

9-10 Entry

Saturday 9am, Saturday 2:30pm, Sunday 2pm, Monday 5:30pm

9-10 Entry sessions are just 4 weeks long as the kids are brand new to the sport and may or may not have interest in learning upon arrival. Our goal with these students is to improve their basic coordination skills and build their fundamental technique on serves and groundstrokes while developing their interest in learning and playing tennis. Coaches must be vibrant and exude personality on court during these lessons as they are usually a higher point of interest than the sport itself to begin. The quicker the kids feel comfortable with their coach, the easier it'll be to teach them the skills we'd like them to learn and the more likely it is they will continue to attend lessons.

General format for Champion of the Court games:

- Champion side and Challenger side
 - Try to keep numbers of Champions and Challengers as even as possible. There should be less Champions overall but the difference should be no more than two players.
 - 5 players on court means 2 Champions and 3 Challengers
- Champion initiates point with first shot unless stated otherwise
- Players count cumulative points they win on Champion side
- Champion may play two points in a row before switching out with other Champion(s)
- Challenger must win one point against Champion to take their spot
- First player to win 10 points unless stated otherwise

Week 1 - Forehands and Serves

- **Racquet skills - 5 Minutes**
 - Toss, bounce, trap
 - Toss, trap
 - Self-rally
 - Fingertips up
 - Ups
 - Regular
 - Fingertips up
 - Flip flop
 - Downs
 - Regular
 - Fingertips down
 - Flip flop
- **Partner Rallies - 10 Minutes**
 - Same side of net
 - Players stand 5-6 feet away from their partner
 - With their fingertips and strings pointed up, players bump the ball softly between each other.

- They should be trying to bump the ball up to head-level and it should bounce approximately halfway between partners
 - Competitions up to 4 or 6 shots, rotating partners after rounds
 - Across the net
 - Players stand 5-6 feet away from the net
 - Players should still have fingertips and strings pointed up, and are still trying to hit the ball up to head level
 - Now they should be trying to hit the ball so it bounces halfway between the net and their partner
 - Players will now need to move more before hitting. They should be trying to move so their body stays behind the ball
 - Competitions up to 4 or 6 shots, rotating partners after rounds
- **Dead Ball Drills - 20 minutes**
 - Self-fed forehands from service line - 10 Minutes
 - **Focal Points**
 - Players should start turned sideways
 - Toss - The toss should be performed with their palm up and they should be tossing to head height with the ball bouncing on their side and slightly in front of them. **They must let it bounce before hitting.**
 - Grip - Players should be holding their racquet with their fingertips pointed forward.
 - Racquet Face Angle - Players should be trying to point their racquet face forward through contact.
 - Swingpath - Players should be swinging from low to high and finishing the swing over their shoulder.
 - 2 lines of players starting at service line
 - Players will toss the ball, let it bounce, and hit a forehand
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one forehand then return to end of line
 - Players receive a point for hitting a forehand down the line inside the service box
 - Players must follow through over their shoulder for their shot to count
 - First team to 10 points
 - Serves from service line - 10 Minutes
 - **Focal Points**
 - Toss - Players should be trying to toss the ball above their head and slightly into the court
 - Swingpath and racquet face angle - Swinging up to contact resembles a high five. Players should be trying to swing up as high as they can reach to make contact with the ball. As they hit, their racquet face should be slightly open so they can get under the ball and hit it over the net. Their racquet face should also be pointed diagonally toward their intended target.
 - Follow through - Players should be finishing the service motion with their racquet next to their opposite hip.
 - Ball placement - The serve must go diagonally and land inside the crosscourt service box.

- 2 lines of players starting at service line
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one serve then return to end of line
 - Players receive a point for hitting a serve crosscourt inside the service box
 - Players must follow through down to their opposite hip for their shot to count
 - First team to 10 points
- **Games - 20 Minutes**
 - Mini Serving Champ
 - All points are played within the service box. The service line and sidelines are the boundaries.
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - Champion must follow through down to opposite hip on serve or they are out automatically
 - Mini Forehand Champ
 - All points are played within the service box. The service line and sidelines are the boundaries.
 - Champion and Challenger both start in the middle of the service line.
 - Challenger begins point with a self-fed forehand
 - Challenger must let the ball bounce before hitting and follow through over shoulder on first forehand or they are out automatically.

Week 2 - Backhands and Serves

- **Racquet skills - 5 Minutes**
 - Toss, bounce, trap
 - Toss, trap
 - Self-rally
 - Fingertips up
 - Ups
 - Regular
 - Fingertips up
 - Flip flop
 - Downs
 - Regular
 - Fingertips down
 - Flip flop
- **Partner Rallies - 10 Minutes**
 - Same side of net
 - Players stand 5-6 feet away from their partner
 - With their fingertips and strings pointed up, players bump the ball softly between each other.
 - They should be trying to bump the ball up to head-level and it should bounce approximately halfway between partners

- Follow through - Players should be finishing the service motion with their racquet next to their opposite hip.
 - Ball placement - The serve must go diagonally and land inside the crosscourt service box.
 - 2 lines of players starting at service line
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one serve then return to end of line
 - Players receive a point for hitting a serve crosscourt inside the service box
 - Players must follow through down to their opposite hip for their shot to count
 - First team to 10 points
- **Games - 20 Minutes**
 - Mini Serving Champ
 - All points are played within the service box. The service line and sidelines are the boundaries.
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - Champion must follow through down to opposite hip on serve or they are out automatically
 - Mini Backhand Champ
 - All points are played within the service box. The service line and sidelines are the boundaries.
 - Champion and Challenger both start in the middle of the service line.
 - Champion begins point with a self-fed backhand
 - Champion must say score before hitting
 - Champion must let the ball bounce before hitting and follow through over shoulder on first backhand or they are out automatically.

Week 3 - Forehands and Backhands

- **Partner Rallies - 10 Minutes**
 - Same side of net
 - Players stand 5-6 feet away from their partner
 - With their fingertips and strings pointed up, players bump the ball softly between each other.
 - They should be trying to bump the ball up to head-level and it should bounce approximately halfway between partners
 - Competitions up to 4 or 6 shots, rotating partners after rounds
 - Across the net
 - Players stand 5-6 feet away from the net
 - Players should still have fingertips and strings pointed up, and are still trying to hit the ball up to head level
 - Now they should be trying to hit the ball so it bounces halfway between the net and their partner

- Players will now need to move more before hitting. They should be trying to move so their body stays behind the ball
 - Competitions up to 4 or 6 shots, rotating partners after rounds
 - **Dead Ball Drills - 20 minutes**
 - Self-fed forehands from baseline- 10 Minutes
 - **Focal Points**
 - Players should start turned sideways
 - Toss - The toss should be performed with their palm up and they should be tossing to head height with the ball bouncing on their side and slightly in front of them. **They must let it bounce before hitting.**
 - Grip - Players should be holding their racquet with their fingertips pointed forward.
 - Racquet Face Angle - Players should be trying to point their racquet face forward through contact.
 - Swingpath - Players should be swinging from low to high and finishing the swing over their shoulder.
 - Now that players are starting at the baseline, they will need to swing faster while remaining in control of their bodies
 - 2 lines of players starting at baseline
 - Players will toss the ball, let it bounce, and hit a forehand
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one forehand then return to end of line
 - Players receive a point for hitting a forehand down the line inside the baseline
 - Players must follow through over their shoulder for their shot to count
 - First team to 10 points
 - Self-fed backhands from baseline- 10 Minutes
 - **Focal Points**
 - Players should start turned sideways
 - Toss - The toss should be performed with their palm up and they should be tossing to head height with the ball bouncing on their side and slightly in front of them. On backhands, players can also begin by putting the ball in the neck of their racquet and dropping the ball from there. This allows them to begin with both hands on the grip. **They must let it bounce before hitting.**
 - Grip - Players should be holding their racquet with their dominant hand knuckles pointed forward. Their opposite hand should be gripping the racquet with fingertips pointed forward. Their hands should be touching but not overlapping.
 - Racquet Face Angle - Players should be trying to point their racquet face forward through contact.
 - Swingpath - Players should be swinging from low to high and finishing the swing with their racquet touching their back. Both hands should remain on the racquet the entire swing.
 - Now that players are starting at the baseline, they will need to swing faster while remaining in control of their bodies
 - 2 lines of players starting at baseline

- Players will toss the ball, let it bounce, and hit a backhand
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one backhand then return to end of line
 - Players receive a point for hitting a backhand down the line inside the baseline
 - Players must follow through over their shoulder for their shot to count
 - First team to 10 points
- **Games - 30 Minutes**
 - Backhand Champ from baseline
 - Champion and Challenger both start in the middle of the baseline.
 - Champion begins point with a self-fed backhand
 - Champion must say score before hitting
 - Champion must let the ball bounce before hitting and follow through over shoulder on first backhand or they are out automatically.
 - Running Forehand Game
 - Champion begins in Ad corner
 - Pro feeds ball to Deuce side for Champion to hit a running forehand
 - Challenger begins in center of baseline
 - Running Backhand Game
 - Champion begins in Deuce corner
 - Pro feeds ball to Ad side for Champion to hit a running backhand
 - Challenger begins in center of baseline

Week 4 - Forehands, Backhands, and Serves

- **Partner Rallies - 5 Minutes**
 - Same side of net
 - Players stand 5-6 feet away from their partner
 - With their fingertips and strings pointed up, players bump the ball softly between each other.
 - They should be trying to bump the ball up to head-level and it should bounce approximately halfway between partners
 - Competitions up to 4 or 6 shots, rotating partners after rounds
 - Across the net
 - Players stand 5-6 feet away from the net
 - Players should still have fingertips and strings pointed up, and are still trying to hit the ball up to head level
 - Now they should be trying to hit the ball so it bounces halfway between the net and their partner
 - Players will now need to move more before hitting. They should be trying to move so their body stays behind the ball
 - Competitions up to 4 or 6 shots, rotating partners after rounds
- **Dead Ball Drills - 30 minutes**
 - Self-fed forehands from baseline- 10 Minutes
 - **Focal Points**
 - Players should start turned sideways

- Toss - The toss should be performed with their palm up and they should be tossing to head height with the ball bouncing on their side and slightly in front of them. **They must let it bounce before hitting.**
 - Grip - Players should be holding their racquet with their fingertips pointed forward.
 - Racquet Face Angle - Players should be trying to point their racquet face forward through contact.
 - Swingpath - Players should be swinging from low to high and finishing the swing over their shoulder.
 - Now that players are starting at the baseline, they will need to swing faster while remaining in control of their bodies
- 2 lines of players starting at baseline
- Players will toss the ball, let it bounce, and hit a forehand
- Team competitions
 - Deuce side and Ad side teams
 - Players hit one forehand then return to end of line
 - Players receive a point for hitting a forehand down the line inside the baseline
 - Players must follow through over their shoulder for their shot to count
 - First team to 10 points
- Self-fed backhands from baseline- 10 Minutes
 - **Focal Points**
 - Players should start turned sideways
 - Toss - The toss should be performed with their palm up and they should be tossing to head height with the ball bouncing on their side and slightly in front of them. On backhands, players can also begin by putting the ball in the neck of their racquet and dropping the ball from there. This allows them to begin with both hands on the grip. **They must let it bounce before hitting.**
 - Grip - Players should be holding their racquet with their dominant hand knuckles pointed forward. Their opposite hand should be gripping the racquet with fingertips pointed forward. Their hands should be touching but not overlapping.
 - Racquet Face Angle - Players should be trying to point their racquet face forward through contact.
 - Swingpath - Players should be swinging from low to high and finishing the swing with their racquet touching their back. Both hands should remain on the racquet the entire swing.
 - Now that players are starting at the baseline, they will need to swing faster while remaining in control of their bodies
 - 2 lines of players starting at baseline
 - Players will toss the ball, let it bounce, and hit a backhand
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one backhand then return to end of line
 - Players receive a point for hitting a backhand down the line inside the baseline
 - Players must follow through over their shoulder for their shot to count

- First team to 10 points
 - Serves from baseline- 10 Minutes
 - **Focal Points**
 - Toss - Players should be trying to toss the ball above their head and slightly into the court
 - Swingpath and racquet face angle - Swinging up to contact resembles a high five. Players should be trying to swing up as high as they can reach to make contact with the ball. As they hit, their racquet face should be slightly open so they can get under the ball and hit it over the net. Their racquet face should also be pointed diagonally toward their intended target.
 - Follow through - Players should be finishing the service motion with their racquet next to their opposite hip.
 - Ball placement - The serve must go diagonally and land inside the crosscourt service box.
 - Now that players are starting at the baseline, they will need to swing faster while remaining in control of their bodies
 - 2 lines of players starting at baseline
 - Team competitions
 - Deuce side and Ad side teams
 - Players hit one serve then return to end of line
 - Players receive a point for hitting a serve crosscourt inside the service box
 - Players must follow through down to their opposite hip for their shot to count
 - First team to 10 points
- **Games - 30 Minutes**
 - Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - Champion must follow through down to opposite hip on serve or they are out automatically
 - Running Forehand Game
 - Champion begins in Ad corner
 - Pro feeds ball to Deuce side for Champion to hit a running forehand
 - Challenger begins in center of baseline
 - Running Backhand Game
 - Champion begins in Deuce corner
 - Pro feeds ball to Ad side for Champion to hit a running backhand
 - Challenger begins in center of baseline