

Entry Red Ball (4 Week - 1 Hour Class Curriculum)

Racquet Skills - 10 minutes

Dead Ball Drills/ Targets - 20 - 30 minutes

Games 20 - 30 Minutes

Money in the Bank/Champion of the Court/ Four Square/ Relay Races (weaker group)

Racquet Skills 10 Minutes

- Before starting the class Ask the kids, what are you holding? A racquet! A racquet is made of metal, so if you hit someone, or hit yourself, you will get hurt, so when we are talking, hug your racquet and do not swing it.
- You can ask the new kids if they are right /left handed. Some don't know, so ask them which hand they write their name with. If the kid doesn't know, you can always ask the kid who their mom/dad is and ask the parent to get a quick answer.
- For all racquet skills it is important to make sure the kids are spread out, listening, and then watching you repeat the skill 2- 3 times before you say, ok you try.
- It is also important to continue demonstrating each racquet skill as they get started, as kids are still trying to figure out what to do if they are new, and will keep watching you until they figure it out, or you go over to them and do it together with them.
- Keep repeating Vocally the specific Racquet Skill as you demonstrate it, and even when you are not demonstrating it while walking around watching the students
- Make sure to walk around and say good job using the students names loudly so the parents can hear you are paying attention to each individual child
- Make corrections about how to hold the racquet, not choking up, using only one hand on the racquet as necessary etc.
- In between racquet skills say "and pause", wait for the kids to stop and listen and watch you before you move onto the next racquet skill.
- You can ask the kids questions such as, where are my fingertips pointing, they respond up,, where are my strings pointing the respond up, what shot are we going to practice? They respond ups!
- There are only 10 minutes allocated for racquet skills so make sure to divide your time accordingly depending on the group
- Depending on the quality of the group, you may only have time to do the basic racquet skills, but if a group is more advanced, you can introduce perhaps one higher difficulty racquet skill.
- As you are nearing the end of racquet skills, make sure the yellow lines are already set up on the ground.

- Students should try to use the same ball for their racquet skills as opposed to getting a new ball out of the basket every time they lose control, this way, there will not be a need to pick up several balls after racquet skills are completed. It also creates incentive to control the ball close to them.

Basic Racquet Skills

1. **Toss Bounce Trap** ("Throw the ball up let the ball bounce on the ground, catch the ball in your strings.") This skill is intended to have kids become used to controlling the ball when they self feed. Keep repeating Up Bounce Trap Vocally as you walk around

- Note: some kids may not know how to throw underhand, so make sure their hand is under the ball, palm facing up, not on top of the ball

2. **Toss and Trap** ("Throw the ball up and trap the ball above your head) This one is a bit more difficult, so you can use words like reach high to catch. We want the students catching it above their head to be able to have successful contact when they go to serve.

3. **Around the World Place** (Weaker class) - Place ball on racquet and tilt your hand to have the ball travel around the frame

4. **Up Bounce Catch** (weaker class) - Toss the Ball Up with hand and catch it on your strings

5. **Self Rally (Ups with the bounce)** "Ok everybody, we are going to do ups. Point your string up like this, hold the racquet with one hand, make sure your fingertip/ fingernails are pointing up to the sky, make sure your thumb is on top of the racquet. Now watch. Up Bounce, Up Bounce, Up Bounce.

- If you strings point up the ball should go straight up. If you strings point away, the ball may go this way.

- Sometimes I ask the students where the ball is going to go if I point my strings towards my face and hit and up into my face to make them laugh.

- For the more advanced students have them see if they can do five in a row without moving

6. **Ups (without the bounce)** "The next racquet skill we are going to do is very similar. This time, do not let the ball hit the ground. We are going to hit the ball on our strings like this , Up, Up, Up. At this point you can introduce hitting the ball in the center of our strings, not on the edge of the racquet. Up, Up, Up, ok your turn.

7. **Flip Flops (semi - advanced, use your own discretion)** (New/ Young students may find difficult to excel, use discretion) Flip, flop, flip, flop, flip flop, demonstrate first. Then say turn your racquet in your hand and hit the ball on the other side of your strings, then flip it back. You are hitting the ball on both sides of your strings, flip, flop flip flop. Some students don't hit the ball up enough to turn the racquet in their hand, so make sure they hit it a little higher. Make sure to tell them your strings need to point up so the ball goes straight up. Hit the center of your strings. Flip Flop Flip Flop.

8. **Downs** Point your strings down, point your finger tips down, hit the ball down like this. Down, down, down, down. Make sure to hit the center of your strings. Down down down. Some students hit the ball too soft, so you can say hit it a little harder. Hit the ball up to your belly button. Some students swing too much and the ball goes up above their head, make sure to tell them to hit the ball before it goes up too high.

Advanced Racquet Skills (Intermediate/ Advanced Only)

Flip Flop Edge - Do a flip flop, then hit the ball up on the edge of the racquet and repeat

Spin - Use your hand to produce side spin in the same direction. Move your hand from right to left “Spin, Spin, Spin”

Edge - Do a down with the edge of your racquet “Edge, Edge, Edge”

Bounce Bounce Catch - Hit the ball off the ground using a down. Use your strings, not your frame, hit it hard enough to make sure the ball goes up high enough to do another down and catch the ball in your hand.

The Sneaker Squeeze- Place the ball next to your sneaker (on the outside of your foot), squeeze the ball into your shoe using your racquet, bring both the shoe and racquet up together at the same time to make the ball lift up high, do a down, catch the ball in your hand

Toss and Catch on Strings with No Bounce - Throw the ball up with your hand and catch the ball on the strings without having it bounce. Make sure your racquet goes down to absorb the bounce, like you’re catching an egg or a water balloon, so the ball doesn’t crack or burst. To make this more difficult, have the student put the ball on their strings and toss it directly from their strings up, and then catch it without the bounce

Self Volley (Forehand/ backhand 2 hands, forehand/ backhand two hands) Ups on both sides of your body

Ups Using the Non Dominant Hand

Ball Pick Up / Breaks/ Hand-Sanitizer/ Water

- Once the basket of balls runs out, or you are ready to move onto another activity, you can say “Ok Everyone Pause, Place Your racquets on the ground, go pick up (x amount of balls) and put them on your racquets. Once you have (x amount of balls, pick up your racquet with both hands, one hand above and one hand under, and then walk the the balls to the basket.”
- Once you have put your balls in the basket, you may go to the hallway and hand sanitize, then you may get some water. (Sometimes students need direction to the hand-sanitizer, so you can tell them to follow (student who already knows), or you can walk the entire group together and show them where it is
- Once the students have returned, tell them to grab a ball and stand on a yellow line
- Ball pick ups are an important time for you to organize/ move the lines, remove chairs, set up for the next games. Please make sure to watch students and have them move along, follow directions by picking up the specific amount of balls asked.

Before Starting the Dead Ball Drills/ Targets

- Direct the kids to get a ball and go stand on a yellow line
- Once listening and standing on a line, tell them that it is time to start hitting (FH/BH/Serve)
- Before hitting, tell the students that you are only allowed to hit if you are standing in the front of the line called “The Hitting Line” (Week 1 Only, sometimes week 2 if there is a new student joining)
 - Make the students in the Hitting Line raise their hands
 - After the students in the front of the line raise their hands, tell the students in the Safety Lines that they must wait to hit until the students standing in the hitting line hit their ball, and exit to the back to get another ball from the basket in the back
- Baskets should be placed behind, but close to the back line
- Inform the students about the Net/ Target (Does anyone know what this is called? The NET!) “Does anyone know what the chair is” The Target! We are trying to hit balls over the net to hit the target
- After the student in the front exits you can direct the students in the next line to move forward
- Prevent the students from running forward too early, or going to pick up a ball that they hit into the net, as if they walk in front of another kid who is hitting, they may get hit with a racquet or a ball

Dead Ball Drills

Forehands, Backhands and Serves (20 - 30 minutes)

Week 1 Forehands and Serves

Week 2 - Backhands and Serves

Week 3 - Forehands and Backhands

Week 4 - Forehands, Backhands, Serves

Forehands (Self Fed 10 - 15 Minutes)

Focal Points

From the Mini Line (Without the follow through)

1. Hold the racquet in the dominant hand
2. Turn Sideways
3. 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.
4. Grip- Players should be holding their racquet with their fingertips pointed forward.
5. Racquet Face Angle - Players should be trying to point their racquet face

forward through contact. "Point your stings and fingertips to the chair/ forward"

6. Swing.. Swing Forward and Up

7. Up Bounce Hit, Up Bounce Hit, vocal repetition

8. Follow Through - introduce the follow-through if the students have moved back to the baseline and have been having success with hitting balls over the net. You may introduce the follow through from the service line if the kids are doing well.

-Follow through with their hand above their opposite shoulder

- Swing up and across your body

- "Give yourself a hug"

Backhands (Self Fed 10 - 15 Minutes)

Focal Points

From the Mini Line (Without the follow through)

1. Turn Sideways

2. Place the Ball in the Neck of The Racquet

3. Make sure both Hands are on the Racquet (Dominant hand at bottom, non-dominant hand closer to the ball)

4. Toss- They must let it bounce before hitting. The best toss goes up around the height of their head and bounces to the side and in front

4. 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.

5. Racquet Face Angle - Players should be trying to point their racquet face forward through contact. "Point your stings and fingertips to the chair/ forward"

6. Swingpath.. Swing Forward and Up... **Keeping Both Hands on the Racquet**

7. Vocal Repetition - Up Bounce Hit, Up Bounce Hit, vocal repetition

8. Follow Through - introduce the follow-through if the students have moved back to the baseline and have been having success with hitting balls over the net. You may introduce the follow through from the service line if the kids are doing well.

-Follow through with both hand on the racquet above their opposite shoulder

- Swing forward and up and across your body

- "Keep both hands on your racquet"

- "Touch Your Back"

- Vocal Repetition - "Up, Bounce, Hit and Touch your Back, Up Bounce Hit and Touch"

Serves (Self Fed 10 - 15 Minutes)

Focal Points

From the Mini Line (Without the follow through)

1. Place the Racquet above your shoulder

2. Toss: Hold the Ball in your hand and toss it above your head

3. Hit the ball above your head /Hi-Five the ball

4. Point your strings and fingertips to the chair
5. Tell Students to Reach Up/ Reach High
6. Vocal Repetition - "Shoulder, Toss, Hi-Five"
7. Follow Through - Introduce the follow-through if students have moved back to the service line/ baseline and have been having success with hitting balls over the net. "After you hit the ball, swing your arm across your body and bring your hand down to your opposite hip/ pocket"

Team/ Whole Court Competitions (For Forehand/ Backhands and Serves)

- Competitions keep kids excited. If there are 6 kids on a court, you can divide the court into two teams and have the kids try to hit the chair 2 - 3 times. Once a team wins, everyone must say "Good Game" If there are new kids in the class, you can tell them that when we finish a game we tell each other "Good Game." Now everybody say "GOOD GAME!"
- After the competition is completed from the first line of targets, students move back to the service line, and after some practice you can start another competition.
- Once the kids move back to the service line, you can ask them what line they are standing on. Make sure to have everyone say "service line"
- If there are not enough students on a court to have a competition with each other, or if you have a weaker court with each other, you can tell the kids to work together as a team and try to have them get to 2-4 chair hits to allow them to move back from the mini line to the service line
- If the kids make it to the baseline and hit the chair, you are more than welcome to make yourself a target sitting in the chair, so long as the kids are following through. Make sure you introduce the name "baseline" to the kids and have them say baseline. Ask if anyone in the class knows what the line they are standing on is.
- If the kids do not follow through, you will get off the chair

Important Tips:

- **If kids are having difficulty, you can do it together with them. Make sure to touch their racquet around the neck and guide the ball up a couple times with them so they can have success.**
- **Try to keep the weaker/ newer players on the same side when you divide the court into two lines. This way, the other line can go through their rotations a bit faster.**
- **Make sure the weaker side is the side where your body is facing towards the other line of kids, so your backs are not turned to them.**
- **Watch every kid in the class and give them compliments/ get excited when they do well, using their names.**
- **Not all classes are the same level, if you do have a weak class, they may need to spend more of the class at the mini line with the chair set up close to the net before they even move back to the service line. A weak class should not yet move to the baseline.**
- **Use your discretion when to move kids back, but when kids are having success hitting many balls over the net, you can start the competitions sooner**

GAMES 20 - 30 Minutes

Money In The Bank

1. Set lines Directly across the net from each other (Hitting Line is at the mini line, Catching line is at the service line on the opposite side of the net)
2. Tell the players to go stand on any line
3. Explain: "If you are on this side, you are the Hitters. If you are on the other side you are the catchers"
4. Catchers need to place (not throw) their racquets on the baseline behind them
5. Everybody wave to your partner!
6. The goal is to hit a (forehand/backhand/serve) to your partner across the net from you
7. You and your partner need to work together to catch a total of 3 balls (more if the class is stronger)
8. You can catch a ball after it bounces one time, two times, or you can catch it out of the air.
9. Once you catch a ball, put the ball on your racquet
10. The first team to catch a total of 3 balls and place 3 balls on their racquets wins
11. Demonstrate if necessary
12. Ensure the kids are turned sideways correctly, holding the racquet in the correct hand, holding the ball in the neck for the backhand with two hands on the racquet, Holding the Racquet above their shoulder for the serve
13. Ready, Set Go!

Important Notes:

- **If you have an odd number of players, you will need to play in**
- **The coach should play with the weakest player**
- **If there is an even number of players, you can pair the weaker kids together so you can spend more time with them, help them hit balls over the net**
- **We want to make sure that kids are not just standing still if their partner is not able to get the ball over the net**
- **If your kids are struggling with hitting/ catching / taking too much time to finish, re-evaluate how many points they need to get, or give them a time limit if the game has already started**
- **It is ok to say, ok everyone we only have 30 seconds left. The team with the most balls on their racquets wins**
- **Tell the kids to run to the ball if standing there, keep their eyes open when catching, pay attention to their partners**

Introducing the Boundaries for Four Square/ Champion of the Court

- **Everyone stand on the Black Line Behind the Baseline and Hug Your Racquets**
- **What line is this? The service line! And this line is the Sideline, and also this line over here is the sideline!**

- **If the ball bounces inside anywhere in this area, IT IS IN! (as you walk around the inside of the court)**
- **What do you need to do if someone hits a ball to you and it is in? Hit it Back!**
- **If the ball bounces outside of the boundary, IT IS OUT!**
- **What do you say if a ball bounces out? OUT!**
- **You may demonstrate hitting balls and have the kids say “In, Out”**
- **What happens if a ball hits the line? IT IS IN! If the ball is in, what do you need to do? Hit it back!**
- **Coaches will need to help kids call balls out. You can ask the kid, did that bounce out? So what do you say? OUT!**

Four Square (5 - 6 Players one court/ 8-12 players 2 courts)

Setting the Game Up

1. We are going to play a game called FOUR SQUARE
2. Lines should be placed on the service line in each appropriate box in the middle
3. Introduce Square 1. The player in Square One needs a ball. Pick a player to get a ball and stand in square one
4. Introduce Square 2. The player in Square two doesn't need a ball. Pick a student to stand in square 2.
5. Introduce Square 3. The player in Square three doesn't need a ball. Pick a student to go to square 3.
6. Introduce Square 4 The player in Square four doesn't need a ball.
7. If you are not in a square, grab a ball in your hand and go stand on a yellow line next to the basket which is set up behind the court.
8. Ok Players, the Player in Square One is going to start the point with a (Forehand/Backhand/ Serve)
9. If the Player in Square One hits their (FH/BH/Serve) to the player in square four, what does the player in square four do? Hit it back!
10. If the player in Square One hits their (FH/BH/Serve) to the player in square three, what does the player in square three do? Hit it Back!
11. If the player in square One does not hit the ball in, they are OUT and need to go to the back of the line, grab a ball and wait their turn
12. If Square One hits the ball to Square four, and square four doesn't hit it back, they are out and need come to the end of the line
13. Everyone needs to rotate up only one spot to the next square. Ok Olivia, go from square one to two, Samaira go from square two to three, Jamie go from square 3 to square 4. Ben you're out, come to the back of the line and grab a tennis ball.
14. You will need to direct the kids by yelling their names. Ben you're out! Rotate. Daniel it's your turn, come to square one. Daniel, what do you need when you're in square one? A ball in your hand? Let's remember that
15. After the kids get the hang of the rotation, start to use ROTATE, 3, 2, 1 Go, to make sure the kids are running to the other side and ready to hit, moving the points along.

Champion of the court (2-4 Players 1 court/ 6-8 players 2 courts)

Setting the Game Up

1. We are going to play a game called CHAMPION OF THE COURT
2. Lines should be placed in the middle of the service line on the champion and challenger side. There should also be lines placed next to the basket for the amount of kids waiting, as well as a line for the coach if the coach is going to play in as well.
3. The far side is the champion side. The side closest to the basket is the challenger side
4. Challengers need to hit a (Forehand/Backhand/Serve) to the Champion Side
5. If you are on the champion side and a challenger hits a ball to you, what do you need to do? HIT IT BACK!
6. If the ball lands in and the champion does not hit it back over, they are OUT
7. The challenger becomes the new champion
8. The next player in line comes to the challenger line and hits a (FH/BH/Serve)
9. If the challenger misses the ball, they rotate back to the end of the waiting line
10. After the challenger wins, you can shout "New Champion", direct the kid to the champion side
11. Give a countdown 3,2,1 Go

If you are running two courts of champion, make sure to direct the kids to both courts and to pay attention to both sides. Only use one basket if you are having kids rotate between both courts

You may also decide to run a stronger/ weaker court with the players. Use two baskets instead of one, and the kids will stay on the same court with the same pro.

Important Notes for Champion of the Court and Four Square

- **Champion of the Court and Four Square do not involve keeping score**
- **These games are crucial to determining the success of the kids hitting balls over the net, and having the ability to return them sometimes**
- **These two games also are the only games where kids are running**
- **Keep the kids engaged and moving**
- **Make sure to use Countdowns, New Champion (in Champion of the Court), Rotate (Four Square), "Name of Child" You're Out, "Name of Child" Your Turn**
- **Make sure the kids are paying attention when it is their turn**
- **A stronger group should be reminded to follow through, when they start the point**
- **These are the games that will help determine if we will be able to move a kid from Entry to Intermediate**
- **Make sure to be able to play either of these games by Week 3 and Week 4 latest. By this time, the kids will have been introduced to all three shots in tennis**
- **If a group has several repeating players, you may even play these games as early as week one**
- **If you have been playing the game for 5-10 minutes, you should switch the shot they start the point with (Okay, the champion now has to start with a FH, BH or Serve).**

Relay Races (Week 1/2 for a Weaker Group - Time Allowing)

Walk the Ball Around a Cone (Ball on the ground)

- Place two orange cones and form a group with two teams. Place yellow lines behind the Baseline
- Demonstrate that the players need to walk their ball around the cone, keeping the ball in front of them, and then pass that ball to their teammate
- When they cross the baseline and pass the ball, sit on the ground behind the black line
- The first team to have all players sitting down wins
- Say Good Game

Walk the Ball Around a Cone (Ball on the Racquet)

- Place two orange cones and form a group with two teams. Place yellow lines behind the Baseline
- Demonstrate that the players need to keep the ball on their racquet and walk it around the cone and come back to the baseline.
- If the ball drops, go pick it up, put it back on your racquet and continue from where you dropped it
- Players waiting should have their own ball on their racquet
- When their teammate crosses the baseline, they need to go
- When they cross the baseline and pass the ball, sit on the ground behind the black line
- The first team to have all players sitting down wins
- Say Good Game

Dismissal

It's important to look at the clock continually throughout the class.

- As we are coming to an end, please make sure that there are 2 minutes before the next class starts, you pause everything and have all the kids pick up the remaining balls.
- Start removing the nets, picking up the yellow lines
- Tell the kids to use their eyes to look for the balls, and use their feet to move to the balls
- Bring the kids together
- Great Job Today. You can highlight good listening, good cooperation, it was so much fun, you all helped each other get better at tennis today, etc.
- At the end of a class, what do we all say to each other? "Good Game"
- What do we say to your coach? "Thank you"
- If you borrowed a racquet, Please return it to me
- We look forward to seeing you next week! You are all dismissed.
- If a parent asks you a question that should be answered by a Senior Staff Member, you can tell them to email us