

11-17 Entry

Saturday 10am, Saturday 1pm, Sunday 4:30pm, Monday 4pm, Wednesday 4pm

11-17 Entry kids are brand new to the sport and may or may not have interest in learning upon arrival. Quite often, these kids have tried various other activities but have yet to find one that truly suits them. It is our responsibility not just to teach them tennis, but to provide a fun and engaging physical outlet that they haven't experienced before. Our goal with these students is to improve their basic coordination and athletic 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

● **Mini Tennis Warmup - 10 Minutes**

- Mini Groundstrokes - 5 minutes
 - Slow, full swings with follow through
 - Ball bouncing halfway between service line and net
- Mini Volleys - 5 minutes
 - Players standing halfway between net and service line
 - Open racquet faces
 - Players should be moving to contact ball on side of body
- 1-2 partner competitions for each progression with exercises for non-winners

● **Dead Ball Drills - 40 Minutes**

- Volleys & Overheads - 10 Minutes
 - **Focal Points**
 - 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 forward 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.

- 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.
- 2 lines of players starting inside the service line
- Double-rhythm feeding - one volley one overhead - 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 in the singles court
 - Players must follow through on overheads to receive a point
- Groundstrokes - 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 slightly open and wrist should be firm at contact. Players at this level will be swinging slowly as they learn so an open racquet face is necessary to get balls in play.
 - Contact Point and Spacing - Most of these players are picking up a racquet for their first time. One of their largest challenges will be coordinating a 2+ foot-long object with their body and getting their racquet on the ball. Players will need to understand that they’ll need room on the side of their body and in front of them to contact the ball successfully. Their goal is to contact the ball 3-4 feet on the side of their body and at least 1 foot in front of them as well.
 - 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
 - Players must follow through over shoulder to receive a point
 - 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
 - Players must follow through over shoulder with **both hands** to receive a point
 - Serves (10 minutes)
 - **Focal Points**
 - The serve is the only shot which gives you 100% control of the outcome. At the Entry level, this means players must be able to consistently get serves in play to start out points.
 - Toss - Players should be trying to toss the ball above their head and slightly into the court
 - Swingpath and racquet face angle - 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.
 - 3 sets of five serves
 - 5 in a row may be too challenging at first for some
 - 5 serves plus or minus if necessary
 - +1 if they hit to the correct box
 - -1 if they hit a serve out
 - Deuce side
 - Ad side
 - Alternating sides
- **Games - 40 Minutes**
 - **Focal Points**
 - Players should be trying to get as many balls in play as possible. At the Entry level, consistency will often be enough to win most points.
 - Players need to remain in control of their bodies when moving and swinging. They should be trying to run to every ball and swinging over their shoulder as they hit.
 - Players must remember the rules of the sport when playing. They must understand the boundaries of the court and verbally call balls “out”.
 - 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
 - Players must follow through on all groundstrokes or they are out automatically
 - 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
 - Players must follow through on all groundstrokes 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
 - Players must follow through on all groundstrokes or they are out automatically