Three horizontal black lines of varying lengths, slanted downwards from left to right, suggesting motion or speed.

# RED BALL

**WHEELCHAIR TENNIS COMMUNITY  
PRACTICE AND PLAY PLANS CURRICULUM**

**COMMUNITY 1 / COMMUNITY 2 / COMMUNITY 3**



[NetGeneration.com](http://NetGeneration.com)

# DEAR COACH,

## WELCOME TO NET GENERATION!

On behalf of the USTA, we 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 5 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 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.

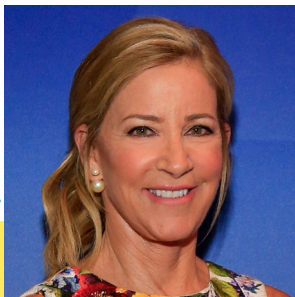
As a former #1 world tennis player, former President of the Women's Tennis Association, ESPN analyst, business owner, entrepreneur, and mother, I'm a Net Generation ambassador because I believe this new approach will benefit the growth of youth tennis. Sports today don't meet the needs of parents, players,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

This manual is just one item 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  
and Mother



# FOREWORD

## 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



# FOREWORD

## 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



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# 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 challenge, skills and play. The Net Generation Community was created for coaches who may have little to no experience in delivering tennis. This particular edition also highlights adaptations for the wheelchair tennis player.

Community Red encompasses three levels of Practice and Play Plans.

## COMMUNITY 1

A challenge and skills program that helps develop a passion for tennis and builds the foundation for future success.

Recommended Age/  
Level:

Five- to eight-year-old beginners.

## COMMUNITY 2

Covers the beginning stages of serve, rally and play in a team environment.

Recommended Age/  
Level:

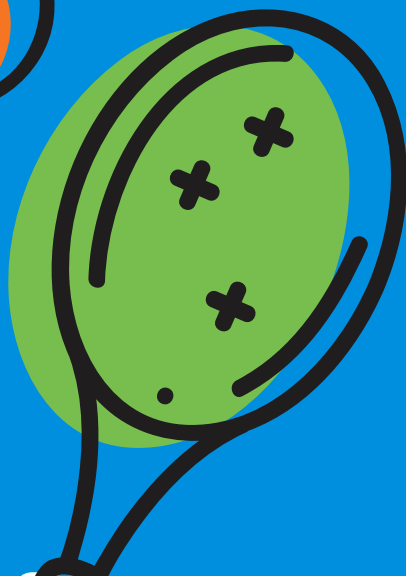
Players who complete Community 1, or seven- to nine-year-old beginners.

## COMMUNITY 3

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

Recommended Age/Level:

Players who complete Community 2 or have some prior tennis experience. Target age is eight to ten.



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

# RECOMMENDED EQUIPMENT

## PLAYGROUND BALLS

Large, lightweight balls available at most big-box stores.

## RED BALLS

Low-compression red felt and foam balls. Two of each type per player.

## RACQUETS

23 inches and smaller.

## BALL BUCKETS

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

## NETS

18-foot pop-up nets are available for 36-foot courts. You can also attach things like barrier tape, rope or pennant banners to a standard net, the 18-foot pop-up net or objects such as fences, teaching carts, hoppers, chairs/benches or cooler stands.

## COURT

You can conduct Community 1 on any flat surface. Community 2 and 3 are designed for a tennis court.

## CLOTHESPINS

Use for scorekeeping—one packet of 200 per class.

## PLAYING CARDS

Use for challenges in different activities—two packs per class.



# 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 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.”

## ATHLETIC SKILLS

These are fundamental movement skills that work on the ABCs (agility, balance and coordination), along with sending and receiving skills that include rolling, tossing (underhand), throwing (overhand) and catching.

## TENNIS SKILLS

Each session has activities for players to build the foundation for serve, rally and play. These include individual and partner activities. We will show some adaptations, but coaches are encouraged to be creative in order to foster inclusiveness.

## GAMES

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

## FREE PLAY

For Community 2 and 3, all players will have an opportunity to play the game of tennis at the end of the session.

## PLAY AT HOME

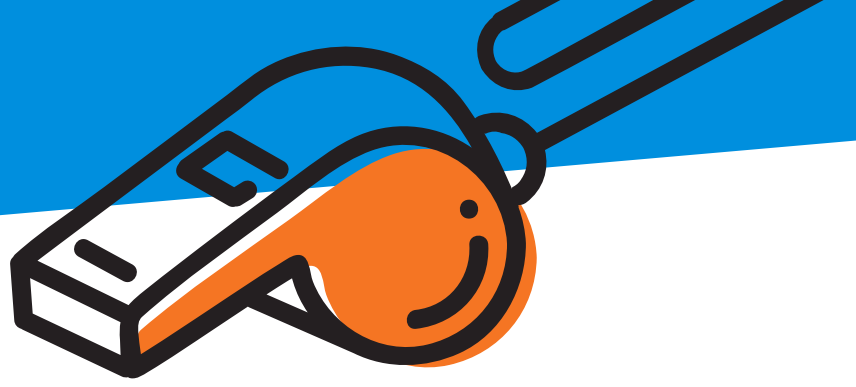
Each week, players have specific challenges to practice at home. They can practice independently or with a friend or family member.

## TEAM HUDDLE

Players can end the session with a team chant, such as “1-2-3 Net Generation.”



# DESCRIPTIONS OF ACTIVITIES



## SETUP

Location of players, balls and equipment.

## MISSION

What we want players to do, followed by bullets with specific instructions.

## LEVEL 2, LEVEL 3, ETC.

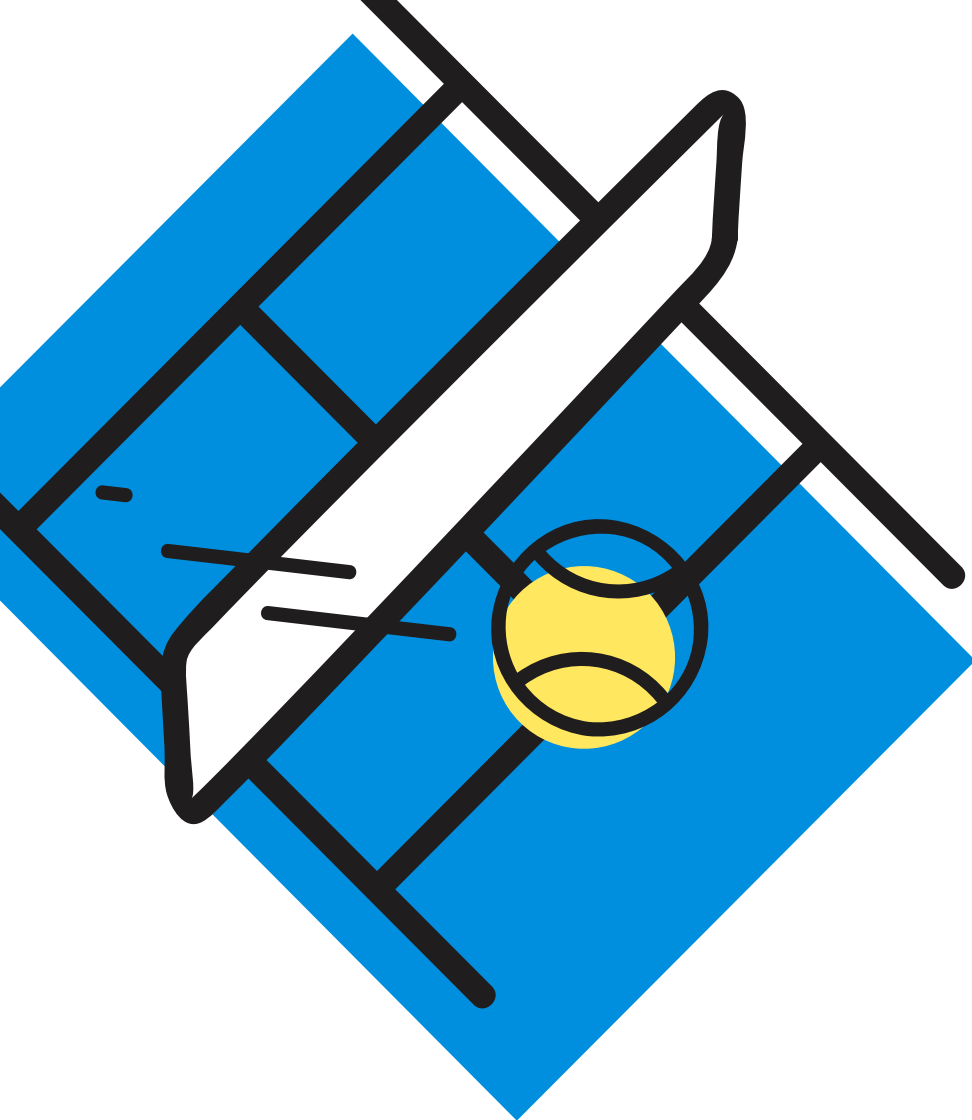
Progressions to make activities more difficult.

## COACHING CUES

Short tips to help players with the challenge, skills and play.

## GOAL

How we want players to execute the activity, related to a specific outcome.



## INTRODUCTION

Welcome to Community Red 1 Practice and Play Plans! This challenge and skills based program was developed for the first time player (ages five to eight) as an introduction to tennis. It is written specifically for any flat surface including a tennis court, gymnasium, or even a parking lot! Players will work on rally skills which are the foundation for playing with a partner.

A station format is suggested for this program. It will assist a first time coach with the organization of larger groups. Stations should be created around the playing area, a safe distance from each other. Have a coach or volunteer at each station to direct the activity. Players will rotate through the stations every 10 minutes while a coach remains at the designated area.

## PLANS AT A GLANCE



	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Community 1</b>						
<b>Lesson Plan Theme</b>	Meet The Ball	Meet My Racquet	Check Out My Forehand	Check Out My Backhand	Let's Rally	Let's Play
<b>Warm Up</b>	Tag	Obstacle Course	Messy Bedroom	Peaks And Valley	Freeze Tag	Your Choice!
<b>Character Theme</b>	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship
<b>Station 1</b>	Self-Toss	Pizza Delivery	Jacks	Walk The Dog Zig Zag Backhand	Walk The Dog Zig Zag Alt	Walk The Dog With Partner
<b>Station 2</b>	Walk The Dog	Bungee Jump	Lobster Trap	Jacks With Backhand	Bungee Flips	Jacks Alt
<b>Station 3</b>	Walk The Dog With Partner	Start Your Engines	Walk The Dog Zig Zag With Partner Forehand	Tunnel Ball	Rally Me With Partner Alt	Rally Me With Partner Alt
<b>Game</b>	Bullseye	Tennis Sandwich	Splat	Survivor Backhand	Keep It Moving	Team Rally
<b>Take Home Tennis</b>	Toss And Catch To Wall	Bungees	Jacks	Rally Me Backhand	Rally With A Friend Or Family	Keep Playing!

## CHAPTER 01

## MEET THE BALL

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and throw-down lines (TDLs); a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

## TAG

**Setup**

- Spread players out in defined spaces with four to six in each area.
- Use chalk, lines or cones to establish a playing area.

**Mission**

- One player is “It.”
- Once tagged, players move out of the playing area and do a fun exercise such as a wiggle and then come back in. (a wiggle is equivalent to a split step in tennis, players wiggle and waggle side to side. Players put both hands on the push rim and move each hand from the 10 o’clock to 2 o’clock position, all while remaining stationary).
- Rotate the “It” player every minute or less.
- Variations can be made by having students tag the back bar of the chair instead of the person.

## II. CHARACTER DEVELOPMENT (3 MINUTES)

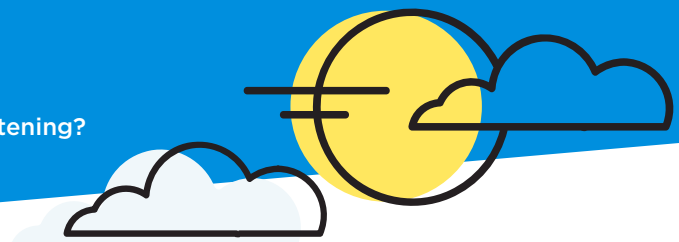
## PLEDGE

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**

- How can you show someone speaking that you’re listening?
- We listen with our eyes, ears, mind and body.



# III. SKILLS (25 – 30 MINUTES)

## STATION ONE

### SELF-TOSS

#### Setup

- Give each player a red ball.
- Spread players out around the defined space, using chalk or TDLs to create boundaries.

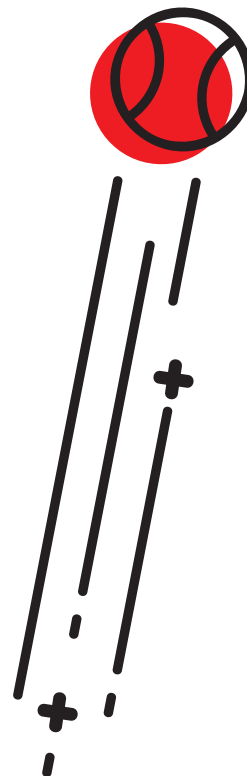
#### Mission

- Toss the ball with one hand (palm up) above head level.
- Let it bounce and catch it with both hands.
- **Level 2:** Toss it higher and catch with both hands.
- **Level 3:** Toss it farther away and catch with both hands.
- **Level 4:** Toss and catch with one hand.



### CHARACTER CHECKUP

How did you show the coach you were listening to instructions?



## STATION TWO

### WALK THE DOG

#### Setup

- Make sure each player has a red ball and a racquet.
- Spread players out on a sideline, each with a spot positioned 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

#### Mission

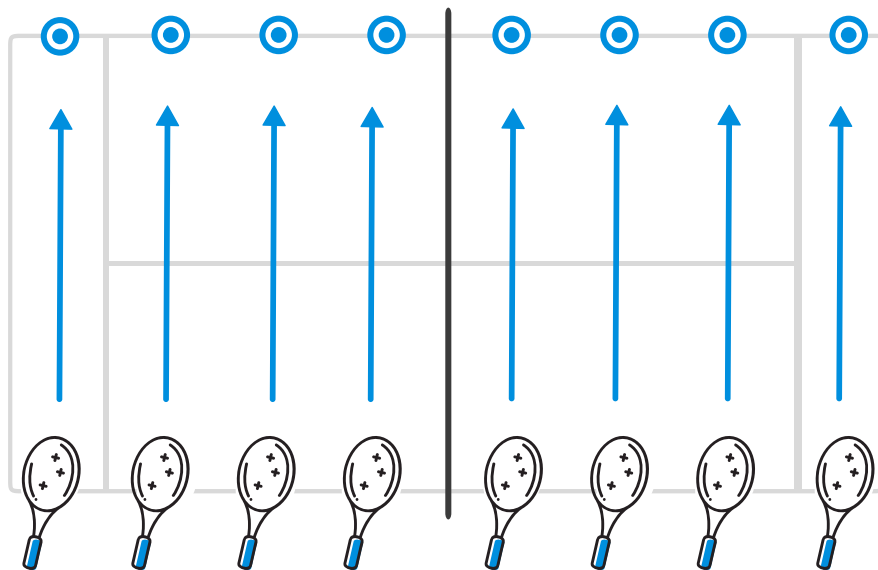
- Starting on the sideline, roll the ball to the spot using the edge of the racquet.
- Stop the ball on the spot with the edge of the racquet, then roll it back to the sideline and stop it again.
- Need help? Use a big ball.
- **Level 2:** Use your backhand.
- **Level 3:** Zig-zag to the end spot and back by using both sides of the racquet.



#### COACHING CUE

Touch the ground lightly with the edge of the racquet and keep the strings on the ball.

#### ILLUSTRATION: WALK THE DOG



## STATION THREE

### WALK DOG WITH PARTNER

#### Setup

- Pair players up, with racquets and one red ball.
- Spread pairs out on a sideline, each with a spot 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

#### Mission

- Starting on the sideline, roll the ball with the edge of the racquet to the opposite sideline.
- Stop the ball on the spot, turn, send the ball along the ground back to your partner and move back to the starting sideline.
- Partner stops the ball with the racquet and repeats.
- Need help? Use a bigger ball.

**Level 2:** Use forehands (palm forward) and backhands (knuckles forward).

**Level 3:** Zig-zag to the spot using both sides of the racquet.



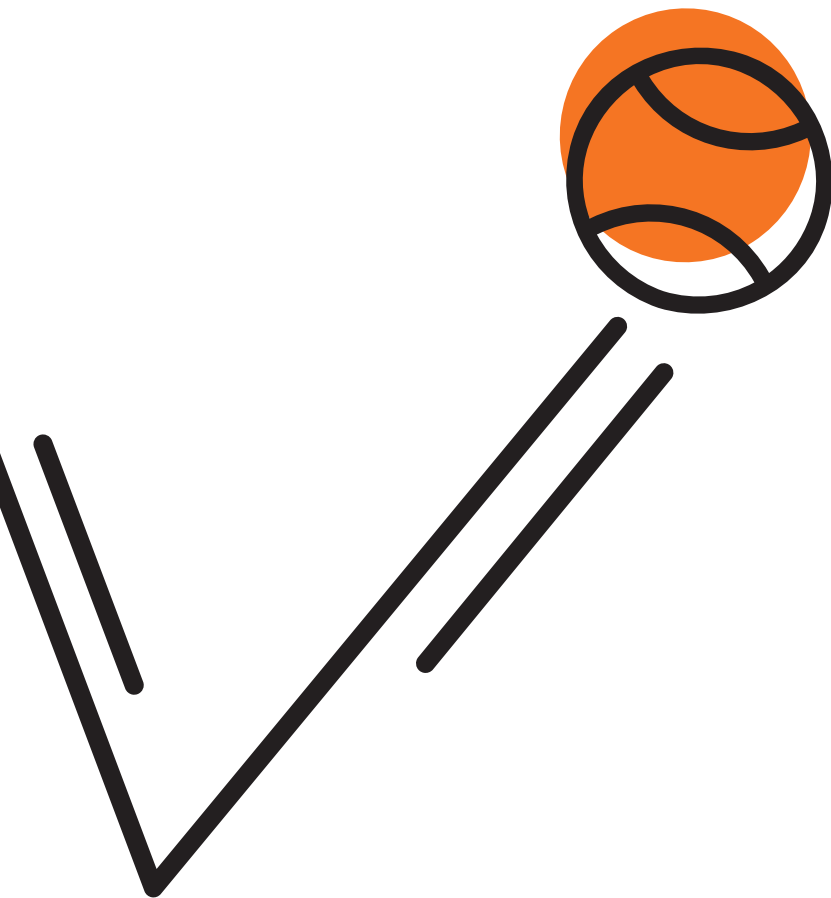
#### COACHING CUE

Roll the ball to the side of the body and follow-through toward the target.



#### CHARACTER CHECKUP

How did you and your partner listen to each other?



# IV. GAME (10 – 12 MINUTES)

## BULLSEYE

### Setup

- Have teams create their own areas using chalk, lines...be creative!
- Give each team a supply of red balls.
- Create a big target (about 8x8 feet) using lines or chalk, with a smaller target inside. Use chalk or place an object in the center of the smaller spot as a bullseye.

### Mission

- Players stay outside the playing area and take turns tapping the ball with the racquet (palm forward) toward the target.
- Create a scoring system for different target areas—the big target could be one point, the smaller target could be five points and the bullseye, 10.
- Add up the teams' scores to see if they can get to a certain number or play by time and go for a "team best."
- Need help? Let players use their hands to roll the ball.

**Level 2:** Start farther back.

**Level 3:** Use backhands and forehands.

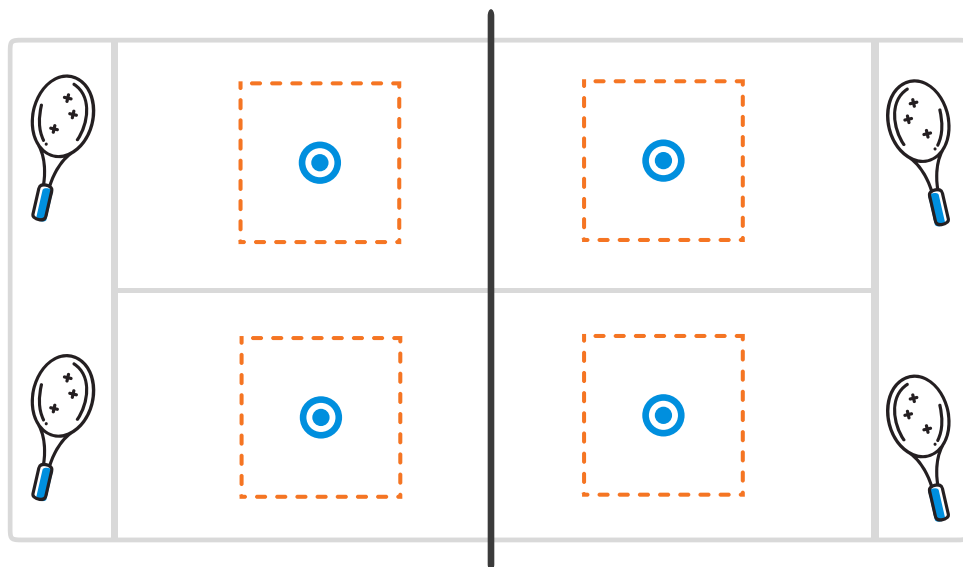
**Level 4:** Drop-hit to targets.



### COACHING CUE

Use a short and simple motion. How can you make it go softer? Harder?

### ILLUSTRATION: BULLSEYE





## V. WRAP UP (5 MINUTES)

### TEAM TALK

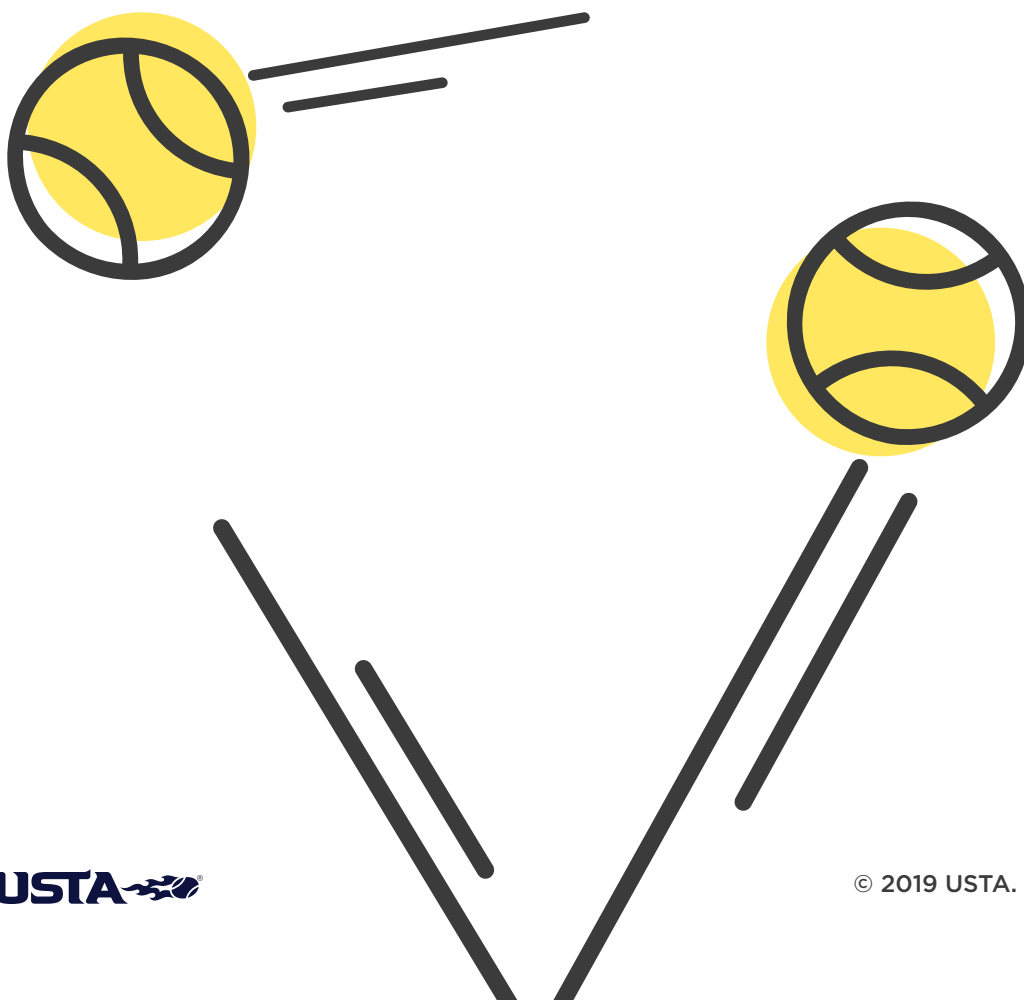
- What was one new skill you enjoyed learning today?
- How can listening help you in school?
- Whom can you work on listening to better at home?

### PLAY AT HOME: TOSS TO THE WALL AND CATCH

- Toss the ball to the wall, let it bounce and catch it with two hands.
- Toss the ball low, medium and high. Catch with two hands, then one.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"



CHAPTER 02

# MEET MY RACQUET

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and TDLs; a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

### OBSTACLE COURSE

**Setup**

- Create a large square, approximately 12x12 feet.
- Three or four players per square.

**Mission**

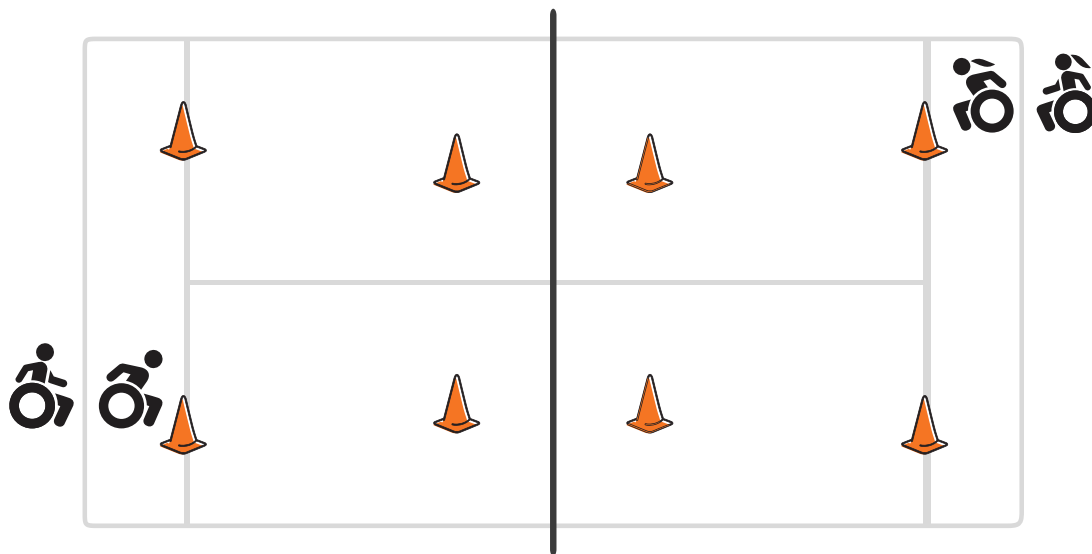
- Proceed from cone to cone using different movements such as zig zags, straight line, wavy lines...get creative!. Next player goes when the previous player reaches the second cone.
- Change the movement after each player has gone twice.

**Level 2:** Side-push: Sit parallel to the other student inside or outside the square. Players will push to the next cone mirroring each others movement.

**Level 3:** Circle: Circle around to the next cone, moving swiftly.

**Level 4:** Create your own: Let players be creative and pick their own movements.

**ILLUSTRATION: OBSTACLE COURSE**



## 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?
- Name some people you respect.

## III. SKILLS (25 – 30 MINUTES)

### STATION ONE

#### PIZZA DELIVERY

##### Setup

- Spread players out in defined spaces using chalk or TDLs.
- Players hold an object (a “pizza”) in their lap. It could be anything that they can balance in their lap such as a bigger ball, backpack, etc.

##### Mission

- Move around the playing area without dropping the pizza.
- Try to knock down the other players’ pizza (gently!) or chase them causing their pizza to drop.

##### Guidelines

- Move swiftly but not too fast.
- Dropped your pizza? Move to the sideline to cheer on the remaining players, or perform five repetitions of a fun exercise such as backwards circles, arm circles, or self hugs.
- Re-entry into the game can be at the coach’s discretion.



#### COACHING CUE

Stay balanced, be aware and keep moving!



#### CHARACTER CHECKUP

Can you offer an example of your partner showing respect?

STATION TWO

BUNGEE JUMP

Setup

- Position each player in a designated area with a racquet and a red ball.

Mission

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

**Level 2:** Hold the ball on the strings for less and less time.

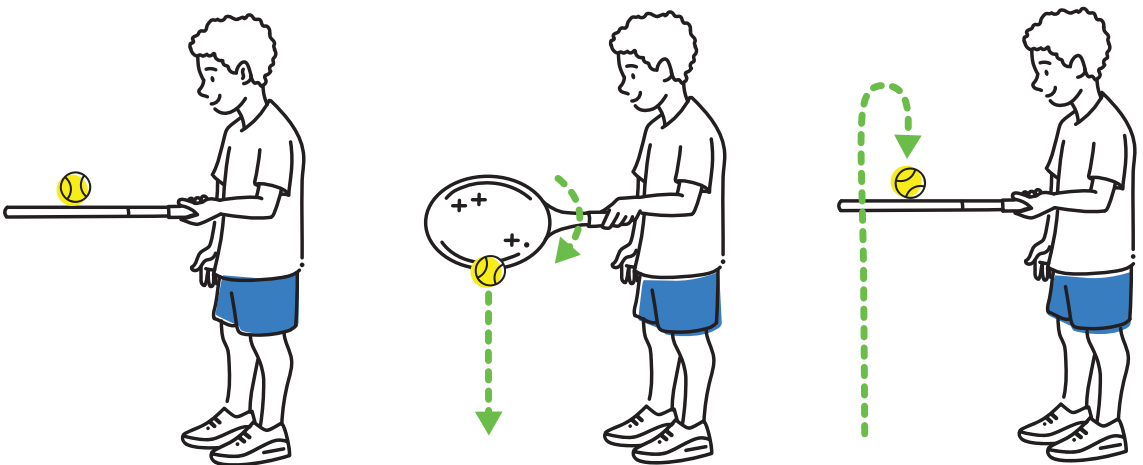
**Level 3:** Balance the ball knuckles up.

**Level 4:** Tap the ball up continuously.



**COACHING CUE**  
 Pause when the ball is on the strings and keep your head still.

ILLUSTRATION: BUNGEE JUMP



## STATION THREE

### START YOUR ENGINES

#### Setup

- Position each player in a designated area with a racquet and a red ball. Use chalk or TDLs to create two sidelines.

#### Mission

- Perform two successful bungee jumps from the sideline.
- Push to the opposite sideline and back with the ball balanced on the strings with the racquet in their lap.

**Level 2:** Do three bungees, then four and push to the opposite sideline and back.

**Level 3:** Perform bungees continuously from sideline to sideline.

**Level 4:** Take one push and pick up the racquet from their lap, then place it back down and take another push.



#### CHARACTER CHECKUP

In tennis, what is one way you can show your partner respect?

## IV. GAME (10 – 12 MINUTES)

### TENNIS SANDWICH

#### Setup

- Each player has a racquet and a red ball.
- Create teams of three to five.
- Teams start on a sideline, which you've created using chalk, TDLs or existing lines.

#### Mission

- First player holds the racquet palm up and places a ball on the strings.
- Second player holds the racquet palm down and places the racquet on top of the same ball. The same player then places another ball on the strings.
- Players continue adding to the “sandwich” in this manner.
- Two variations here: The coach can help push players from sideline to sideline or there could be timed competition between groups to see how long they can balance the ball.

**Note:** Let players describe what's in their sandwich. The ball could be a meatball and the racquets the bread.

## V. WRAP UP (5 MINUTES)

### TEAM TALK

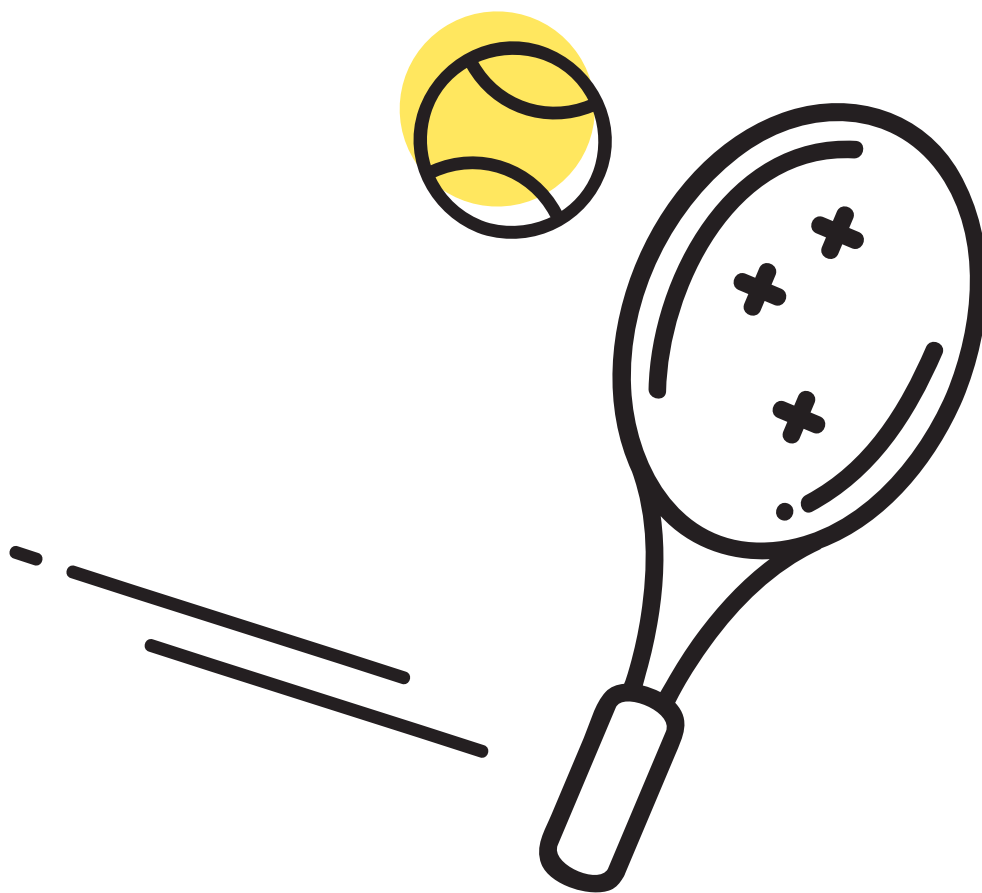
- What was one new skill you enjoyed learning today?
- How did respecting your teammate make tennis more fun?
- Where else can you practice respect?

### PLAY AT HOME: BUNGEEES

- Play with a foam ball on a driveway or any flat surface.
- Play with a partner by alternating each bungee.
- Use both sides of the racquet (palm up, then knuckles up).
- Tap the ball up continuously.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"



# CHECK OUT MY FOREHAND

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and TDs; a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

### MESSY BEDROOM

#### Setup

- Create teams of three to five, with each team on its own side.
- Have teams create their own space using a net or barrier tape to separate the teams.
- Position players on one side of the net or line (preferably the side opposite the fence) with a bucket of red balls.

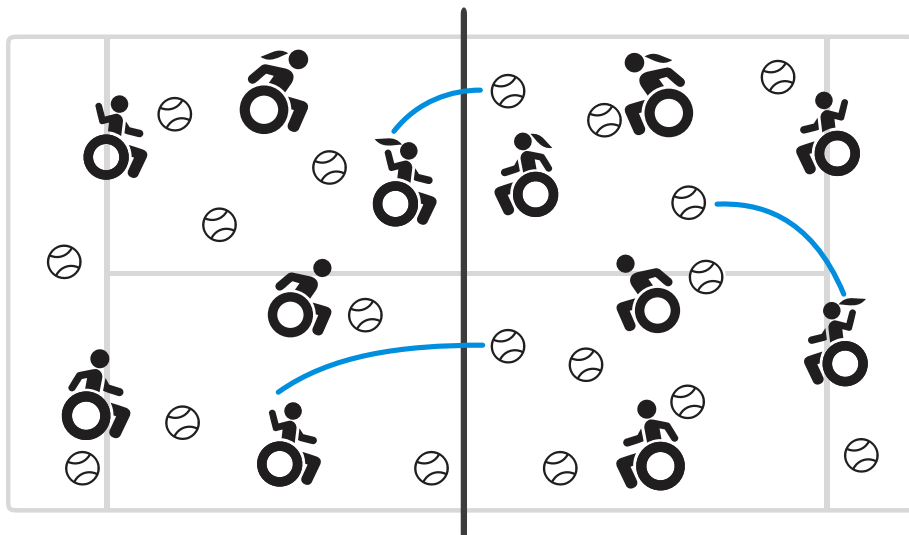
#### Mission

- The coach tips the bucket of balls over on each side. If some athletes cannot bend down to pick up balls, the coach can help place them in the wheel spokes or in the student's lap.
- Players throw the balls overhand one at a time to the other side.
- Throw as many balls as possible in one minute or less. Adjust the time to the number of balls in the buckets.
- After time is up, have players pick up all the balls on the other side and count how many they threw.
- Do it again and try to beat the team record.

**Level 2:** Throw with non-dominant hand.

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

#### ILLUSTRATION: MESSY BEDROOM



## 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 can you put in effort today?



## III. SKILLS (25 – 30 MINUTES)

### STATION ONE

#### JACKS

##### Setup

- Spread players out a safe distance from one another, each with a racquet and a red ball.

##### Mission

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

**Level 2:** Rally until you miss.

**Level 3:** Use your backhand.

**Level 4:** Alternate forehands and backhands.



#### COACHING CUE

To get under the ball and catch with your palm up.



#### CHARACTER CHECKUP

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

### STATION TWO

#### LOBSTER TRAP

##### Setup

- Pair up players, with racquets and one red ball.
- Position partners six to eight feet apart. One player (the feeder) has a red ball; the other (the “lobster”) has a racquet in each hand.



• **Mission**

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



**COACHING CUE**

Turn sideways to receive the ball, follow through in your partner's direction when sending it back.

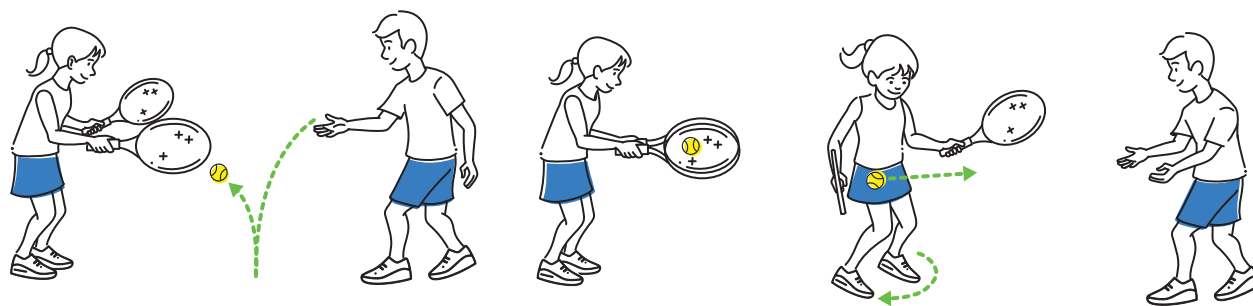
**Level 2:** The feeder tosses and the lobster receives on both sides of the body.

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

**Level 4:** Make the lobster move.

Note: Students with two racquets in the hand may find it hard to push, the coach can get involved here and toss or even encourage players to try pushing with both racquets in hand.

**ILLUSTRATION: LOBSTER TRAP**



## STATION THREE

### WALK THE DOG ZIG-ZAG WITH PARTNER

#### Setup

- Create two sidelines using chalk or TDLs. Set up one or two zig-zag patterns between the sidelines using four poly-spots (or paper plates) for each.
- Pair up players with one red ball between them—two pairs per pattern.

#### Mission

- Roll the ball to all four poly-spots using a forehand.
- After the fourth poly-spot, turn around and send the ball back along the ground to your partner.
- Partner stops the ball with the racquet and repeats the sequence.
- It is important that the athlete take a strong first push before rolling.

**Level 2:** Use a backhand.

**Level 3:** Do bungees on each spot.

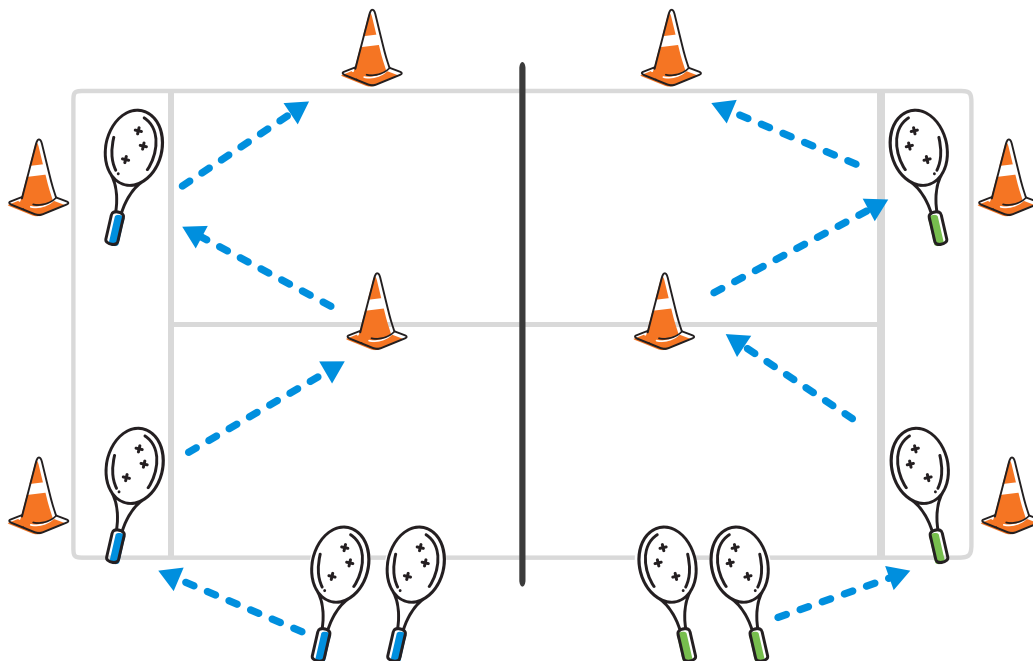
**Level 4:** Drop and hit back to your partner.



#### COACHING CUE

Keep the ball to the side of the chair and follow through toward your partner when sending the ball back.

#### ILLUSTRATION: WALK THE DOG ZIGZAG



## IV. GAME (10 – 12 MINUTES)

### SPLAT

#### Setup

- Spread players out, each with a racquet and a red ball.
- Each player has a cone, spot or other type of target.

#### Mission

- Toss the ball up and let it bounce, then tap it up with the racquet (palm up).
- Continue to tap the ball up, attempting to hit the target on the bounce.
- Need help? Toss the ball up, let it bounce, tap it up with the racquet and catch it.

**Level 2:** Play with a partner by alternating tap-ups.

**Level 3:** Put pairs together onto a larger team and see how many cones they can hit in one minute.



### CHARACTER CHECKUP

Provide an example of your partner making an effort.

## V. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- Where else can you show good effort? (Encourage “the classroom,” “other sports” and “at home” as answers.)
- How will putting forth good effort help you in school?

### PLAY AT HOME: JACKS

- Same as the Tennis Skills activity, but you can play with a foam ball on a driveway or any flat surface.
- Play with a partner by alternating each jack.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout “Net Generation!”



### COACHING CUE

Tap the ball up to at least eye level and keep your palm up to the sky.

## CHAPTER 04

## CHECK OUT MY BACKHAND

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and TDLs; a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

## PEAKS AND VALLEYS

**Setup**

- Two teams of four or fewer on each side. Have teams create their own space using a net or barrier tape to separate the teams.
- Position nine-inch cones randomly on each side - some upright, some on their sides.

**Mission**

- Team #1 tips cones over while team #2 places them upright. Each team's goal is to get to as many cones as possible within a 30-second limit. Wheelchair athletes who cannot band over are encouraged to use their racquet to knock over cones. All players can use racquets as well to work on their dexterity.
- Switch team roles each time.

## 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**

- What does it mean to be a team player?
- List some ways you can be a good teammate.



## III. SKILLS (25 – 30 MINUTES)

### STATION ONE

#### WALK THE DOG ZIG ZAG (BACKHANDS)

##### Setup

- Create two sidelines using chalk or TDLs.
- Set up zig-zag patterns between the sidelines using four poly-spots (or paper plates) for each pattern.
- Line up three players at each pattern.

##### Mission

- Use your backhand to roll the ball to the first poly-spot, stop the ball on the spot with your racquet and head to the next poly-spot. Get to all four spots.
- The next player goes when the previous player reaches the second spot.
- It is important that the athlete take a strong first push before rolling.

**Level 2:** Alternate forehand to one spot, backhand to the next.

**Level 3:** Do bungees on each spot.

### STATION TWO

#### JACKS WITH BACKHAND

##### Setup

- Spread players out a safe distance from one another, each with a racquet and a red ball.

##### Mission

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

**Level 2:** Rally until you miss.

**Level 3:** Alternate forehands and backhands.



#### CHARACTER CHECKUP

How did you and your partners demonstrate good teamwork?

## TUNNEL BALL

### Setup

- Pair up players, with two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in ready position.
- Give the player on the line a ball.

### Mission

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

**Level 2:** Toss the ball over the head of your partner, whose goal is to catch it before it reaches the opposite sideline.

**Level 3:** While tossing the ball, shout a number—one, two or three. That's how many bounces the catcher has before catching the ball.



### CHARACTER CHECKUP

How did working together help you and your partner?

## IV. GAME (10 – 12 MINUTES)

### SURVIVOR BACKHANDS

#### Setup

- Create teams of three or four.
- Use two containers of red balls per court/area, one per team.
- Line teams up behind a line, with two teams per side.

#### Mission

- A player or helper for each line acts as a “ball machine,” gently tossing two backhands to each player.
- To stay on the “island” get at least one out of two over the net and in the court.

#### Guidelines

- Miss two and go “out to sea” (other side of the net).
- Catch the ball in two bounces to get back onto the island.
- Catching the ball in the air gets everyone back onto the island.
- The hitter whose ball was caught goes out to sea.
- If using a player rather than a helper, be sure to rotate the “ball machine” at intervals.

**Level 2:** Must make both shots.

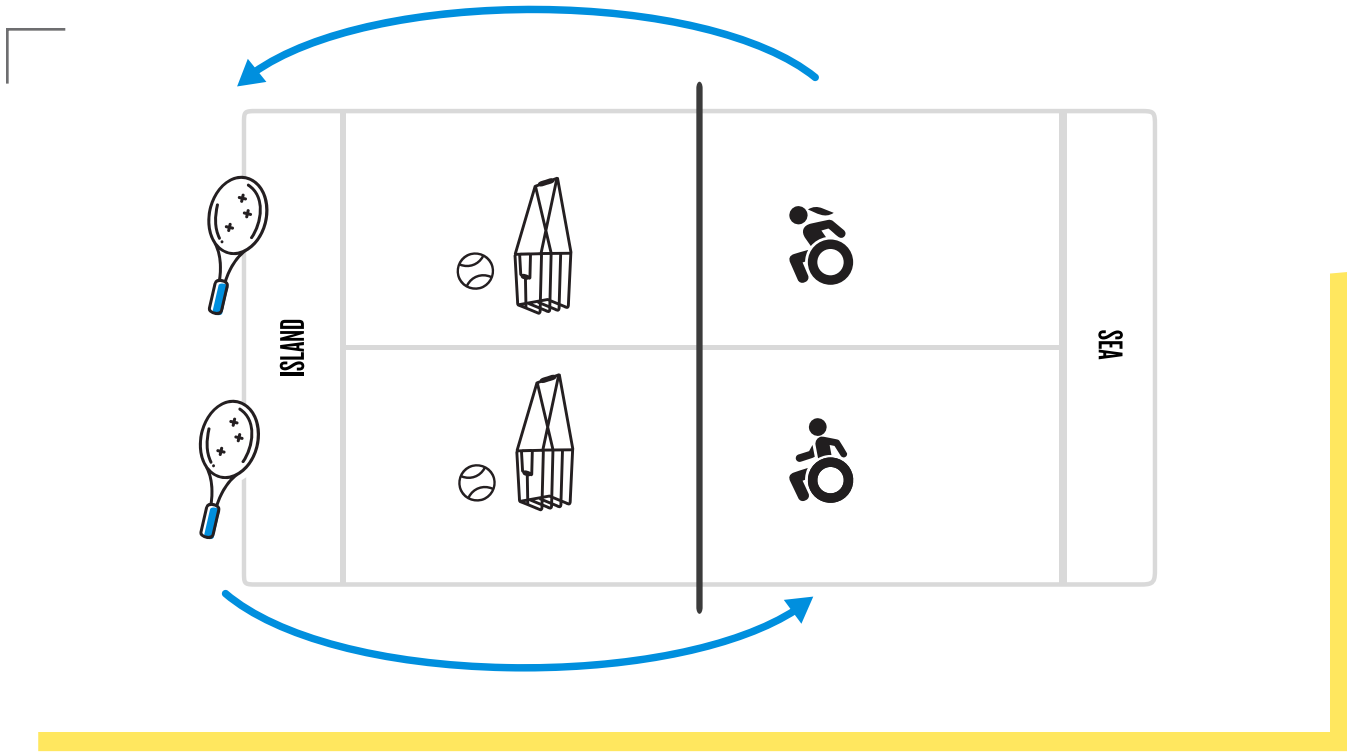
**Level 3:** Hit to a specific area of the court.



### COACHING CUE

Extend up and out to the target on the follow-through.

ILLUSTRATION: SURVIVOR



## V. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- Did teamwork make tennis more enjoyable today?
- Where else can you demonstrate good teamwork?

### PLAY AT HOME: RALLY ME BACKHANDS

- Can play on a driveway or any flat surface with a foam ball.
- Do the same with a friend or family member by alternating bumping the ball up.
- See how many balls you can rally in a row and then try to beat your record.
- Start with just backhands, then use forehands and backhands.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

CHAPTER 05

# LET'S RALLY

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and TDLs; a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

### FREEZE TAG

**Setup**

- Spread players out in defined spaces with four to six in each area.
- Can use cones or chalk to establish the playing area.

**Mission**

- One player is “It”; anyone moving must push slowly.
- Tagged players must freeze. An untagged player can free them by tagging them.

**Level 2:** In order to be tagged, players must touch the back bar.

**Level 3:** Players have pair up with one person grabbing the back bar and pushing with the extra weight.

## 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 have you shown that you are responsible at home?





# III. SKILLS (25 - 30 MINUTES)

## STATION ONE

### WALK THE DOG ZIG-ZAGS (ALTERNATING)



#### COACHING CUE

Use your chair to get the racquet in position, and keep the edge of the racquet on the ground.

#### Setup

- Create two sidelines on each side of the net using chalk or TDLs.
- Set up one or two zig-zag patterns on each side of the net between the sidelines using four poly-spots (or paper plates) for each pattern.
- Position up to four players on each sideline, each with a racquet and a red ball.

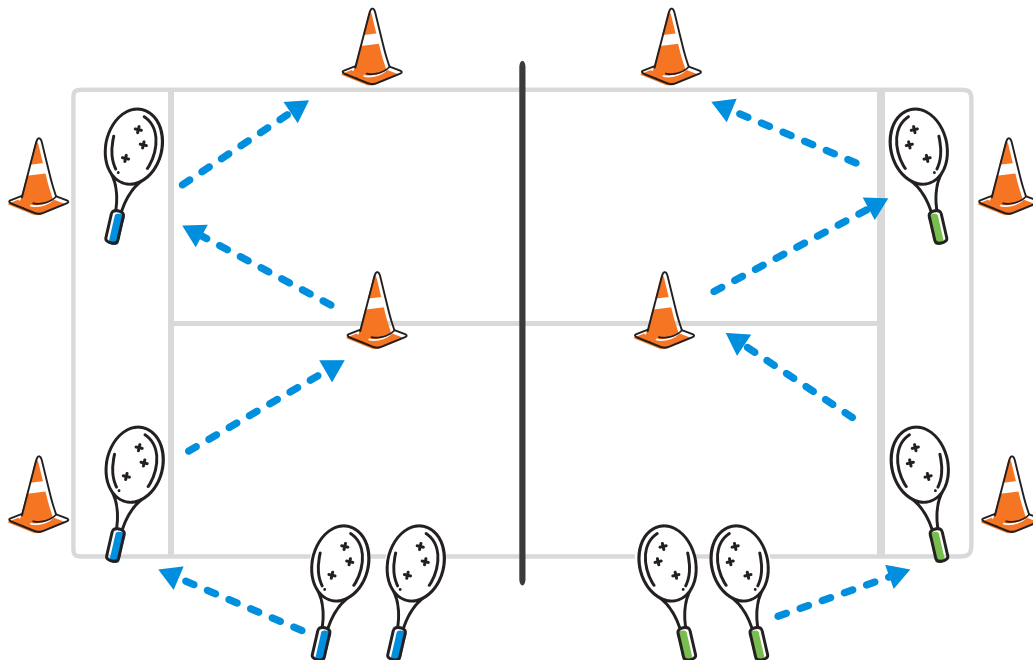
#### Mission

- Roll the ball to the first poly-spot with your forehand, stop the ball on the spot with your racquet and roll the ball to the next poly-spot using your backhand.
- At the second spot, switch again to the forehand.
- Continue to alternate after each spot, until you reach the fourth spot.
- The next player goes when the first player reaches the second spot.
- It is important that the athlete take a strong first push before rolling

**Level 2:** Do the same with a partner, sending the ball back along the ground after reaching the fourth spot.

**Level 3:** Do bungees on each spot, alternating forehands and backhands.

#### ILLUSTRATION: WALK THE DOG ZIGZAG



## STATION TWO

### BUNGEE FLIPS

#### Setup

- Create a space using chalk or TDLs.
- Spread players out in the space, each with a racquet and a red ball.

#### Mission

- With palm up, place the ball in the center of the strings; tilt the racquet to the side so the ball falls off.
- Let the ball bounce and then catch and balance it on the strings with knuckles up.
- Continue to alternate sides of the racquet after each bounce.
- At first, you can use your free hand for help.

**Level 2:** Hold the ball on the strings for less and less time.

**Level 3:** Tap the ball up continuously.



#### CHARACTER CHECKUP

How does being responsible help you in tennis?



#### COACHING CUE

Keep your wrist still.

## STATION THREE

### RALLY ME WITH PARTNER (ALTERNATING)

#### Setup

- Pair up players with racquets and one red ball.
- No more than three pairs on each side of the net.

#### Mission

- One player tosses up a ball, lets it bounce and taps it up with the racquet (palm up).
- Partner taps it up after the next bounce.
- Continue alternating hits to keep the rally going.
- Alternate forehands and backhands.

**Level 2:** Complete four continuous hits.

**Level 3:** Go for as many as possible, then try to beat your previous record.

## IV. GAME (10 – 12 MINUTES)

### KEEP IT MOVING

#### Setup

- Position two or three pairs on each side of the net.
- Have partners face each other with a line acting as the net.
- Have players mark court boundaries using TDLs or chalk.

#### Mission

- Start a cooperative rolling rally.
- Move the ball without over-hitting.
- Start off by stopping the ball and rolling it back. Once successful, rally continuously.
- Let players set a goal for the number of rallies.

**Level 2:** Players change the size and shape of the court each time they change partners.

**Level 3:** The coach rotates partners following a designated time period.

**Level 4:** Forehands only or backhands only.

## V. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you practice responsibility when coming to your next lesson?
- What is another way you can be responsible at home/school?

### PLAY AT HOME: RALLY WITH FAMILY OR A FRIEND

- Hit on a driveway or any flat surface.
- Rally on the ground.
- Drop-hit and trap.
- Hit after a bounce.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"



### CHARACTER CHECKUP

How did your partner demonstrate responsibility?

## CHAPTER 06

# LET'S PLAY!

**Equipment:** Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and TDLs; a deck of cards. **Optional:** Pop-up nets and cones.

## I. WARM UP (5 – 10 MINUTES)

**YOUR CHOICE! PICK ONE.**

### OBSTACLE COURSE

**Setup**

- Create a 15x15-foot square for every three or four players.

**Mission**

- Proceed from cone to cone using different movements. The next player goes when the previous player reaches the second cone.
- Change the movement after each player has gone twice.

**OR**

### FREEZE TAG

**Setup**

- Spread players out in defined spaces with four to six in each area.
- Can use cones or chalk to establish the playing area.

**Mission**

- One player is “It”; others are spread out in the playing area. All players are pushing moderately.
- When players are tagged, they must freeze. An untagged player can free them by tagging them.

## 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 is sportsmanship? Why is it important?
- What is an example of good sportsmanship? What is an example of bad sportsmanship?

## III. SKILLS (25 – 30 MINUTES)

### STATION ONE

#### WALK THE DOG WITH PARTNER (ALTERNATING)

##### Setup

- Pair up players with racquets and one red ball.
- Spread pairs out on a sideline with a spot 15 to 20 feet away. Mark each spot using chalk, a poly-spot or any flat object.

##### Mission

- Starting on the sideline, roll the ball with the edge of the racquet to the spot.
- Stop the ball on the spot, turn, send the ball along the ground back to your partner and move back to the sideline.
- Partner stops the ball with the racquet and repeats.
- Need help? Use a bigger ball.
- It is important that the athlete take a strong first push before rolling.

##### Let's Play!

- Create a goal with your partner.
- Add two to the number you got and beat it!



#### COACHING CUE

Roll the ball to the side of the chair and follow through toward the target.



#### CHARACTER CHECKUP

How did you demonstrate good sportsmanship?

## STATION TWO

### JACKS (ALTERNATING)

#### Setup

- Spread players out a safe distance from one another, each with a racquet and a red ball.

#### Mission

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

#### Let’s Play!

- How many can you rally in 30 seconds?
- How many can you rally without missing?
- Play jacks with a partner.



#### COACHING CUE

Get under the ball.

## STATION THREE

### RALLY ME WITH PARTNER (ALTERNATING)

#### Setup

- Pair up players with racquets and one red ball.
- Spread pairs out at a safe distance.
- No more than three pairs on each side of the net.

#### Mission

- One player tosses up a ball, lets it bounce and taps it up with the racquet (palm up).
- After the next bounce, the partner taps it up.
- Continue alternating hits to keep the rally going.
- Alternate forehands and backhands.

#### Let’s Play!

- Create a goal with your partner to see how many you can rally in 30 seconds.
- Beat your record!



#### COACHING CUE

Tap the ball above eye level and use movement to get out of the way.

## IV. GAME (10 – 12 MINUTES)

### TEAM RALLY

#### Setup

- Pair up players and spread them out at a safe distance.
- No more than three pairs on each side of the net or line.

#### Mission

- Pairs rally over a net or line.
- Count the total number of rallies.
- Add all the pairs' totals after the three minutes.
- Rotate partners.

#### Let's Play!

- Beat the total from the first round.
- Alternate forehands and backhands.



### CHARACTER CHECKUP

How did you and your partner show each other good sportsmanship?

## V. WRAP UP (5 MINUTES)

### TEAM TALK

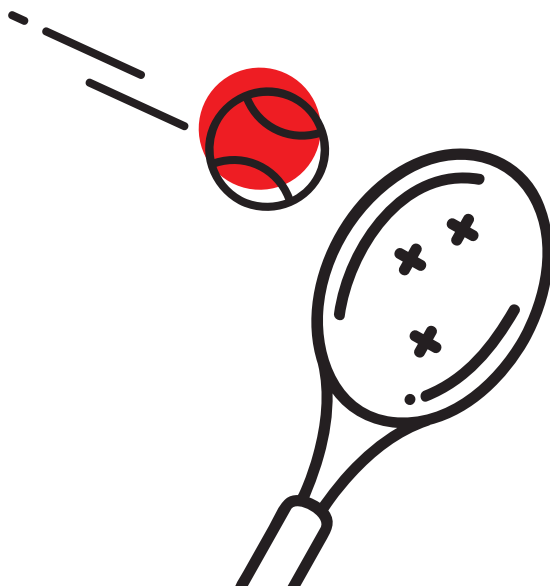
- What was one new skill you enjoyed learning today?
- How will you continue to work on sportsmanship in other sports?
- Who do you think is a good sport?

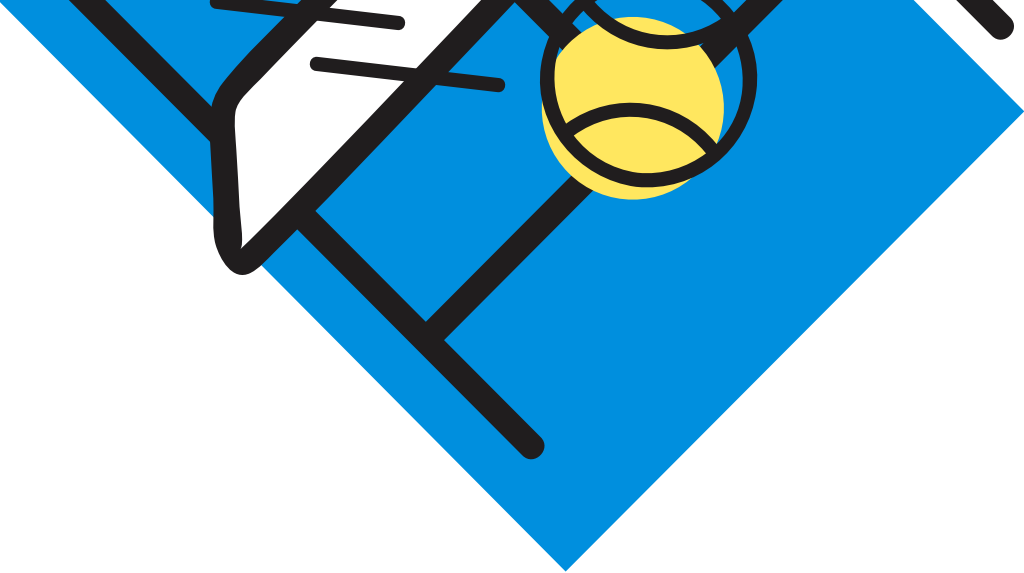
### PLAY AT HOME: KEEP PLAYING

Keep playing off a wall or with a friend.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"





## INTRODUCTION

Welcome to Community Red 2 Practice and Play Plans! This challenge, skills and play program has been created to support and follow the Community 1 curriculum as an introduction for young players (ages seven to nine). Designed for a tennis court, 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. Simple play situations will be introduced. Progressions are used to match the skill level of the individual. After completing Community 2, players will be more comfortable with playing the game.

## GAME COMPONENTS

For each of the tennis activities in Community 2 and 3, coaches can use different tools to motivate players.



### Numbers

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



### Time

Each activity has a specific start and end time.



### Cards

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



### Clothespins

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

### 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), using clothespins to track their totals.

## PLANS AT A GLANCE





Community 02	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Character theme</b>	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship
<b>Lesson plan theme</b>	Meet The Ball	Meet My Racquet	Control It!	Watch My Skills	Watch Me Rally	Let's Play
<b>Team game</b>	Messy Bedroom	Hits	Racquet Quickness	Freeze Tag	Pizza Delivery	Circle Dodge Ball
<b>Athletic skills</b>	Fire Ants	Ice Cream Cones	One Bounce- Two Bounce	Tunnel Ball	One Bounce- Two Bounce	Tunnel Ball
<b>Tennis skills</b>	Big Ball Tennis	Walk The Dog	Bungee Jumps	Jacks	Half Pound Lobster	Rally Pyramid
<b>Game skills</b>	Add 'Em Up	Walk The Dog With Partner	Keep It Moving	Lobster Trap	Battle Spots	Serve Pyramids
<b>Free play</b>	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
<b>Play at home</b>	Toss And Catch	Walk The Dog	Bungee Jumps	Jacks	Lobster Trap	Serve Against Wall

CHAPTER 01

# MEET THE BALL

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

## I. WARM UP (7 MINUTES)

### MESSY BEDROOM

**Setup**

- Create teams of three to five, with each team on its own side.
- Have teams create their own space using a net or barrier tape to separate the teams.
- Position players on one side of the net or line (preferably the side opposite the fence) with a bucket of red balls.

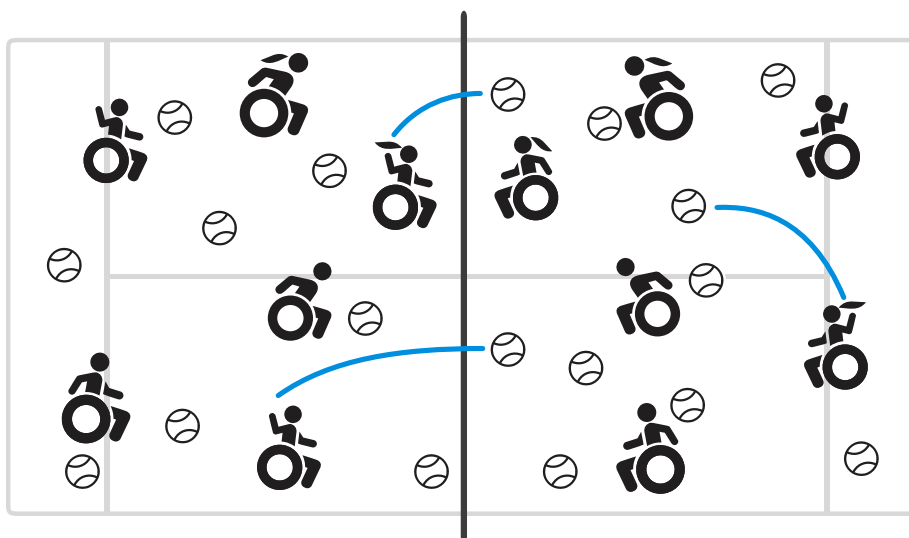
**Mission**

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

**Level 2:** Throw with non-dominant hand.

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

ILLUSTRATION: MESSY BEDROOM



## II. CHARACTER DEVELOPMENT (3 MINUTES)

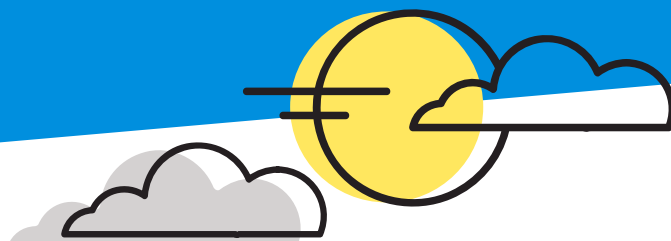
### PLEDGE

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

- How can you show someone you're listening?
- We can listen with our eyes, mouth, ears and body.



## III. ATHLETIC SKILLS (5 MINUTES)

### FIRE ANTS

#### Setup

Spread players out around the court and have them sit in ready position.

#### Mission

- When the coach says “go,” players try to squish as many fire ants as possible in a stationary position.
- Squish as many ants as possible in a set period of time. In this case, squishing is done with a wiggle waggle.

**Level 2:** Zig-zag and squish: Zig-zag around the court and squish when the coach shouts “fire ants!”

**Level 3:** Move in circles and squish: Move in circles around the court and squish when the coach shouts “fire ants!”

## IV. TENNIS SKILLS (15 MINUTES)

### BIG-BALL TENNIS



#### Setup

- Position two pairs on each side of the net and give each pair a playground ball.
- The service boxes are the boundaries.
- Position one player in each service box.



#### COACHING CUE

When players toss with both hands, have them start sideways and finish facing forward.

**Mission**

- Toss the ball with both hands to your partner’s box straight ahead.
- Partner lets it bounce, catches and tosses it back.
- Need help? Move closer to the net.

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

**Level 3:** Toss straight ahead, then crosscourt.

**Level 4:** Catch in front, then to the side of the chair.



**Setup**

- Create teams of two to four.
- Place cones, poly-spots or targets in a row six to eight feet from a line teams will use as a starting point.
- If using cones, mark each with a number. If using poly-spots, use different colors.
- Assign each team a specific starting spot and a supply of red balls.

**Mission**

- Players attempt to hit the cones by sending the ball along the ground with the racquet using a forehand.
- The coach calls out a color or number and the first player from each team aims for that spot.
- Players score points each time they hit a target.
- Rotate players after a certain number of hits (one or two).
- Add up scores as a team.

**Level 2:** Use forehands and backhands (knuckles forward).

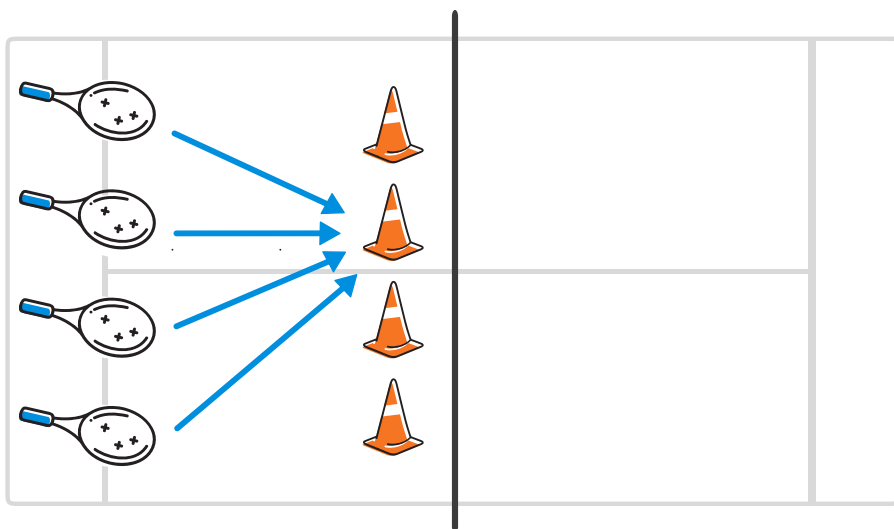
**Level 3:** Drop-hit to cones/spots.



**COACHING CUE**

Keep the edge of the racquet on the ground and follow through toward the target.

**ILLUSTRATION: ADD 'EM UP**



# V. GAME (15 MINUTES)



## ROLL AND SPLAT

### Setup

- Pair up players with one red ball and spread them out around the court.
- Players face each other about six feet apart.
- Use existing lines, chalk or TDLs to indicate the starting position.

### Mission

- Begin by pushing the ball to your partner with a forehand.
- Partner traps the ball with the racquet, then pushes it back using a forehand.
- Rally back and forth with your partner in the designated area.
- Once successful, have players stop the ball with the racquet on edge and then send it back.

**Level 2:** Move back after a certain number of successful rallies.

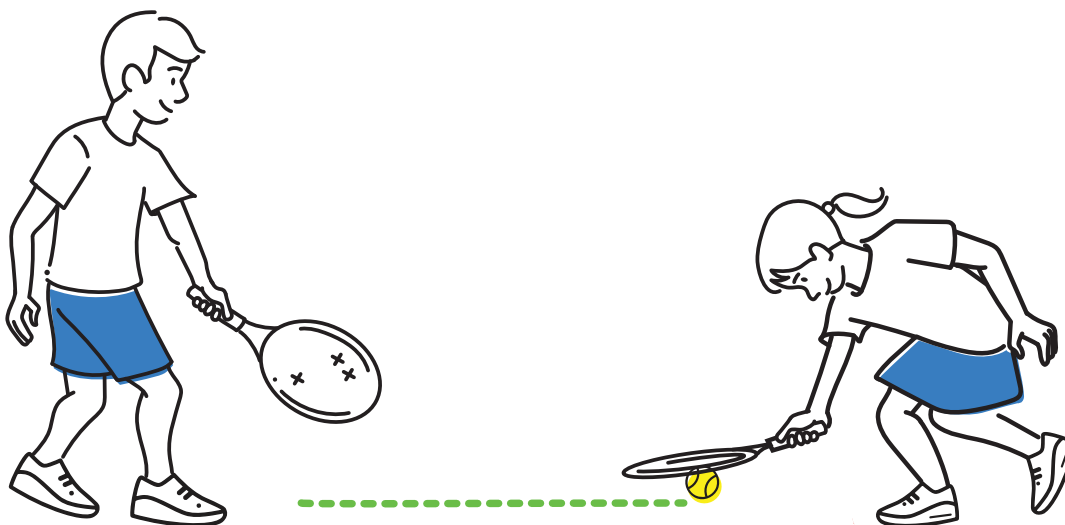
**Level 3:** Push the ball forward using a backhand.

**Level 4:** Hit over a line or net, still trying to stop/trap the ball and hit it back.

### CHARACTER CHECKUP

- How did you and your partner listen to each other?
- Did you listen when the coach gave you instructions?

### ILLUSTRATION: ROLL AND SPLAT



## VI. FREE PLAY (10 MINUTES)

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

### Setup

- Pair up players according to skill level and assign them a line or net to hit over.
- Give each pair two red balls.
- For a net, use tape or rope so the ball can go under and still be in play.
- Mark boundaries using existing lines, TDLs or chalk. Start with small boundaries, then increase them as players are successful.

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

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

### PLAY AT HOME: TOSS AND CATCH

Toss and catch with a friend or family member or against a wall.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

CHAPTER 02

# MEET MY RACQUET

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

## I. WARM UP (7 MINUTES)

### HITS

**Setup**

- Form teams of four to six. Use tape/rope or no net.
- Spread both teams out on opposite service lines.
- Give each team a basket of red balls. The coach has two playground balls.

**Mission**

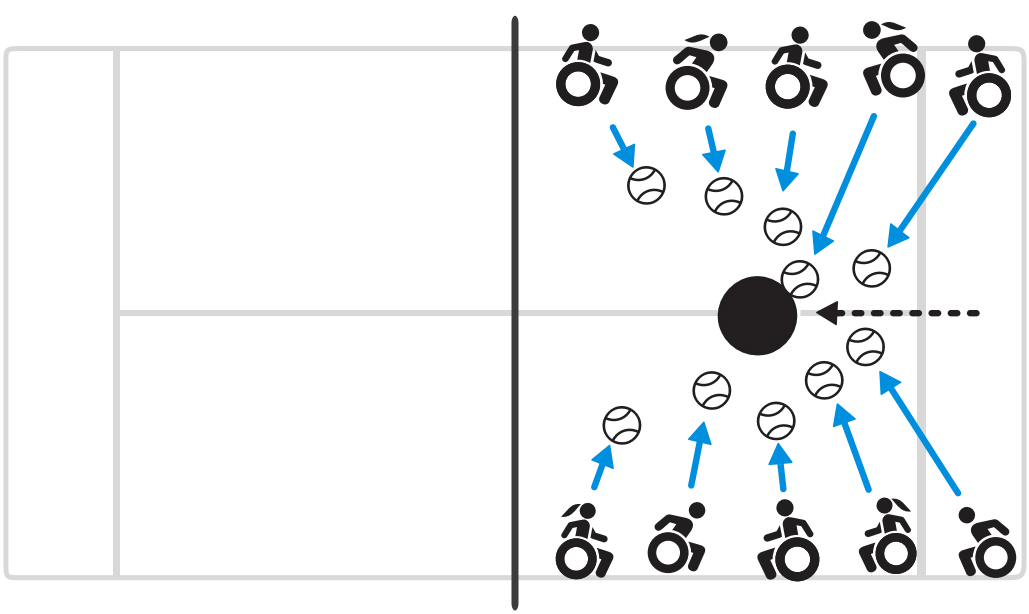
- The coach calls out “hits!” while rolling a ball across the court down the center.

- Each player rolls a ball, attempting to hit the playground ball.
- After each team totals its hits, the coach tosses a second ball.
- Add up the number of hits per team, repeat and go for a “team best.”

**Level 2:** Players move back to the baseline.

**Level 3:** Throw at the playground ball.

ILLUSTRATION: HITS



## 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?
- Name some people you respect.



## III. ATHLETIC SKILLS (5 MINUTES)

### ICE CREAM CONES

#### Setup

Spread players out around the court, each with a red ball and a cone.

#### Mission

- Toss, bounce and catch the ball in the upturned cone.
- Call out a different ice cream flavor after each catch.

**Level 2:** Alternate between catching after the bounce and catching in the air.

**Level 3:** How many scoops can you catch in a row?



# IV. TENNIS SKILLS (15 MINUTES)

## WALK THE DOG 123

### Setup

- Position up to four players on one sideline on both sides of the net.
- Make sure each player has a racquet, a red ball and a target.
- Place a target on the opposite sideline, aligned with each player's starting position.

### Mission

- Roll the ball with the edge of the racquet to the opposite sideline and stop it on the target.
- Roll it back to the starting sideline and stop the ball.
- Need help? Use a smaller racquet.

**Level 2:** Use a backhand.

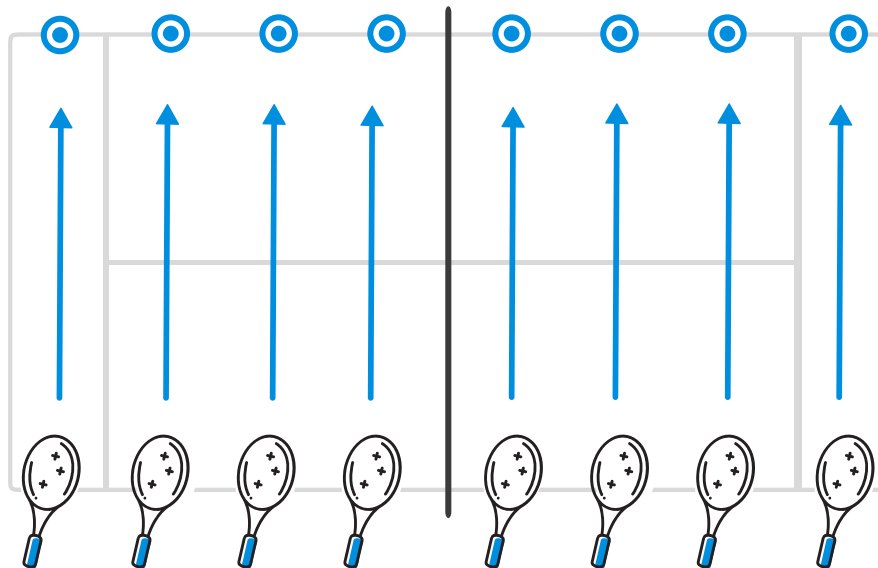
**Level 3:** Zig-zag to the spot and back by using both sides of the racquet.



### COACHING CUE

Touch the ground with the edge of the racquet and keep the strings on the ball.

### ILLUSTRATION: WALK THE DOG



## WALK THE DOG WITH PARTNER 123

### Setup

- Same as Walk the Dog, except players are in pairs, both starting on the same sideline.

### Mission

- The first player rolls the ball to the opposite sideline/target, turns, sends it back along the ground to the starting target and moves back.
- Partner stops the ball with the racquet and repeats.
- It is important that the athlete take a strong first push before rolling.

**Level 2:** Use a backhand.

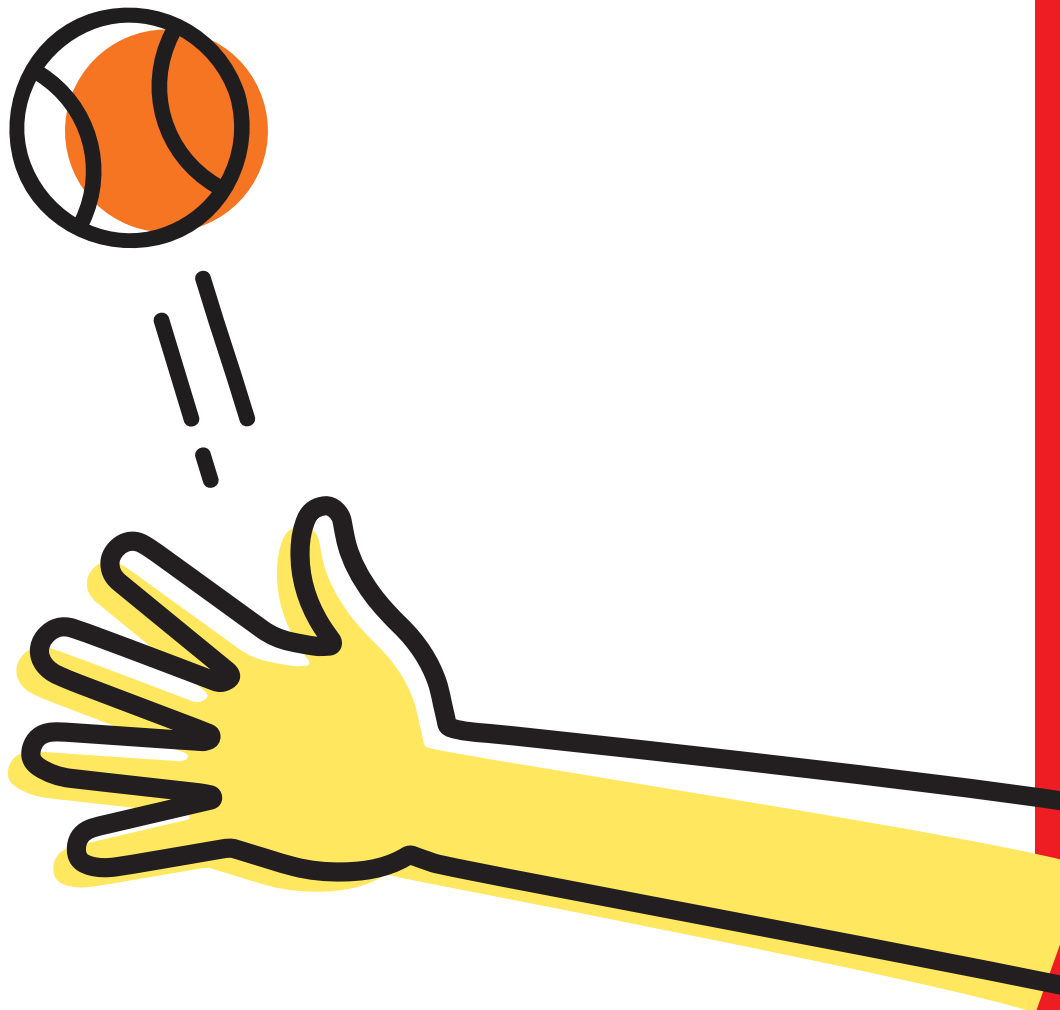
**Level 3:** Do bungees on each spot.

**Level 4:** Drop and hit back to your partner.



### COACHING CUE

Keep the ball to the side of the chair and follow through toward your partner when sending the ball back.



# V. GAME (15 MINUTES)



## TOUCHDOWN



### Setup

- Position three pairs on each side of the net—one on each sideline and one on the baseline.
- Make sure each player has a racquet, and each pair has a red ball and two cones/targets.
- Place the cones four feet apart, with a court line between them.
- Partners stand on the line about four feet from the cones on opposite sides.

### Mission

- Roll the ball between the cones using a forehand.
- Partner stops the ball with the racquet and rolls it back.
- When the ball rolls through the cones, it's a field goal, which counts as one point.
- The goal is to get to seven and score a "touchdown."
- Have players yell "touchdown" when they get to seven.

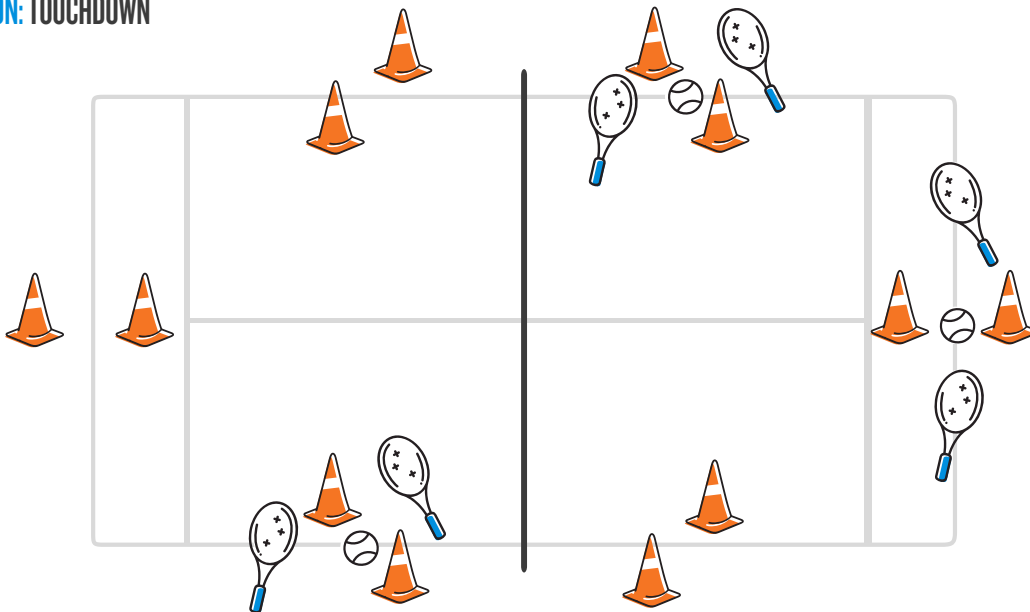
**Level 2:** Use backhands.

**Level 3:** Rally without stopping the ball until you reach seven.

## CHARACTER CHECKUP

- Provide an example of your partner showing respect.
- How can you show your partner respect?

### ILLUSTRATION: TOUCHDOWN



## VI. FREE PLAY (10 MINUTES)

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

### Setup

- Pair up players according to skill level and assign a line or net to hit over.
- Give each pair two red balls.
- For a net, use tape or rope so the ball can go under and still be in play.
- Start with small boundaries and increase them as players are successful. Use existing lines, TDLs or chalk to mark off the boundaries.

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- How did respecting your teammate make tennis more fun?
- Where else can you work on respect?

### PLAY AT HOME: WALK THE DOG

Find a flat surface and pick lines/spots to roll the ball to.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

# CONTROL IT!

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

## I. WARM UP (7 MINUTES)

### RACQUET QUICKNESS

#### Setup

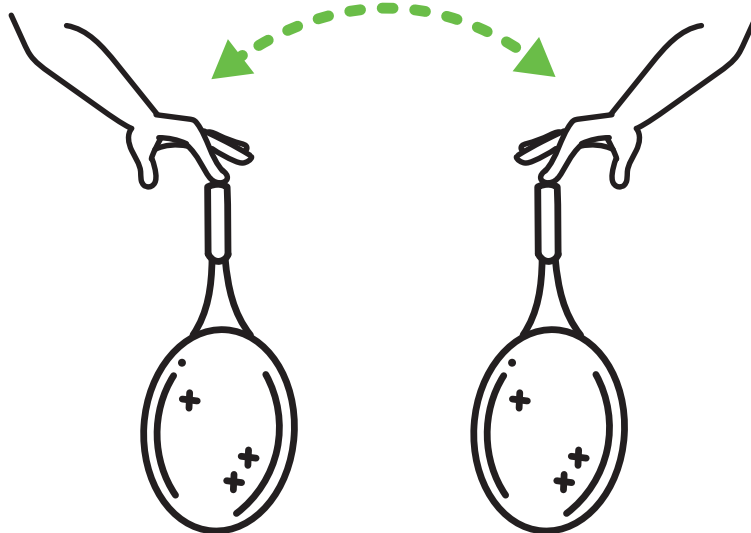
- Pair players up and face each other with their racquets standing on the top of the frame and the handle pointing up.

#### Mission

- On the count of three, players switch places and catch each other's racquets without letting them drop.
- After several successful catches, move back half a racquet length at a time and see how long you can go without letting the racquets drop.

**Level 2:** Group of four to six players in a circle move left or right on the coach's command.

#### ILLUSTRATION: RACQUET QUICKNESS



## 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 can you make a good effort today?



## III. ATHLETIC SKILLS (5 MINUTES)

### ONE BOUNCE TWO BOUNCE

#### Setup

- Pair up players and spread them out around the court, each pair with a red ball.
- Use a line, tape/rope or object for a net, and position pairs on opposite sides about eight feet apart.

#### Mission

Partners take turns tossing the ball to each other. The tosser calls out either “one” or “two.” This is the number of bounces a player is allowed before catching.

**Level 2:** Toss with your non-dominant hand.

**Level 3:** Toss and trap with the racquet.

# IV. TENNIS SKILLS (15 MINUTES)

## BUNGEE JUMPS 123

### Setup

- Spread players out on both sides of the court, each with a racquet and a red ball.

### Mission

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

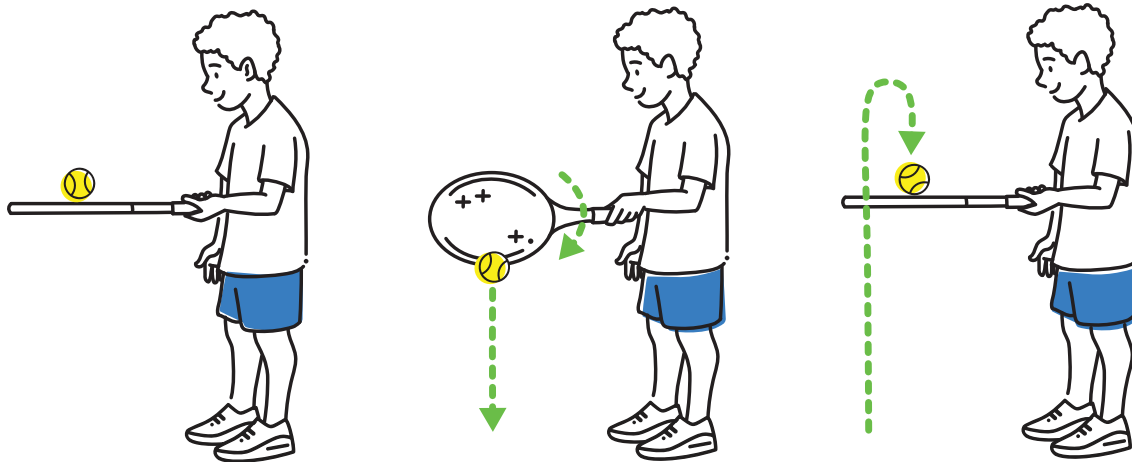
**Level 2:** Do bungees while moving around the court.



### COACHING CUE

Use a firm grip and keep it slow and steady.

### ILLUSTRATION: BUNGEE JUMP



## KEEP IT MOVING



### Setup

- Pair up players and spread them out around the court.
- Position partners opposite each other with a line acting as a net.
- Have players mark court boundaries using chalk, targets or TDLs.

### Mission

- Start a cooperative rolling rally using the forehand.
- Move the ball without over-hitting.
- Start off stopping the ball and rolling it back. Once successful, rally continuously.

**Level 2:** Players change the size and shape of the court each time they change partners or after a certain time period.

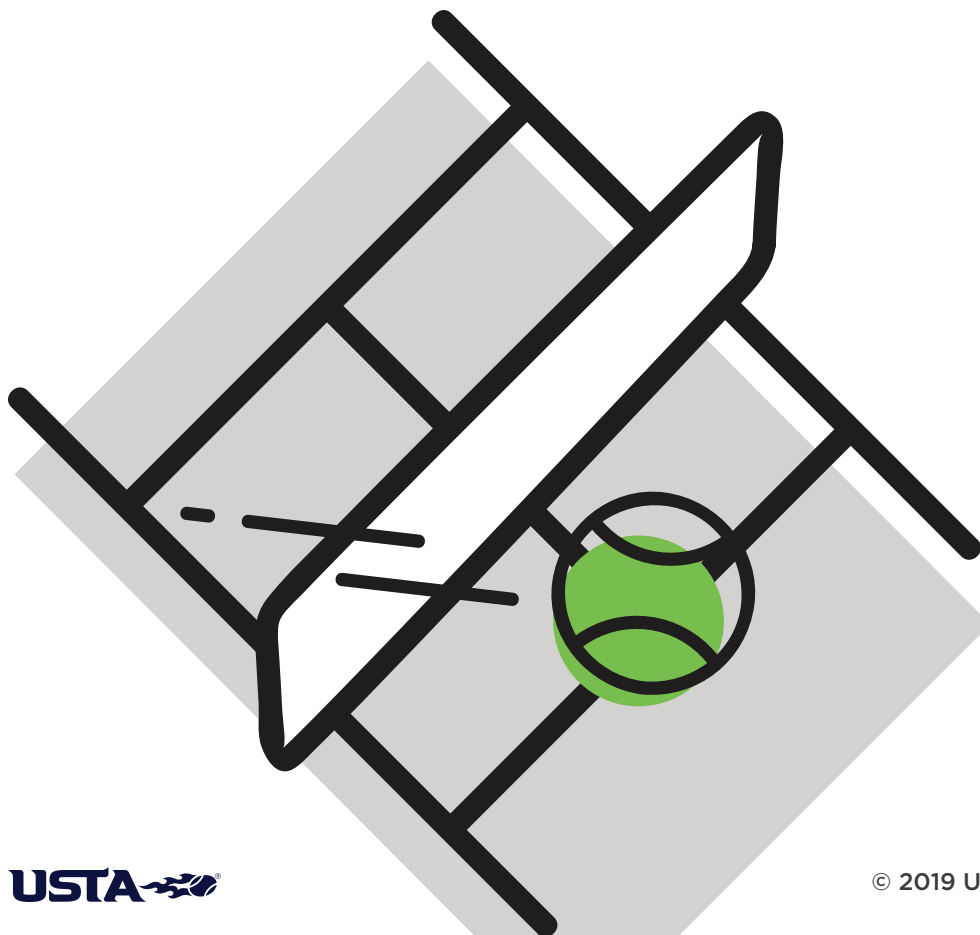
**Level 3:** Add backhands.

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



### COACHING CUE

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





# V. GAME (15 MINUTES)

## SURVIVOR

### Setup

- Create two teams of three or four per court.
- Use one large container of red balls per team.
- Line teams up behind the service line on the same side of the net.

### Mission

- A player or coach act as a “ball machine,” standing on the other side of the net and gently tossing players two forehands or backhands.
- If players struggle, let them drop-hit over the net.
- Players must get at least one out of two in the court to stay on the “island.”
- Players who miss both tosses go “out to sea” (on the other side of the net with the coach).
- Catch a ball in two bounces to get back on the island. Catch in the air to get all players out to sea back onto the island.
- Hitter whose ball is caught goes out to sea.
- If using a player rather than a helper, be sure to rotate the “ball machine” at intervals.

**Level 2:** Add backhands.

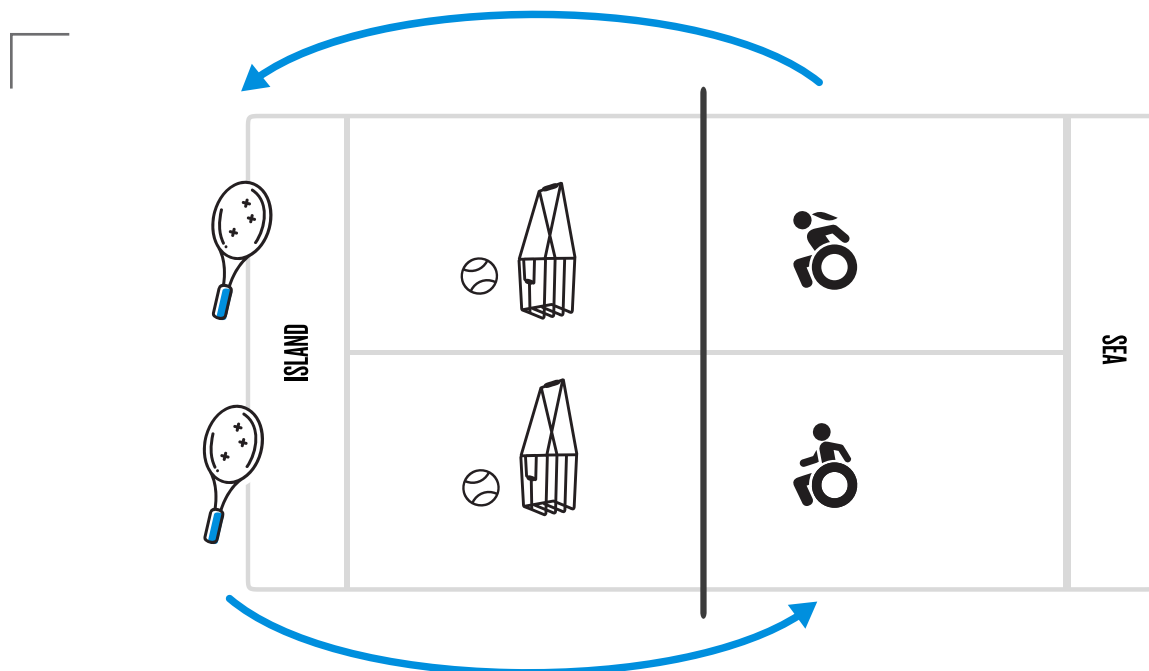
**Level 3:** Hit to a specific spot on the court.



## CHARACTER CHECKUP

- Provide an example of your partner making a good effort.
- If something is challenging, do you give up or keep working at it?

## ILLUSTRATION: SURVIVOR



## VI. FREE PLAY (10 MINUTES)

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

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one skill you enjoyed learning today?
- Where else can you make a good effort?  
(Encourage “the classroom,” “other sports” and “at home” as answers.)
- How will making a good effort help you in school?

### PLAY AT HOME: DO BUNGEE JUMPS

Do bungee jumps by yourself or with a friend.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another’s and on the count of three shout “Net Generation!”

## CHAPTER 04

## WATCH MY SKILLS

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

## I. WARM UP (7 MINUTES)

## FREEZE TAG

**Setup**

- Spread players out in defined spaces with four to six in each area.
- Use cones, lines or chalk to establish the playing area.

**Mission**

- One person is “It”; anyone moving must push slowly.
- Tagged players must freeze.
- An untagged player can free frozen players by tagging them.

**Level 2:** To be tagged, players must touch the back bar.

**Level 3:** Restrict the space to make it smaller or larger depending on the group size.

## 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**

- What does it mean to be a team player?
- What are some ways you can be a good teammate?



## III. ATHLETIC SKILLS (5 MINUTES)

### TUNNEL BALL

#### Setup

- Pair up players, with two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in ready position.
- Give the player on the line a ball.

#### Mission

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

**Level 2:** Toss the ball over the head of your partner, whose goal is to catch it before it reaches the opposite sideline.

**Level 3:** While tossing the ball, shout a number—one, two or three. That's how many bounces the catcher has before catching the ball.

## IV. TENNIS SKILLS (15 MINUTES)

### JACKS

#### Setup

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

#### Mission

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

**Level 2:** Rally until you miss.

**Level 3:** Use your backhand.

**Level 4:** Alternate forehands and backhands.



#### COACHING CUE

Get under the ball and catch with palm up.

# LOBSTER TRAP

## Setup

- Pair up players, with racquets and one red ball.
- Partners sit six to eight feet apart. One player (the feeder) has a red ball; the other (the “lobster”) has a racquet in each hand.

## Mission

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

**Level 2:** The feeder tosses and the lobster receives on both sides of the body.

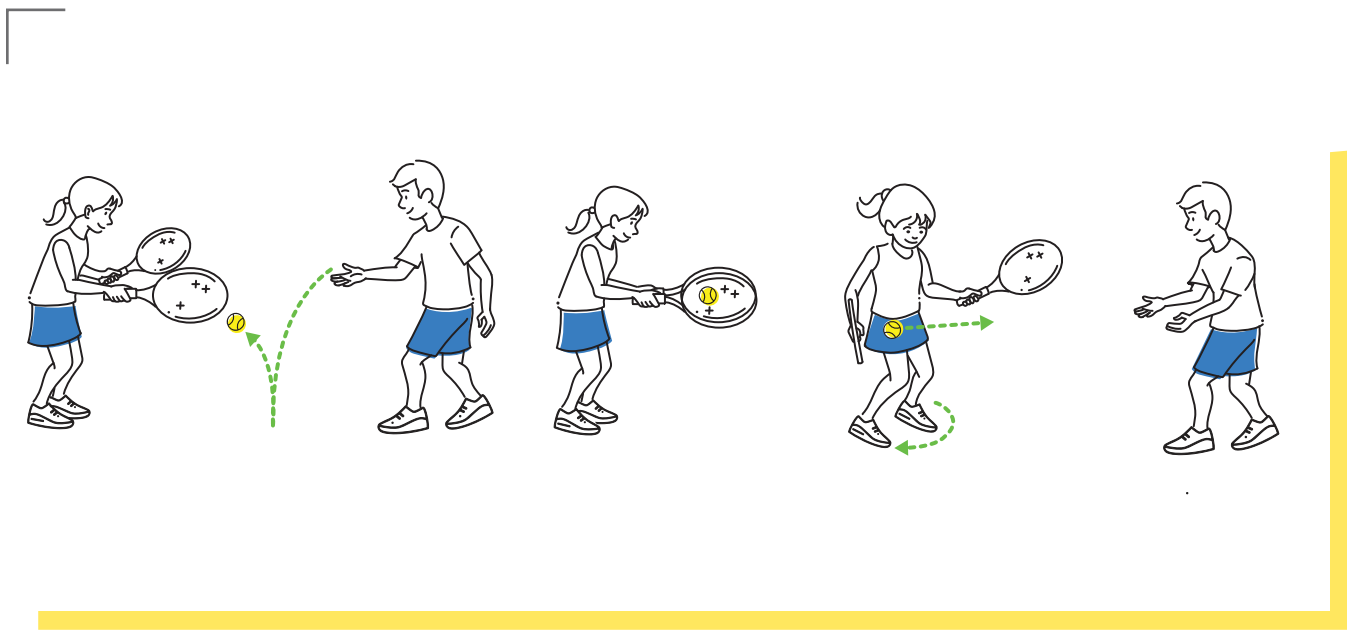
**Level 3:** The lobster sends the ball back with a drop-hit.

**Level 4:** Make the lobster move.



**COACHING CUE**  
 Move and trap the ball to the side of your chair like a groundstroke.

## ILLUSTRATION: LOBSTER TRAP



# V. GAME (15 MINUTES)

BATTLE SPOTS 123  

## Setup

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

## Mission

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

**Level 2:** Move farther back.

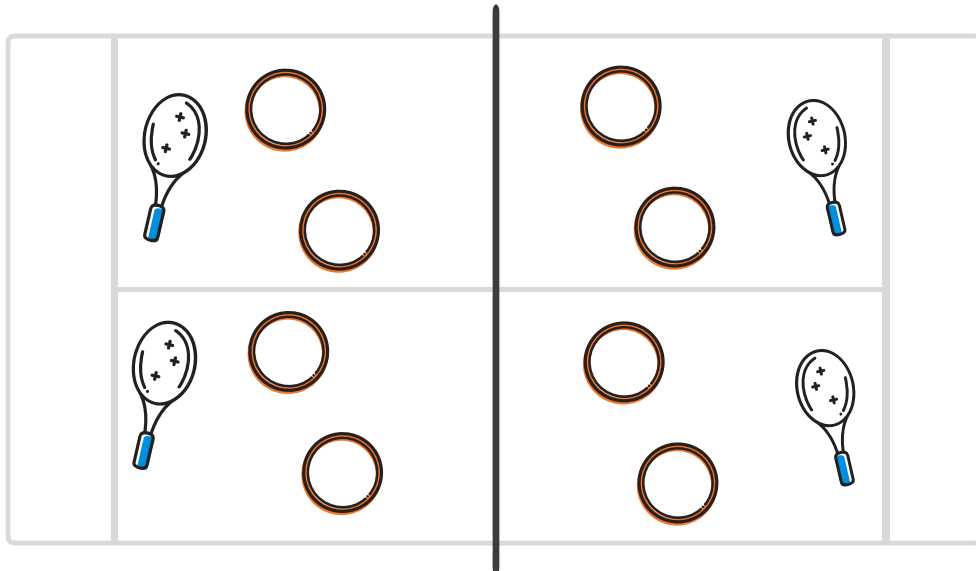
**Level 3:** Rally back and forth.



## CHARACTER CHECKUP

- How did you and your partner demonstrate good teamwork?
- How did working together help you and your partner?

## ILLUSTRATION: BATTLE SPOTS



## VI. FREE PLAY (10 MINUTES)

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

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one skill you enjoyed learning today?
- Did teamwork make tennis more enjoyable today?
- Where else can you use teamwork?

### PLAY AT HOME: JACKS

Play jacks by yourself or with a friend.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

## CHAPTER 05

## WATCH ME RALLY

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

## I. WARM UP (7 MINUTES)

## PIZZA DELIVERY

**Setup**

- Spread players out around the playing area, each with an object in their lap (“pizza”).

**Mission**

- Move around the play area without dropping your pizza.
- Try to knock down the other players’ pizza (gently!) or chase them causing their pizza to drop.
- Dropped your pizza? Move to the sideline to cheer on the remaining players or perform five repetitions of a fun exercise such as a backward push.
- Re-entry into the game can be at the coach’s discretion.

## 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 have you been responsible?



## III. ATHLETIC SKILLS (5 MINUTES)

### ONE BOUNCE TWO BOUNCE

#### Setup

- Pair up players and spread them out around the court, each pair with a red ball.
- Use a line, tape/rope or object for a net, and position pairs on opposite sides about eight feet apart.

#### Mission

- Partners take turns tossing the ball to each other. The tosser calls out either “one” or “two.” This is the number of bounces a player is allowed before catching.

**Level 2:** Toss with your non-dominant hand.

**Level 3:** Toss and trap with the racquet.

## IV. TENNIS SKILLS (15 MINUTES)

### HALF-POUND LOBSTER TRAP

#### Setup

- Pair up players, with racquets and one red ball.
- Partners stay six to eight feet apart. One player (the feeder) has a red ball; the other (the “lobster”) has a racquet in one hand.

#### Mission

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

**Level 2:** Use a backhand.

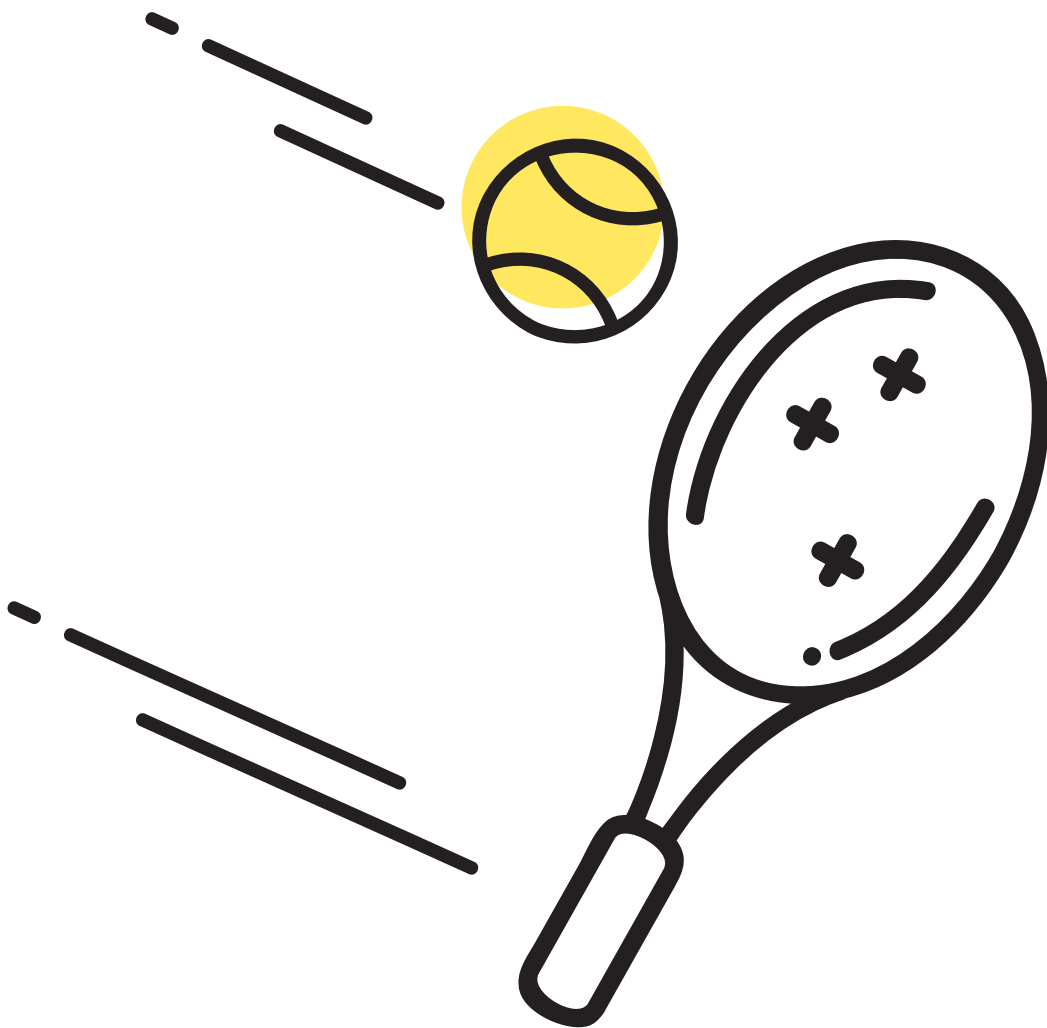
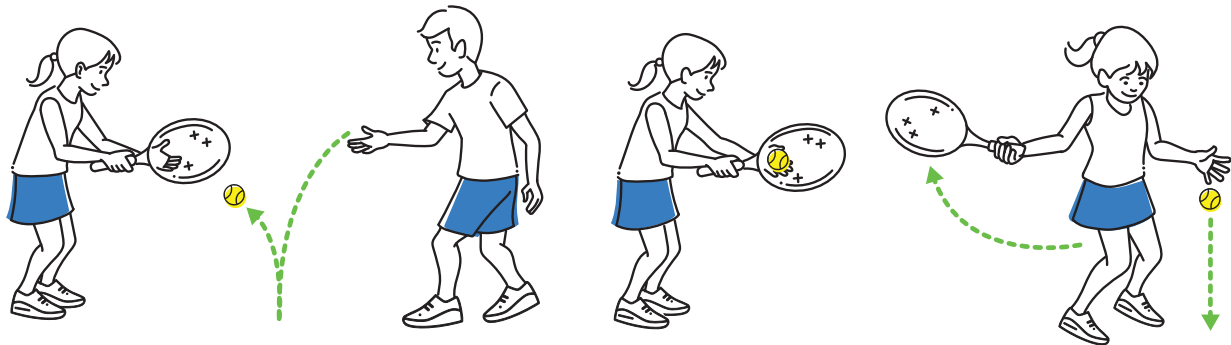
**Level 3:** Make the lobster move to the side, back and forward.



#### COACHING CUE

Trap the ball to the side of your chair like a groundstroke.

ILLUSTRATION: HALF-POUND LOBSTER TRAP



# BATTLE SPOTS 123



## Setup

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

## Mission

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

**Level 2:** Move farther back.

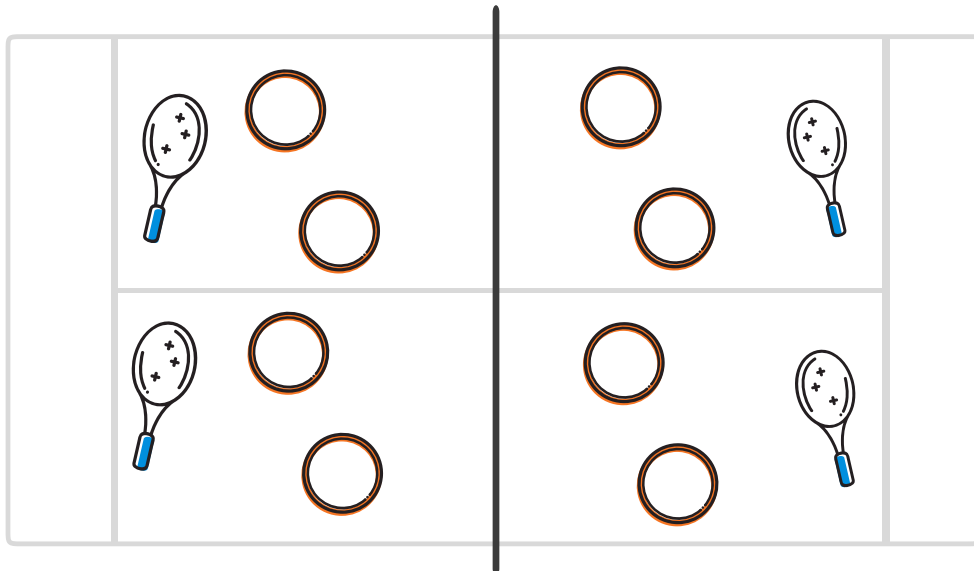
**Level 3:** Rally back and forth.



## COACHING CUE

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

## ILLUSTRATION: BATTLE SPOTS



## V. GAME (15 MINUTES)

### TEAM CHALLENGE



#### Setup

- Divide the group into two teams. Within each team, pair up players with racquets and a red ball, and assign them a line or net to hit over.
- Try to keep teams together on the same court.

#### Mission

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

**Level 2:** Drop-hit serve and returner bumps it up, lets it bounce and hits it back.

**Level 3:** Drop-hit serve and rally back.



### CHARACTER CHECKUP

- How was your partner a responsible teammate?
- How does being responsible help you in tennis?

## VI. FREE PLAY (10 MINUTES)

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

#### Setup

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

#### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you show responsibility when coming to your next lesson?
- What is another way you can be responsible at home/school?

### PLAY AT HOME: LOBSTER TRAP

Play “lobster” with a friend or against a wall.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another’s and on the count of three shout “Net Generation!”



# LET'S PLAY!

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

## I. WARM UP (7 MINUTES)

### CIRCLE DODGE BALL

#### Setup

- Group four to six players together and have them form a circle.
- Position one player in the middle.

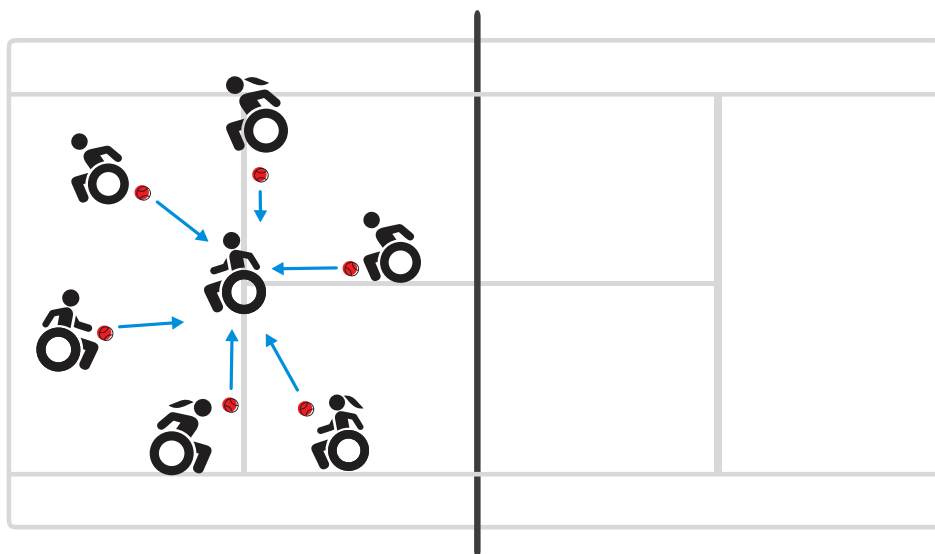
#### Mission

- Start with one playground ball.
- Toss the ball along the ground to one another within the circle. The player in the middle tries to dodge the oncoming ball. If a player cannot bend down to start rolling the ball, allow them to start the throw from their lap.
- For safety measures, ensure that players toss when they roll. Rotate players in the middle so that each player gets a chance.

**Level 2:** Players in the middle must push with racquet in hand.

**Level 3:** Add an extra ball.

#### ILLUSTRATION: CIRCLE DODGE BALL



## II. CHARACTER DEVELOPMENT (3 MINUTES)

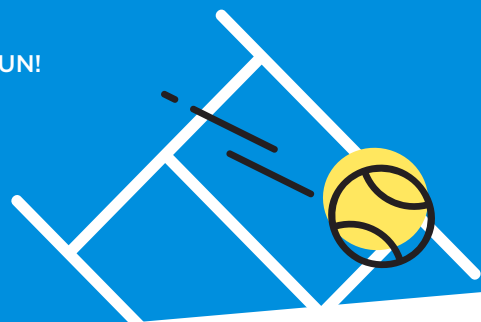
### PLEDGE

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? (Provide an example, if necessary.)
- How can you demonstrate sportsmanship today?



## III. ATHLETIC SKILLS (5 MINUTES)

### TUNNEL BALL

#### Setup

- Pair up players, with two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in ready position.
- Give the player on the line a ball.

#### Mission

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

**Level 2:** Toss the ball over the head of your partner, whose goal is to catch it before it reaches the opposite sideline.

**Level 3:** While tossing the ball, shout a number—one, two or three. That's how many bounces the catcher has before catching the ball.

## IV. TENNIS SKILLS (15 MINUTES)

### RALLY PYRAMIDS



#### Setup

- Assign two pairs to each court. Use tape/rope as a net for less-skilled players.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

#### Mission

- Rally on the half-court, sitting in the middle of the service box.
- Player 1 – Players can put the racquet in their non-dominant hand until they toss, and then switch it back to hit the ball.
- Player 2 hits the ball over the net with either stroke and player 1 hits it back.
- For every successful rally of one each, add a ball to the pyramid.
- Need help? Drop-hit and trap.

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

**Level 3:** Increase the distance between players.



#### COACHING CUE

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





## SERVE PYRAMIDS



### Setup

- Two pairs per court—one server and one returner.
- Designate a spot on the side of the court for pairs to build a four-ball pyramid.

### Mission

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

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

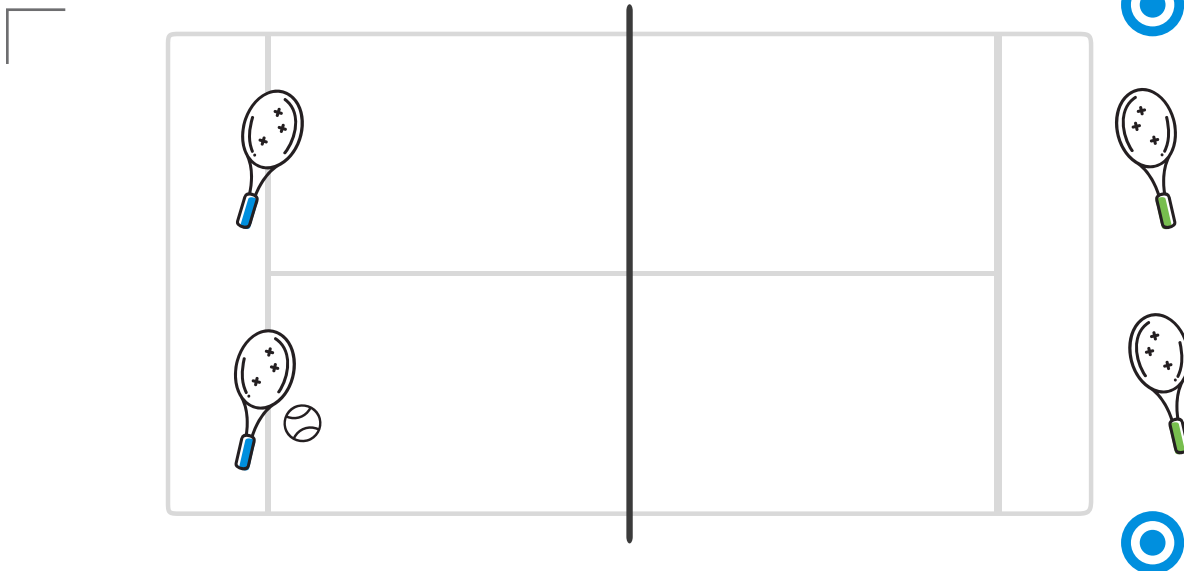
**Level 3:** The server hits the ball in the air underhand and the returner traps the ball after the bounce.



### COACHING CUE

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

### ILLUSTRATION: SERVE PYRAMIDS



# V. GAME (15 MINUTES)



**Setup**

- Create two teams of four to six per court on opposite sides of the net.
- Have each team form a line behind the service line.
- Play points at the center service line halfway between the service line and the net.

**Mission**

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

**Level 2:** Courts compete for the longest rally.

**Level 3:** Play competitively.



**CHARACTER CHECKUP**

- How did you show good sportsmanship?
- How did your partner show you good sportsmanship?

# VI. FREE PLAY (10 MINUTES)

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

**Setup**

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

**Mission**

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- How will you work on sportsmanship in other sports?
- Name someone you think is a good sport.

### PLAY AT HOME: SERVE AGAINST A WALL

Serve against a wall or with a friend.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

## INTRODUCTION

Welcome to Community Red 3 Practice and Play Plans! This challenge, skills and play program has been created for players who have progressed through the Community 1 and/or 2 curriculum, or an older beginner player. Designed for a tennis court, 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 3, players will be ready and encouraged to participate in a team challenge!

## GAME COMPONENTS

For each of the tennis activities in Community 2 and 3, coaches can use different tools to motivate players.



### Numbers

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



### Time

Each activity has a specific start and end time.



### Cards

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



### Clothespins

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

### 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), using clothespins to track their totals.

## PLANS AT A GLANCE



**Community 03**    **Lesson 1**    **Lesson 2**    **Lesson 3**    **Lesson 4**    **Lesson 5**    **Lesson 6**

<b>Character theme</b>	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship
<b>Lesson plan theme</b>	Control The Ball & Racquet	Rally My Forehand & Backhand	Rally My Partner	Watch Me Rally	Serve, Rally, Score	Watch Me Play!
<b>Team game</b>	Racquet Quickness	Hits	Messy Bedroom	Freeze Tag	Pizza Delivery	Circle Dodge Ball
<b>Athletic skills</b>	Fire Ants	Tunnel Ball	Ball Toss Up	Positional Starts	Big Ball Tennis	Fire Ants
<b>Tennis skills</b>	Tunnel Ball	Ball Drop	One Bounce- Two Bounce	One Bounce- Two Bounce	One Bounce- Two Bounce	Big Ball Tennis
<b>Tennis skills</b>	Bungee Jumps	Bungee Flips	Card Shark	Card Shark	Serve Return Progressions	Capture The Cone
<b>Game skills</b>	Battle Spots	Keep It Moving	Serve Pyramid	Serve Return Progressions	Tag Team Singles	Team Challenge
<b>Free Play</b>	Endless Bounce	Tag Team Singles	Rally Pyramid	Capture The Cone	Team Challenge Co-op	Team Challenge
<b>Free Play</b>	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
<b>Play At Home</b>	Bungee Jumps	Bungee Flips	Keep It Moving	Drop And Play	Underarm Serve	Play At Home

# CONTROL THE BALL & RACQUET

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

## I. WARM UP (7 MINUTES)

### RACQUET QUICKNESS

#### Setup

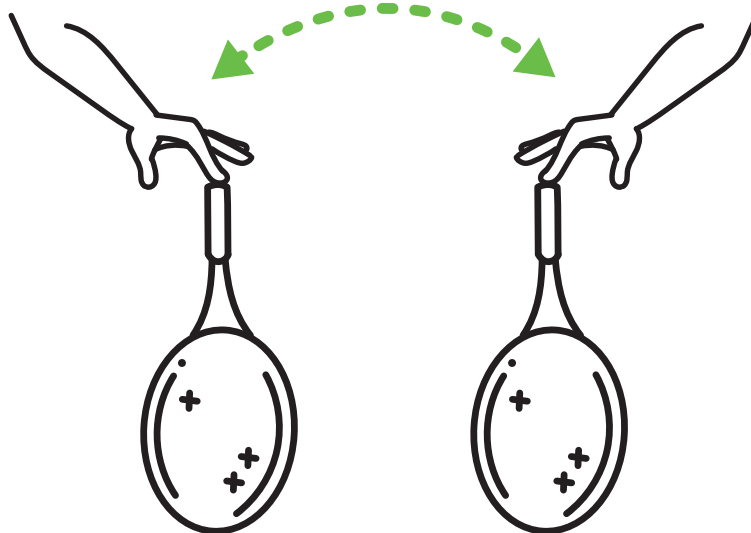
- Pair players up and face each other with their racquets standing on the top of the frame and the handle pointing up.

#### Mission

- On the count of three, players grab the racquet to their right without letting it drop.
- After several successful catches, move back half a racquet length at a time and see how long you can go without letting the racquets drop.

**Level 2:** Group four to six players in a circle and have them alternate racquets on the coach's command.

#### ILLUSTRATION: RACQUET QUICKNESS



## II. CHARACTER DEVELOPMENT (3 MINUTES)

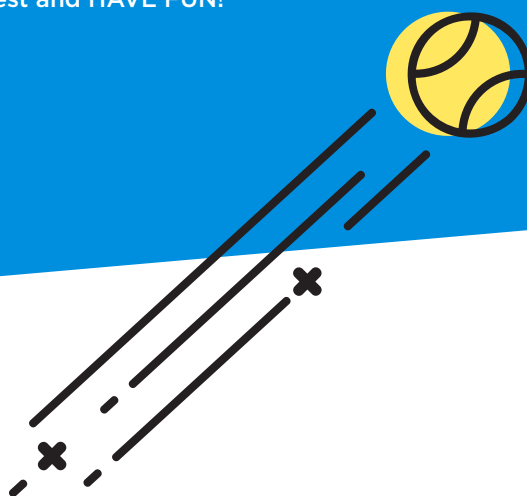
### PLEDGE

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

### WORD OF THE DAY: LISTEN

#### Introduce Character Theme

- How can you show someone you're listening?
- We can listen with our eyes, mouths, ears and body.



## III. ATHLETIC SKILLS (10 MINUTES)

### FIRE ANTS

#### Setup

Spread players out around the court and have them sit in ready position.

#### Mission

- When the coach says “go,” players try to squish as many fire ants as possible in a stationary position.
- Squish as many ants as possible in a set period of time. In this case, squishing is done with a wiggle waggle.

**Level 2:** Zig-zag and squish: Zig-zag around the court and squish when the coach shouts “fire ants!”

**Level 3:** Move in circles and squish: Move in circles around the court and squish when the coach shouts “fire ants!”

### TUNNEL BALL

#### Setup

- Pair up players, with two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in ready position.
- Give the player on the line a ball.

#### Mission

- Roll the ball between your partner’s chair at medium speed.
- Partner turns and chases the ball down before it reaches the opposite sideline and tosses it back.
- Complete four successful rolls and catches, then switch roles.

**Level 2:** Toss the ball over the head of your partner, whose goal is to catch it before it reaches the opposite sideline.

**Level 3:** While tossing the ball, shout a number—one, two or three. That’s how many bounces the catcher has before catching the ball.

# IV. TENNIS SKILLS (15 MINUTES)

## BUNGEE JUMPS 123

### Setup

- Spread players out on both sides of the court, each with a racquet and a red ball.

### Mission

- With palm up, place the ball in the center of the strings.
- Tilt the racquet to the side so the ball falls off.
- Catch the ball on the strings after the bounce.
- Reposition the ball in the center, using your free hand, if necessary.
- Once successful, use a backhand (knuckles up).

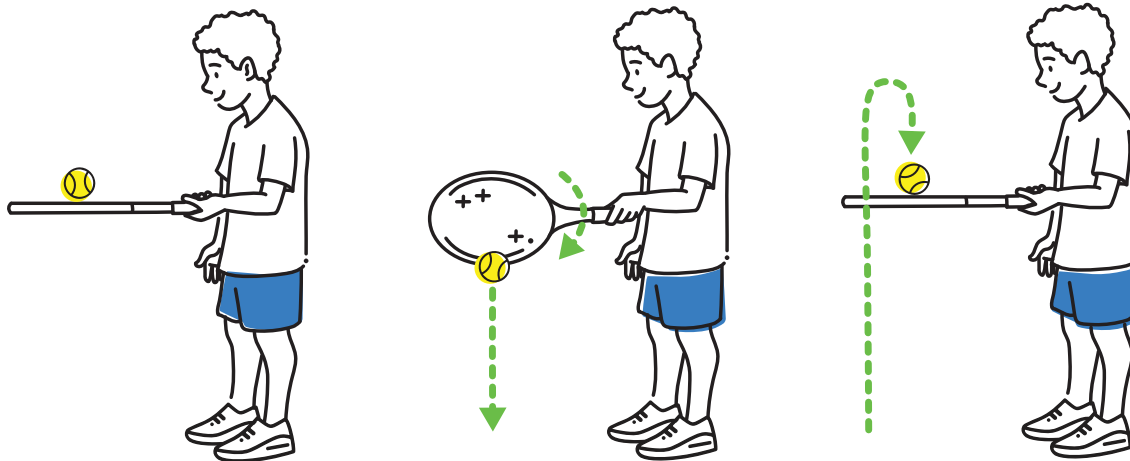
**Level 2:** Do bungees while moving around the court.



### COACHING CUE

Use a firm grip and keep it slow and steady.

### ILLUSTRATION: BUNGEE JUMP





# BATTLE SPOTS 123



## Setup

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

## Mission

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

**Level 2:** Move farther back.

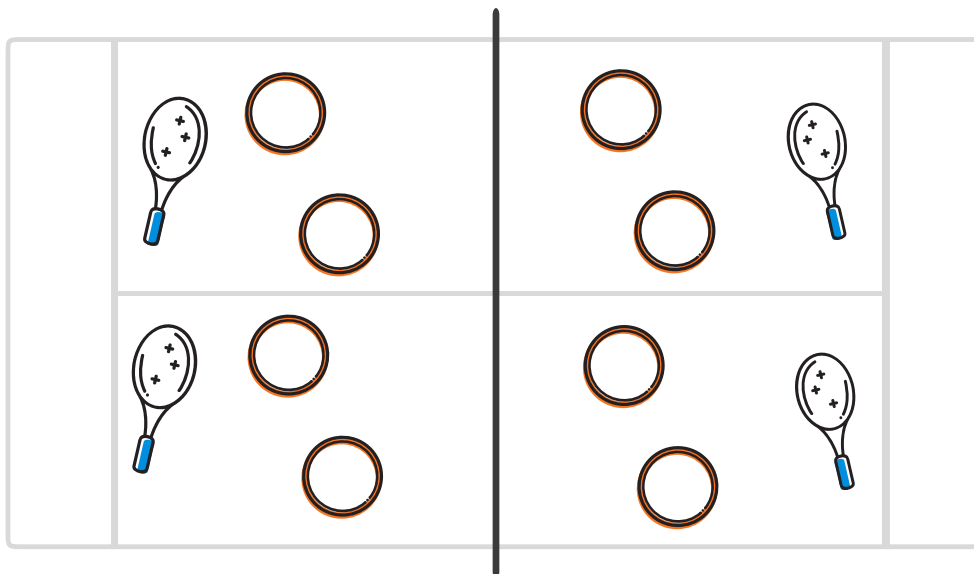
**Level 3:** Rally back and forth.



## COACHING CUE

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

## ILLUSTRATION: BATTLE SPOTS



# V. GAME (10 MINUTES)

## ENDLESS BOUNCE 123

### Setup

- Form teams of three or four, with two teams per court on opposite sides of the net.
- Boundaries are the service boxes, and players are spread out around the court.

### Mission

- The point begins with a drop-hit. Try to hit the ball over the net with a forehand.
- Hit after any number of bounces, bump the ball up in the air, pass to a teammate, etc.
- The point ends when the ball begins to roll (no longer bouncing) or hits the net or the fence.
- Play first to four points, then start over. After two games, switch opponents or change teams to make matches more even.

**Level 2:** Hit only backhands.

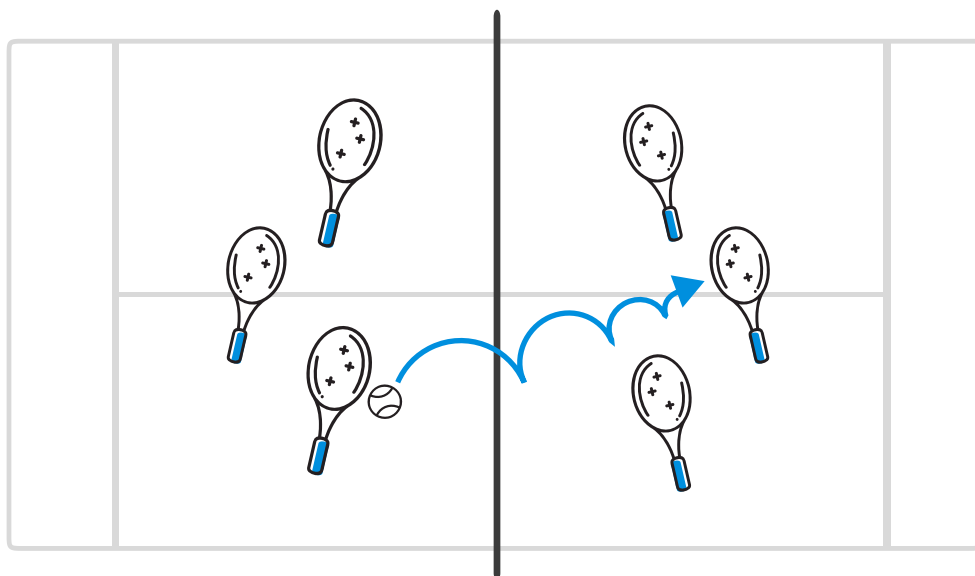
**Level 3:** Play with no more than two bounces.



### CHARACTER CHECKUP

- How did you and your partner listen to each other?
- Did you listen when the coach gave you instructions?

### ILLUSTRATION: ENDLESS BOUNCE



## VI. FREE PLAY (10 MINUTES)

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

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. 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 in school?

### PLAY AT HOME: BUNGEE JUMPS

Practice bungee jumps on any flat surface using forehands and backhands.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

CHAPTER 02

# RALLY MY FOREHAND & BACKHAND

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

## I. WARM UP (7 MINUTES)

### HITS

**Setup**

- Form teams of four to six. Use tape/rope or no net.
- Spread both teams out on opposite service lines.
- Supply each team with a basket of red balls. The coach has two playground balls.

**Mission**

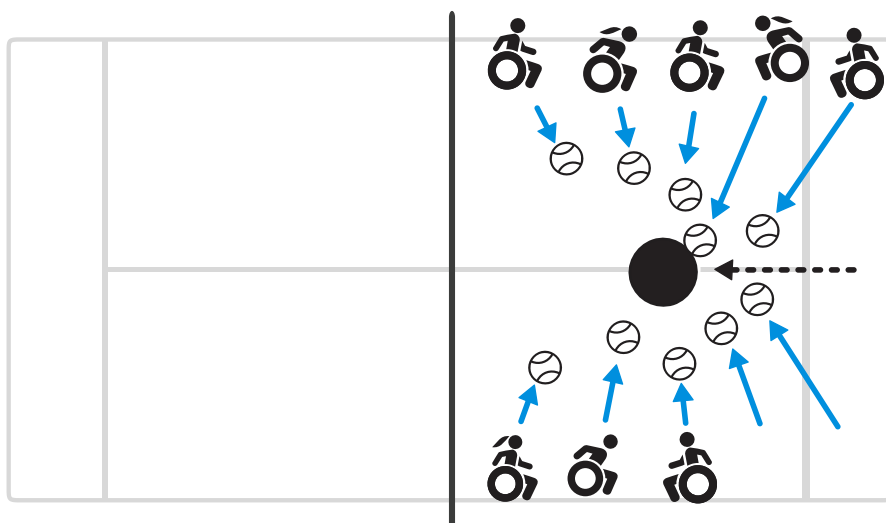
- The coach calls out “hits!” while rolling a ball across the court down the center.

- Each player rolls a ball, attempting to hit the playground ball.
- After each team totals its hits, the coach tosses a second ball.
- Add up the number of hits per team, repeat and go for a “team best.”

**Level 2:** Players move back to the baseline.

**Level 3:** Throw at the playground ball.

ILLUSTRATION: HITS



## II. CHARACTER DEVELOPMENT (3 MINUTES)

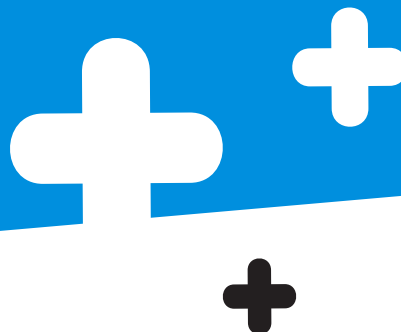
### PLEDGE

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

### WORD OF THE DAY: RESPECT

#### Introduce Character Theme

- What does respect mean to you?
- Name some people you respect.



## III. ATHLETIC SKILLS (10 MINUTES)

### TUNNEL BALL

#### Setup

- Pair up players, with two or three pairs on each side of the net.
- Position one player on a sideline and the other five feet away in ready position.
- Give the player on the line a ball.

#### Mission

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

**Level 2:** Toss the ball over the head of your partner, whose goal is to catch it before it reaches the opposite sideline.

**Level 3:** While tossing the ball, shout a number—one, two or three. That's how many bounces the catcher has before catching the ball.

## BALL DROP

### Setup

- Pair up players and spread them out around the court.
- One player has two red or two orange balls (orange balls are easier to catch one-handed); the other catches.
- Pairs start about four feet apart.

### Mission

- Hold both balls straight out at shoulder level in a “V” position with palms down.
- Drop a ball. Partner catches with one hand after the bounce.
- Catch with your right hand on the right side of your body and your left hand on the left.
- After four successful catches on each side, switch roles.
- Need help? Catch the red ball with two hands from the side.

**Level 1:** Alternate catching one on the left side and one on the right.

**Level 2:** Hold your arms straight out to the side.

**Level 3:** Take backwards push.

## IV. TENNIS SKILLS (15 MINUTES)

### BUNGEE FLIPS

#### Setup

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

#### Mission

- While holding the racquet palm up (forehand), place a ball in the center of strings. Tilt the racquet to the side so the ball falls off.
- Let the ball bounce and then catch it, balancing it on the strings with knuckles up (backhand).
- Continue to alternate sides of the racquet after each bounce.
- Use your free hand for help, if necessary.

**Level 2:** Do bungees while moving around the court.

**Level 3:** Tap the ball up continuously using both sides of the racquet (forehand and backhand).



### COACHING CUE

Use a firm grip  
and keep it slow  
and steady.

# KEEP IT MOVING 123

## Setup

- Pair up players and spread them out on each side of the court.
- Position partners opposite each other with a line acting as a net.
- Players mark court boundaries using chalk, targets or TDLs.

## Mission

- Start a cooperative rolling rally using forehands and backhands.
- Move the ball without over-hitting.
- Start off stopping the ball and rolling it back. Once successful, rally continuously.

**Level 2:** Players change the size and shape of the court each time they change partners or after a certain time period.

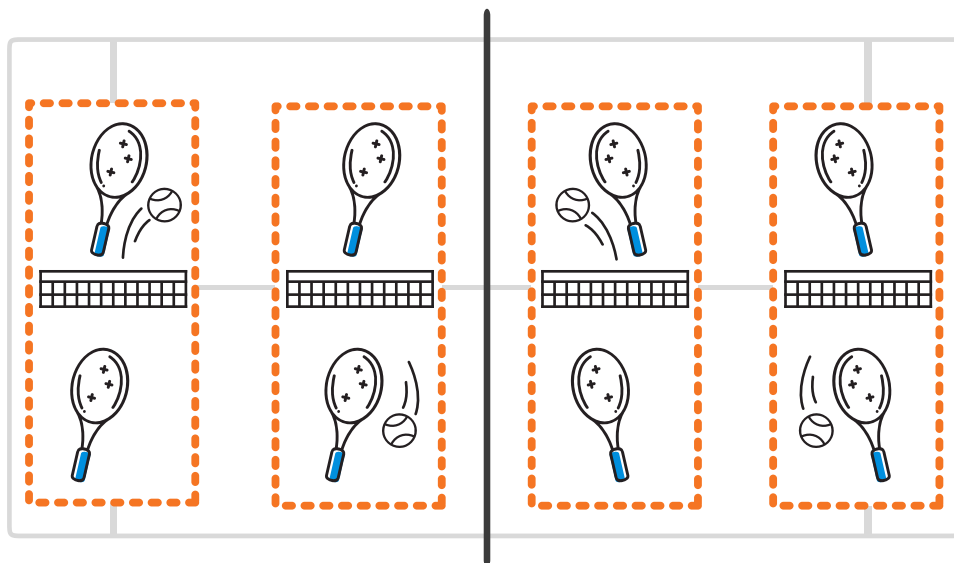
**Level 3:** Play over a net (using the line on the court).



## COACHING CUE

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

## ILLUSTRATION: KEEP IT MOVING



## V. GAME (10 MINUTES)

### TAG-TEAM SINGLES

#### Setup

- Create two teams of four to six per court, positioned on opposite sides of the net.
- Have each team form a line behind the service line.
- Play points from the center service line, halfway between the net and the service line.

#### Mission

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

**Level 2:** Courts compete for the longest rally.

**Level 3:** Play competitively.



### CHARACTER CHECKUP

- Provide an example of your partner showing respect.
- How can you show your partner (not opponent yet) respect?

## VI. FREE PLAY (10 MINUTES)

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

#### Setup

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

#### Mission

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

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

**Level 3:** Hit over a regular net.



## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one skill you enjoyed learning today?
- How did respecting your teammate make tennis more fun?
- Where else can you work on respect?

### PLAY AT HOME: BUNGEE FLIPS

Practice on any flat surface.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

# RALLY WITH MY PARTNER

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

## I. WARM UP (7 MINUTES)

### MESSY BEDROOM

#### Setup

- Create teams of three to five, with each team on its own side.
- Have teams create their own space using a net or barrier tape to separate the teams.
- Position players on one side of the net or line (preferably the side opposite the fence) with a bucket of red balls.

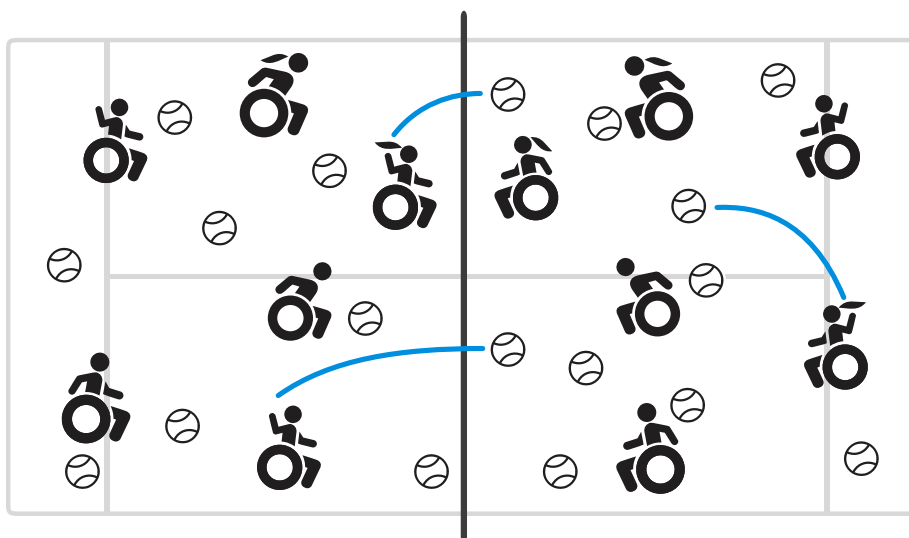
#### Mission

- The coach tips the bucket of balls over on each side.
- Players throw the balls overhand one at a time to the other side. (if the player cannot bend down to pick up the ball, encourage them to send it over using their racquet.)
- Throw as many balls as possible in one minute or less. Adjust the time to the number of balls in the buckets.
- After time is up, have players pick up all the balls on the other side and count how many they threw.
- Do it again and try to beat the team record.

**Level 2:** Throw with non-dominant hand.

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

#### ILLUSTRATION: MESSY BEDROOM



## II. CHARACTER DEVELOPMENT (3 MINUTES)

### PLEDGE

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

### WORD OF THE DAY: EFFORT

#### Introduce Character Theme

- What does effort mean to you?
- How can you make a good effort today?



## III. ATHLETIC SKILLS (10 MINUTES)

### BALL TOSS UP

#### Setup

- Pair up players and spread them out around the court.
- One player has two red or two orange balls (orange balls are easier to catch one-handed); the other catches.
- Pairs start about four feet apart.

#### Mission

- Toss a ball out to the side. Partner pushes towards ball and catches with one hand after the bounce.
- Catch with your right hand on the right side of your body and your left hand on the left.
- After four successful catches on each side, switch roles.
- Need help? Catch the red ball with two hands from the side.

**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:** Move a racquet length back.

### POSITIONAL STARTS

#### Setup

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

#### Mission

- Start in various positions, and on coach's command, sprint push and stop on opposite sideline.
- Emphasis is on big, strong pushes and driving arms.
- When finished, push backward 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.

## IV. TENNIS SKILLS (15 MINUTES)

### CARD SHARK

#### Setup

- Pair up players, with two pairs per court. Position a player in the middle of each service box.
- The coach has a deck of cards and assigns each stroke a color (example: A red card is a 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.

#### Mission

- One player from each pair picks a card and moves back to the spot.
- Rally the number of times indicated by the card with the correct stroke. Hold on to the card and pick another.
- Start the rally with a drop-hit, then trap and drop-hit back. Each successful drop-hit and trap counts as one.
- Create scoring where players can compete as an entire group (play until all cards are gone) or separate teams and play for a designated time.
- Need help? Use a rolling rally.

**Level 2:** Move players back to the service line.

**Level 3:** Rally diagonally.

### SERVE PYRAMIDS

#### Setup

- Two pairs per court—one server and one returner.
- Assign a designated spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

#### Mission

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

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

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



#### COACHING CUE

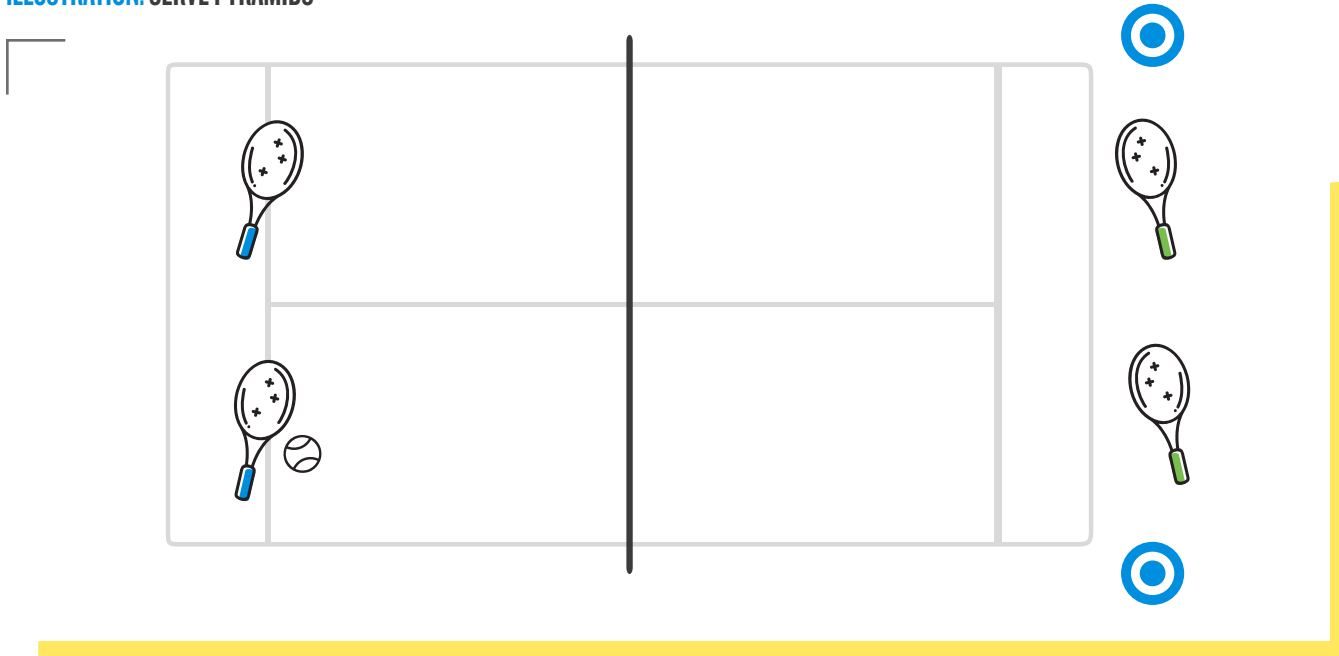
Encourage players to return to ready position after each hit.



#### COACHING CUE

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

## ILLUSTRATION: SERVE PYRAMIDS



## V. GAME (10 MINUTES)

RALLY PYRAMID **Setup**

- Pair up players, with two pairs per court. Use tape/rope as a net for less-skilled players.
- Assign a designated spot on the side of the court for pairs to build a four-ball pyramid (three balls in a triangle formation and one ball on top).

**Mission**

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

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

**Level 3:** Increase the distance between players.



## CHARACTER CHECKUP

- Provide an example of your partner making a good effort.
- If something is challenging, do you give up or keep working at it?

## VI. FREE PLAY (10 MINUTES)

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

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one skill you enjoyed learning today?
- Where else can you make a good effort? (Encourage “the classroom,” “other sports” and “at home” as answers.)
- How will making a good effort help you in school?

### PLAY AT HOME: KEEP IT MOVING

Keep a rally going with a friend or hit against a wall.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another’s and on the count of three shout “Net Generation!”

## CHAPTER 04

## WATCH ME RALLY

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

## I. WARM UP (7 MINUTES)

## FREEZE TAG

**Setup**

- Spread players out in defined spaces with four to six in each area.
- Use cones, lines or chalk to establish the playing area.

**Mission**

- One person is “It”.
- Tagged players must freeze. An untagged player can free them by tagging them.

**Level 2:** In order to be tagged, players must touch the back bar.

**Level 3:** Players have to pair up with one person grabbing the back bar and pushing with the extra weight.

## II. CHARACTER DEVELOPMENT (3 MINUTES)

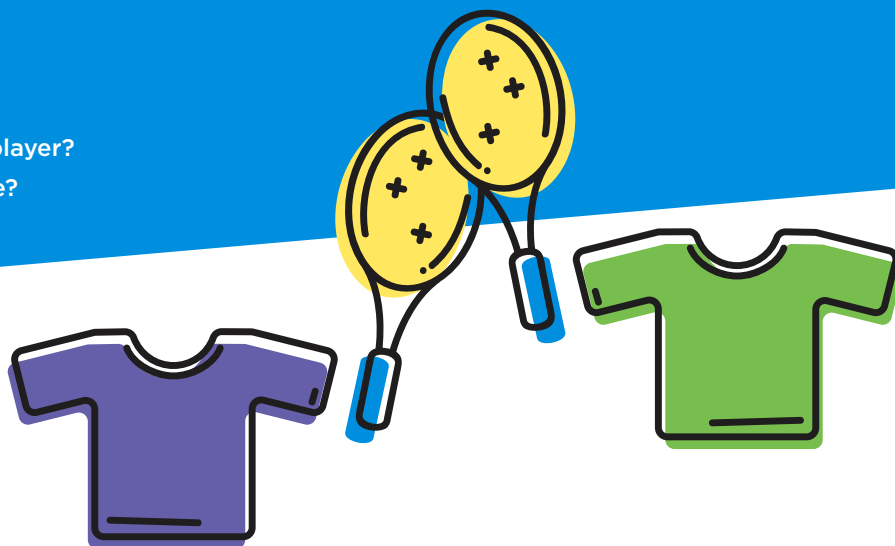
## PLEDGE

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

## WORD OF THE DAY: TEAMWORK

**Introduce Character Theme**

- What does it mean to be a team player?
- How can you be a good teammate?



## III. ATHLETIC SKILLS (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, and on coach's command, sprint push and stop on opposite sideline.
- Emphasis is on big, strong pushes and driving arms.
- When finished, push backward 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.

### ONE BOUNCE TWO BOUNCE

#### Setup

- Pair up players and spread them out around the court, each pair with a red ball.
- Use a line, tape/rope or object for a net, and position pairs on opposite sides about eight feet apart.

#### Mission

- Partners take turns tossing the ball to each other. The tosser calls out either "one" or "two." This is the number of bounces a player is allowed before catching.

**Level 2:** Toss and catch with one hand (use an orange ball).

**Level 3:** Toss and trap with the racquet.



## IV. TENNIS SKILLS (15 MINUTES)

### CARD SHARK

#### Setup

- Pair up players, with two pairs per court. Position a player in the middle of each service box.
- The coach has a deck of cards and assigns each stroke a color (example: A red card is a 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.

#### Mission

- One player from each pair picks a card and pushes back to the spot.
- Rally the number of times indicated by the card with the correct stroke. Hold on to the card and pick another.
- Start the rally with a drop-hit, then trap and drop-hit back. Each successful drop-hit and trap counts as one.
- Create a scoring system and have players compete as an entire group (play until all cards are gone) or separate teams and play for a designated time.
- Need help? Use a rolling rally.

**Level 2:** Move players back to the service line.

**Level 3:** Rally diagonally.



#### COACHING CUE

Encourage players to return to ready position after each hit.

## SERVE/RETURN PROGRESSION

### Setup

- Pair up players with two pairs per court, positioned diagonally across the net from each other in the middle of the service box.
- Use TDLs or chalk as a “baseline” for players to stand behind.

### Mission

- Serve and return cooperatively with your partner.

### Progressions

- Throw from a turned position to your partner, who bounces, catches and throws it back.
- Using an abbreviated motion, overhand-serve to your partner, who traps it and serves it back. Your chair should be at a 45-degree angle to the baseline when serving.
- The receiver returns the serve and the server traps it on the strings. After four serve-and-return sequences, the receiver serves.
- Need help? Move forward, drop-hit serve.



### COACHING CUE

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

## V. GAME (10 MINUTES)

### CAPTURE THE CONE

#### Setup

- Create two teams of two or three per court, playing one-on-one.
- Each team has five to seven cones lined up on its side of the net, outside the court near the net.
- Play points from the middle of the service box, using TDLs or chalk to mark off boundaries.

#### Mission

- Play out points with a serve. It can be drop-hit or served out of the air.
- If the serve is not returned, the server wins the point. If the serve is returned, the returner wins the point.
- The winner moves to the opponent’s side and claims a cone.
- Play games by time; team with the most cones wins or team with all the cones wins.
- Switch serving teams after each game.
- Need help? Toss for the serve and trap and drop-hit for the return.

**Level 2:** Play out the entire point.

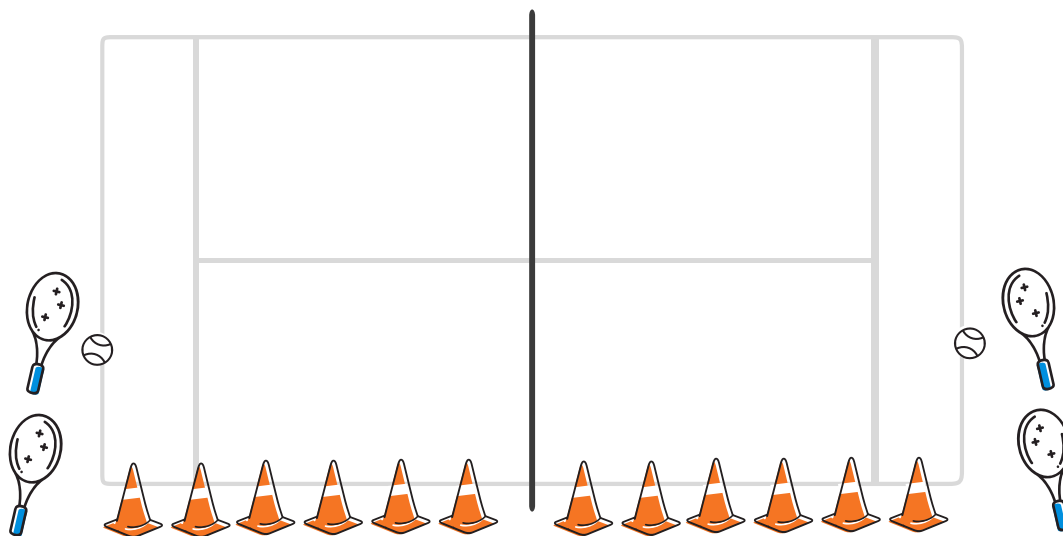
**Level 3:** Must serve to a designated half of the box.



### CHARACTER CHECKUP

- How did you and your partner demonstrate good teamwork?
- How did working together help you and your partner?

## ILLUSTRATION: CAPTURE THE CONE



## VI. FREE PLAY (10 MINUTES)

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- Did teamwork make tennis more enjoyable today?
- Where else can you show teamwork?

### PLAY AT HOME: DROP AND PLAY

Drop-hit serve and play with a friend or against a wall.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

## CHAPTER 05

# SERVE, RALLY, SCORE!

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

## I. WARM UP (7 MINUTES)

### PIZZA DELIVERY

#### Setup

- Spread players out around the playing area, each with an object in their lap (“pizza”).
- Use an object that can be placed in each player’s lap, such as a playground ball or a cone.

#### Mission

- Move around the playing area without dropping your pizza.
- Try to knock down the other players’ pizza (gently!) or chase them causing their pizza to drop.
- Dropped your pizza? Move to the sideline to cheer on the remaining players or perform five repetitions of a fun exercise.
- Re-entry into the game can be at the coach’s discretion.

## II. CHARACTER DEVELOPMENT (3 MINUTES)

### PLEDGE

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

### WORD OF THE DAY: RESPONSIBILITY

#### Introduce Character Theme

- What does it mean to be responsible?
- How have you shown responsibility?



## III. ATHLETIC SKILLS (10 MINUTES)

### BIG-BALL TENNIS

#### Setup

- Position two pairs on each side of the net and give each pair a playground ball (or red ball).
- The service boxes are the boundaries.
- Position one player in each service box.

#### Mission

- Toss the ball with both hands to the player's box straight ahead.
- Partner lets it bounce, catches with both hands and tosses it back.

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

**Level 3:** Toss straight ahead, then crosscourt.

**Level 4:** Catch in front, then to the side of the chair.

### ONE BOUNCE TWO BOUNCE

#### Setup

- Pair up players and spread them out around the court, each pair with a red ball.
- Use a line, tape/rope or object for a net, and position pairs on opposite sides about eight feet apart.

#### Mission

- Partners take turns tossing the ball to each other. The tosser calls out either "one" or "two." This is the number of bounces a player is allowed before catching.

**Level 2:** Toss and catch with one hand (use an orange ball).

**Level 3:** Toss and trap with the racquet.

## IV. TENNIS SKILLS (15 MINUTES)

### SERVE/RETURN PROGRESSION

#### Setup

- Pair up players with two pairs per court, positioned diagonally across the net from each other in the middle of the service box.
- Use TDLs or chalk as a "baseline" for players to stand behind.

#### Mission

- Serve and return cooperatively with partner.

#### Progressions

- Throw from a turned position to your partner, who bounces, catches and throws it back.
- Using an abbreviated motion, overhand-serve to your partner, who traps it and serves it back. Your chair should be at a 45-degree angle to the baseline when serving.
- The receiver returns the serve and the server traps it on the strings. After four serve-and-return sequences, the receiver serves.
- Need help? Move forward, drop-hit serve.

## TAG-TEAM SINGLES

### Setup

- Create two teams of four to six per court on opposite sides of the net.
- Each team forms a line behind the service line.
- Play points from the middle of the service box.

### Mission

- The first player drop-hits the ball over the net and moves to the back of the line.
- The first player on the other side tries to rally the ball back over the net.
- Continue in this manner until someone misses.
- Try to set an overall team record.
- Need help? Bump the ball up and hit it back, let it bounce multiple times.

**Level 2:** Courts compete for the longest rally.

**Level 3:** Play competitively.

## V. GAME (10 MINUTES)

### TEAM CHALLENGE

#### Setup

- Divide the group into two teams. Within each team, pair up players with racquets and a red ball, and assign them a line or net to hit over.
- Try to keep together on the same court.

#### Mission

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

**Level 2:** Drop-hit serve and returner bumps it up, lets it bounce and hits it back.

**Level 3:** Drop-hit serve and rally back.



### CHARACTER CHECKUP

- How did your partner show responsibility as your teammate?
- How does being responsible help you in tennis?

## VI. FREE PLAY (10 MINUTES)

### Setup

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

### Mission

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

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

**Level 3:** Hit over a regular net.

## VII. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- How can you show responsibility when coming to your next lesson?
- What is another way you can be responsible at home/school?

### PLAY AT HOME: UNDERHAND SERVE

Underhand-serve with no bounce to a friend or hit against a wall.

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"



# WATCH ME PLAY!

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

## I. WARM UP (7 MINUTES)

### CIRCLE DODGE BALL

#### Setup

- Group four to six players together and have them form a circle.
- Position one player in the middle.

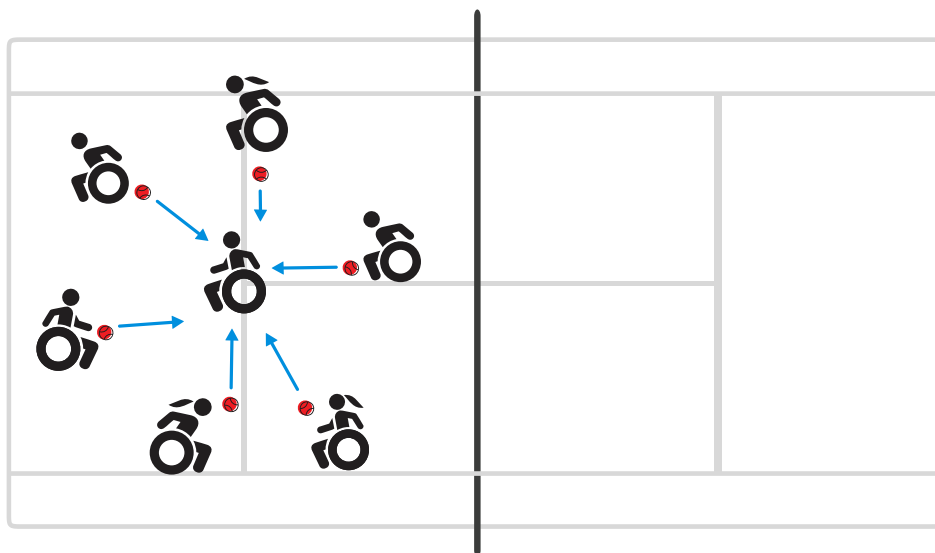
#### Mission

- Start with one playground ball.
- Toss the ball along the ground to one another within the circle. The player in the middle tries to dodge the oncoming ball.
- For safety measures, ensure that players toss when they roll. Rotate players in the middle so that each player gets a chance.

**Level 2:** Players in the middle have to push with a racket in hand.

**Level 3:** Add an extra ball.

#### ILLUSTRATION: CIRCLE DODGE BALL



## II. CHARACTER DEVELOPMENT (3 MINUTES)

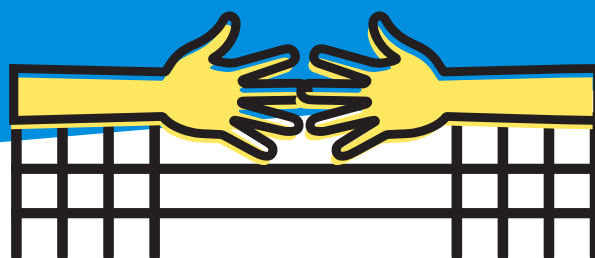
### PLEDGE

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

### WORD OF THE DAY: SPORTSMANSHIP

#### Introduce Character Theme

- What does sportsmanship mean?  
(The coach may need to give an example.)
- How can you show sportsmanship today?



## III. ATHLETIC SKILLS (10 MINUTES)

### FIRE ANTS

#### Setup

Spread players out around the court and have them sit in ready position.

#### Mission

- When the coach says “go,” players try to squish as many fire ants as possible in a stationary position.
- Squish as many ants as possible in a set period of time. In this case, squishing is done with a wiggle waggle.

**Level 2:** Zig-zag and squish: Zig-zag around the court and squish when the coach shouts “fire ants!”

**Level 3:** Move in circles and squish: Move in circles around the court and squish when the coach shouts “fire ants!”

### BIG-BALL TENNIS (DOUBLES)

#### Setup

- Divide the group into two teams. Within each team, pair up players, with two pairs per court.
- Each court has one playground ball (or red ball).
- The service boxes are the boundaries.

#### Mission

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

**Note:** Encourage players to toss in different directions.

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

**Level 3:** The ball can bounce only once.

**Level 4:** Play competitively.

## IV. TENNIS SKILLS (10 MINUTES)

**Note:** Perform one tennis skill to spend more time on the team challenge.

### CAPTURE THE CONE

#### Setup

- Create two teams of two or three per court, playing one-on-one.
- Each team has five to seven cones lined up on its side of the net, outside the court near the net.
- Play points from the middle of the service box, using TDLs or chalk to mark off boundaries.

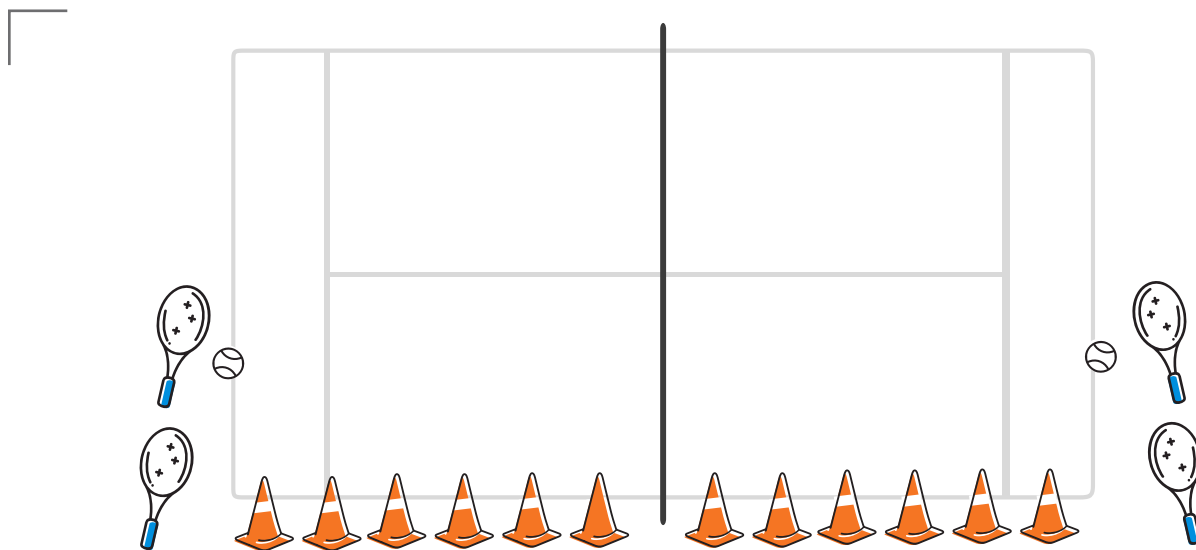
#### Mission

- Play out points with a serve. It can be a drop-hit or served out of the air.
- If the serve is not returned, the server wins the point. If the serve is returned, the returner wins the point.
- The winner moves to the opponent's side and claims a cone.
- Play games by time; team with the most cones wins or team with all the cones wins.
- Switch serving teams after each game.
- Need help? Toss for the serve and trap and drop-hit for the return.

**Level 2:** Play out the entire point.

**Level 3:** Must serve to a designated half of the box.

#### ILLUSTRATION: CAPTURE THE CONE



# V. GAME (25 MINUTES)

## TEAM CHALLENGE



### Setup

- Divide the group into teams of three or four players of a similar level.
- Play points over tape/rope and adjust the court size for the level of play.

### Mission

- Teams play against another team of a similar playing level.
- Set up individual matches, with two matches per court. Players will play one point and rotate out with the other pair (alternate points).
- Drop-hit for the serve anywhere in the court, bump it up/bounce/hit back or hit back after the first bounce.
- Players who struggle can drop-hit and trap or have a rolling rally.
- Players serve four points each and switch roles.
- Make the duration of matches between two and three minutes. After each match, have players shake hands with their opponents.
- Points played for each match contribute to a team's score. At the end of point play, add up points and change opponents to make matches as even as possible.

**Level 2:** Serve underhand and hit it back.

**Level 3:** Serve overhand and hit it back.

### Special Note:

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



## CHARACTER CHECKUP

- How did you show good sportsmanship?
- How did your partner show you good sportsmanship?

## VI. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- What did we do today to work on sportsmanship?
- Who do you think is a good sport? What did that player do to show good sportsmanship?

### PLAY AT HOME: PLAY AT HOME

Play tennis at home and try out your new skills!

### TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

**THE  
FUTURE  
OF TENNIS  
IS HERE**



TOGETHER WE ARE GOING TO

**GROW  
THE GAME**

**USTA** ®