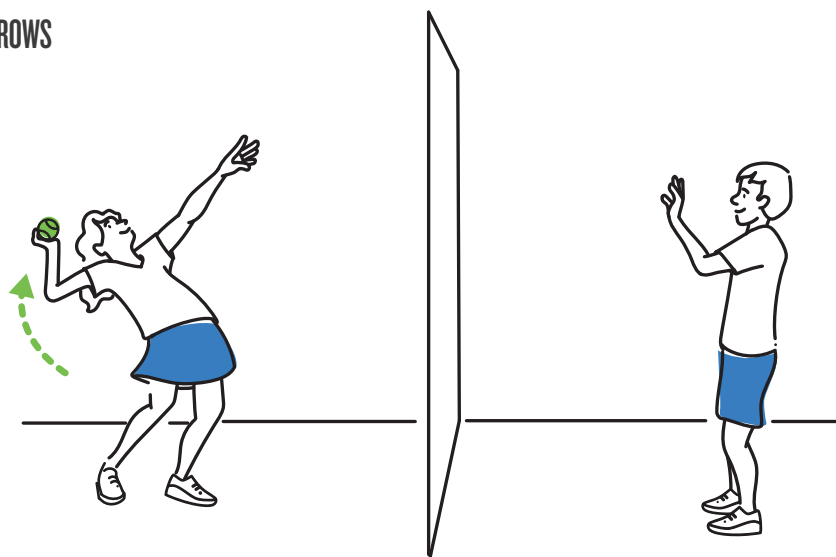
- Players will throw the ball over the fence so partner can catch the ball without having to move far.
- Throw two balls, one at a time; partner catches and throws both balls back one at a time.

Level 2: Start with the ball on the ground behind the back foot.

Level 3: Serve with the racquet and a ball over the fence.

Note: You may have to adapt if the surface behind the fence is not conducive for wheelchairs.

ILLUSTRATION: FENCE THROWS



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: TEAMWORK

Introduce Character Theme

- How can you be a good teammate?
- What does it mean to work together as a team?



III. TENNIS SKILLS (20 – 25 MINUTES)

RALLY PYRAMIDS

Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the 60-foot baseline with a green ball. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player 1 will start the rally with a drop-hit, Player 2 hits the ball over the net with either stroke, and Player 1 hits it back.
- For every successful rally of two each, add a ball to the pyramid.

Level 2: Three each, then four each, etc., to score a point.

Level 3: Move back to 78-foot baseline.

Level 4: Hit crosscourt in a diagonal.

SERVE-RETURN PROGRESSION

Setup

- Pair up players with two pairs per court, positioned diagonally across the net from each other at the 78-foot service line.
- Players will use the service boxes as the boundaries, with green balls.

Mission

- Serve and return cooperatively with partner.

Level 2: Players warm up by throwing overhand, partner catches of the bounce and throws back.

Level 3: Players will overhand serve to their partner, who traps it and serves it back.

Level 4: The receiver returns the serve after the bounce and the server traps it on the strings. After four serve-and-return sequences, the receiver serves.

Level 5: Move back to 60-foot baseline.



COACHING CUE

Lengthen your swing when moving back to the baseline.



COACHING CUES

For the overhand throw and serve, players will start with chair at a 45 degree angle to the baseline, so the shoulder is turned.

For the overhand serve, players should use a simple motion without any pause in the backswing.

The hitting arm should move down, back and up. The tossing arm should move down and then straight up.

The more that kids practice throwing, the better they will serve.

SERVE PLUS ONE

Setup

- Two pairs of players per court, one server and one returner.
- Players are positioned on the service line with a green ball, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball (underhand or overhand); the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Move to 60-foot baseline.

Level 3: Move to 78-foot baseline; serve, return, and then groundstroke to open court.



COACHING CUE

Serve, back to ready position, and prepare for the next shot.

IV. GAME (10 – 12 MINUTES)

FOUR-SQUARE

Setup

- Two teams of two to three players per court, using a green ball.
- Points are played using the 60-foot baseline and the 78-foot court singles sidelines.
- Divide the court into four equal squares using TDLs or poly-spots. The line dividing the short and deep squares should be about five feet in front of the service line.

Mission

- Play singles points starting with a serve and return. After the serve, players cannot hit into the same square twice in a row.
- If players struggle with the serve, allow them to drop-hit the second serve.

Level 2: Players can pick one square (the Black Hole), that opponent cannot hit into.

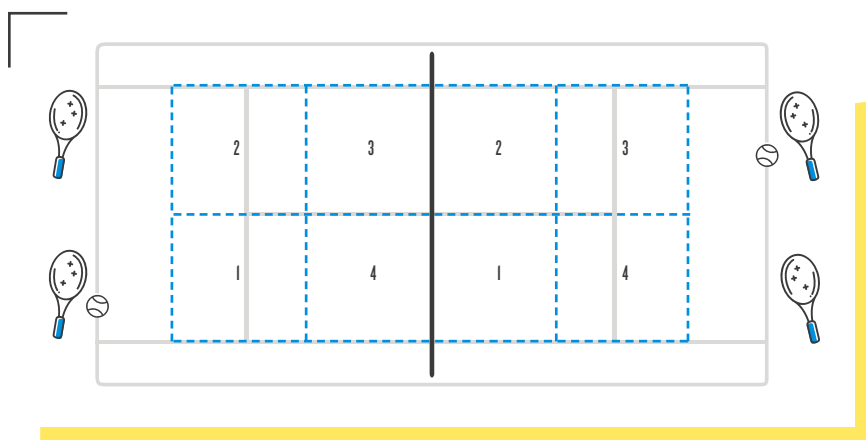


CHARACTER CHECK UP

How did you and your partner demonstrate good teamwork?

Why does being a good team player make you a better tennis player?

ILLUSTRATION: FOUR-SQUARE



V. FREE PLAY (5 MINUTES)

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

Setup

- Pair up players according to skill level, two green balls per pair.
- When playing half-court, use the 60-foot court baseline. For sidelines, use the middle line out to the doubles sidelines of the 78-foot court.
- For full court play, use the 60-foot court baseline and the 78-foot court singles sidelines.

Mission

- Rally over net: start with a serve, can be overhand serve or drop-hit, then players rally back and forth. If players struggle with the rally, have them play inside the service boxes.
- More advanced players may be ready to play from the 78-foot court baseline.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

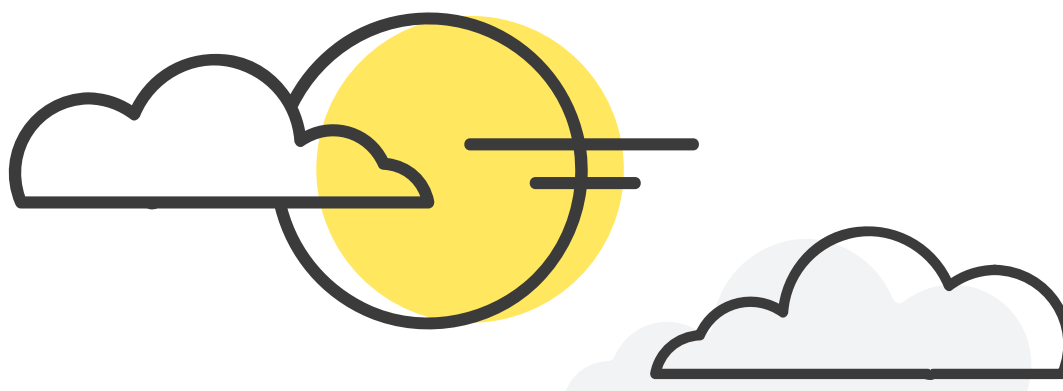
- What was one new skill you enjoyed learning today?
- What did you do that helped you achieve your goal?
- What is one thing you can do to be a better teammate?

PLAY AT HOME: SERVE PYRAMID

- Serve and rally to the wall, or with a friend.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



CHAPTER 05

I LOVE DOUBLES

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

ZIG ZAGS

Setup

- Players start on the doubles sideline near the baseline facing the net.

Mission

- Zig zag from doubles sideline to singles sideline. Once the player reaches the net they will sprint push to the opposite sideline and go back to the baseline.

Progressions

1. When they get to the other sideline, they can zig zag backwards.

MAKE 'EM MOVE

Setup

- Pair up players with a green ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their home base.

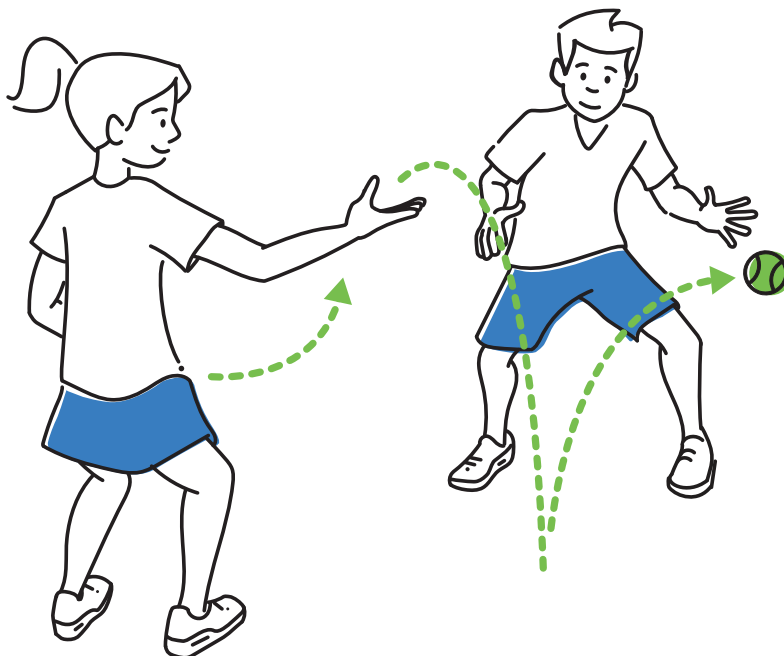
Mission

- The feeder tosses the ball to one side of the catcher, who catches with one hand, tosses back and recovers to home base into ready position.
- Catcher uses right hand on right side, left hand on left.
- Feeder will toss the ball left and right, then high/low. High ball is caught in the air.
- Switch roles every minute.

Level 2: Increase distance between pairs.

Level 3: For high ball, catch with opposite hand.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

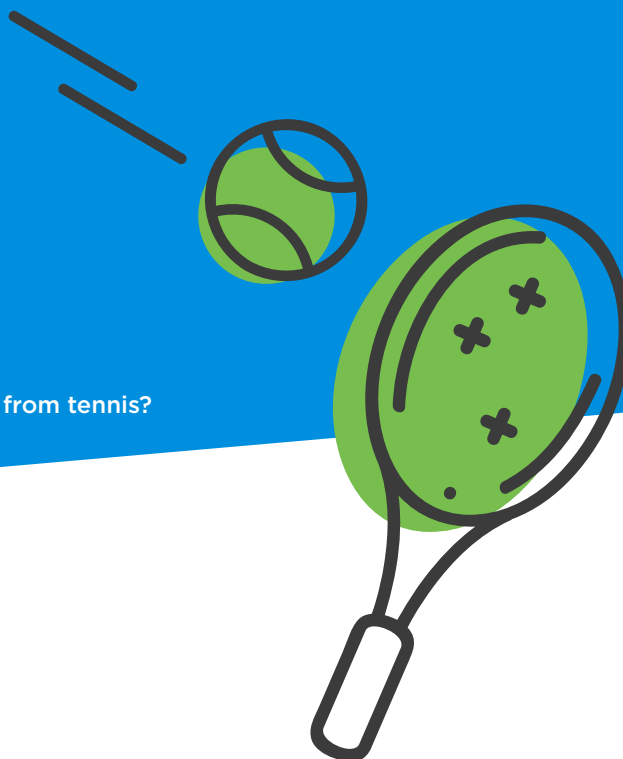
PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPONSIBILITY

Introduce Character Theme

- What does it mean to be responsible?
- How can you be responsible when coming to or leaving from tennis?



III. TENNIS SKILLS (20 – 25 MINUTES)

WHAT'S IT WORTH? 123   



COACHING CUE

Keep it simple – try to get more balls in play than the opponent!

Setup

- Two teams of two to three players per court, playing points on the full 60-foot court using green balls.
- With a large number of players and/or shortage of courts, points can be played half-court: split the width of the regulation 78-foot court in half and include the doubles alley for each court. Play a 60-foot baseline.

Mission

- Play out points one-on-one, beginning with serve and return. If necessary, players can drop-hit the second serve.
- Play one point, then rotate players.
- After each player has served, serve to the other side.
- Players earn points for the team based on the number of shots hit; e.g., if point lasts 14 shots, winning player earns 14 points for the team; if point lasts two shots, winning player earns two points.
- Play to 50 points, and then switch servers and returners, then change opponents or teams.

Level 2: Play full-court or half-court points on the 78-foot court.



ALL POSITIONS DOUBLES



Setup

- Four to six players per court, using green balls.
- Players will begin in a both back doubles formation, on the 60-foot doubles court (sidelines are the singles lines of the 78-foot court).

Mission

- Play two doubles points and then rotate positions one spot at a time. If players struggle with the serve, allow them to drop-hit the second serve.
- With five players, have one player out at the net post.
- With six players, have a player out at each net post.

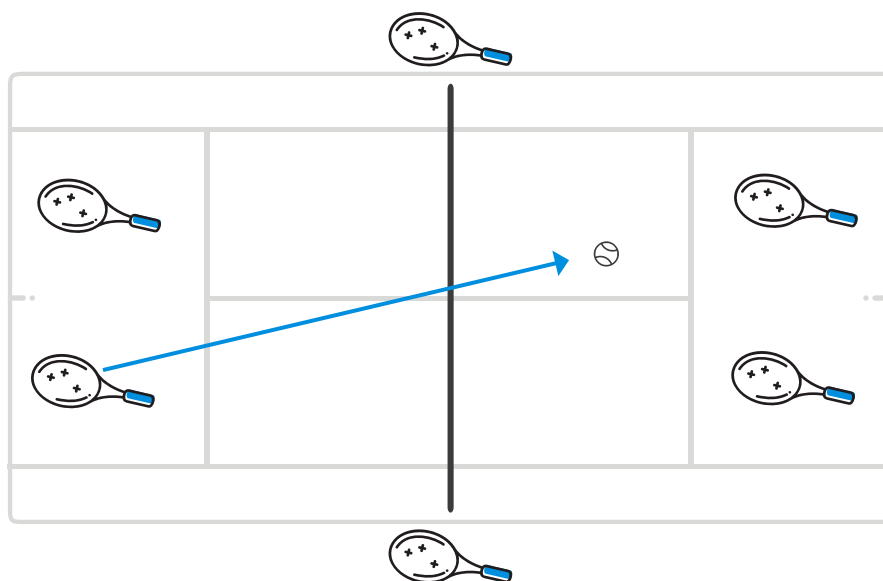
Level 2: Only net players can volley.

Level 3: Play the full 78-foot court (including alleys).

DOUBLES TIPS

- One up/one back is considered a standard doubles formation. The other option is to start with both players on the baseline which is much more common in wheelchair tennis.
- Players on the baseline are in either a defensive or neutral position, and should hit their shots back to the opponents who are deep in the court.
- Other options are to hit a lob over the net player to make the opponents move and change positions.
- If there are two opponents at the net and the player is at the baseline, there are two good options. #1, hit a lob over the opponents' heads, or #2, hit a groundstroke down the middle between the two players.
- Players at the net are in an offensive position and have the ability to win points with a well-placed volley, either hitting away from the opponent or at the feet of the net player.
- For low volleys, the net player should look to hit toward the deep player, or between the opponents.

ILLUSTRATION: ALL POSITIONS DOUBLES



ONE UP- ONE BACK DOUBLES

Setup

- Four to eight players per court, using green balls.
- Put players in teams of up to four players, playing on the 60-foot doubles court.

Mission

- Play doubles points; only the net players can volley.
- Baseline players focus on keeping the ball crosscourt and deep.
- Play no-ad scoring. Rotate players in every two to four points, switch opponents every two games.

Level 2: Each team must lob at least once per game.

Level 3: Net players must hit everything in the air.

IV. GAME (10 – 12 MINUTES)

CHARGE! DOUBLES

Setup

- Four to eight players per court, using green balls.
- Put players in teams of two or three, playing on the 60-foot doubles court.

Mission

- Players start in a both back doubles formation.
- The serving team will drop hit the ball, come to net, and play out the point.
- Play four points with the same serving team, then returners will serve.
- If there are four players per side, rotate a team of two after each point. With three players, rotate one spot after each point. With just two per side, play four points in a row.

Level 2: Returning team can't lob.

Level 3: Topspin approach.



CHARACTER CHECK UP

Talk about acting responsibly on court and to your partner.

Can anyone give a good example of this during play?

V. FREE PLAY (5 MINUTES)

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

Setup

- Pair up players according to skill level, two green balls per pair.
- When playing half-court points, use the 60-foot court baseline. For sidelines, use the middle line out to the doubles sidelines of the 78-foot court.
- For full court points, use the 60-foot court baseline and the 78-foot court singles sidelines.

Mission

- Rally over net: start with a serve, overhand serve or drop-hit; players rally back and forth. If players struggle with the rally, have them play inside the service boxes.
- More advanced players may be ready to play from the 78-foot court baseline.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you take responsibility for your tennis?
- What is another way you can be responsible at home/school?

PLAY AT HOME: RALLY

- Rally against a wall and mix in volleys.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”



LET'S PLAY

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk, cones, football, and decks of cards.

I. WARM UP (5 – 10 MINUTES)

4X4 TAG

Setup

- Create a square on each side of the net using the baseline and sidelines of the 60-foot court, and adding TDL's or cones in front of the net.
- Put up to eight players on one side of the net. Half of the group on one corner of the square, the other half on the opposite corner.

Mission

- One player from each team is in the box – a tagger and an avoider.
- The avoider attempts to dodge the tag for seven seconds. The avoider is out when he is tagged or steps out of the playing area.
- The two players go to the back of the opposite line and the next two begin.
- In intervals, switch teams and tagger/avoider.

Level 2: Shrink Square.

Level 3: Create a different shape.

QUARTERBACK

Setup

- Pair up players, no more than three pairs on each side of the net.
- Pairs are on opposite sidelines, one football between them.
- Need help? Move closer.

Note: If there aren't enough footballs, use a tennis ball, or do station work where players are working on different activities.

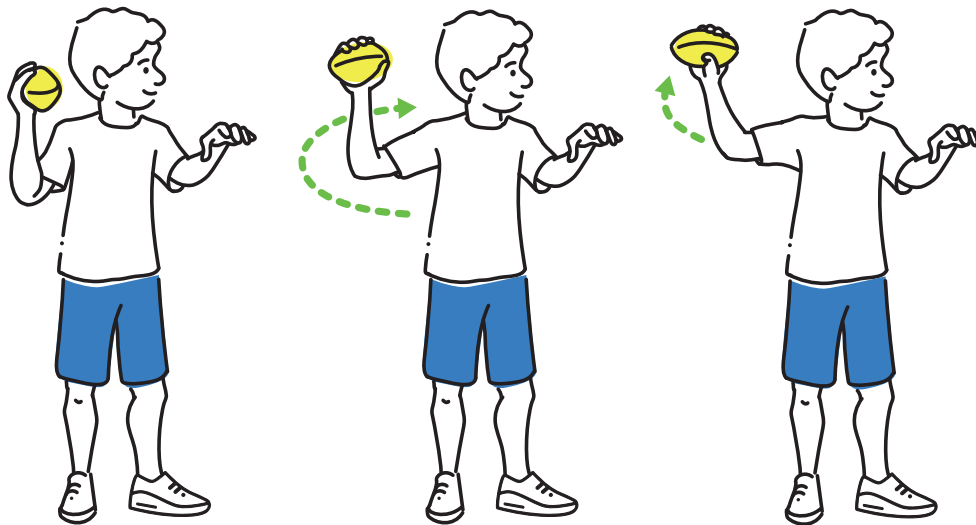
Mission

- Play catch with partner, working on throwing a spiral.

Level 2: Add distance.

Level 3: Add movement like a quarterback such as moving back, stopping, then moving forward to throw.

ILLUSTRATION: QUARTERBACK



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: SPORTSMANSHIP

Introduce Character Theme

- What does sportsmanship mean?
- How will you show sportsmanship today?
- Can anyone name an athlete who shows good sportsmanship and talk about how they show it?



III. TENNIS SKILLS (15 – 17 MINUTES)

CARD SHARK

Setup

- Pair up players, with two pairs per court, using half-court.
- Players will start on the baseline of the 78-foot court, using a green ball.
- Coach has a deck of cards and assigns each stroke a color (example: red card is forehand). The number on the card dictates the length of the rally.
- Use only card numbers players can achieve; the goal is for them to be challenged and have success. Coaches Tip: coach can have lower numbered cards in one pile for slightly weaker players and higher numbers for stronger players.
- Keep a joker in the deck and make it a wildcard so that players can choose the stroke and rally length.

Mission

- One player from each pair picks a card and moves back to the spot.
- Start the rally with a drop-hit and rally the number of times indicated by the card with the correct stroke. Hold onto the card and pick another.
- Create scoring where players can compete as an entire group (play until all cards are gone) or separate teams and play for designated time.
- Players can add up cards at the end to determine the total number of rallies each team had.
- If players struggle, play from the 60-foot baseline.

Level 2: Rally diagonally crosscourt.

Level 3: Only use one stroke, forehand or backhand.

SERVE PLUS ONE

Setup

- Two pairs per court, one server and one returner.
- Players are on the 78-foot court baseline with a green ball, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Play on full court - serve, return, and then groundstroke to open court.

Level 3: Play out points after serve plus one.



COACHING CUE

Reach towards your partner with your swing, then recover to the hub.



COACHING CUE

Serve, back to the hub position, and prepare for the next shot.

IV. GAME (25 MINUTES)

TEAM CHALLENGE

This an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level; adjust the court size for the level of play.

Mission

- Set up individual matches, two matches per court. Players will play one point, and rotate out with another pair (alternate points).
- Points are started with a drop-hit anywhere in the court. After players serve twice, switch roles.
- With a large number of players and/or shortage of courts, play doubles points.
- Each match should last two to three minutes. After each match, have the players shake hands with their opponent.
- Points played for each match contribute to their team's score. At the end of point play, add up total points, and change opponents to make matches as even as possible.

Level 2: Serve overhand to start the point.

Level 3: Give an extra point if players win at the net.

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 who showed good Sportsmanship.

V. WRAP UP (5 MINUTES)

TEAM TALK

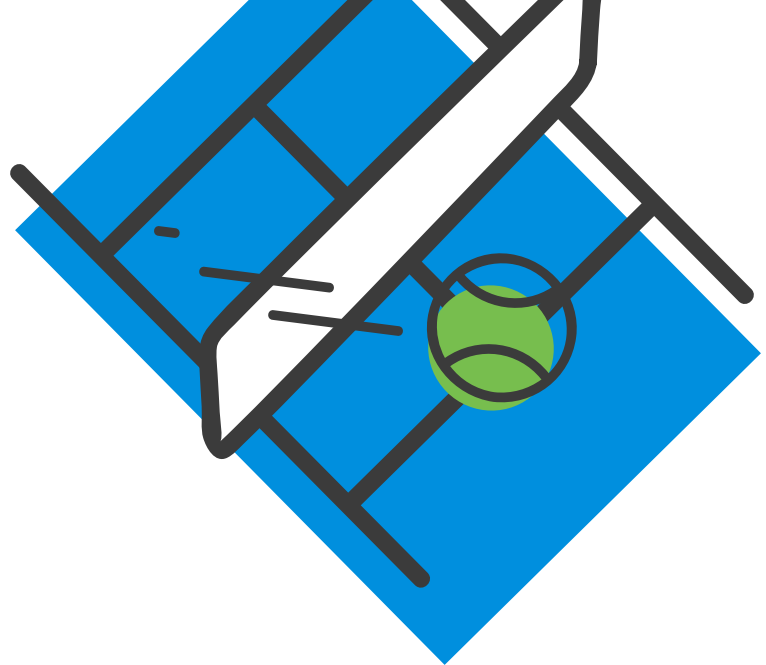
- What did you enjoy about the team challenge?
- How will you continue to practice, play, and show good sportsmanship?

PLAY AT HOME: TRY OUT NEW SKILLS

- Play tennis at home and try out new skills.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"



INTRODUCTION

Welcome to Community Green 2 Practice and Play Plans! This serve, rally, and play program has been created for players who have progressed through Community Green 1, or have previous experience (ages 15-18). This program further develops the fundamental skills of playing the game. Progressions are used to match the skill level of the individual. After completing Community Green 2, players will be ready and encouraged to participate in a team challenge!

GAME COMPONENTS

For each of the tennis activities in Community 1 and 2, coaches can use different tools to motivate players.



Numbers

These measure players' success and increase the challenge. Can use six or 10 to work on tennis scoring.



Time

Each activity has a specific start and end time.



Cards

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



Distance

Making the court smaller (half-court) or bigger (full-court) will adjust the amount of challenge for the player. A smaller court will make it easier and a bigger court will increase the challenge.

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 points they can score in a game), cards can be used to determine the score the players need to reach.

PLANS AT A GLANCE



	Warm Up	Character	Tennis Skills	Game	Free Play	Play at Home
01 Move It	4 x 4 Tag	Listen	Build Up What's It Worth Triangles	Four-Square	Free Play	What's It Worth
02 Watch Me Volley	Four Corner Toss	Respect	Card Shark Hi-Lo Volley Up-and-Back Volley	Gladiator	Free Play	Volley Rally
03 Control It	Quarterback	Effort	Control It Squeeze Rally Offense - Defense	Team Singles	Free Play	Squeeze Rally
04 Party At The Net	Make 'Em Move	Teamwork	Huff And Puff Up-And-Back Volley All-Position Doubles	Gladiator	Free Play	Play A Team Game
05 Team Play	Fence Throws	Responsibility	Rally Pyramids Serve Plus One	Team Challenge		Two And Two
06 Let's Play	Players Choice	Sportsmanship	Crazy Feed Serve Plus One	Team Challenge		Sign Up-TC

CHAPTER 01

MOVE IT

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 MINUTES)

4X4 TAG

Setup

- Create a square on each side of the net using the baseline and sidelines of the 78-foot court, and adding TDLs or cones in front of the net.
- Put up to eight players on each side of the net. Half of the group on one corner of the square, the other half on the opposite corner.

Mission

- One player from each team is in the box - a tagger and an avoider.
- The avoider attempts to dodge the tag for seven seconds. The game is over when someone is tagged or moves out of the playing area.
- When finished, players go to the back of the opposite line and the next two begin.
- In intervals, switch teams and tagger/avoider.

Level 2: Shrink the square.

Level 3: Create a different shape.



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: LISTEN

Introduce Character Theme

- What makes a good listener?
- How can we show our partner that we are listening to them?
- How can we best communicate to our partner?



III. TENNIS SKILLS (20 – 25 MINUTES)

BUILD UP 123    

Setup

- Pair up players, two pairs per court, using half-court.
- Both players start on the baseline, with a green ball.

Mission

- Players will rally back and forth using forehands and backhands.
- The coach will determine the number of shots for each pair to rally back and forth (e.g. four).
- Once that number is achieved, players will increase the rally goal by increments of two shots.
- If players struggle, have them move to the 60-foot baseline.

Level 2: Rally crosscourt in a diagonal.

Level 3: Outside stroke only (for righties, forehand on deuce side, backhand on ad side).

Level 4: Ball must bounce past service line to count.

WHAT'S IT WORTH?

123



Setup

- Two teams of two to three players per court, using green balls.
- With a large number of players and/or shortage of courts, points can be played half-court, using the middle line to the 78-foot court doubles line for the sidelines.

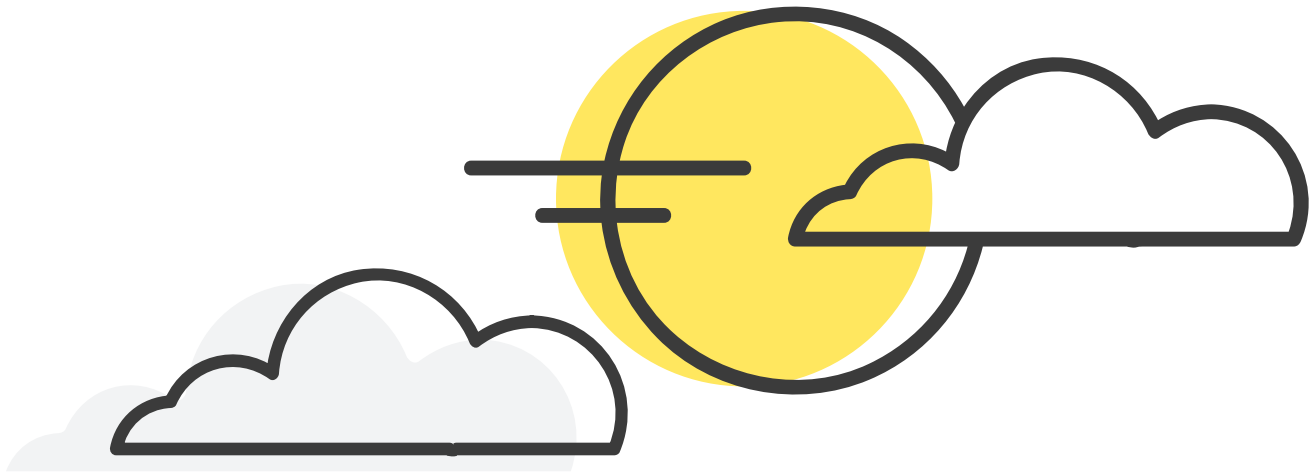
Mission

- Play out points one-on-one, beginning with serve and return. If necessary, players can move up for the second serve.
- Play one point, then rotate players.
- After each player has served, serve to the other side.
- Players earn points for the team based on the number of shots hit - e.g., if point lasts 14 shots, winning player earns 14 points for the team; if point lasts two shots, winning player earns two points.
- Play to 50 points, and then switch servers and returners, then change opponents or teams.

Level 2: Play up-and-down-the-river format (winning team moves up a court, losing team moves down).

COACHING CUE

Hit crosscourt for consistency.



TRIANGLES 123



Setup

- Players are in groups of three with green balls. If necessary, two groups of three can be placed on one court, using half-court.
- Two players are on one side of the net, one is on the other side. All players start on the service line.

Mission

- Any player drop-hits to begin the rally.
- The side with two players will hit every ball back to the single player.
- The single player will try to hit side to side to the other two players, alternating each shot.
- Rotate positions every minute.
- This is a cooperative rally so encourage players to focus on direction and control.
- With four players in a group, rotate the extra player on the single side after they have had two attempts at a rally. After two minutes, have the side of two become the single hitters.

Level 2: Move to 60-foot baseline.

Level 3: Move to 78-foot baseline.

Level 4: Single player hits just forehands or backhands.



COACHING CUE

Turn the shoulder and chair for each groundstroke and reach to the target.

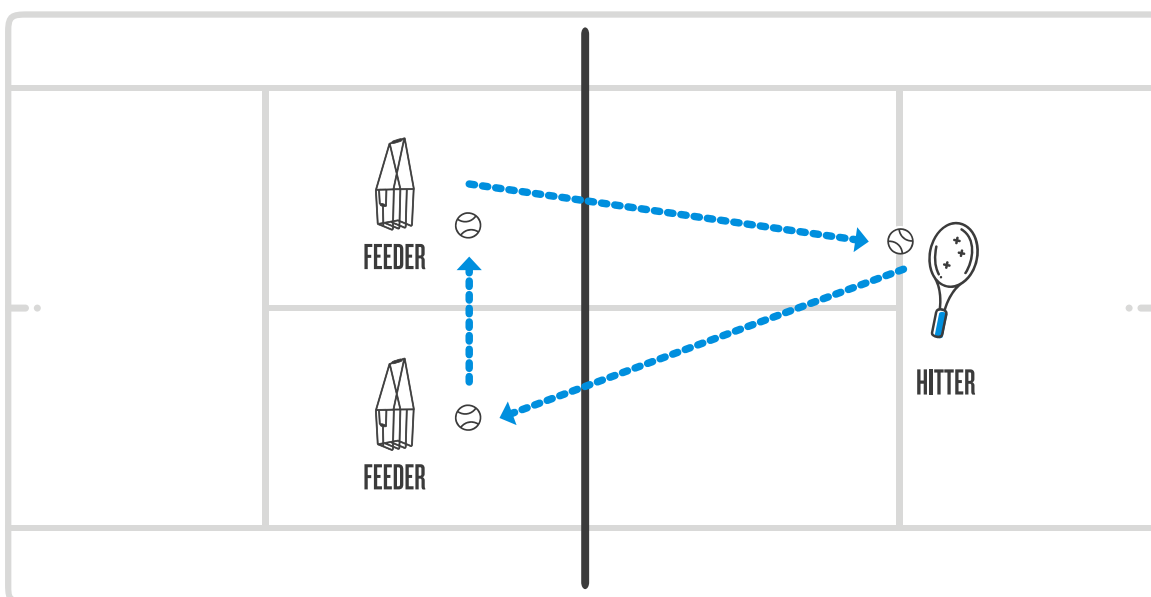


CHARACTER CHECK UP

How could you tell your partner was listening to you?

Why is it important to listen to your partner?

ILLUSTRATION: TRIANGLES



IV. GAME (10 – 12 MINUTES)

FOUR-SQUARE

Setup

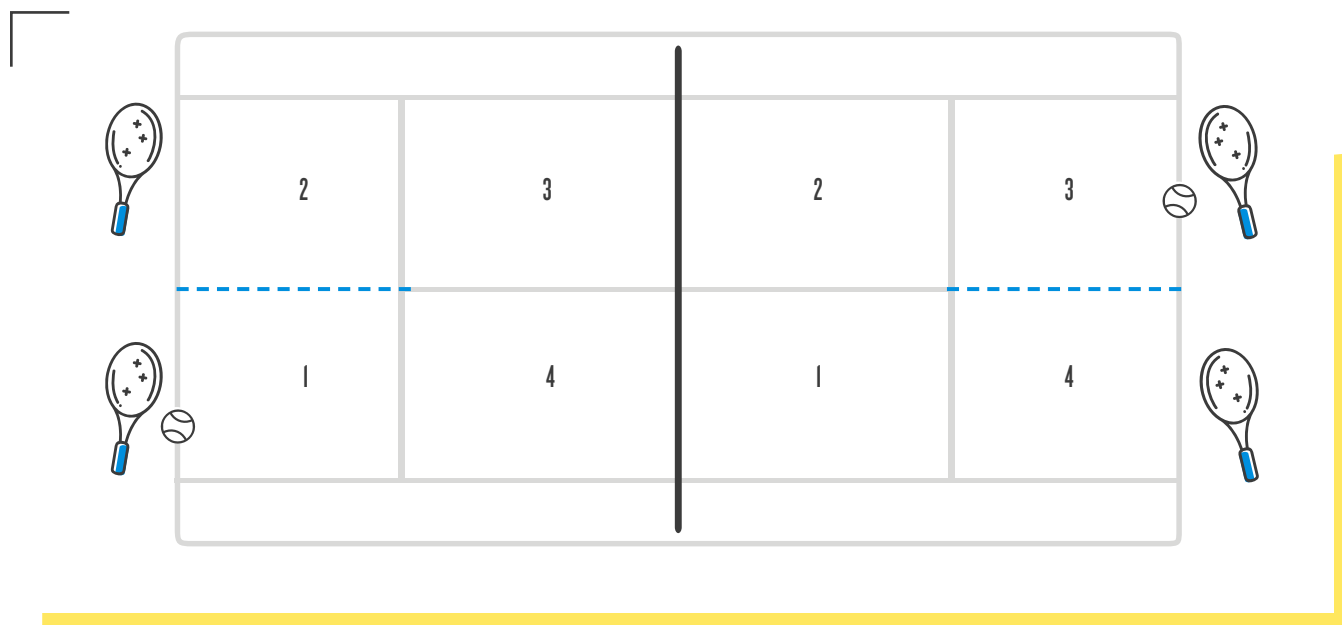
- Two teams of two to three players per court, using a green ball.
- Divide the 78-foot court into four squares using the existing sidelines, service line and TDLs or poly-spots to extend the centerline to the baseline.

Mission

- Play singles points starting with a serve and return. After the serve, players can't hit into the same square twice in a row.
- If necessary, players can move up or drop-hit for the second serve.

Level 2: Players can pick one square (the Black Hole), that opponent cannot hit into.

ILLUSTRATION: FOUR-SQUARE



V. FREE PLAY (10 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup:

- Pair up players according to skill level using half-court, or the full 78-foot court.
- For players that struggle, allow them to use the 60-foot baseline.
- Two green balls per pair.

Mission:

- Rally over the net – start with an overhand serve, then players rally cooperatively. Players hit back and forth and try to set a record with their partner.
- After a few rounds of going for the longest rally, play out points. After three or four minutes, pair them with another player close to their level.
- Encourage the kids to focus on the theme of the day.
- Alternative: Have two-minute rotations, each time players pair up with a different player, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

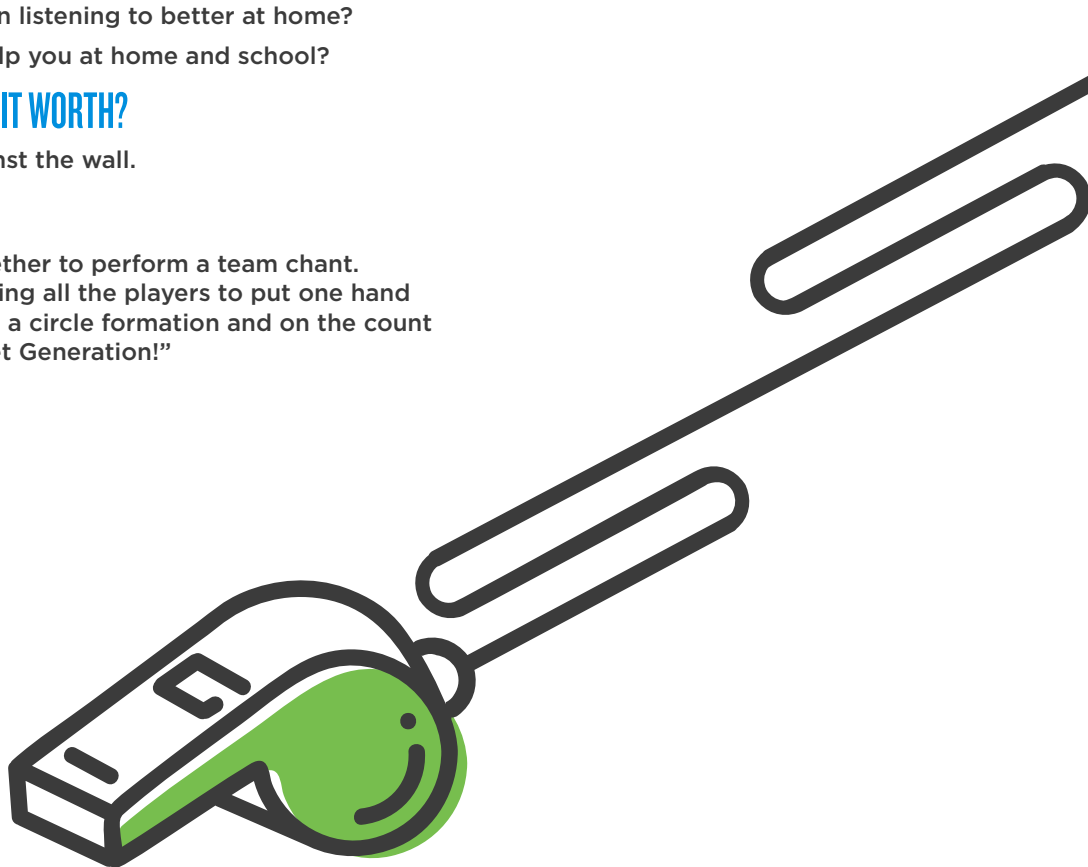
- What was one new skill you enjoyed learning today?
- Who can you work on listening to better at home?
- How can listening help you at home and school?

PLAY AT HOME: WHAT'S IT WORTH?

- What's it worth against the wall.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"



CHAPTER 02

WATCH ME VOLLEY

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 MINUTES)

FOUR-CORNER TOSS

Setup

- Pair up players, maximum of four pairs on each side of the net.
- Pairs face each other about four feet apart, with four green balls.

Mission

- Player tosses a ball (palm up) with right hand to partner, who catches in the air with the left hand.
- Partner passes the ball from the left hand to the right, and tosses it back to player's left hand. Repeat.
- Once successful, add a second ball, continuing to toss and catch in the same sequence.

Level 2: Add a third ball, then a fourth.

Level 3: Catch balls while moving sideways.

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPECT

Introduce Character Theme

- What does respect mean to you?
- Who are people you respect and why?
- Should you respect someone if you don't feel respected? What can you do?



III. TENNIS SKILLS (20 – 25 MINUTES)



Setup

- Pair up players, with two pairs per court, using half-court.
- Players will start on the 78-foot baseline, using a green ball.
- Coach has a deck of playing cards and assigns each stroke a color (example: red card is forehand). The number on the card dictates the length of the rally.
- Use only card numbers players can achieve; the goal is for them to be challenged and have success.
- Keep a joker in the deck and make it a wildcard so that players can choose the stroke and rally length.

COACHING CUE

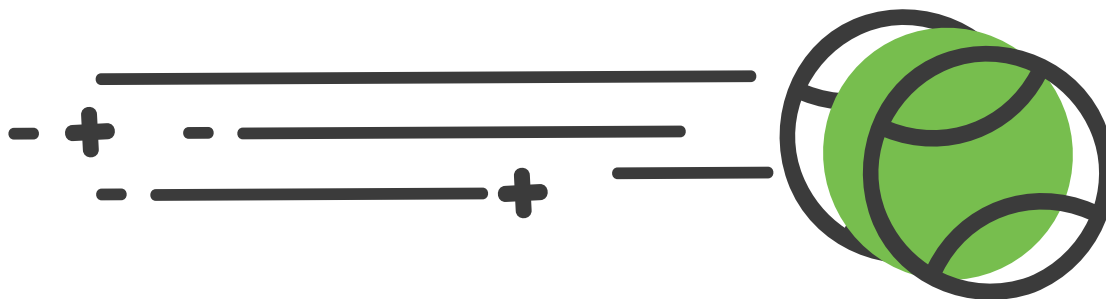
Reach towards your partner with your swing, then recover to ready position.

Mission

- One player from each pair picks a card and moves back to the spot.
- Start the rally with a drop-hit and rally the number of times indicated by the card with the correct stroke. Hold onto the card and pick another.
- Create scoring where players can compete as an entire group (play until all cards are gone) or separate teams and play for designated time.
- Players can add up cards at the end to determine the total number of rallies each team had.
- If players struggle, move to the 60-foot baseline.

Level 2: Rally crosscourt.

Level 3: Only use one stroke, forehand or backhand.



HI-LO VOLLEY

Setup

- Two pairs per court, using half-court.
- Pairs are on opposite sides of the net; hitter in the middle of the service box, feeder close to the net with a supply of green balls.
- Targets are set up in the service boxes for angles.

Mission

- Feeder tosses the ball low, hitter volleys the ball back to the feeder, who catches it in the air.
- Feeder tosses the second ball high, hitter moves forward and angles the volley away from the feeder to the target.
- Switch sides of net after designated number of sequences.

Level 2: Hand feed, then racquet feed.

Level 3: Hit first feed from service line, second a higher floater.

Level 4: Coach can feed to increase the speed and difficulty.



COACHING CUE

With racquet up, extend your hand towards the target.

UP-AND-BACK VOLLEY

Setup

- Pair up players, two pairs per court, with green balls.
- Pairs are on half-court, starting on opposite service lines.

Mission

- Player 1 drop hits an approach shot to Player 2, comes to net.
- Player 2 hits the ball back to Player 1, who volleys the ball in the air back to Player 2.
- Player 2 lets the ball bounce, then traps the ball. Next, Player 1 retreats to the service line, and Player 2 drop-hits an approach shot to Player 1, and comes to net.
- Players continue to repeat the sequence.

Level 2: Rally all balls without any traps.

Level 3: Alternate roles of playing the point out after the approach and first volley.

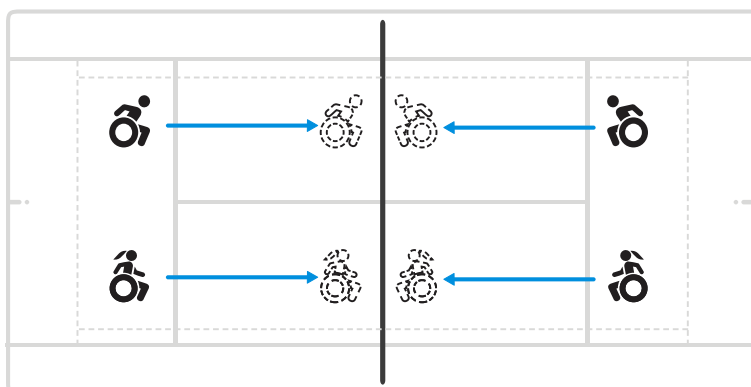


CHARACTER CHECK UP

Provide an example of your partner showing respect.

Why is it important to show your partner/opponent respect?

ILLUSTRATION: UP-AND-BACK VOLLEY



IV. GAME (10 – 12 MINUTES)



Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using the 78-foot doubles court. Players will start in a one-up/one-back formation.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the baseline (Challengers).

Mission

- Challengers serve the ball to the Champs and play out the point.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before serving the ball to start the point they need to shout “Gladiator.”
- If they shout “Gladiator” and end up winning the point they take the Champs’ spot.
- If they don’t shout “Gladiator” and end up winning the point they don’t take the Champs’ spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then serve, to make the game more exciting.

Level 2: If Challengers hit a winner, they automatically assume Champs position.

Level 3: If Challengers approach the net and win the point with a volley, they automatically assume Champs position.

V. FREE PLAY (10 MINUTES)



Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup:

- Pair up players according to skill level using half-court or the full 78-foot court.
- For players that struggle, allow them to use the 60-foot baseline.
- Two green balls per pair.

Mission:

- Rally over the net: start with an overhand serve, then players rally cooperatively. Players hit back and forth and try to set a record with their partner.
- After a few rounds of going for the longest rally, play out points. After three or four minutes, pair them with another player close to their level.
- Encourage the kids to focus on the theme of the day.
- Alternative: have two-minute rotations, each time players pair up with a different player, regardless of playing level.



COACHING CUE

Keep the ball deep crosscourt away from the net person.

VI. WRAP UP (5 MINUTES)

TEAM TALK

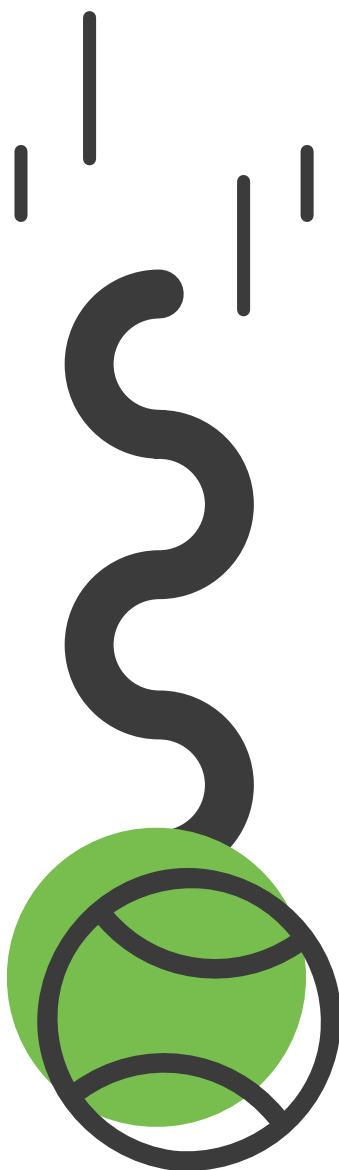
- What was one new skill you enjoyed learning today?
- How does respecting your teammate/coach make you a better tennis player?
- Is there someone in the community that you should show more respect to? Who and how will you improve?

PLAY AT HOME: VOLLEY

- Volley rally at home.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"



CHAPTER 03

CONTROL IT

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk, cones, football, and decks of cards.

I. WARM UP (5 MINUTES)

QUARTERBACK

Setup

- Pair up players, no more than three pairs on each side of the net.
- Pairs are on opposite sidelines, one football between them.
- Need help? Move closer.

Note: if there aren't enough footballs, use a tennis ball or do station work where players are working on different activities.

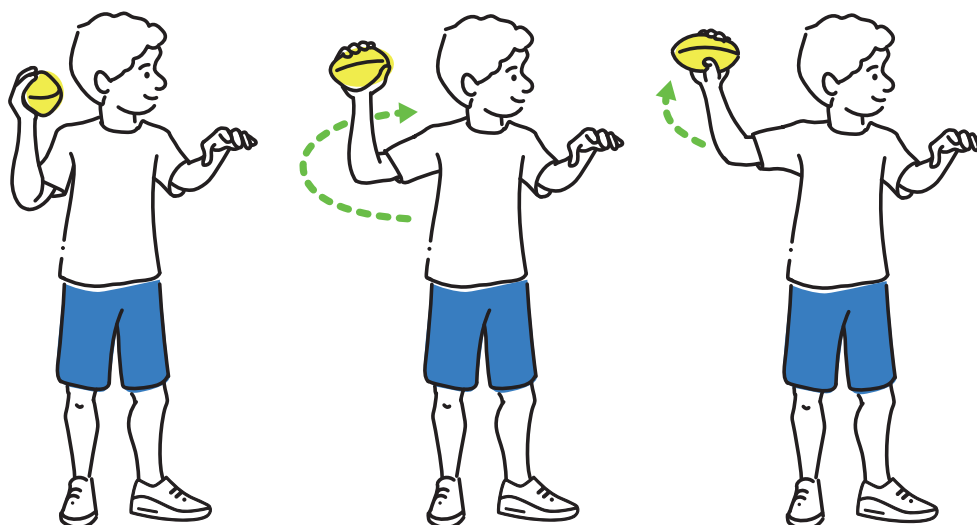
Mission

- Play catch with partner, working on throwing a spiral.

Level 2: Add distance.

Level 3: Add movement like a quarterback such as moving back, stopping, and pushing forward to throw.

ILLUSTRATION: QUARTERBACK



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: EFFORT

Introduce Character Theme

- What does effort mean to you?
- How do you show good effort on the court?

III. TENNIS SKILLS (20 – 25 MINUTES)

CONTROL IT!

Setup

- Two pairs per court, on half-court, using green balls.

Mission

- Rally from the baseline.
- Speed - count the number of balls hit in one minute; do two rounds.
- Depth - count the number of balls that bounce past the service line in one minute; do two rounds.

Level 2: Rally crosscourt.

Level 3: One stroke only, either forehand or backhand.



COACHING CUES

Ready when they hit,
and react with quick
hands.

SQUEEZE RALLY

Setup

- Two pairs per court, using half-court.
- Players start on opposite baselines with two TDLs each.
- Start with doubles line as one boundary and TDLs as the other.
- Place TDLs parallel to each other to create a straight line.

Mission

- Start a rally with a straight-ahead serve and return.
- Players rally four balls (two each) in the boundary and yell “squeeze!” Then move TDLs in one racquet length.
- Continue until the boundary is too narrow.

Level 2: Increase number of shots required.

Level 3: Any stroke, then one stroke.

OFFENSE-DEFENSE

Setup

- Four to six players per court.
- Four players start on the baseline.
- Extra green balls are at the bottom of the net on each side.

Mission

- Either team feeds to start the baseline point, the winning team then pushes to the net.
- The net team grabs a ball and feeds it deep to start the next point.
- Only the net team can win points.
- When the net team loses, they move back and baseline team moves up and feeds the ball deep.
- Play to a set number of points and rotate opponents and/or partners.

Level 2: Feed must land past service line.

Level 3: Play with or without lobs allowed.



COACHING CUES

Reach out and finish toward target.



COACHING CUES

Hit down the middle when both opponents are at the net or on the baseline.



CHARACTER CHECK UP

Provide an example of your partner showing good effort.

How does good effort help you when a task becomes more challenging?

IV. GAME (10 – 12 MINUTES)

TEAM SINGLES    

Setup

- There are two teams of four to six players per half-court or full-court.
- Each team forms a line behind the baseline half-court or full-court.

Mission

- The first player from one side drop-hits the ball over the net and then plays the point out.
- After the first players in line finishing playing the point the players behind them (second) drop-hit the ball and then play their point out.
- Each subsequent player in line plays the point out with the other players in line on the other side of the court.
- Keep point score for all players on one half of the court.

Level 2: Play crosscourt.

V. FREE PLAY (10 MINUTES)

Note: This is an opportunity for the players to play the game of tennis, with as few rules as possible. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players according to skill level using half-court, or the full 78-foot court.
- For players that struggle, allow them to use the 60-foot baseline.
- Two green balls per pair.

Mission:

- Rally over the net – start with an overhand serve, then players rally cooperatively. Players hit back and forth and try to set a record with their partner.
- After a few rounds of going for the longest rally, play out points. After three or four minutes, pair them with another player close to their level.
- Encourage the kids to focus on the theme of the day.
- Alternative: Have two-minute rotations, each time players pair up with a different player, regardless of playing level.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Rate your effort (1 being poor and 5 the best)
- Where can you improve your effort? (Suggest school, other sports, or at home).

PLAY AT HOME: SQUEEZE RALLY

- Squeeze rally against wall or with friend.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

CHAPTER 04

PARTY AT THE NET

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 MINUTES)

MAKE 'EM MOVE

Setup

- Pair up players with a green ball and a TDL.
- No more than four pairs spread out on each side of the net.
- Pairs will face each other, four to six feet apart, on the same side of the net.
- One player is the feeder, the other is the catcher.
- Catcher uses TDL as their hub.

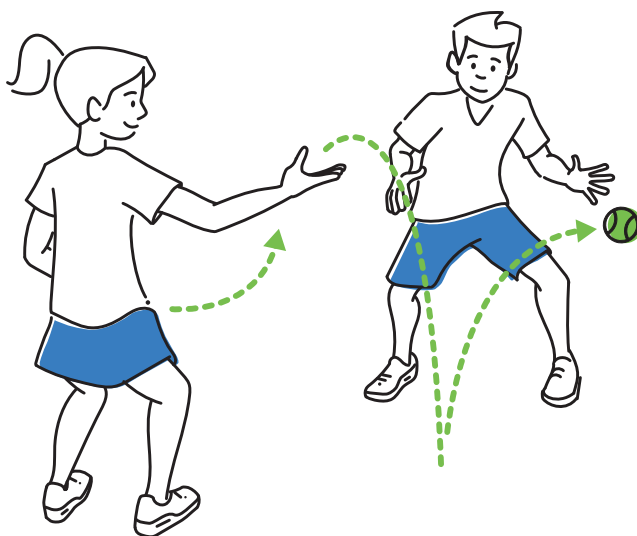
Mission

- The feeder tosses the ball to one side of the catcher, who catches with one hand, tosses back and recovers to home base.
- Catcher uses right hand on right side, left hand on left.
- Feeder will toss the ball left and right, then high/low. High ball is caught in the air.
- Switch roles every minute.

Level 2: Increase distance between pairs.

Level 3: For high ball, catch with opposite hand.

ILLUSTRATION: MAKE 'EM MOVE



II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: TEAMWORK

- What was one new skill you enjoyed learning today?
- What did you do that helped you achieve your goal?
- What is one thing you can do to be a better teammate?



III. TENNIS SKILLS (20 – 25 MINUTES)

HUFF AND PUFF 123

Setup

- Two teams of two to three players per court, using the full 78-foot court.
- Split the court in half by placing two TDLs from the service line to the baseline.

Mission

- The servers cover half-court; the returners cover full-court. Servers can choose which side they will cover.
- Server tries to move the opponent around the court.
- After each point, switch players on both sides.
- Returners score a point for getting three balls back to the servers (includes the return of serve). Servers score for getting the serve in and limiting returners to less than three shots.
- First team to four points wins, then switch sides and change servers.

Level 2: Servers must hit first ball to open court.

Level 3: Servers score a bonus point for a winning volley or overhead.

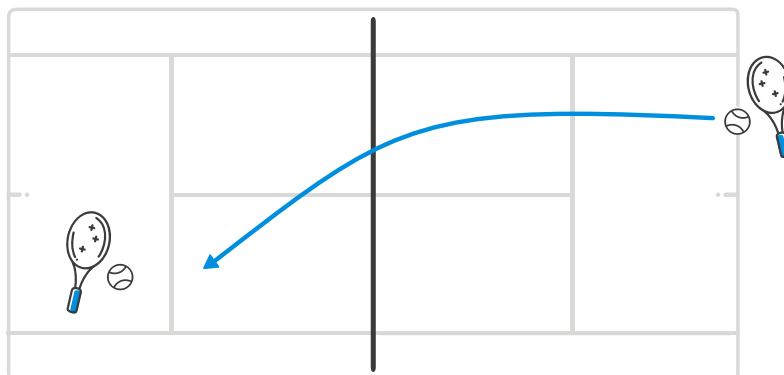
(Illustration on next page.)



COACHING CUE

Recover back to the hub after each shot, in a good ready position.

ILLUSTRATION: HUFF AND PUFF



UP-AND-BACK VOLLEY



Setup

- Pair up players; two pairs per court.
- Pairs are on half-court, starting on opposite service lines.

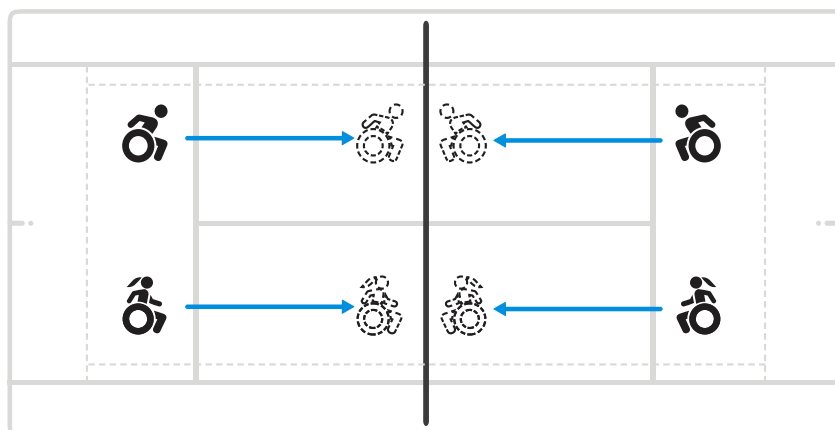
Mission

- Player 1 drop-hits an approach shot to Player 2, comes to net.
- Player 2 hits the ball back to Player 1, who volleys the ball in the air back to Player 2.
- Player 2 lets the ball bounce, then traps the ball. Next, Player 1 retreats to the service line and Player 2 drop-hits an approach shot to Player 1, and comes to net.
- Players continue to repeat the sequence.

Level 2: Rally all balls without any traps.

Level 3: Alternate roles of playing the point out after the approach and first volley.

ILLUSTRATION: UP-AND-BACK VOLLEY



ALL-POSITIONS DOUBLES



Setup

- Four to six players per court.
- Players will begin in a both back doubles formation, on the 78-foot doubles court.

Mission

- Play two doubles points then rotate positions one spot at a time. If players struggle with the serve, allow them to move up or drop-hit the second serve.
- With five players, have one player out at the net post.
- With six players, have a player out at each net post.

Level 2: Only net players can volley.

Level 3: Returning team comes to net on second serve return.

DOUBLES TIPS

- One up/one back is considered a standard doubles formation. Another option is to start with both players on the baseline which is more common in wheelchair tennis.
- Players on the baseline are in either a defensive or neutral position, and should hit their shots back to the opponents that are deep in the court.
- Other options are to hit a lob over the net player to make the opponents move and change positions.
- If there are two opponents at the net and the player is at the baseline, there are two good options (1) hit a lob over the opponents' heads, or (2) hit a groundstroke down the middle between the two players.
- Players at the net are in an offensive position and have the ability to win points with a well-placed volley, either hitting away from the opponent or at the feet of the net player.
- For low volleys, the net player should look to hit towards the deep player, or between the opponents.



IV. GAME (10 – 12 MINUTES)



Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using the 78-foot doubles court. Players will start in a both back formation.
- Singles can be played with a smaller number of players.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the baseline (Challengers).

Mission

- Challengers serve the ball to the Champs and play out the point. Serve to the same side of the court until new Champs come over, then switch sides.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before serving the ball, they need to shout, “Gladiator.”
- If they shout “Gladiator” and end up winning the point they take the Champs’ spot.
- If they don’t shout “Gladiator” and end up winning the point they don’t take the Champs’ spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then serve, to make the game more exciting.

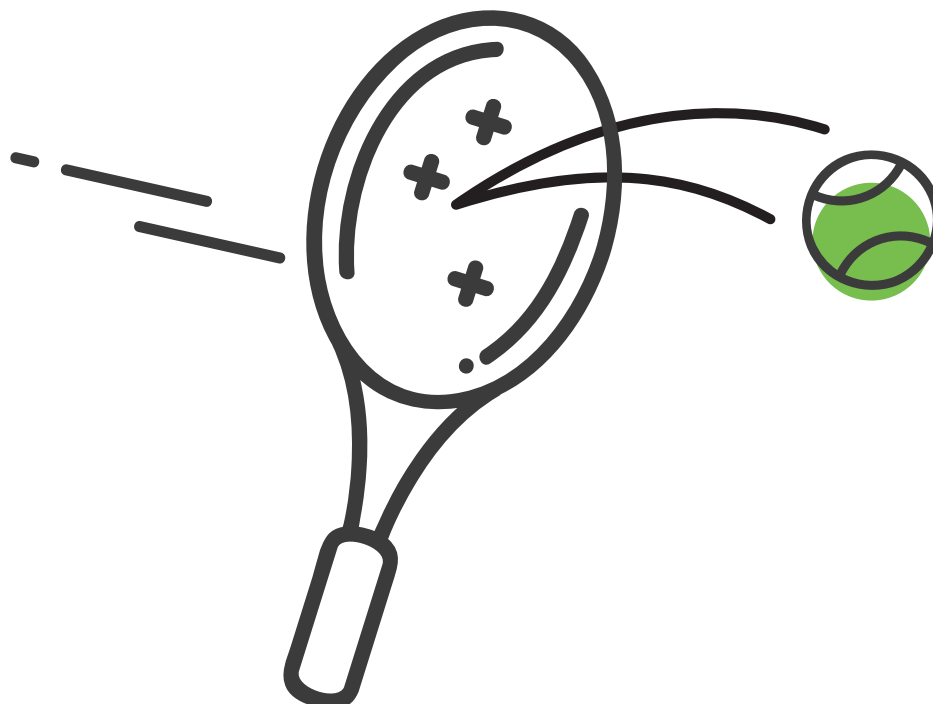
Level 2: If Challengers approach the net and win the point with a volley, they automatically assume Champs’ position.

Level 3: If Challengers hit a winner, they automatically assume Champs’ position.



COACHING CUE

Keep the ball deep crosscourt away from the net person.



V. FREE PLAY (10 MINUTES)

Note: This is an opportunity for the players to experience doubles with limited rules. The focus is on helping the players with basic court positioning and tactics.

Setup

- Pair up players in doubles teams, trying to make pairings as even as possible.
- All points played on the 60-foot doubles court, up to four pairs per court.

Mission:

- Players will start off in a one-up/one-back doubles position.
- Baseline players will work on keeping the ball crosscourt, away from the net player.
- Net players will work on volleying between the opponents when possible.

Two teams per court

- One team serves; the other team returns.
- Servers will begin by serving to the deuce side and playing out points. Alternate sides of the court after each point.
- After four points, switch servers. After all four players have served, look to change opponents.

Three or four teams per court

- Put a team on one side as the returners. The other two or three teams are on the opposite side, as servers.
- First serving team will begin by serving to the deuce side and playing out the point. Play one point, and rotate out.
- Every four to six points, send a new returning team over and switch sides of the court.

Note: In intervals (every two to three minutes), mix up teams on the different courts.

VI. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- Did anyone's partner improve throughout the lesson?
- What is one thing you can do to be a better teammate?

PLAY AT HOME: TEAM GAME

- Play a team game at home.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"

TEAM PLAY

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 MINUTES)

FENCE THROWS

Setup

- Players are in pairs; one outside the fence, the other inside.
- Both players are about 10 feet from the fence.
- Each pair has two green balls.

Mission

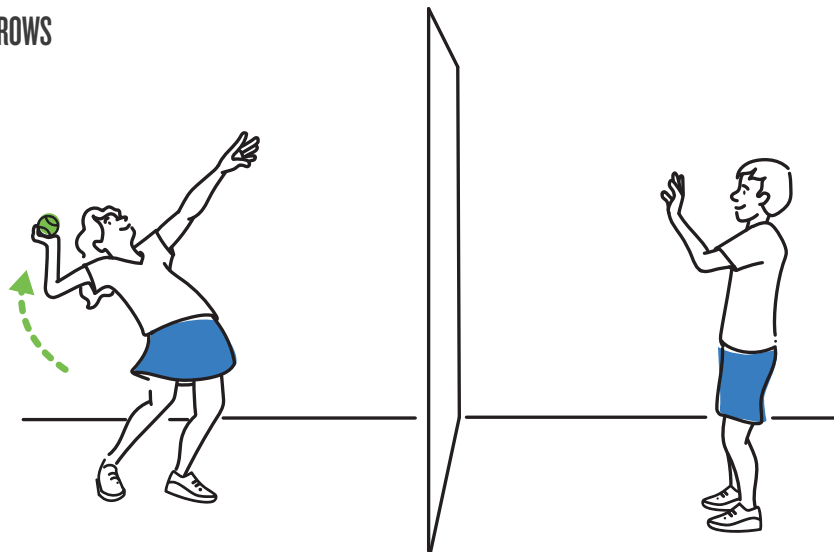
- Players will throw the ball over the fence so partner can catch the ball without having move more than two or three feet in any direction.
- Throw two balls; partner catches and throws both balls back.

Level 2: Start with the ball on the ground behind the back wheel.

Level 3: Serve with the racquet and a ball over the fence.

Note: coaches may have to adapt this activity if the surface behind the fence is not conducive for the wheelchair.

ILLUSTRATION: FENCE THROWS



II. CHARACTER DEVELOPMENT (3 MINUTES)

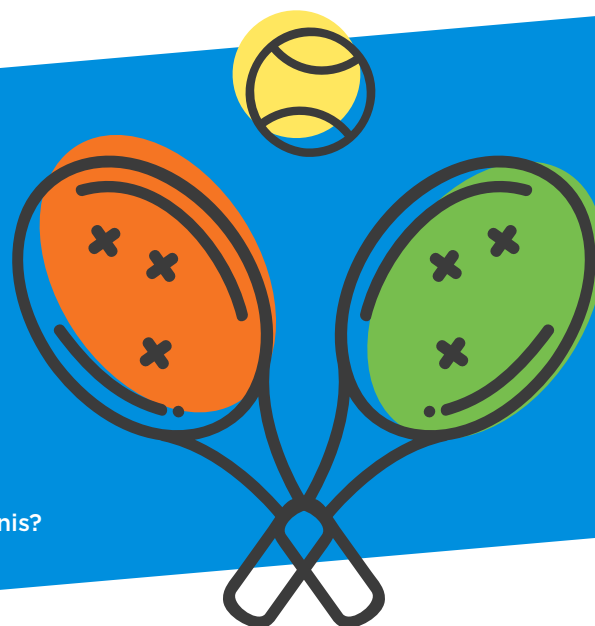
PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: RESPONSIBILITY

Introduce Character Theme

- What does it mean to be responsible?
- How can you be responsible when coming to or leaving from tennis?



III. TENNIS SKILLS (15 – 17 MINUTES)

RALLY PYRAMIDS



Setup

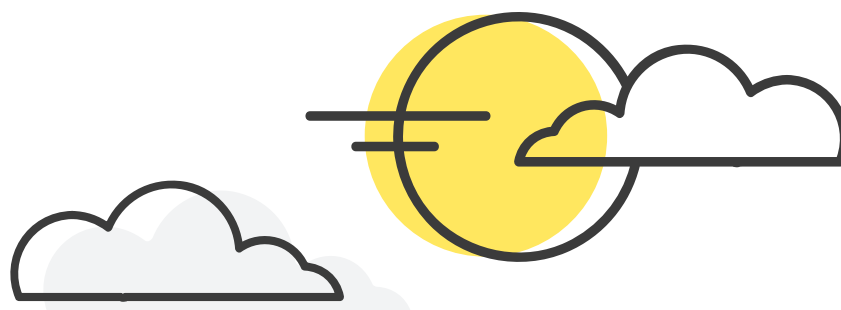
- Pair up players with two pairs per court, using half-court.
- Players will rally straight ahead with their partner.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

Mission

- Player 1 will start the rally with a drop-hit. 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.

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

Level 3: Hit crosscourt in a diagonal.



SERVE PLUS ONE



Setup

- Two pairs per court, one server and one returner.
- Players are on the 78-foot court baseline with a green ball, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Play on full court - serve, return and then groundstroke to open court.

Level 3: Play out points after serve plus one.

IV. GAME (25 MINUTES)

TEAM CHALLENGE



Note: This is an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level.

Mission

- Set up individual matches, two matches per court. Players will play one point, and rotate out with another pair (alternate points).
- Points are started with a serve. After players serve twice, switch roles.
- Start with singles matches, and switch to doubles for the second half.
- The duration of matches is between two to three minutes. After each match, have the players shake hands with their opponent.
- Points played for each match contribute to their team's score. At the end of point play, add up total points, and change opponents to make matches as even as possible.

Level 2: Give an extra point if players win at the net

Level 3: Play with one serve

Special Note:

- Bring the players together at the end and tell them they did a GREAT JOB!
- No need to announce team scores. Just get the players to understand every point they earn counts towards their team's total.
- Recognize who showed good sportsmanship and played well at the net.



COACHING CUE

Serve, back to ready position, prepare for the next shot.



CHARACTER CHECK UP

How did your partner show responsibility as your partner?

How can you show responsibility when you prepare to serve or when you make a line call?

V. WRAP UP (5 MINUTES)

TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you take responsibility for your tennis?
- What is another way you can be responsible at home/school?

PLAY AT HOME: TWO AND TWO

- Two and Two - Serve overhand to wall, then hit two forehands and two backhands.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"



CHAPTER 06

LET'S PLAY

Equipment: 25- to 27-inch racquets, green balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

I. WARM UP (5 MINUTES)

PLAYERS CHOICE – PICK ANY ACTIVITY FROM PRIOR CHAPTERS

II. CHARACTER DEVELOPMENT (3 MINUTES)

PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

WORD OF THE DAY: SPORTSMANSHIP

Introduce Character Theme

- What does sportsmanship mean?
- How will you show sportsmanship today?
- Can anyone name an athlete who shows good sportsmanship and talk about how they show it?



III. TENNIS SKILLS (15 – 17 MINUTES)

CRAZY FEED

Setup

- Two teams of three or four players on opposite baselines.
- Play singles points using the full 78-foot court, two players at a time.

Mission

- Designate one side as the attackers, other side as the defenders.
- The attacker feeds any type of ball they choose - high and deep, short in the court - then plays out point. Rotate players after every point.
- If attackers win the point, they score one; if defenders win, they score two.
- Play first team to seven points, then adjust teams or order so players have different opponents.



COACHING CUE

Encourage attackers to move the opponent, defenders get every ball back.

SERVE PLUS ONE

Setup

- Two pairs per court, one server and one returner.
- Players are on the 78-foot baseline playing half-court, each hitting diagonally across the net from each other.

Mission

- The server will serve the ball; the returner will hit the ball back to the server, who hits another groundstroke back to the returner.
- The returner will trap the ball, then serve and continue the sequence.
- Each player completes four sequences, and then switches sides of the court (deuce to ad).

Level 2: Play on full court - serve, return and then ground stroke to open court.

Level 3: Play out points after serve plus one.



COACHING CUE

Serve, back to ready position, prepare for the next shot.



CHARACTER CHECK UP

How has your opponent shown you good sportsmanship?

How can you show your teammate/opponent better sportsmanship?

IV. GAME (25 MINUTES)

TEAM CHALLENGE

This is an opportunity for players to practice their tennis skills in a team environment.

Setup

- Divide group into teams of three to four players of similar level.
- Teams play against another team of a similar playing level.

Mission

- Set up individual matches, two matches per court. Players will play one point, and rotate out with another pair (alternate points).
- Points are started with a serve. After players serve twice, switch roles.
- Start with singles matches, and switch to doubles for the second half.
- The duration of matches is between two to three minutes. After each match, have the players shake hands with their opponent.
- Points played for each match contribute to their team's score. At the end of point play, add up total points, and change opponents to make matches as even as possible.

Level 2: Give an extra point if players win at the net

Level 3: Play with one serve

Special Note:

- Bring the players together at the end and tell them they did a GREAT JOB!
- No need to announce team scores. Just get the players to understand every point they earn counts towards their team's total.
- Recognize who showed good Sportsmanship and played well at the net.

V. WRAP UP (5 MINUTES)

TEAM TALK

- What did you enjoy about the team challenge?
- How will you continue to practice, play, and show good sportsmanship?

PLAY AT HOME: TEAM CHALLENGE

Sign up for a Team Challenge in your local area.

TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout "Net Generation!"

**THE
FUTURE
OF TENNIS**



IS HERE



TOGETHER WE WILL

**GROW
THE GAME**

