

## TENNIS WEEKLY PLANNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8:30 AM	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	TAC PROGRESS REPORT INTRO + GROUP RULES	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING
9:20 AM	ICE BREAKER GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES
10:00 AM	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP
10:30 AM	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
11:00 AM	INITIAL ASSESSMENT OF PLAYERS	FOREHAND REVIEW IN OWN GROUPS	BACKHAND REVIEW IN OWN GROUPS	SERVING REVIEW IN OWN GROUPS	TOURNAMENT 1/2
11:20 AM	FOREHAND INTRO AND BASIC DRILLS	BACKHAND INTRO AND BASIC DRILLS	SERVING INTRO AND BASIC DRILLS	VOLLEY INTRO AND BASIC DRILLS	TOURNAMENT 1/2
11:40 AM	PRACTICE RALLYING	PRACTICE RALLYING	PRACTICE RALLYING	PRACTICE RALLYING	TOURNAMENT 1/2
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
12:30 PM	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES
1:00 PM	FOREHAND BASIC DRILLS CONTINUED	BACKHAND BASIC DRILLS CONTINUED	SERVING BASIC DRILLS CONTINUED	VOLLEYS BASIC DRILLS CONTINUED	BIG CAMP ACTIVITY
1:30 PM	FUN DRILLS	FUN DRILLS	FUN DRILLS	FUN DRILLS	TOURNAMENT 2/2
2:30 PM	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
3:00 PM	PRACTICE RALLYING	PRACTICE RALLYING	PRACTICE RALLYING	PRACTICE RALLYING	TOURNAMENT 2/2
4:00 PM	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP

## RAINY DAY:

On rainy days, no need to panic. Simply repeat the normal day formula and adjust with what's available to you. Here are two sample rainy days:

	RAINY DAY 1	RAINY DAY 2
8:30 AM	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	COPS AND ROBBERS (in the gym)	FUN INDOOR GAMES (indoor space available)
10:00 AM	WARM UP (in the gym)	FUN INDOOR GAMES (indoor space available)
10:30 AM	<b>SNACK</b>	<b>SNACK</b>
11:00 AM	VOLLEY INTRO AND BASIC DRILLS (in the gym)	FOREHAND REVIEW (youtube and screen projector)
11:20 AM	TARGET DRILL (in the gym)	TRAINING CIRCUIT (indoor space available)
11:40 AM	PRACTICE HITTING THE BALL ON THE WALL (in the gym)	TRAINING CIRCUIT (indoor space available)
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	<b>LUNCH</b>	<b>LUNCH</b>
12:30 PM	CALM GROUP GAMES (indoor space available)	CALM GROUP GAMES (indoor space available)
1:00 PM	POWER YOGA AND MINDFULNESS (youtube and screen projector)	WARM UP (in the gym)
1:30 PM	FUN INDOOR GAMES (indoor space available)	FOREHAND AND BACKHAND TARGET PRACTICE (in the gym)
2:30 PM	<b>SNACK</b>	<b>SNACK</b>
3:00 PM	FUN INDOOR GAMES (indoor space available)	PRACTICE RALLYING AGAINST THE WALL (in the gym)
4:00 PM	PARENT PICK UP	PARENT PICK UP

*Note: On a rainy day, you might only have access to the gym in the morning or in the afternoon. Proceed as a regular day nonetheless. Now is the time to get creative. Look for an available indoor open space to play some fun indoor activities or find a calm space and do some sport theory or mindfulness using a computer or a projector.*

## **TENNIS COACH HANDBOOK:**

**MAIN OBJECTIVE:** Our main aim is Rallying and Gameplay as soon as possible and to arm students with the knowledge and skills to practice at home.

### **Key Fundamental Teaching Points in Tennis**

- **Micro-Steps:** *Use this word to help students understand the small steps to get in the right position.*
- **Face of the Racquet:** *Ensure that the face of the racquet is always pointing towards where they would like the ball to go*
- **Proper Grip:** *Ensure that all the proper techniques are taught: Eastern Forehand, Western Forehand, Continental Grip for Overhead Smash and Serving*

### **1. ON COURT WARM UP:**

Once the children are engaged both physically and mentally in a fun game, we can now move on to a more structured warm up. Have them line up on the baseline and do the following:

- High knees
- Butt kicks
- Shuffling (both sides)
- 3 hops then 50% Sprints
- 3 hops then 80% Sprints

Keep in mind these skills might have to be introduced on the first day.

Next we play the line game. It is an amazing way to introduce all the lines on the court. While introducing them, make sure to explain terms like out of bounds, singles and doubles. Once the children know all the different line names, ask them to run to the said line when you yell it out. Step aside and yell out a line and watch the children all run to it. Repeat this until it is understood. Then start eliminating the last one to arrive. Encourage them to go for a water break once eliminated.

### **2. INITIAL ASSESSMENT OF PLAYERS:**

This needs to be done on the very first day by the head coach, the one who knows the most about the sport. Simply asking the children to grip the racket however feels natural and to line up in front of you. Throw a few balls to each child and assess. It helps the coaches divide the group into 2 sometimes 3 smaller groups. These will be done on the first day and are obviously subject to change during the week. Please refrain from using words like “strong” group or “weak” group. The best way is to simply say “advanced” group and “less advanced” group. If certain children are unhappy with their group, you can always reassess them. However if it is

clear that you have put them in the correct group, encourage them to be the best they can be to set an example and improve. Remind them that groups can always change.

### **3. BASIC DRILLS (APPLIED FOR FOREHAND AND BACKHAND):**

There are a lot of basic drills that can be done to practice both forehands and backhands. Here are 2 examples of easy ones that can be done:

#### ***Toss and hit:***

*Set up:* Divide the group into 2 or 3 lines per court around the service line. Coaches are on the other side of the net with the basket of balls ready to toss to them.

*Objective:* For students to execute the skill learned (forehand or backhand) as many times as possible in an isolated environment.

*Rules:* One child steps up from their line and hits the ball that is tossed to them over the net using the appropriate skill learned.

#### ***Run and hit:***

*Set up:* Divide the group into 2 lines and have them stand on the baseline. Set up different cones along the court. Coaches are on the other side of the net with the basket of balls ready to toss to them.

*Objective:* For students to execute the skill learned (forehand or backhand) as many times as possible in a moving environment

*Rules:* One at a time a child runs from cone to cone executing different steps (shuffle, 3 spins, 5 jumping jacks, etc.) between each of the cones. When he gets to the service line, a coach tosses the ball and the child hits the ball over the net using the appropriate skill learned.

### **4. BASIC DRILLS (APPLIED FOR SERVING):**

The goal here is to get children able to properly start a rally for their tournament on the last day.

Advanced group: Before learning any serving techniques, they are taught the different serving lines (what is out of bounds, how to serve diagonally, what box to serve in, doubles and singles, etc). Once the basic rules are covered, the overhead serve is introduced. The lesson should go along these lines:

- Basic serving theory
- Going through the motion of a serve (with no ball)
- Toss practice
- Drill 1
- Drill 2

Less advanced group: This group will learn underhand serve. The goal is to get the children to be able to start a rally on their own. The lesson could resemble this:

- Going through the motion of an underhand serve
- Drill 1
- Drill 2

## **5. BASIC DRILLS (APPLIED FOR VOLLEYS):**

Because children are learning so much in one week, sometimes some children have never picked up a racket before, it is important that the head coach determines if learning volleys is the best use of the last day. Sometimes, it is better to review the lessons learned on prior days and reinforce forehands, backhands and serves. It may also happen that the more advanced group gets the volley lesson whereas the less advanced group practices serving again. Once it is determined if the any group can move on to the volley lesson, it should look like such:

- Volley introduction (why should a player do a volley, when is it needed, what grip should you use, etc.)
- Go through the motions of a volley without a ball
- Drill 1 (forehand and backhands separate)
- Drill 2 (randomized backhands and forehands)
- Drill 3 (race to the ball 1vs1)

## **6. FUN DRILLS:**

Fun drills are essential to keep the children engaged in the sport while still practicing. Here are a few examples:

### ***Fruit Ninja:***

*Set up:* Divide the group into multiple lines of 3-4 children lines per court. As many coaches are on the other side of the net with the basket of balls ready to toss to them.

*Objective:* For students to execute a variety of shots, working on the skills of anticipation. For beginner young kids.

*Rules:* Children each select their favourite fruit, it will represent when they will hit. Coaches will toss balls meant for volleys, forehands or backhands. Children need to hit a shot over a net for a point when their fruit is called out: (i.e. "Apple!" and they hit)

### ***Tennis Hockey:***

*Set up:* Two make-shift nets, one in front of the net, another beyond the baseline and divide the group into 2 teams.

*Objective:* Executing hand-eye coordination with tennis racquets in a hockey style game.

*Rules:* The children will use racquets along the ground, pass the tennis ball, play a short mini-sticks style hockey game.

### ***Jailbreak:***

*Set up:* Students are in multiple lines (about 2-3 per court) on one side of the net. Coaches are on the other side of the net with the basket of balls ready to toss to them.

*Objective:* For students to execute a skill on one side of the net and try to hit the ball over.

*Rules:* If a student doesn't get the ball over the net or execute the proper technique they go to jail, on the other end of the net.

If they catch a ball:

- Right out of the air: Everyone in jail
- After one bounce: They are out of jail
- After more than one bounce: They remain in jail until they catch it

### ***Skeleton:***

*Set up:* Students are in multiple lines (about 2-3 per court) on one side of the net. Coaches are on the other side of the net with the basket of balls ready to toss to them.

*Objective:* For students to hit the ball over the net, or execute the proper technique in isolation.

*Rules:* If a student doesn't execute the technique properly or does not get the ball successfully over the net, they lose function of a body part.

The body parts are:

- Leg: They must hop on one
- Eye: Close one eye in a semi-wink
- Arm: They can only do forehand, as the other arm is behind their back

*Coaching Tips: Make it fun! Really milk it if you lose a leg!*

## **7. PRACTICE RALLYING:**

This is essential to give the kids a lesson break and to let them actually play and explore the sport. This is the time to step back and let them interact with each other. Notice the group dynamics (who is friends with who? Who seems really passionate and eager to play? Who is tired and sitting out or even bored, etc). Make sure the kids have their own space and time to explore. Once the group is settled into rallying, you can reintroduce yourself to play with kids who invite you. They always love playing with, or even against coaches!!

## **8. TOURNAMENT:**

This is what the kids look forward to all week! Sometimes, it's the first thing they tell their parents after the first day! This is the time to put all the lessons to practice and **play the game!**

The head coach will make teams of 2 that are all somewhat equal in skill level. Most of the time, an advanced level player is paired up with a less advanced player.

## **9. PROGRESS REPORTS**