

9-12 (Green Ball) Intermediate

Sunday 10am, Thursday 5:30pm, Friday 7pm Match-Play

9-12 Intermediate is usually one of our most charismatic groups of players. Most of these players have been in our program for at least a year and have progressed through our Orange Ball pathway. These players are at an age where they are still openly enthusiastic and expressive (they've yet to experience teenage angst) and they are so vibrant because we have nurtured them into loving tennis from a younger age. From being in our program, they have some prior match-play experience by way of our Orange Ball Allstars program and are beginning to take interest in competing and entering tournaments. This is the first step in our pathway where kids begin to play consistently year-round and develop a strong desire to improve. At the 9-12 Intermediate level, they understand the basic physical and tactical fundamentals of tennis. They have the control over their bodies to begin learning more complex techniques and the mental presence to strategize and practice shot selection during point-play.

***Players must complete a 15-minute dynamic warmup before coming on court including jogging, 10 different dynamic stretches, and jump rope.**

Mini Tennis Warmup - 15 Minutes - Every week

- Mini Groundstrokes - 5 minutes
 - Slow, full swings with follow through
 - Ball bouncing halfway between service line and net
 - Round of backhands only
 - Round of backhand slices only
- Mini Volleys - 5 minutes
 - Players standing halfway between net and service line
 - Continental grips and open racquet faces
 - Players should be moving to contact ball on side of body
- Power Volleys - 5 minutes
 - Players volleying from service line
 - Goal is to keep ball at shoulder height consistently
 - Firm grip on racquet and stepping with opposite foot through contact
- 1-2 partner competitions for each progression with exercises for non-winners

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 - Groundstrokes - Players at the Intermediate level have demonstrated they can consistently hit 2-3 consecutive groundstrokes in play. Their success at the Intermediate level is dictated by their ability to direct the ball to either half of the court by choice. Today's drills will help them develop consistency in hitting groundstrokes crosscourt or down the line, deuce or ad side. Games will reinforce the decision-making process that allows them to direct the ball to the most effective location during a point.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 10 Minutes
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - one volley one overhead - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Approach Shot & Volley - 10 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - **Groundstrokes (Theme) - 20 Minutes**
 - **Focal Points**
 - Swingpath - Players draw capital "C" with racquet to create a loop on takeback and a full swing with follow through.
 - Racquet face angle - Racquet face should be flat and wrist should be firm at contact to begin creating a small amount of topspin. They'll also need to make slight directional changes to their racquet face angle when aiming the ball to either half of the court.
 - Players should be improving fundamentals in the progression of: **making balls in play -> directing balls to halves of the court -> increasing swing speed**
 - Players should be starting at and recovering to a spot approximately one racquet-length behind the baseline. We call this spot "Home Base". This allows them to keep any ball that lands in play in front of them so they can move forward while hitting.
 - Running Forehands
 - 1 line of players starting at baseline in Ad corner
 - Double-rhythm feeding - Players hit two shots, first on Ad side and second on Deuce side

- Single-rhythm feeding - Players hit one shot moving wide to the Deuce side
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
- Running Backhands
 - 1 line of players starting at baseline in Deuce corner
 - Double-rhythm feeding - Players hit two shots, first on Deuce side and second on Ad side
 - Single-rhythm feeding - Players hit one shot moving wide to the Ad side
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
- Running Groundstrokes
 - 1 line of players starting at baseline in the middle
 - Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
- Serves (10 minutes)
 - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
- **Games - 50 Minutes**
 - **Focal Points**
 - Players should be actively making decisions about where to direct their ball based on either their opponent's position on court or their opponent's weakness
 - Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - 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
 - 2 rounds
 - Round 1: First backhand crosscourt

- Champion's first ball must land crosscourt or it's out
 - Challenger must hit backhand on their first ball or they are out
 - Round 2: First backhand down the line
 - Champion's first ball must land down the line or it's out
 - Challenger must hit forehand on their first ball or they are out
- 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
 - 2 rounds
 - Round 1: First forehand crosscourt
 - Champion's first ball must land crosscourt or it's out
 - Challenger must hit forehand on their first ball or they are out
 - Round 2: First forehand down the line
 - Champion's first ball must land down the line or it's out
 - Challenger must hit backhand on their first ball or it's out

Week 2 - Volleys and Overheads - Players have the coordination skills to get volleys and overheads in play but are still developing the technical fundamentals required to hit these shots with accuracy and increased power. They also may or may not understand the tactical advantages of being at the net. Today's drills will provide ample opportunities for them to practice the technical aspects of volleys and overheads - particularly the continental grip. Games will allow them to recognize how much offensive pressure they create by playing in the front half of the court.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - **Volleys & Overheads (Theme) - 20 Minutes**
 - **Focal Points**
 - Continental Grip - Make sure players are aware of how to find their Continental Grip. Their index knuckle should be on Bevel 2 (Bevel 8 for lefties) and they should be pushing the bottom of the grip into their palm with their middle, ring, and pinky fingers so their hand is laid back on the grip.
 - Gripping the racquet firmly - Players must be able to hold the racquet tight when volleying to stay in control of their shots. They'll begin by gripping tightly almost to the point of discomfort
 - Ready Position - Players should be holding the racquet perpendicular to the ground and in front of their eyes between shots.
 - Racquet/Body movement - Players' racquets should remain in front of their front foot the entire volley. They should be turning to meet the ball on the side of their body and stepping with their opposite foot (turning left and stepping with the right foot, viceversa) to meet the ball with a slightly open racquet face. Their racquet should move no more than one foot through the volley.
 - Overhead movement - Players will learn to use crossover steps to move backward for overheads. As they recognize the lob they should be turning sideways quickly and pointing both their racquet and opposite arm up to track the ball. They'll crossover (front over back foot ONLY) with the goal of getting one racquet length behind the ball so they can step forward through contact.
 - Positioning - Players should be starting one racquet-length inside the service line. This is their "Home Base" at the net. This position gives them enough space to react to the ball and allows them to move forward to volleys and hit them in the air within a couple steps. They are also positioned properly to react to most lobs with an overhead.
 - **Volleys**
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - two volleys mixing up forehands and backhands - players switch lines after hitting
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 8-12 that's realistic but challenging
 - Anywhere
 - CC-DTL
 - DTL-CC
 - Deuce-Ad

- Ad-Deuce
 - Overheads
 - 2 lines of players starting with racquets touching net
 - Remaining players waiting next to net posts for safety
 - Double-rhythm feeding - two overheads with players touching net again between shots - players switch lines after hitting
 - Approach Shot & Volley - 10 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Groundstrokes - 10 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle
 - Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
 - Serves (10 minutes)
 - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
- **Games - 50 Minutes**
 - **Focal Points**
 - Players should be actively making decisions about where to direct their ball based on either their opponent's position on court or their opponent's weakness. They should also be focusing on maintaining the Continental Grip whenever they are at the net.
 - Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - Tower of Power
 - Champion starts at "Home Base" at the net
 - Pro feeds champion a volley to begin the point
 - Champion must hit every ball in the air or they lose the point
 - Challenger begins at baseline

- Challenger must let first ball bounce on their side
- 3 rounds
 - Round 1 - First volley crosscourt
 - Champion's first ball must land crosscourt or it's out
 - Challenger must hit outside shot on their first ball or they are out
 - Round 2 - First volley down the line
 - Champion's first ball must land down the line or it's out
 - Challenger must hit outside shot on their first ball or they are out
 - Round 3 - First volley to Ad side
 - Champion's first ball must land on the Ad side or it's out
 - Challenger must hit backhand on their first ball or they are out

Week 3 - Transitioning Forward - Players are beginning to feel more comfortable hitting volleys and overheads and have the desire to move forward to net. We want them to know when and how to move up and have the capability to execute a transition ball effectively. We'll teach them to recognize the signs of their opponent being in trouble - both body language and ball quality - and how to choose and hit the right ball to follow in. Drills will help players direct approach shots with more accuracy and power and introduce the transition concept of high volleys. Games will allow them to put these shots into play and evaluate the effectiveness of the combination of their decision-making and execution skills.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 10 Minutes
 - Volleys
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - two volleys mixing up forehands and backhands - players switch lines after hitting
 - Basic patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Overheads
 - 2 lines of players starting with racquets touching net
 - Remaining players waiting next to net posts for safety
 - Double-rhythm feeding - two overheads with players touching net again between shots - players switch lines after hitting
 - **Transition Balls (Theme) - 30 Minutes**
 - **Focal Points**
 - Players must be able to recognize when they should be moving forward to net. There are both body language and ball quality signs that their opponent is in a defensive position.
 - Body Language
 - Opponent moving backward
 - Opponent positioned close to sidelines
 - Opponent losing control of their body
 - Ball Quality
 - Balls landing inside the service line

- Balls traveling higher through the air
 - Balls moving slower
 - Balls landing in middle quarters of court
 - Momentum - Players should have the control over their bodies to be able to maintain forward momentum through their transition shots. They should be traveling in a diagonal path to the ball instead of separating movement into lateral and forward paths.
 - Strikezone - Players should seek to contact their transition balls higher in the strike zone - right around shoulder height.
 - Swingpath - Players will need to begin differentiating between their rally ball and approach shot swingpath. They should be applying fast (7/10) swing speed and creating a more linear swingpath from shoulder to shoulder.
 - High Volley - Players will need to track and space the ball appropriately to be able to move forward and hit a volley at shoulder height from behind the service line. This volley should perfectly resemble a normal volley with the exception of their contact height and positioning on the court when hitting it.
- Approach Shots
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 8-12 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
 - Running forehands/backhands
 - Instead of two balls from baseline, pro will feed first ball to baseline and second ball inside service line.
 - Players will be challenged to differentiate swingpaths
 - They should be using an angular swingpath on the first ball
 - They should be using a linear swingpath on the second ball
 - Players must also move effectively in a forward diagonal to reach the ball early enough and strike it around shoulder height.
- High Volley & Low Volley
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one floating feed for players to hit high volley behind service line and second low feed for players to hit low volley close to the net
- Groundstrokes - 10 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle

- Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
- **Games - 50 Minutes**
 - **Focal Points**
 - Players will need to pay attention to recognize when and how to transition forward to the net during games. They will then have to execute effectively by directing the ball accurately and beginning to apply the linear swingpath that will help them create more power on their approach shots.
 - Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - **Extra rules**
 - Up to 15 points
 - Champion receives a bonus point if they attempt to serve and volley and win the point standing inside the service line.
 - If they win the point off the serve but are inside the service line as it ends they still receive the bonus point
 - Approach Shot Game
 - Champion and Challenger both begin in middle of baseline
 - Pro feeds one of two options to champion:
 - Short ball for approach shot
 - Floater for high volley
 - Champion must hit all balls in the air **except for approach shots**
 - 3 rounds
 - Round 1 - First shot crosscourt
 - Champion's first ball must land crosscourt or it's out
 - Challenger must hit outside shot on their first ball or they are out
 - Round 2 - First shot down the line
 - Champion's first ball must land down the line or it's out
 - Challenger must hit outside shot on their first ball or they are out
 - Round 3 - First shot to Ad side
 - Champion's first ball must land on the Ad side or it's out
 - Challenger must hit backhand on their first ball or they are out

Week 4 - Defense - With two weeks in a row emphasizing players' abilities to create pressure we are conditioning them to search for offensive opportunities to move to net. As players begin to move forward more often it's also important they learn to absorb pressure when their opponent is on the attack. Playing defense requires both mental and physical composure. We'll teach them how to recognize a defensive situation so they can choose the right shot under pressure and challenge them to get an extra ball in play from an uncomfortable spot on court. Drills and games will focus on executing lobs and slices effectively

while under physical (high intensity of movement to the ball) and tactical (opponent's positioning) pressure.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 10 Minutes
 - Volleys
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - two volleys mixing up forehands and backhands - players switch lines after hitting
 - Simple patterns
 - Anywhere
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Overheads
 - 2 lines of players starting with racquets touching net
 - Remaining players waiting next to net posts for safety
 - Double-rhythm feeding - two overheads with players touching net again between shots - players switch lines after hitting
 - Approach Shot & Volley - 10 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - **Defense (Theme) - 20 Minutes**
 - **Focal Points**
 - Players must be able to recognize when they are on defense to make the correct shot selection. They can recognize signs both in their own movement and in the ball quality of their opponent.
 - Movement
 - If the player is moving backwards
 - If the player is moving off the court
 - If the player feels they are losing control of their body
 - Opponent's ball quality
 - If the opponent adds additional power to the ball
 - Mindset - Players must understand that, on defense, their main objective is to keep the ball in play. Many believe that they must hit good shots to get out of trouble, however at the Intermediate level making an additional ball in play is often enough to neutralize their opponent's pressure.
 - Lobs
 - Swingpath - Players will now add a third swingpath to their repertoire. This swingpath for their lob should be more angular

than their rally ball, with the racquet starting deeper below the ball and a higher follow through after contact.

- Racquet face angle - Players must understand that an open racquet face is required to create effective height on their lobs
- Swing speed - Players' initial reaction will be to slow down significantly with an open racquet face and angular swing path. However, effective lobs require both height and depth which make the ball travel a longer distance overall. Players may need to slow down, however this decrease in swing speed is usually no more than 10%.
- Backhand Slices
 - Continental grip and very firm hold on the racquet
 - Swingpath - Players should start with their racquet just above shoulder height on the side of their body. The racquet should travel mostly linearly to waist height at contact then rise again to shoulder height on follow through. As their racquet moves forward, their opposite arm should be moving backwards in an identical motion.
 - Racquet face angle - Players will start with their racquet face almost completely open during the preparation phase. However, at contact their racquet face should only be slightly open - almost flat. Upon follow through the racquet face should be completely open again
 - Body positioning - Players should be starting turned sideways and doing their best to prevent rotation in their shoulders and torso. As they finish a slice their shoulder line should remain parallel to the sideline.
 - Side effects
 - Sidespin - This will occur for one of two reasons:
 - Players are moving their wrist through contact
 - Advise them to squeeze the racquet tight and try to maintain a 90 degree between racquet and forearm
 - Players are rotating body through contact
 - Advise them to pay attention to their body positioning upon follow through as their shoulders should still be parallel to the sideline. It may also be helpful for them to lift their back foot off the ground through contact to prevent twisting.
 - Consistent mishits - This usually occurs if players are trying to contact the ball with too open of a racquet face
 - Advise players to begin by hitting the ball almost flat. Once they are making contact in the sweetspot more consistently they can begin opening their racquet face more.
 - **Patience!** Slices are the second-most difficult shot in the sport. They will take plenty of time to learn and execute successfully.

- At the Intermediate level, using a forehand slice is **NOT** effective shot selection. 99% of the time using a topspin forehand or lob will yield equal or most positive results.
- Running Lobs
 - Forehands
 - 1 line of players starting at baseline in the Ad corner
 - Single-rhythm feeding - Players will hit one shot running wide on the Deuce side
 - Players' goal is to hit a lob that goes at least over the height of side curtain, but optimally around the height of the indoor lights.
 - Must reach a certain number of lobs in play and over the side curtain height in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Past the service line
 - Ad side
 - Backhands
 - 1 line of players starting at baseline in the Deuce corner
 - Single-rhythm feeding - Players will hit one shot running wide on the Ad side
 - Players' goal is to hit a lob that goes at least over the height of side curtain, but optimally around the height of the indoor lights.
 - Must reach a certain number of lobs in play and over the side curtain height in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Past the service line
 - Ad side
- Self-fed Backhand Slices
 - 4 players standing across the baseline in same positions as serving practice
 - Players will turn sideways and drop themselves a ball to hit a slice
- Running Backhand Slices
 - 1 line of players starting in the Deuce corner
 - Beginning at the service line
 - Moving to the baseline as players make more slices
 - Single-rhythm feeding - Players will hit one shot running wide on the Ad side
- Serves (10 minutes)
 - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
- **Games - 50 Minutes**
 - **Focal Points**
 - Players should be doing their best to stay in control of their body and get an extra ball in play to keep points alive.

- Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
- Lobbing Champ
 - Running Forehand Lobs
 - Champion begins in Ad corner of baseline
 - Pro feeds wide ball to Deuce side for Champion to hit a forehand lob
 - Lob must go over height of side curtain or it's out
 - Challenger begins at "Home Base" at the net
 - Challenger must hit their first shot in the air
 - Challenger may choose to remain at net or move to baseline after first shot
 - This is based on the quality of their shot and their positioning in the court
 - Running Backhand Lobs
 - Champion begins in Deuce corner of baseline
 - Pro feeds wide ball to Ad side for Champion to hit a backhand lob
 - Lob must go over height of side curtain or it's out
 - Challenger begins at "Home Base" at the net
 - Challenger must hit their first shot in the air
 - Challenger may choose to remain at net or move to baseline after first shot
 - This is based on the quality of their shot and their positioning in the court
- Slicing Champ
 - Champion and Challenger both begin in middle of baseline
 - Pro feeds Champion a backhand slice to begin the point
 - Champion must create backspin and follow through for their slice to count

Week 5 - Doubles - Every Friday night our Intermediate players practice doubles matches in our match-play program. It's imperative they understand how to communicate and move properly with a partner and know the tactics leading to successful doubles play. Drills will ensure that players can direct the ball effectively at the net and also test their abilities to communicate and move while getting lobbed using the terms "switch" and "stay". Games will allow them to practice doubles tactics and communication in various contexts - both at the beginning of and during points.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 10 Minutes
 - Volleys
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - two volleys mixing up forehands and backhands - players switch lines after hitting
 - Basic patterns

- CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
- Overheads
 - 2 lines of players starting with racquets touching net
 - Remaining players waiting next to net posts for safety
 - Double-rhythm feeding - two overheads with players touching net again between shots - players switch lines after hitting
- Transition Balls (Theme) - 15 Minutes
 - Approach Shots
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 8-12 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
 - Serve & Volley
 - 2 lines of players starting at the baseline
 - **For safety, players must serve from at least halfway out from the middle of the baseline**
 - Players will serve then move forward in a straight line to hit a volley from "Home Base"
- Groundstrokes - 10 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle
 - Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
- Doubles (Theme) - 15 Minutes
 - Focal Points
 - Doubles is about communicating and moving effectively as a team
 - Calling ball
 - "Mine"
 - "Yours"
 - Moving together
 - "Switch"
 - "Stay"

- Team in will begin with both players at “Home Base” at the net
 - Coach will feed a lob over one player
 - Begin by making players call “Yours, switch” to practice movement. **The person getting lobbed must call both who is hitting and how they are moving.**
 - Shot selection
 - If player is moving backward to retrieve a lob they are most likely on defense
 - Lob is most effective shot selection to keep multiple balls in play and reduce their opponents’ pressure
 - Once they are consistently successful in making that call begin to vary height and depth of lobs and give them the option to call “Yours, switch” or “Mine, stay”. **The person getting lobbed must still call both who is hitting and how they are moving.**
 - Players should switch lines when rotating out
- **Games - 50 Minutes**
 - **Focal Points**
 - Players will need to work as teams by learning their partners’ tendencies and communicating and moving effectively.
 - Teams must high-five or fist-bump after losing a point. They are also obviously encouraged to do so after winning points.
 - Doubles Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion team must say score before serving
 - Champion team should switch servers between points
 - Doubles Approach Shot Game
 - Champion and Challenger teams both begin in middle of baseline
 - Both teams must call every ball on their side as “Mine” or “Yours” or lose the point automatically
 - Pro feeds one of two options to champion:
 - Short ball for approach shot
 - Floater for high volley
 - Champion must hit the first ball cross-court to begin point.
 - Champion must hit all balls in the air **except for approach shots**
 - Lob Retrieve Game
 - Champion team begins with both players touching net with racquets
 - Challenger team begins at baseline
 - Both teams must call every ball on their side as “Mine” or “Yours” or lose the point automatically
 - Coach feeds lob over Champion team
 - Champion team must call lob with “Mine, stay” or “Yours, switch”
 - Both teams should be figuring out where to move after lob is retrieved
 - If Champions can hit an overhead they should be looking to stay at net
 - If Champions call a switch they will most likely need to retreat to baseline

- Challengers should begin to recognize this and look for opportunities to move forward, even possibly before the Champions retrieve the lob
- Doubles Skyball
 - Champion and Challenger teams both begin at baseline
 - **One Champion team only**
 - For the first point and whenever Champions win, pro feeds them another groundstroke to begin point.
 - When Challengers win, pro will count down from 3 then feed a lob, the “Skyball”, as they rotate to Champion side
 - Both teams must call every ball on their side as “Mine” or “Yours” or lose the point automatically

Week 6 - Serves - The most important shot in the sport. Players at the Intermediate level are capable of making serves in play consistently but their fundamentals are still a work in progress. This lesson will reinforce their ability to use the continental grip and execute a full-motion serve. We'll practice accuracy, hitting a slice serve, and producing more power on a flat serve. Games will provide them opportunities to test the effectiveness of both first and second serves using the various concepts they've practiced.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 10 Minutes
 - Volleys
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - two volleys mixing up forehands and backhands - players switch lines after hitting
 - Simple patterns
 - Anywhere
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Overheads
 - 2 lines of players starting with racquets touching net
 - Remaining players waiting next to net posts for safety
 - Double-rhythm feeding - two overheads with players touching net again between shots - players switch lines after hitting
 - Approach Shot & Volley - 10 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce

- Groundstrokes - 10 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle
 - Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
- Serves (Theme) - 30 Minutes
 - Focal Points
 - The serve is the only shot which gives you 100% control of the outcome. This means it allows you to create situations that benefit you by dictating which shot your opponent hits at the beginning of the point. It's extremely important for players to feel confident in their ability to get points started with a serve so they can begin to use it to create more pressure.
 - Continental grip
 - Starting position - Players should begin turning sideways and start by holding the ball on top of their strings. This creates a supinated wrist.
 - Toss and preparation phase - Players should be aiming to toss the ball 6-8 inches inside the baseline and to their right (left for lefties). As they toss the ball they should be reaching their hitting arm back to the wall. By the time they release the toss, their hitting arm should be parallel to the ground.
 - Swinging to contact - As their hitting arm breaks parallel, their elbow should bend to 90 degrees. They'll then raise their elbow which should drop the tip of their racquet toward the ground. This will help them "bounce" the racquet up as they extend their elbow and reach toward contact.
 - Pronation - When using Continental Grip to serve, if players keep their wrist in a neutral position while swinging they will lead with the edge of their racquet. To contact the ball with their strings they'll need to move their forearm and wrist outwards (pronation) before contacting the ball.
 - Warmup - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
 - Accuracy - 4 sets of five serves
 - Use cones to divide each service box in half
 - Players must make a set of 5 serves to each half of each box
 - Not 5 in a row
 - 5 serves plus or minus
 - +1 if they hit to the correct half of the box

- Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - **Different scoring format**
 - Players will keep track of their own score as if they're playing a match.
 - 1 point is 15, 2 is 30, 3 is 40, and 4 is Game
 - The score limit is first player to win 2 Games
 - Players have "Pressure Point" situations
 - The first time a Champion reaches 40 they are in a "Pressure Point"
 - If the Champion loses this point they return to 0 (Love)
 - If this happens, the next time they reach 40 it is no longer a "Pressure Point" and their score is safe
 - This also occurs the first time they reach Game-40
 - If the Champion loses this point they return to 1 Game
- Serving Champ with 2 serves
 - Champion begins point with a serve
 - They now have both first and second serve opportunities
 - Champion must say score before serving
 - **Different scoring format**
 - Up to 15 points
 - If the Champion begins with a first serve and wins the point, they receive a bonus point to their score
 - If the Champion begins with a second serve and wins the point, they add a point as usual
 - If the Champion double faults they must do an exercise (5 pushups, burpees, etc)
 - This is to incentivize Champions to get a high percentage of first serves in play that create situations where they can win points easier. They do not need to hit aces to receive the bonus point.

Week 7 - Returns - The second-most important shot. This lesson we'll set players up with the proper footwork to prepare and return properly. We'll distinguish the differences in mindset and shot selection between first and second serves. Players will learn how to recognize and react to both faster and spinning serves that apply more pressure to them. Games will give them a look at the variety of serves from players in the group and allow players to adjust to the differences between them.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 50 Minutes**
 - Volleys & Overheads - 5 Minutes
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - one volley one overhead - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad

- Ad-Deuce
- Approach Shot & Volley - 5 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
- Groundstrokes - 5 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle
 - Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
- Serves - 15 Minutes
 - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
 - Accuracy - 4 sets of five serves
 - Use cones to divide each service box in half
 - Players must make a set of 5 serves to each half of each box
 - Not 5 in a row
 - 5 serves plus or minus
 - +1 if they hit to the correct half of the box
 - No change if they hit to the incorrect half of the box
 - -1 if they hit a serve out
- **Returns (Theme) - 30 Minutes**
 - **Focal Points**
 - Mindset
 - On a first serve, the returner is on defense. This means their priority needs to getting the ball in and they should consider defensive shot selection to make this objective easier.
 - On a second serve, the returner has an opportunity to create pressure. They should be looking to hit a more aggressive shot and perhaps even move forward to net afterward.
 - Positioning - the default starting position to return is at "Home Base" behind the baseline. Players should also be starting with their outside foot behind the singles sideline to cover their angles correctly.

- Momentum - regardless of where the player starts and how fast the serve is moving, they should have enough time and space to move forward through contact.
- Adjustments - Players will receive a variety of serves from their pro and other players today. They have both technical and positioning adjustments they can make based on if they need more time and space.
 - Technical - Players can shorten their backswing to a lowercase "C" to make it easier to meet the ball in front of their body.
 - Positioning - Players can move their starting position back another racquet length to provide more time and space.
 - **They should still be moving forward through contact.**
- Footwork - Step, Splitstep
 - Players should be taking a step forward with either foot as the server tosses the ball. As the server contacts the ball, players should be landing in a split step - on their toes with knees slightly bent so they store power in their legs and can move in any direction immediately.
- **Second Serve Returns**
 - Two lines of players, one on each half, starting in the correct return position - "Home Base" with their outside foot behind the singles sideline.
 - Double-rhythm feeding - Pro will hit slow second serves to both returners. As the pro feeds, they should be saying "Step, Split" as they toss then hit the ball to help players execute footwork with correct timing. Returners will hit two shots before going out and switching lines.
 - These returns should be treated like approach shots. Players should have forward momentum through contact and should be standing at least a racquet length inside the baseline when hitting the ball.
 - As players begin to feel more confident and make more balls, encourage them to swing 10% faster to create more power.
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging.
 - Anywhere
 - Ad Side
- **First Serve Returns**
 - Two lines of players, one on each half, starting in the correct return position - "Home Base" with their outside foot behind the singles sideline.
 - Double-rhythm feeding - Pro will hit serves to both returners. As the pro feeds, they should be saying "Step, Split" as they toss then hit the ball to help players execute footwork with correct timing. Returners will hit two shots before going out and switching lines.
 - Flat serves
 - Players should be starting another racquet length behind "Home Base" so they have more time and space to return. They should also be trying to use a shorter backswing when returning.
 - Since these returns are more defensive, players should be trying to get the ball high and deep through the middle of the court. This allows them plenty of margin for error.

- Slice Serves
 - Players should be starting another racquet length behind “Home Base” so they have more time and space to return. They should also be trying to use a shorter backswing when returning.
 - Since these returns are more defensive, players should be trying to get the ball high and deep through the middle of the court. This allows them plenty of margin for error.
 - Since this ball curves from left to right for returners, they should be prepared to hit more forehand returns. If they see the ball bouncing directly in front of them, most likely it will spin to their forehand side.
 - As the ball spins more, it moves forward through the court less. It’s important that players move in a forward diagonal to intercept the serve earlier.
- Random
 - Players hit one return before switching lines
 - Pro mixes up flat and slice serves randomly.
 - Players need to react to the two different serves they may receive.
 - Watch for racquet face angle of server at contact
 - Listen for sound off server’s racquet
 - “Pop” means flat serve
 - “Click” means slice serve
- **Games - 50 Minutes**
 - **Focal Points**
 - Returning is an often overlooked and underpracticed aspect of the sport. However, being an effective returner puts mental pressure on the server to go for higher risk shots. Returners who can neutralize pressure on first serves and apply their own pressure on second serves force their opponents into poorer decision making. Returning well means applying their footwork correctly, recognizing the serve coming to them, and making the right decision in their shot selection before executing.
 - Serving Champ
 - Champion begins point with a serve
 - One serve only
 - Champion must say score before serving
 - **Different scoring format**
 - Players will keep track of their own score as if they’re playing a match.
 - 1 point is 15, 2 is 30, 3 is 40, and 4 is Game
 - The score limit is first player to win 2 Games
 - Players have “Pressure Point” situations
 - The first time a Champion reaches 40 they are in a “Pressure Point”
 - If the Champion loses this point they return to 0 (Love)
 - If this happens, the next time they reach 40 it is no longer a “Pressure Point” and their score is safe
 - This also occurs the first time they reach Game-40
 - If the Champion loses this point they return to 1 Game

- Returning Champ - Players serve
 - Champions start in returning position on the Deuce side.
 - Champion must say score before point begins
 - Challengers begin point with serve
 - One serve only
 - Challenger must do exercise if they miss serve (3 pushups, burpees, etc. Keep this number low as it is **not** a punishment)
 - Champions only add points to their score if they play the point out
 - They do **not** add a point if the Challenger misses the serve
 - Points in this game should only start on the **Deuce** side
- Returning Champ - Pro serves
 - Champions start in returning position on the Ad side
 - Champion must say score before point begins
 - Challenger starts in middle of baseline
 - Pro serves to Champion to begin the point
 - These serves should be faster than the serves players hit last round
 - Mix up flat and slice serves to force Champion to react
 - Champion is allowed to call serves out as necessary
 - Points in this game should only start on the **Ad** side

Week 8 - Review/Match-play - With two months of different concepts it's important that players begin to recognize and implement them more organically in competitive situations. We'll play as many games as possible to allow them to apply all the skills we've introduced throughout the session and provide match-play courts so they can test their learning in an open competitive environment.

- **Mini Tennis Warmup - 15 Minutes**
- **Dead Ball Drills - 40 Minutes**
 - Volleys & Overheads - 5 Minutes
 - 2 lines of players starting inside the service line
 - Double-rhythm feeding - one volley one overhead - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Approach Shot & Volley - 5 Minutes
 - 2 lines of players starting at the baseline
 - Double-rhythm feeding - one approach shot one volley - players switch lines after hitting
 - 2-ball patterns
 - CC-DTL
 - DTL-CC
 - Deuce-Ad
 - Ad-Deuce
 - Groundstrokes - 10 Minutes
 - Running Groundstrokes
 - 1 line of players starting at baseline in the middle

- Single-rhythm feeding - Players will hit one shot running wide - Mix up forehands and backhands
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging
 - Anywhere
 - Crosscourt
 - Down the line
 - Deuce side
 - Ad side
 - Running Backhand Slices
 - 1 line of players starting at baseline in Deuce corner
 - Single-rhythm feeding - Players will hit one backhand slice running wide to the Ad side
- Serves - 10 Minutes
 - 3 sets of five serves in a row
 - Deuce side
 - Ad side
 - Alternating sides
 - **These should predominantly be second serves**
 - Accuracy - 4 sets of five serves
 - Use cones to divide each service box in half
 - Players must make a set of 5 serves to each half of each box
 - Not 5 in a row
 - 5 serves plus or minus
 - +1 if they hit to the correct half of the box
 - No change if they hit to the incorrect half of the box
 - -1 if they hit a serve out
- Returns -10 Minutes
 - Second Serve Returns
 - Two lines of players, one on each half, starting in the correct return position - "Home Base" with their outside foot behind the singles sideline.
 - Double-rhythm feeding - Pro will hit slow second serves to both returners. As the pro feeds, they should be saying "Step, Split" as they toss then hit the ball to help players execute footwork with correct timing. Returners will hit two shots before going out and switching lines.
 - These returns should be treated like approach shots. Players should have forward momentum through contact and should be standing at least a racquet length inside the baseline when hitting the ball.
 - As players begin to feel more confident and make more balls, encourage them to swing 10% faster to create more power.
 - Must reach a certain number of balls in play in a row as a team. Pick a number between 6-10 that's realistic but challenging.
 - Anywhere
 - Ad Side
 - First Serve Returns
 - Two lines of players, one on each half, starting in the correct return position - "Home Base" with their outside foot behind the singles sideline.

- Double-rhythm feeding - Pro will hit serves to both returners. As the pro feeds, they should be saying “Step, Split” as they toss then hit the ball to help players execute footwork with correct timing. Returners will hit two shots before going out and switching lines.
 - Random
 - Players hit one return before switching lines
 - Pro mixes up flat and slice serves randomly.
 - Players need to react to the two different serves they may receive.
 - Watch for racquet face angle of server at contact
 - Listen for sound off server’s racquet
 - “Pop” means flat serve
 - “Click” means slice serve
- **Games - 60 Minutes**
 - **Focal Points**
 - After nearly two months of practicing different concepts, players should have a vast repertoire of tools that help them make better decisions on the court. These tools are only helpful when they are able to recognize opportunities to implement them and execute effectively afterward. We’ll go through a selection of games that we’ve played over the past session to allow them to begin interweaving different concepts into their points
 - Serving Champ with 2 serves
 - Champion begins point with a serve
 - They now have both first and second serve opportunities
 - Champion must say score before serving
 - **Different scoring format**
 - Up to 15 points
 - If the Champion begins with a first serve and wins the point, they receive a bonus point to their score
 - If the Champion begins with a second serve and wins the point, they add a point as usual
 - If the Champion double faults they must do an exercise (5 pushups, burpees, etc)
 - This is to incentivize Champions to get a high percentage of first serves in play that create situations where they can win points easier. They do not need to hit aces to receive the bonus point.
 - Returning Champ - Pro serves
 - Champions start in returning position on the Ad side
 - Champion must say score before point begins
 - Challenger starts in middle of baseline
 - Pro serves to Champion to begin the point
 - These serves should be faster than the serves players hit last round
 - Mix up flat and slice serves to force Champion to react
 - Champion is allowed to call serves out as necessary
 - Points in this game should only start on the **Ad** side
 - Lob Retrieve Game
 - Champion team begins with both players touching net with racquets
 - Challenger team begins at baseline

- Both teams must call every ball on their side as “Mine” or “Yours” or lose the point automatically
 - Coach feeds lob over Champion team
 - Champion team must call lob with “Mine, stay” or “Yours, switch”
 - Both teams should be figuring out where to move after lob is retrieved
 - If Champions can hit an overhead they should be looking to stay at net
 - If Champions call a switch they will most likely need to retreat to baseline
 - Challengers should begin to recognize this and look for opportunities to move forward, even possibly before the Champions retrieve the lob
- Doubles Approach Shot Game
 - Champion and Challenger teams both begin in middle of baseline
 - Both teams must call every ball on their side as “Mine” or “Yours” or lose the point automatically
 - Pro feeds one of two options to champion:
 - Short ball for approach shot
 - Floater for high volley
 - Champion must hit the first ball cross-court to begin point.
 - Champion must hit all balls in the air **except for approach shots**
- 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
 - First backhand crosscourt
 - Champion’s first ball must land crosscourt or it’s out
 - Challenger must hit backhand on their first ball or they are out