



SCHOOL TEAM TENNIS MANUAL

FOR MIDDLE AND HIGH SCHOOL TENNIS TEAMS



NetGeneration.com

GREETINGS, COACH!

We hope you are as excited to dig into this manual as we were creating it! As a school coach, your role in bringing the game of tennis to the next generation cannot be overstated. Through the experiences they share with you on and off the court, your players have the opportunity to come away as lifelong enthusiasts of our sport and lead healthier, happier lifestyles because of it.

This manual was written so you could lean on the USTA and experts in the industry to provide you with a turnkey plan for your school tennis season. As you read on, you will see the plans can be adapted across a range of circumstances; from a small 12 player team all the way up to a 12 player per court No-Cut team! Whatever the structure of your team's makeup, you will find solutions in this manual.

Between what's written on the following pages and all the resources available to you online, we're here to support you and your team. The competition and camaraderie of being on a school tennis team is like nothing else in the game for your players, so please take advantage and make this season your best one yet!

Sincerely,



Elliott Pettit
Director, School Tennis



Special thanks to the project team- Jordan Batey, Mark Faber, Thad Hawkes, Dan Holman, and the many high school coaches who read, tested, and provided feedback to help us refine and make this resource what it is.

TABLE OF CONTENTS

GETTING STARTED.....	4
SAMPLE PRACTICE PLAN	12
GLOSSARY	13
DOUBLES WARM UP	18
STRETCHES	19
LARGE GROUP GAMES	27
PRE-SEASON STRENGTH AND CONDITIONING PLANS	31
WEEK 1 PRACTICE PLANS	37
WEEK 2 PRACTICE PLANS	47
WEEK 3 PRACTICE PLANS	57
WEEK X - WEEK Y (IN-SEASON PLANS)	67
TOURNAMENT WEEKS	83
ODD NUMBER ROTATIONS	86
GRIPS, PREPARATION, & SWING PATH	88

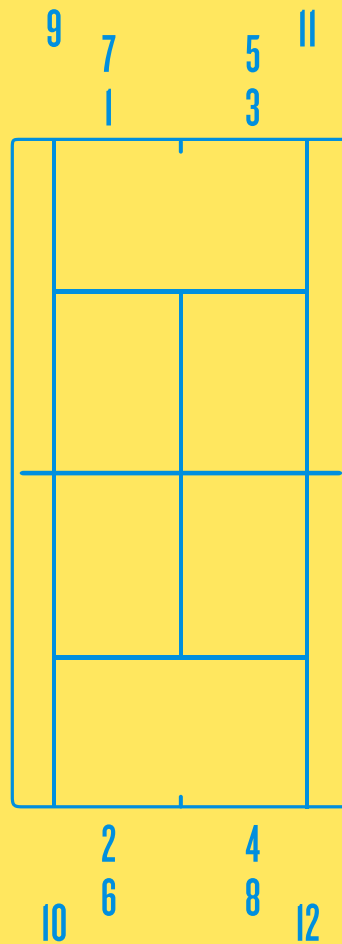
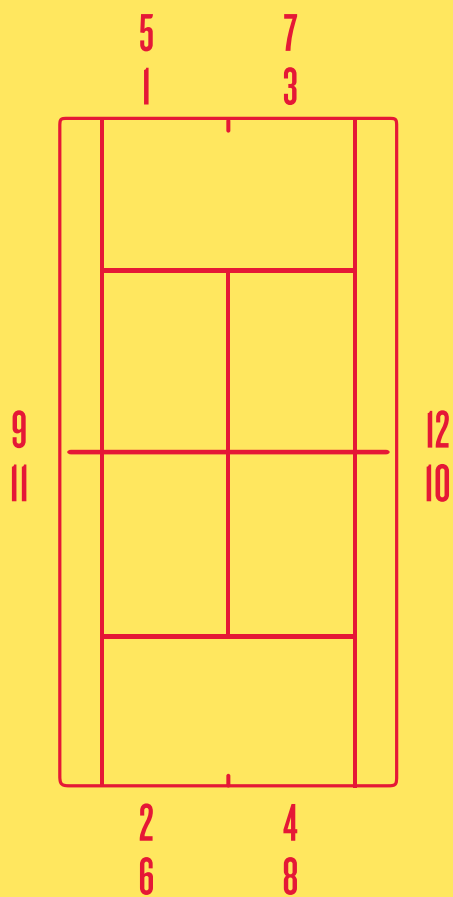
GETTING STARTED

This introduction contains the blueprints of how to use the practice plans to best support your efforts for the season. Be sure to spend some time reading this to ensure you're comfortable with the lesson structure, court templates, terminology, and other tips and information.

Before you go any further, if you are a high school coach, then you need to understand the rules, regulations, and bylaws that affect your state. These bylaws are unique to each state and impact everything from rules governing practice, contact periods, competition structure, and lineup regulations, to name a few. If you are unfamiliar with your state's tennis bylaws, contact your state high school association or the **National Federation for State High School Associations (NFHS)** at 317-927-6900. Additionally, the NFHS can provide you with the most up-to-date copy of "[Friend at Court](#)," the book of rules and regulations under which tennis is played in the United States.

As mentioned in the welcome letter, this manual was created to be inclusive to no-cut coaches. To that end, each on-court activity has been selected to be able to handle up to 12 players on one court. If you are a no-cut coach with more than a 12-to-1 player-to-court ratio, we recommend holding more than one practice per day or utilizing off-court stations to get your ratio to the 12-to-1, or less, range.





IN THE DIAGRAMS ABOVE, YOU CAN SEE HOW A FULL-SIZED TENNIS COURT CAN HOLD 12 PLAYERS EACH.

RED COURT (MOST DOUBLES DRILLS)

- Players 1-4 are actively hitting across the net against or with one another depending on the drill
- Players 5-8 are waiting their turn, determined by how you've set the rotation (more on that later in the intro)
- Players 9 & 11 are partnered up together at one net post
- Players 10 & 12 are partnered up at the other post

BLUE COURT (MOST SINGLES DRILLS)

- Players 1-4 are actively hitting across the net against or with one another depending on the drill
- Players 5-8 are waiting to rotate in after the player in front of them rotates out
- Players 9-12 are waiting their turn, determined by how you've set the rotation

Even if you don't have 12 players per court, these plans can be easily adapted to accommodate as few as two players per court for singles and four players per court for doubles. By looking at the corresponding court diagram for each activity, all you need to do is ignore the numbers of the players who aren't there. For example, if you only have eight players on a court, just disregard the numbers 9-12.

Working with Players of Different Skill Levels

Modified equipment can make all the difference for inexperienced players. Some equipment you should consider keeping on hand includes:

- Red foam or felt tennis balls
- Orange or green dot tennis balls
- 25- or 26-inch racquets
- Throw down lines to help create boundaries for smaller, 60- or 36-foot courts

All tennis skills should be taught in a progressive order:

- Simple to complex
- Close to far
- Static to dynamic
- Slow to fast
- Easy to difficult

Less experienced players will find the **Rally Progression** helpful for building the foundation for the desired skill. The **Rally Progression** consists of:

- **Self-rally**
- **Partner rally over the net**
- **Partner rally with increased distance.** This progression can be applied to volleys and groundstrokes and should be utilized until your players are able to successfully rally cooperatively with increased distance.

More experienced players who can rally with increased distance should be introduced to the **Five Controls**.

- **Direction** (direct ball left or right)
- **Depth** (direct ball deep or short)
- **Height** (direct ball high or low over the net)
- **Spin** (impart desired rotation on the ball)
- **Speed** (hit ball fast or slow)

The foundation of these plans lie in the Five Controls being introduced in week one and then built upon throughout the course of the season.

COACHING TIP

Modifying your scoring system or changing a set of rules within an activity is all you need to create the environment that's most conducive to learning the desired skill.

COACHING TIP

Given the potentially large number of players you're responsible for at one time, disparities in level can feel daunting to serve. Just remember, your job is to set up the environment that best suits the player and by utilizing rally progression and the five controls, you're on your way!

ROTATIONS

The activities within the practice plans will follow a similar, basic setup for singles and doubles. Keeping the organization and language consistent allows your players to become familiar with the setup, and will decrease inactivity during practice as well as allow you greater freedom to roam between courts to observe your players in action.

When deciding on your rotation, you need to first identify two things:

- The type of activity- **Cooperative or Competitive?**
This will determine how you rotate
- The type of drill- **Singles or Doubles?**
This will determine how you set up the court

COACHING TIP

Coaches will all have their own philosophy, but your goal should be to maximize hitting time for all players. Whichever rotation style affords this should be selected more often than not.

COOPERATIVE	COMPETITIVE
Cooperative activities are generally used when players are focused on building a desired skill.	Competitive activities are generally used when players are focused on practicing skills in a game environment.
Cooperative activities are usually rotated after a certain amount of time or until a certain amount of repetitions are achieved.	Competitive activities are usually rotated when one player wins a certain amount of points or after a set amount of points with all players keeping track of points until a specified amount.

Doubles

- With 9-12 players on court, the doubles rotations are fairly simple and mainly involve players rotating one space clockwise after they play the requisite amount of points.
- With 4-8 players, they will most likely be staying on the same side of the court after they play points, but just rotating out.

Singles

- With 9-12 players, your goal should be choosing the type of rotation that maximizes safety and provides the least amount of waiting between play.
- With 2-8 players, they will most likely be staying on the same side of the court after players play points, but just rotating out.

Techniques to trigger rotations

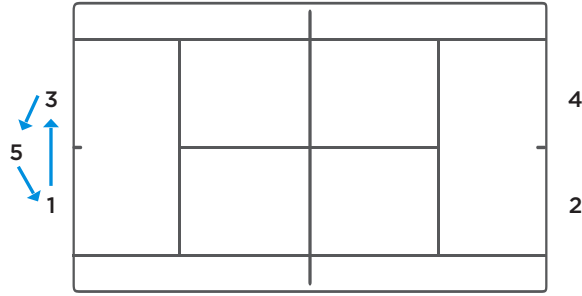
- Players play for a set amount of time (e.g., 2 minutes and then rotate).
- Players play until a player on court achieves a requisite amount of points (e.g., first player to win 4 points triggers the rotation).
- Players play for set number of points and have an automatic rotation (e.g., play 3 points and rotate).

COACHING TIP

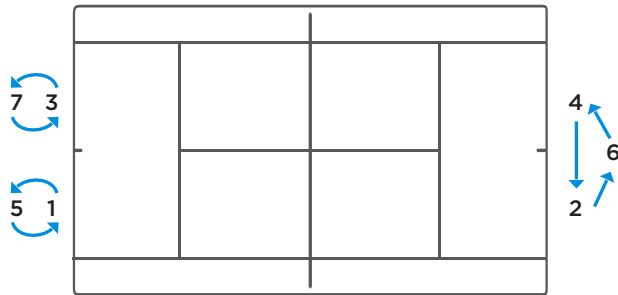
Many of the activities say “rotate based on numbers,” which is your opportunity to customize the rotation to your situation.

ROTATION EXAMPLES

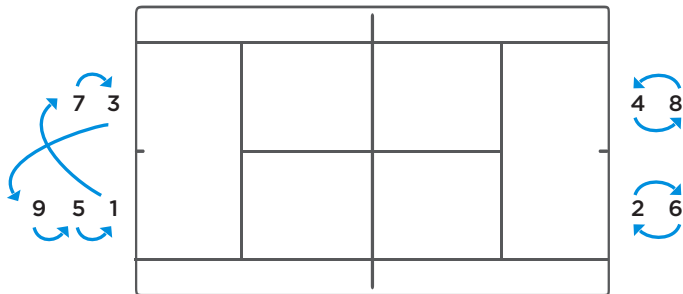
Odd - 5 Players



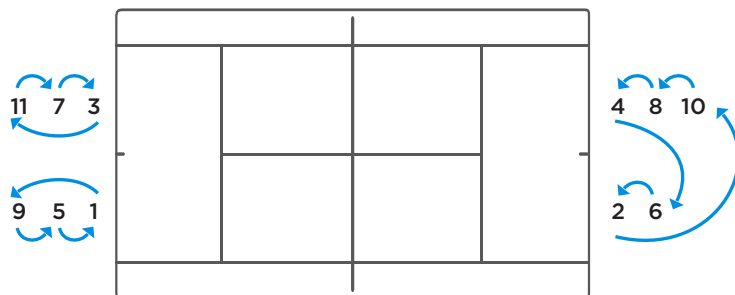
Odd - 7 Players



Odd - 9 Players (Same Side)



Odd - 11 Players (Same Side)



CHALLENGE MATCHES

Your players will need to play against each other in some competitive format, either during or outside of practice, in order for you to establish your lineup. There are several formats that you could utilize depending on the resources at your disposal.

ONE SHORT SET	The first player/team who wins 4 games wins that set, provided there is a margin of 2 games over the opponent(s). If the score reaches 4 games all, a tiebreak game shall be played. Use this format when you don't have many courts or much time, but want to simulate match conditions as best as possible.
ONE TIEBREAK SET	The first player/team to win 6 games wins that set, provided there is a margin of 2 games over the opponent(s). If the score reaches 6 games all, a tiebreak game shall be played. Use this format when you have enough time or courts to be able to play more than a set to 4.
PRO SET	A set in which a player or team must win 8 games by a margin of 2 games to win the match. If the score reaches 8-all, a 7-Point Tiebreak (first to 7 by a margin of 2) is played. Use this format when you don't have enough time to do a full match, but want more play than just a set to 6.
SHORT SET MATCH	The first player/team who wins 4 games wins that set, provided there is a margin of 2 games over the opponent(s). If the score reaches 4 games all, a tiebreak game shall be played. The first player to win 2 sets wins the match. Use this format when you don't have enough time to play a full tiebreak set match.
TIEBREAK SET MATCH	The first player/team to win 6 games wins that set, provided there is a margin of 2 games over the opponent(s). If the score reaches 6 games all, a tiebreak game shall be played. The first player to win 2 sets wins the match. Use this format when you have ample time and courts to be able to simulate match conditions.



COACHING TIP

Use No-Ad scoring to play matches and efficiently use time. To learn more about No-Ad scoring, consult your USTA ["Friend at Court"](#).

ODD NUMBER OF PLAYERS

Having an odd number of players is going to happen, but that shouldn't prevent you from doing any of these activities. Look at pages 86-87 to get some ideas on how to rotate with odd numbers.

SAFETY

This manual is designed for up to 12 players per court.
This format supports up to 4 players hitting down the line or cross court at the same time.

This means that 2 balls will be in play at the same time on the same full-sized court!

In an environment with multiple players and multiple balls in play at one time, it's important that players are operating within a clearly defined space and that those not hitting are aware of their surroundings.

- Use throw-down lines to visually separate different parts of the court.
- Be clear with your players that no point is worth risking injury by going onto an adjacent court where another point is taking place.

COACHING TIP

Establishing a consistent rotation flow early in the season will be helpful for players being able to run activities later on without much oversight and will keep practice safe.

SEASON PLAN BREAKDOWN

Within this manual, you will find practice plans for days of the week during your season. All of the practice plans are guided by the "Theme of Practice" for each day and are then broken down into 8 components to support the theme.

- The first 2 weeks of the season have been written for 3 days per week and can serve as a guide for voluntary workouts/conditioning, providing a total of 6 plans. Programs utilizing captain's practices can utilize these workout plans to supplement their chosen activities on court.

Progressions are provided for each plan, with Day 1 providing the lowest amount of repetitions, progressing to Day 3 with the highest number of recommended repetitions. Please use these provided recommendations and modify as necessary based on skill level or physical needs.

- Weeks 3-5 are considered practices taking place before your season matches begin, and are written for 5 days per week totaling 15 plans. These 15 plans follow an intentional sequence aimed at establishing fundamentals and foundational skills for your players based on the 5 controls. During these weeks, you should be making note of how players perform within the activities and begin to group them into tiers. Check with your state association about when challenge matches can take place so you can begin building your lineup.

The last 8 plans follow a slightly different format than the first 21. They are written based on themes and can be used **interchangeably** based on needs that your team may encounter during competition. We have emphasized the following character themes within Net Generation:

- o Teamwork
- o Leadership
- o Aspiration
- o Gratitude
- o Confidence
- o Courage
- o Resilience
- o Persistence

As with everything in this manual, you can utilize it in turnkey fashion or mix and match things to better suit your team's needs at the available time. If you find an activity that really resonates with your team, you can make adjustments to further customize it to your needs.

The final portion of the season plans covers team-based and individual tournaments and is not written in the typical plan format of the prior weeks. In place of plans, we have compiled feedback from some experienced coaches to make you aware of what's to come and remind you of things to consider during this portion of your season.

COACHING TIP

At this point in your season, you will know what drills and activities are best suited for your players. Seeking their input and maintaining their routines are the key ingredients for success.



SAMPLE PRACTICE PLAN

STARTING TIME — ENDING TIME _____ DATE _____

THEME OF PRACTICE _____

Warm up: Dynamic stretches

Time: 10%

All- High skips down, long skips back. Walking side hip stretch down, carioca back. Big arm circles down, little arm circles back. Dynamic stretches should be led by team captains.

Review previously learned skills:

Using the controls to create an opening



New skill development:

Time: 10%

S-i DL Ping Pong from NML (i) DL Ping Pong from Baseline.

D-36-foot warm up (B) 2 up 2 back warm up.

Serve and serve return:

Time: 20%

S-Serve index with 5 serves, returner looks to get the ball back in play XC

D-Servers focusing on wide serves and “T” serves, returners with XC return off wide serve and down the line return off “T” serve. Make sure players get to serve and return.

Drills to reinforce skill development (them of the day):

Time: 20%

All- (H) One Ball Live volley to volley.

(A) One Ball Live from BL.

Rotate based on numbers.

Games and/or match play:

Time: 20%

S- (A) XC groundstrokes from BL, player must hit ball that lands in alley before they can win a point.

(A) XC groundstrokes from BL clean winner from groundstroke worth 2 points. Rotate based on numbers.

D- (E&F) Doubles Match play focusing on returner ball cross court to start point, hitting ball in-between partners. Rotate based on numbers.

Large group games:

Time: 10%

All- Wipeout

Wrap-up, static stretches, cool down, announcements, and take-home activities: **Time: 10%**

All- Cool-down, review takeaways from practice. Have players share their persistence assignment.

Have players rate their effort on the day. Homework is for players to think of what “resilience” means to them.

KEY

- A Time expressed as percentage of practice rather than minutes
- B “S-” and “D-” referring to separate activities done by “Singles” and “Doubles” players
- C “All” indicating this activity is done by all players
- D “(A)” indicate which court templates are applied to each activity
- E “XC” Groundstrokes indicate which direction point is conducted and from where the point begins
- F “Rotate based on numbers” reminding you that your number of players on court dictate the rotation

TERMINOLOGY

DL	Down the line. 1/2 court, straight ahead including doubles alleys.
XC	Cross-court. 1/2 court, diagonal including doubles alleys.
SL	Service Line. Back most boundary of the service boxes.
BL	Baseline. Back-most boundary of the court.
NML	No man's land. Area between the service line and baseline.
Deuce Side	Area to the right of the hash mark when standing on BL looking at net
Ad Side	Area to the left of the hash mark when standing on BL looking at net
Rally	Cooperative hitting for a number or time target
Winner	Any shot that lands in and is not touched by opponent
1 up 1 back	Staggered Doubles formation where one partner stands on BL and other partner stands on or in front of SL. One player must occupy deuce side of court and other player must occupy ad.
2 up 2 back	One Doubles team at the Baseline and one doubles team just inside the Service Line.
I Formation	Doubles formation where the server stands near the center hash mark and their partner crouches on the center service line. This format allows the serving team the opportunity to present the returners with a different look.
Signals	Doubles players use hand signals to communicate. Server's partner can point to the direction they want the serve hit and/or if they are going to poach or stay where they are.
Groundstrokes	Forehand or backhand shots generally hit from the BL. In the context of activities within this manual, "Groundstrokes" indicates an activity where the point begins from the BL for both players.

GLOSSARY

TERMINOLOGY

Outside Stroke	Either a player's forehand or backhand, whichever is on the side of the nearest doubles alley.
Serve and Volley	Action where after the server serves, they immediately move forward to the net with the intention of hitting a volley as their next shot, generally hit around the SL.
Poach	Doubles action where player at net intercepts a ball by crossing in the path of the incoming ball and volleys.
Self-Fed	In drills, games, and activities, it is the act of players starting the point by hitting the ball into play without the aid of a coach.
Dynamic Stretch	A stretch that includes motion. Dynamic stretches should be done at the beginning of a practice or prior to a match to help players warm up.
Static Stretch	A stretch that is stationary. Stationary stretches should be done at the end of practice or a match to help players cool down.
Captain	A player or players on your team that serve as your student leaders. These individuals are generally given an expanded role on the team that can include leading stretches, speaking for the team in collaborative conversations with the coach, and even choosing elements of practice when possible.
Slice or Chip	A groundstroke that is hit with underspin.
Throw Down Lines	Strips of plastic/rubber that can be put down on the court to delineate areas.
Rally Progressions	The rally progression is simply: 1) self-rally, 2) partner rally over the net, and 3) partner rally with increased distance. This progression can be applied to volleys and groundstrokes and should be utilized until your players are able to successfully rally cooperatively with increased distance.
The 5 Controls	This refers to the 5 core ways a player can control a ball: direction, depth, height, spin, and speed.
Live Ball	Type of activity where players self-feed and play points out with each other having no stoppage in the action until a ball is missed or a winner is hit.

GAME FORMATS

- Groundstroke Points** Points that are played between players starting from the Baseline.
- Serve Points** Points that are played between players that are initiated by a serve.
- Team Singles** Side vs. Side singles (multiple players on each side) keeping track of points. If player wins first point, they stay in for another before rotating out.
- Team Doubles** Side vs. Side doubles (multiple players on each side) keeping track of points. If player wins first point, they stay in for another before rotating out.
- Ping Pong** Players on each side alternating shots with players on their side.
- 4,2,1** Scoring format where any clean winner hit out of the air is worth 4 points, any clean winner hit off the bounce is worth 2 points, and a point won any other way is worth 1 point.
- Tug of War Scoring** Scoring format where players begin at 5-5. Whichever side wins first point is now winning 6-4. If that same side wins the next point, the score is now 7-3. If the other side wins the next point, the score returns to 6-4. Both players are trying to get their score to 10.
- Serve Index** Serve activity where players divide the service box into halves or thirds and are hitting serves with the intent to have ball land in area of their choosing. Players should keep track of their previous serve index number to see if their able to improve their score.
- Interceptor** 1 up 1 back doubles game where the BL players on each side attempt to play “keep away” from the net player on the other side of the net by hitting the ball XC.
- Red, Yellow, Green** Activity where players recognize how the incoming ball affects their court position and shot selection by calling out “red” for a ball that puts them in a defensive position, “yellow” for a ball in which they remain in the same position, and “green” for a ball they move to attack.

GAME FORMATS

- Drive, Anything, Lob** Activity where three balls are fed. The first ball hit after the first feed must be hit as a groundstroke, the first ball hit after the second feed can be hit any way, and the first ball hit after the third feed must be hit as a lob. This can be played in Doubles as well.
- One Ball Live** Game where four players are hitting on court at the same time. Each player is hitting XC with their opponent. When a player misses a shot, they yell out “one ball live” and the remaining ball becomes live for all four players to play on the full court.
- Fly Rule** Rule signaling that ball is not allowed to bounce for remainder of point after first fed ball.
- Volleyball Scoring** Scoring format where a player can only get a point if they win the point that precedes it.
- Beat the Champ** Game where one side is the “Champ” side and the other is the “Challenger” side. Challengers feed and a total of three points are played no matter what. Challenger takes Champ’s position if they win 2 or more points. If Champ wins 2 or more points, they remain on Champ side and Challenger remains on Challenger side.
- Team Volleyball** Game focusing on touch where players are teamed up two vs. two and play points in the service box only. Ball is fed underhand to start each point and after the feed, both players must touch the ball before it is hit back to the other side. The standard rule is that teammates may let the ball bounce after their partner hits it to them. Coach should establish a low “speed limit” rule to ensure drill focus remains around touch.
- Around the World** Large group game where players run clockwise to the other side of the net after they hit.
- Up and Down the River** Play format that rotates players in a certain direction depending on their results within the previous game. Example, if player A defeats player B and player C defeats player D then players A and C would move one space in the direction of the winning players and players B and D will move one space in the direction of those who did not win.

GAME FORMATS

Feed and Rush

Doubles game where both teams start on the baseline. The “Rush” side will always feed. First ball is fed and the Rush team must run in behind the ball to at least the service line. The second ball and third ball are both fed from the service line. Any shot can be hit off the feed or during the point unless otherwise specified.

Match Play

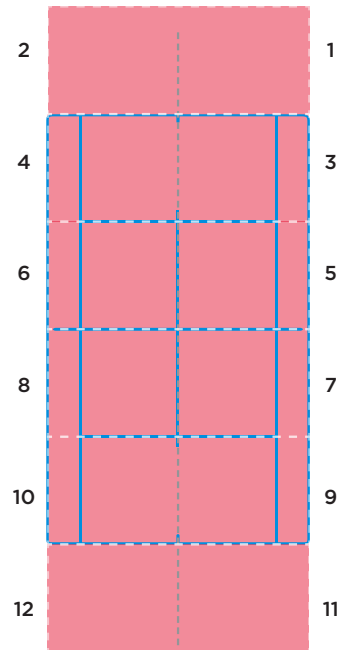
Game format set to duplicate the conditions of an actual match so you can see how your players compete with one another. Depending on your numbers, you may need to utilize a timed match, abbreviated format, or schedule these outside of your normal practice hours. When match play is going on, it will reduce your numbers on court to 2 players for singles and 4 players for doubles. This means you will need to account for those displaced extra players by accommodating them into other courts or having an off-court station for fitness or team building.

THE DOUBLES WARM UP

36-FOOT DOUBLES WARM UP

Players are partnered up with the person directly in front of them. Even numbered players begin by self-feeding a ball straight ahead to their odd-numbered partner who attempts to volley the ball right back. The even-numbered partner is moving forward toward the red center line of the court. The volley continues until the even-numbered player reaches the center line area and then begins to move backward to their original position. The odd-numbered player should begin moving forward and volleying cooperatively in the same manner. Once the two have individually made it to the center and back, they move forward as a team in the same manner as before, volleying cooperatively the entire time.

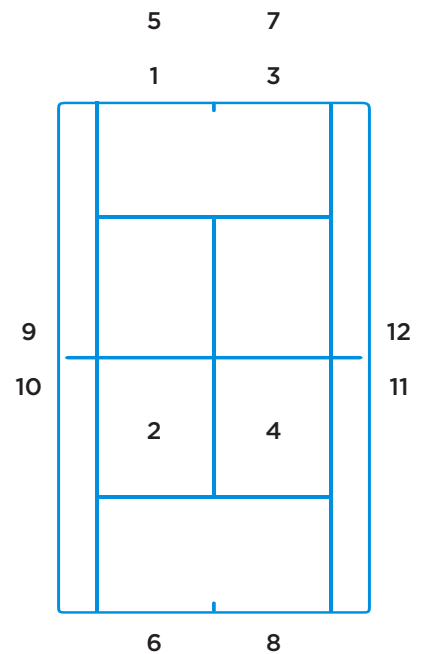
Players should have the goal of keeping one ball live throughout the entire warm up.



2 UP 2 BACK WARM UP

Players 2 and 4 begin at the net as partners against players 1 and 3. Player 2 feeds the ball in to the other side and the point is played out. Once the first point is done, player 4 feeds the ball in to the other side and the point is played out. Once the second point is over, all partner groups rotate one space to their left.

This means players 2 and 4 rotate to the left net post, players 9 and 10 go to the “on-deck” area behind the far baseline, players 5 and 7 are now in the spot formerly occupied by players 1 and 3. Players 1 and 3 rotate to the right net post, players 12 and 11 are now on the near baseline, and players 6 and 8 are up at the net ready to play players 5 and 7.



STRETCHES

DYNAMIC STRETCHES GROUP A

The dynamic stretches below should be done at the beginning of practice.

CARDIO/LOWER BODY

All exercises in this section should be performed moving from doubles sideline to doubles sideline, down and back twice, unless otherwise specified.

Carioca-Step Shuffle

- Have players stand on doubles sideline, facing the net in ready position. They will then shuffle across the court, alternating one foot in front and one in back all the way across the court.
- Targets lower-body muscles and tennis-specific movements.

High Knees

- Players start on doubles sideline, and lift knees toward chest as they run across the court.
- Targets lower body and calves.

Toe Walks

- Walk from doubles sideline to doubles sideline across the court (on toes).
- Targets calf and lower-leg muscles.

Alley Shuffle

- Begin in ready position facing the net, then shuffle back and forth within the doubles sideline only.
- Short little steps, heels not touching. Time 20-second rotations then have players repeat.
- Targets thighs and lower-leg muscles.

Run Up/Backpedal Back

- Players start at doubles sideline and jog up to touch other doubles sideline with hand.
- After they touch line, they backpedal back to the opposite double sideline.

Butt Kicks

- Quick little steps, doubles sideline to doubles sideline. As players go across the court, they kick heels to their backside.
- Targets lower body (quads and calves).

Standing Trunk Rotations

- Stand with feet shoulder-width apart and hands on hips. Then rotate the torso to the front, left, right and back in a smooth, comfortable motion.
- Do 10 of these going one direction, then rotate and do 10 in the opposite direction.
- Targets abdominal and lower-back muscles.

Straight-Leg March

- Put arms straight in front at shoulder height and walk with knees straight. With each “step,” lift one leg as high as you can toward your hand until you feel a stretch in your hamstring.
- Targets hamstring and hips.

SHOULDERS/ARMS

Internal/External Arm Rotation

- With arms held out to a player's side, bend the elbows 90 degrees so fingers point to sky.
- Use the shoulders' full range of motion and rotate both arms in circles, frontward and backward in a controlled motion.
- Targets rotator cuff.

Wrist Flexion and Extension

- Stand with both arms extended forward at shoulder level, with palms facing upward.
- Use complete range of motion and flex wrist/palm upward and downward (2 sets of 20 seconds each).
- Targets wrist flexors and forearm.

STATIC STRETCHES GROUP A

Static stretches are held in a challenging but comfortable position for a period of time, usually somewhere between 15 and 45 seconds. Static stretching is the most common form of stretching and is considered safe and effective for improving overall flexibility.

These static stretches should be done at the conclusion of practice, as they relax the muscles and aid in recovery.

SHOULDERS/ARMS

Overhead Triceps Stretch

- Flex the shoulder, flex the elbow, and move hand on top of the spine between the scapulae (shoulder blades).
- Take opposite hand and pull at the elbow toward spine and midline of the body.
- Maintain neutral pelvic and spine (head) position; look forward.
- Hold stretch for 45 seconds.

Posterior Deltoid Stretch

- Horizontally adduct the shoulder at 90 degrees.
- Move other arm underneath and flex the elbow to hold position of the horizontally adducted arm.
- Maintain neutral pelvic and spine position; push chest out; look forward.
- Hold stretch for 45 seconds.

Pectoralis Stretch

- Stand in front of a fixed object (e.g. pole).
- At 90-degree shoulder flexion, horizontally abduct the shoulder, externally rotate and flex the elbow; elbow and palm of the hand touch the pole.
- Step forward with the contralateral foot and lean forward with the upper body.
- Maintain neutral pelvic and spine position; push chest out; look forward.
- Hold stretch for 45 seconds.

Shoulder Stretch for Internal Rotators

- Take towel in the right hand and place it behind the head; reach down the spine as far as possible.
- Maintain neutral head position; look straight forward.
- Take left hand and grab the towel behind the back.
- Pull towel over the right shoulder and slowly apply the stretch to the right shoulder.
- Repeat for left shoulder, holding each stretch for 45 seconds.

LOWER BODY

Shin Stretch

- Place floor mat on the ground.
- Kneel down, keeping the legs close together, and flex knees at 90 degrees. Plantar flex the ankle so that knees, shins, and toes have ground contact.
- Flex knees, lean back, and touch heels with buttocks.
- Hold stretch for 45 seconds.

Hamstring and Spine Stretch

- Place floor mat on the ground.
- Sit down and abduct hips to a “V” with knees extended.
- Lean forward with upper body and reach for each foot and down the middle of the “V” with both hands.
- Grab toes if possible for an additional calf stretch.

Quadriceps Stretch

- Place floor mat on the ground.
- Lay flat on your side with legs close together; the to-be-flexed leg rests on top of the other; extend bottom arm; look forward.
- Grasp the toes of the to-be-flexed leg and pull the heel toward the gluteus (buttocks); lower leg remains straight; maintain neutral pelvic position.
- If applicable, extend hip behind the torso for an additional hip flexor stretch; maintain posterior pelvic position.
- Hold the stretch for 45 seconds.

Sumo Squat Stretch

- Move feet wider than shoulder-width.
- Drop down into a (deep) squat, place elbows at the medial aspect of the knees (inside knees), and move palms of hands together; abduct feet slightly (toes point outward); maintain neutral spine position; look forward.
- Hold stretch for 10 seconds before pushing knees together.
- Hold stretch for 45 seconds.

Hip Flexor Stretch

- Place floor mat on the ground.
- Step into a forward lunge position; the knee of the rear foot has ground contact; knee of the front foot is flexed at 90 degrees and doesn't protrude past toes.
- Reposition the front foot forward until rear leg/hip is hyper-extended; maintain neutral spine and head position (straight back, look forward).

Oblique Stretch and Abductor Stretch

- Place floor mat on the ground.
- Lay down in supine position (face up); knees are extended shoulder-width apart,
- Extend arms and raise them to 90 degrees of shoulder abduction.
- Flex one hip to 90 degrees; knee is extended.
- Internally rotate trunk, hereby bringing foot toward the ground, while maintaining ground contact with both scapulae (shoulder blades).
- Hold stretch 45 seconds, then perform to the other side.

Glute Stretch: Knee to Chest

- Place floor mat on the ground.
- Lay down in supine position (face up) and keep legs close together with toes pointing straight upwards.
- Flex one hip to 90 degrees; hold leg with both hands below the knee and pull it toward the chest.
- Maintain neutral spine and pelvic position.
- Hold stretch for 45 seconds.



DYNAMIC STRETCHES GROUP B

The dynamic stretches below should be done at the beginning of practice because they warm up the muscles for activity.

CARDIO/LOWER BODY

All exercises in this section should be done moving from doubles sideline to doubles sideline, down and back twice, unless otherwise specified.

Carioca-Step Shuffle

- Have players stand on doubles sideline facing the net in ready position. They will then shuffle across the court, alternating one foot in front and one in back all the way across the court.
- Targets lower-body muscles and tennis-specific movements.

High Knees

- Players start on doubles sideline, and lift knees toward chest as they run across the court.
- Targets lower body and calves.

Heel Walks

- Walk from doubles sideline to doubles sideline across the court (on heels).
- Targets calf and lower-leg muscles.

Power Skip

- Players skip across court with explosive movement in an upward motion from singles sideline to singles sideline.
- See how high they can jump with each skip.
- Targets calf muscles.

Knee Hugs

- Players start on doubles sideline and walk across court, pulling knee up to chest with each step.
- Targets quad muscles.

Walking Lunge

- Players start at doubles sideline and lunge with each step placing the trailing knee toward the ground as they move across the court.
- Targets quad muscles and calves.

Alternate Toe Touch

- Players start at doubles sideline and reach down to touch opposite foot with opposite hand on each step as they move across the court, keeping front leg locked and trailing leg in the air during stretch.
- Targets hamstring and improves flexibility.

ARMS/ SHOULDERS

Internal/External Arm Rotation

- With arms held out to a player's side, bend the elbows 90 degrees so fingers point to sky.
- Use the shoulder's full range of motion and rotate both arms in circles, frontward and backward in a controlled motion.
- Targets rotator cuff.

Wrist Flexion and Extension

- Stand with both arms extended forward at shoulder level, with palms facing upward.
- Use complete range of motion and flex wrist/palm upward and downward (2 sets of 20 seconds each).
- Targets wrist flexors and forearm.

Forward and Backward Arm Circles

- Hold arms out to the side at shoulder height, with palms facing down. Rotate arms and shoulders in circles with a 6-inch diameter. Perform 10 of these circles forwards and 10 backwards.
- At the conclusion of first exercise, expand the range of motion to full arm circles, forwards and backwards, and perform 10 of these larger circles in both directions.
- Targets deltoids and rotator cuff.

STATIC STRETCHES GROUP B

Static stretches are held in a challenging but comfortable position for a period of time, usually somewhere between 15 and 45 seconds. Static stretching is the most common form of stretching and is considered safe and effective for improving overall flexibility.

These static stretches should be done at the conclusion of practice, as they relax the muscles and aid in recovery.

ARMS/SHOULDERS

Overhead Triceps Stretch

- Flex the shoulder, flex the elbow and move hand on top of the spine between the scapulae (shoulder blades).
- Take opposite hand and pull at the elbow toward spine and midline of the body.
- Maintain neutral pelvic and spine (head) position; look forward.
- Hold stretch for 45 seconds.

Posterior Deltoid Stretch

- Horizontally adduct the shoulder at 90 degrees.
- Move other arm underneath and flex the elbow to hold position of the horizontally adducted arm.
- Maintain neutral pelvic and spine position; push chest out; look forward.
- Hold stretch for 45 seconds.

Latissimus Dorsi Stretch

- Fully abduct shoulders until arms are overhead.
- Flex the elbows and grasp the elbows with both hands; maintain a neutral head position; look forward.
- Lean trunk to the left (left lumbar lateral flexion), use the left hand and pull the right elbow toward the head.
- Perform stretch on both sides.
- Hold stretch for 45 seconds on both sides.

Anterior Deltoid Shoulder Stretch

- Stand perpendicular to a wall/object; shoulder faces wall/object.
- Horizontally abduct shoulder to 90 degrees, extend elbow and supinate hand position; raise arm behind the torso until hand is in line with shoulder; palm of the hand touches the wall/object.
- Maintain neutral pelvic and spine position; push chest out; look forward.
- Hold stretch for 45 seconds.

LOWER BODY

Butterfly Stretch

- Place floor mat on the ground.
- Sit down, abduct hips, flex knees and move feet together.
- Place hands on top of the knees and slowly push knees toward the ground.
- Hold stretch for 45 seconds.

Stretching Calves Stretch

- Stand up straight, take a step, and position one leg in front of the other; place arms against a wall/fence.
- Maintain ground contact with the heel of the rear foot, lean forward, and transition body weight to the front foot.
- Hold stretch for 45 seconds.

Hamstring and Spine Stretch

- Place floor mat on the ground.
- Sit down and abduct hips to a “V” with knees extended.
- Lean forward with upper body and reach for each foot and down the middle of the “V” with both hands.
- Grab toes if possible for an additional calf stretch.

Glute Stretch: Knee to Chest

- Place floor mat on the ground.
- Lay down in supine position (face up) and keep legs close together with toes pointing straight upwards.
- Flex one hip to 90 degrees, hold leg with both hands below the knee, and pull it toward the chest.
- Maintain neutral spine and pelvic position.
- Hold stretch for 45 seconds.

Seated Piriformis Stretch

- Place floor mat on the ground.
- Lay down in supine position (face up) and flex the knees.
- Flex the right hip, thereby bringing the right knee closer to the body; position the right ankle just below the flexed left knee.
- Move the upper body off the ground and toward the knees until stretch can be felt in the buttocks; place arms behind the body on the ground to hold position.
- Hold stretch for 45 seconds.
- Switch legs.

Erector Spine Stretch

- Place floor mat on the ground.
- Lay down in supine position (face up); head remains ground contact.
- Flex hips and knees to 90 degrees; knees are shoulder-width apart.
- Grab the lower hamstring with both hands and pull knees toward chest/shoulders.
- Maintain neutral spine position (head ground contact); hips can come off the ground.

Oblique Stretch Targets Trunk Rotators

- Place floor mat on the ground.
- Lay down in supine position (face up); knees are shoulder-width apart.
- Flex knees to 90 degrees.
- Place hands behind the head (90 degrees of shoulder abduction).
- Externally rotate trunk, thereby bringing knees toward the ground, while maintaining ground contact with both scapulae (shoulder blades); upper leg rests on top of lower leg.
- Hold stretch for 45 seconds then perform to the other side.

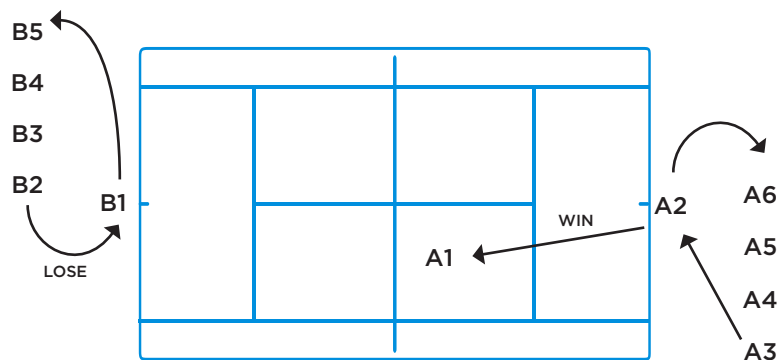


LARGE GROUP GAMES

WIPEOUT

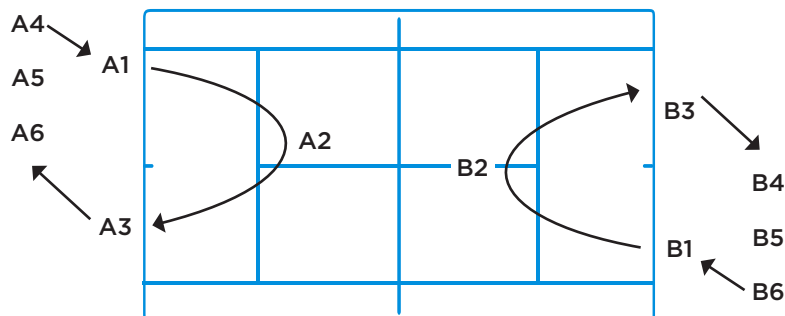
The group is divided into 2 teams of at least 5 players each. Each team stands in a line along the back fence on opposite sides of the court. To begin, 1 player from each team plays a singles point beginning with a self-feed from the baseline. After the point, the winner stays on the court and adds a new player from their team to their side of the court. The player who loses the point goes to the end of their line and the next player self-feeds the ball to the winning side who has added a new player.

The game usually seesaws back and forth with teams adding players and then getting wiped out! The goal of this game is to win a point with all of your teammates on the court.



TRIPLES

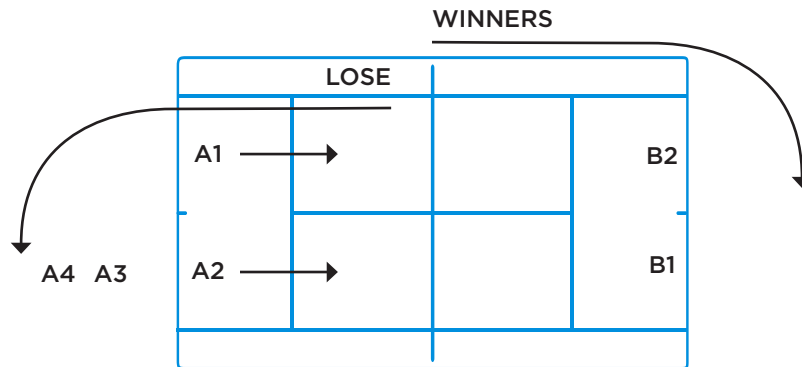
In this game, players are divided into 2 teams of three to 6 players. Each side forms a triangle on their side of the court with 1 person at the center service "T" and 2 players behind the baseline. Extra players wait at the back fence to fill in from the baseline after each point. The ball is self-fed by a player on the baseline (the net player is not allowed to hit the first fed ball) and the point is played out using the doubles court. After each point, players rotate clockwise.



BEAT THE CHAMP DOUBLES

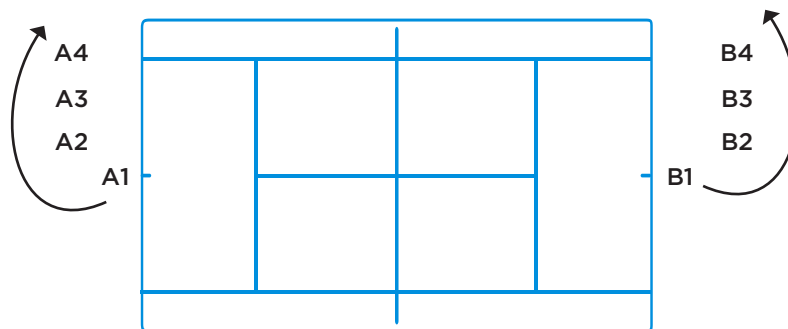
This game requires six to 12 players per court. A “champ” team is on one side of the net and the “challenger” is on the other. To start, the champs assume baseline positions on one side of the court. All challengers wait at the back fence on the opposite side of the court with the first two assuming baseline positions as well. The challengers play three points against the champs.

The ball is self-fed by the challengers to begin each point. The team that wins at least two points assumes the role of champs. If the challengers win, they take the place of the champs by hustling to the other side as the next challenger team counts down 3,2,1 before they feed the ball to the new champs running over. If the challengers lose, they rotate to the end of the challenger line.



TEAM SINGLES PING PONG

In this game, players are divided into 2 teams of 2 to 6 players. Each team takes a different side of the court with one player waiting on the baseline for each. The remaining players on each team are back near the fence but paying close attention. One side self-feeds the ball and then the player immediately rotates out to the end of their team line. The player on the receiving side hits the ball back and immediately rotates out to the end of their team line. The pattern continues like this, with one player on each team rotating in for one shot and then rotating out until one side makes a mistake. When a mistake is made, the winning team is awarded a point and the sequence starts over.

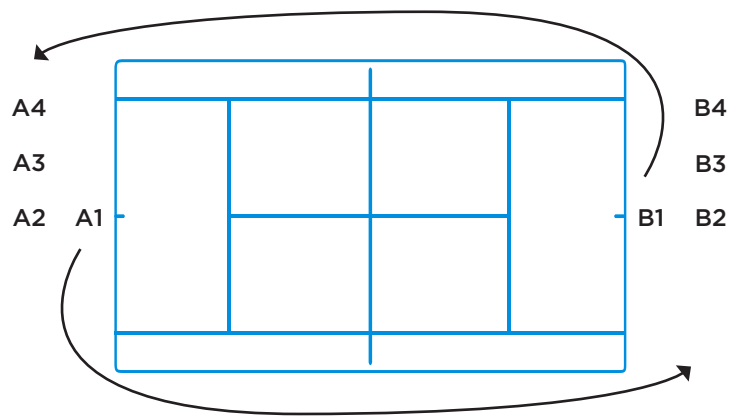


AROUND THE WORLD

This game requires 6 or more players per court. Each side is to have either an equal number of players or one side having no more than one player more than the other. A player from each side of the net begins at the baseline and the ball is self-fed. After a player hits the ball, they must run counter clockwise around the outside of the court to the end of the line on the other side of the net. Players continue in this manner until a mistake is made.

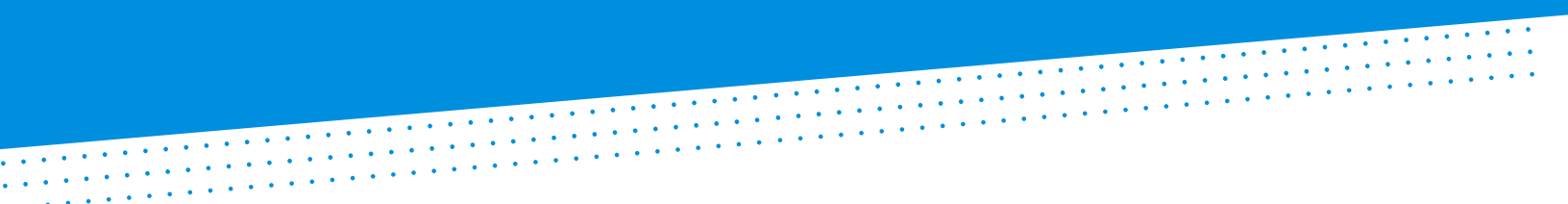
Depending on the number of players, a coach may want to give players *strikes* to ensure the game lasts a desirable amount of time. *Strikes* are just another word for chances; example, a player misses their first shot but they still run clockwise to the other side of the court because the coach gave everyone **3 strikes** at the beginning so they still have the opportunity to miss one more while still staying in the game.

It's important to note, when the number of players on each side is uneven, always have the side with the greater amount of players feed the first ball. If you don't, the lines will get too unbalanced for the game to continue.





PRACTICE PLANS



PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: LOWER BODY CONDITIONING DAY I

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks
- Slowly begin stretching muscles

2. Lower Body Strength:

15 Min

- Squats toes facing forward 10 x 1
- Squats toes facing outward 10 x 1
- Lunges each leg forward 10 x 1
- Lunges each leg backward 10 x 1
- Lunges side each leg 10 x 1

3. Ankle/Leg Stability:

10 Min

- Hop on right leg, with left leg lifted from ground for 45 second each x 1
- If partner is available stand on one leg and have partner toss your tennis ball 10 x 1 each leg
- Calf Raises 10 x 1

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: UPPER BODY AND ABS CONDITIONING DAY I

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks
- Slowly begin stretching muscles

2. Upper Body Strength:

15 Min

- Mountain Climber 20 seconds x 1
- Burpees 20 seconds x 1
- Push-ups 15 x 1
- Triceps Dip 10 x 1
- Arm Circles 30 seconds x 1 time each way

3. Ab/Core Strength:

10 Min

- Forward Plank 30 seconds x 1
- Side Plank Right side 30 seconds x 1
- Side Plank Left Side 30 seconds x 1
- Bicycle Crunch 30 touches each side x 1
- Russian Twist 30 touches each side x 1

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: LOWER BODY CONDITIONING DAY 2

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks
- Slowly begin stretching muscles

2. Lower Body Strength:

15 Min

- Squats toes facing forward 10 x 1
- Squats toes facing outward 10 x 1
- Lunges each leg forward 10 x 1
- Lunges each leg backward 10 x 1
- Lunges side each leg 10 x 1

3. Ankle/Leg Stability:

10 Min

- Hop on right leg, with left leg lifted from ground for 45 second each x 1
- If partner is available stand on one leg and have partner toss your tennis ball 10 x 1 each leg
- Calf Raises 10 x 1

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: UPPER BODY AND ABS CONDITIONING DAY 2

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks
- Slowly begin stretching muscles

2. Upper Body Strength:

15 Min

- Mountain Climber 20 seconds x 1
- Burpees 20 seconds x 1
- Push-ups 15 x 1
- Triceps Dip 10 x 1
- Arm Circles 30 seconds x 1 time each way

3. Ab/Core Strength:

10 Min

- Forward Plank 30 seconds x 1
- Side Plank Right side 30 seconds x 1
- Side Plank Left Side 30 seconds x 1
- Bicycle Crunch 30 touches each side x 1
- Russian Twist 30 touches each side x 1

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: LOWER BODY CONDITIONING DAY 3

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks

2. Lower Body Strength:

15 Min

- Squats toes facing forward 10 x 2
- Squats toes facing outward 10 x 2
- Lunges each leg forward 10 x 2
- Lunges each leg backward 10 x 2
- Lunges side each leg 10 x 2

3. Ankle/Leg Stability:

10 Min

- Hop on right leg, with left leg lifted from ground for 45 second each x 2
- If partner is available stand on one leg and have partner toss your tennis ball 10 x 2 each leg
- Calf Raises 10 x 2

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRE-SEASON PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: UPPER BODY AND ABS CONDITIONING DAY 3

1. Heart Raiser:

10 Min

- Jog- forwards and back
- Skip- forwards and back
- Side Shuffle facing same direction
- High Knees
- Butt Kicks
- Slowly begin stretching muscles

2. Upper Body Strength:

15 Min

- Mountain Climber 20 seconds x 2
- Burpees 20 seconds x 2
- Push-ups 15 x 2
- Triceps Dip 10 x 2
- Arm Circles 30 seconds x 2 times each way

3. Ab/Core Strength:

10 Min

- Forward Plank 30 seconds x 2
- Side Plank Right side 30 seconds x 2
- Side Plank Left Side 30 seconds x 2
- Bicycle Crunch 30 touches each side x 2
- Russian Twist 30 touches each side x 2

4. Cardio:

30 Min

- Elliptical, Treadmill, or Track for 30 minutes at moderate speed

5. Cool Down Stretching:

10 Min

Total Time: 75 minutes

PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK | DAY |

THEME OF PRACTICE: CONTROL THE DIRECTION

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Players are introduced to the racquet control of the day, direction and being able to control the ball left or right.

New skill development:

Time: 10%

All- **i** DL groundstrokes from NML, ping pong rally. **i**: Repeat XC.
C DL groundstrokes from BL, ping pong rally. **C**: Repeat XC.

Serve and serve return:

Time: 20%

All: Introduce serve index and XC returns, servers try to get their “serve number” out of 5 serves.

Drills to reinforce skill development (theme of the day):

Time: 20%

All: **C** DL groundstroke point play from BL. **C**: Repeat XC. Rotate based on numbers.

Games and/or match play:

Time: 20%

All: **C** XC Serve and point play. Begin taking note of players with similar ability levels. Rotate based on numbers.

Large group games:

Time: 10%

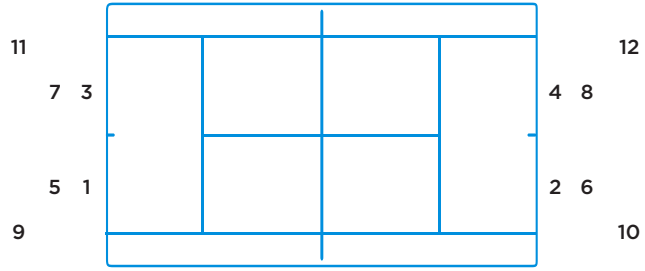
All: Team Singles Ping Pong.

Wrap-up, static stretches, cool down, announcements, and take-home activities

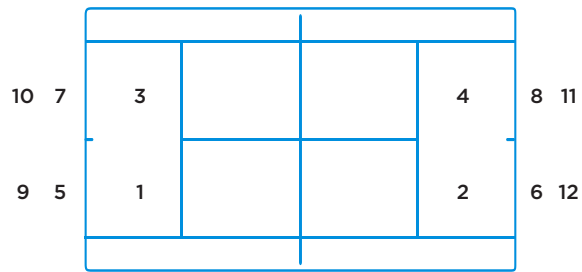
Time: 10%

All: Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.
Homework: have players define what aspiration means to them.

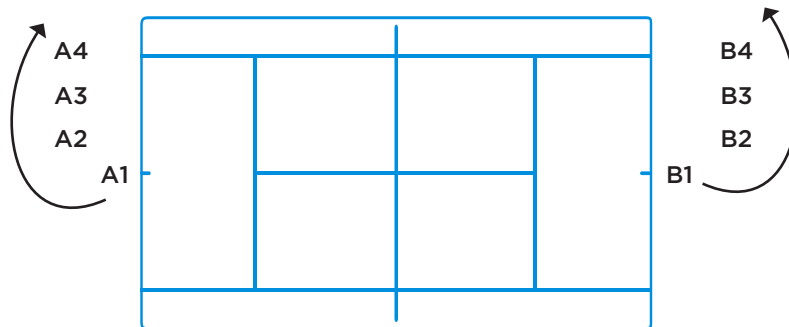
C



i



Team Singles Ping Pong



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 1 DAY 2

THEME OF PRACTICE: CONTROL THE DEPTH

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.

Dynamic stretches should be led by team captains. Partner an older player with a younger player if possible.

Review previously learned skills:

Yesterday was controlling the ball XC or DL. Today, players are introduced to the control of the day, depth and being able to control the ball deep or short in the court.

New skill development:

Time: 10%

All- **i** DL groundstrokes from NML, ping pong rally, ball must bounce inside SL. **i** Repeat XC.

C DL groundstrokes from BL, ping pong rally, ball must bounce behind SL. **C** Repeat XC.

Serve and serve return:

Time: 20%

All- Reinforce serve index and XC returns, servers try to get their “serve number” out of 5 serves, returners looking to hit returns past SL.

Drills to reinforce skill development (theme of the day):

Time: 20%

All- **B** DL one player on SL one player on BL cooperative rally. SL player tries to hit volleys that land past SL, BL tries to hit balls above the waist of volleyer, make sure players change roles. **B** Repeat XC. Rotate based on numbers.

Games and/or match play:

Time: 20%

All- **C** DL Groundstrokes from BL, player must come to net if ball lands inside SL on their side. **C** Repeat XC. Rotate based on numbers.

Large group games:

Time: 10%

All- Around the World.

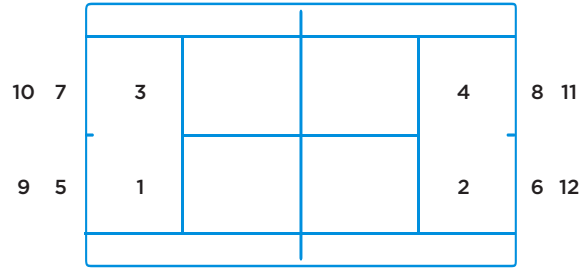
Wrap-up, static stretches, cool down, announcements, and take-home activities

Time: 10%

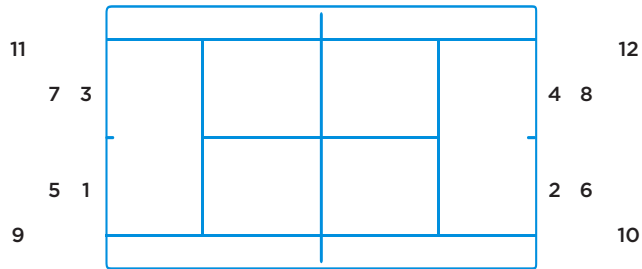
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share what aspiration means to them.

Homework: have players define what confidence means to them.

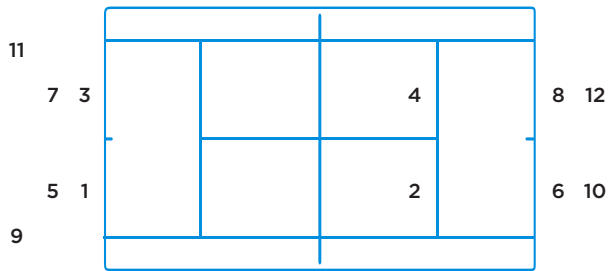
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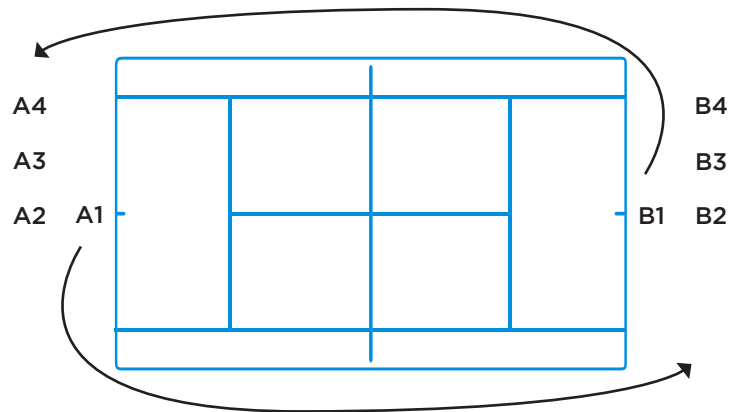
C



B



Around the World



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 1 DAY 3

THEME OF PRACTICE: CONTROL THE HEIGHT

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.

Dynamic stretches should be led by team captains. Try to have same older player working with younger player from yesterday.

Review previously learned skills:

Yesterday was controlling the ball deep or short. Today, players are introduced to the control of the day, height, and being able to control the ball high or low.

New skill development:

Time: 10%

All- **i** DL groundstrokes from NML, ping pong rally; one side's goal to hit 2X high as normal while the other side's goal is to hit low over net

C DL groundstrokes from BL, ping pong rally. one side's goal to hit twice as high as normal while the other side's goal is to hit low over net. Make sure players change roles after set amount of time.

Serve and serve return:

Time: 20%

All- Reinforce serve index and XC returns, servers try to get their "serve number" out of 5 serves.

Drills to reinforce skill development (theme of the day):

Time: 20%

All- **B** DL one player on SL one player on BL cooperative rally. BL player begins by hitting a lob and SL player hits OH, repeat as many times as possible.

B XC one player on SL one player on BL cooperative rally. BL player hits ball to SL player who volleys back, sequence continues with BL player attempting to hit low over the net and volleyer attempting to volley back past SL.

Rotate based on numbers.

Games and/or match play:

Time: 20%

All- **B** FC, Drive, Anything, Lob Doubles.

C FC, Feed and Rush Doubles.

Rotate based on numbers

Large group games:

Time: 10%

All- Triples.

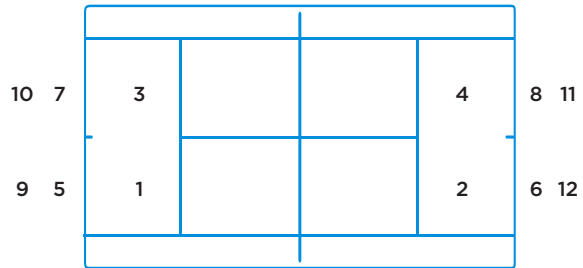
Wrap-up, static stretches, cool down, announcements, and take-home activities

Time: 10%

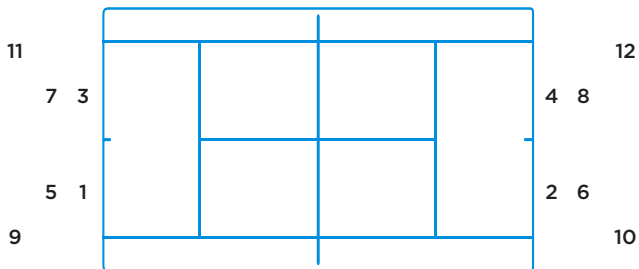
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their confidence assignment.

Homework: ask players to define what courage means to them.

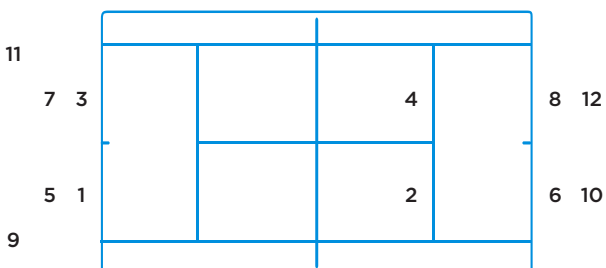
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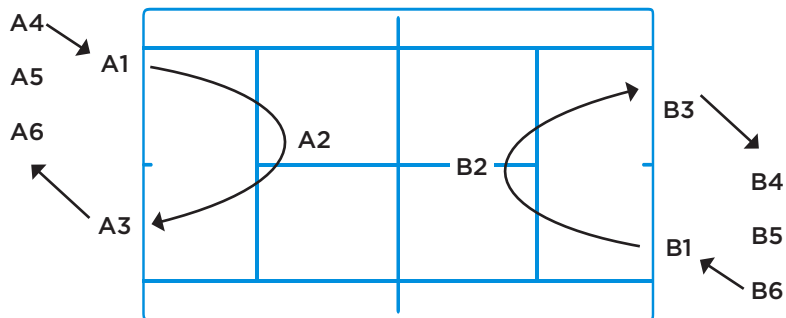
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B



Triples



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 1 DAY 4

THEME OF PRACTICE: CONTROL THE SPIN AND SPEED

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.

Dynamic stretches should be led by team captains. Partner an older player with a younger player if possible.

Review previously learned skills:

Yesterday was controlling the ball high or low. Today, players are introduced to the controls of the day, spin and speed and being able to control the ball accordingly.

New skill development:

Time: 10%

All- **i** DL groundstrokes from NML, ping pong rally, one side hitting topspin and one side hitting underspin.

C DL groundstrokes from BL, ping pong rally; one side hitting topspin and one side hitting underspin.

Make sure players change roles after set amount of time.

Serve and serve return:

Time: 20%

All- Reinforce serve index and XC returns, servers alternating 1st and 2nd serves, returners attempting to hit underspin or chip returns on 1st serves and attacking 2nd serves with aggressive returns.

Drills to reinforce skill development (theme of the day):

Time: 20%

All- **C** DL groundstrokes from BL, teams see how many balls they can get over the net in 1 minute (this demonstrates speed of shot).

C DL groundstrokes from BL, teams see how many balls they can get in a row in 1 minute (utilizing spin to keep ball in play).

Give each player at least 3 rotations each. **C** Repeat XC if time permits.

Games and/or match play:

Time: 20%

All- **C** XC groundstrokes from BL, one side only hits underspin and one side only hits topspin.

C XC Serve points with only 2nd serves. Returners encouraged to be aggressive with return.

Rotate based on numbers.

Large group games:

Time: 10%

All- Beat the Champ Doubles.

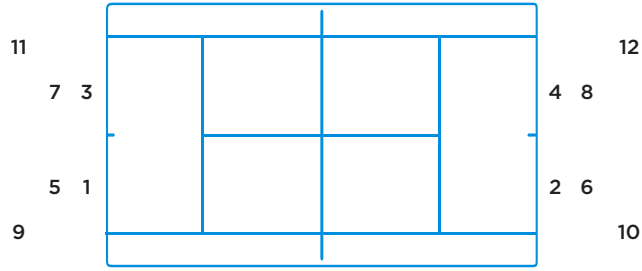
Wrap-up, static stretches, cool down, announcements, and take-home activities

Time: 10%

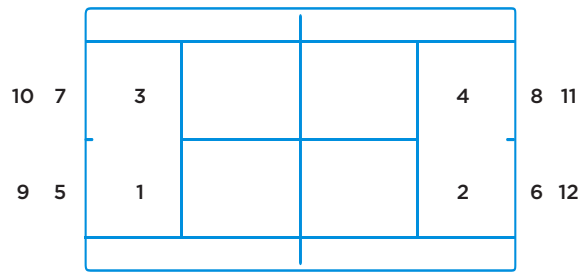
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their courage assignment.

Homework: have players to define what gratitude means to them.

C

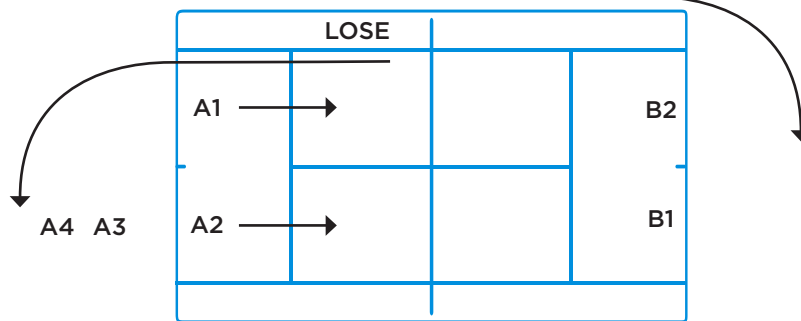


i



Beat the Champ Doubles

WINNERS



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 1 DAY 5

THEME OF PRACTICE: REVIEW THE CONTROLS

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.

Dynamic stretches should be led by team captains. Try to have same older player working with younger player from yesterday.

Review previously learned skills:

Yesterday was controlling the ball with spin and speed. Today, we review activities from the week.

New skill development:

Time: 10%

All- **C** DL groundstrokes from BL, ping pong rally, one side hitting topspin and one side hitting underspin. Make sure players change roles after set amount of time.

B XC from BL, one player on SL one player on BL cooperative rally. SL player tries to hit volleys that land past SL, BL tries to hit balls above the waist of volleyer, make sure players change roles.

Serve and serve return:

Time: 20%

All- Reinforce serve index and XC returns, servers alternating 1st and 2nd serves, returners attempting to hit underspin or chip returns on 1st serves and attacking 2nd serves with aggressive returns.

Drills to reinforce skill development (theme of the day):

Time: 20%

All- **C** DL one player on SL one player on BL cooperative rally. BL player begins by hitting a lob and SL player hits OH, repeat as many times as possible.

C XC groundstrokes from BL, player must come to net if ball lands inside SL on their side.

Rotate based on numbers.

Games and/or match play:

Time: 20%

All- **C** XC Groundstrokes from BL, 4,2,1, Scoring.

C XC Serve and point play, 4,2,1 Scoring.

Rotate based on numbers.

Large group games:

Time: 10%

All- Team Singles Ping Pong.

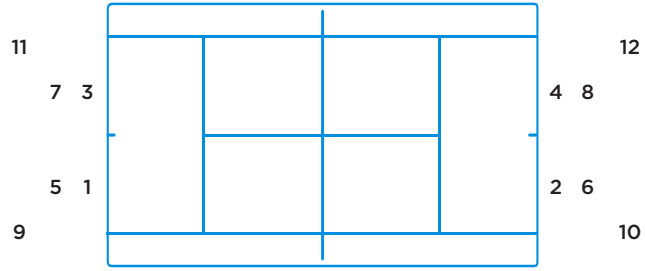
Wrap-up, static stretches, cool down, announcements, and take-home activities

Time: 10%

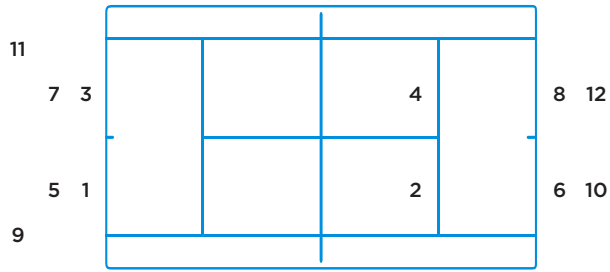
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their gratitude assignment.

Homework: have players think what leadership means to them.

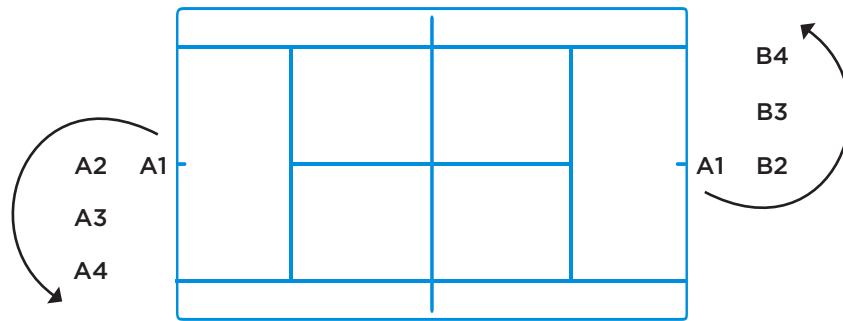
C



B



Team Singles Ping Pong



PRACTICE PLAN

START TIME — END TIME _____

DATE: WEEK 2 DAY 1

THEME OF PRACTICE: REVIEW THE CONTROLS

Warm up: Dynamic stretches

Time: 10%

All: Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Review the controls.

New skill development:

Time: 10%

S- **i** - XC groundstrokes from NML, Ping Pong.

C - XC groundstrokes from BL, Ping Pong.

D- Introduce the Doubles 36-foot warm up and **B** 2 up, 2 back, warm up.

Serve and serve return:

Time: 20%

All: Servers will focus on hitting wide targets, returners focus on returning wide XC.
Make sure players get to serve and return.

Drills to reinforce skill development (theme of the day):

Time: 20%

All:

B - DL one player on SL one player on BL cooperative rally. BL player begins by hitting a lob and SL player hits OH, repeat as many times as possible.

B - XC one player on SL one player on BL cooperative rally. BL player hits ball to SL player who volleys back, sequence continues with BL player attempting to hit low over the net and volleyer attempting to volley back past SL.

Rotate based on numbers.

Games and/or match play:

Time: 20%

All:

C - XC groundstrokes from BL, players focused on moving their opponent wide off the court.

C - XC groundstrokes from BL, players rally with slice only, player must approach net when ball bounces inside SL on their side.

Rotate based on numbers.

Large group games:

Time: 10%

All: Beat the Champ Doubles.

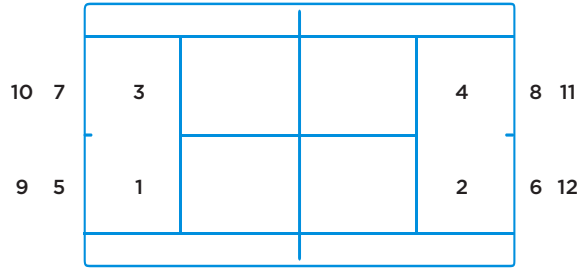
Wrap-up, static stretches, cool down, announcements, and take-home activities:

Time: 10%

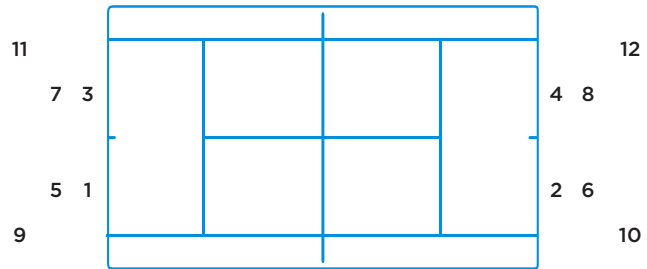
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their leadership assignment.

Homework- have players think what persistence means to them.

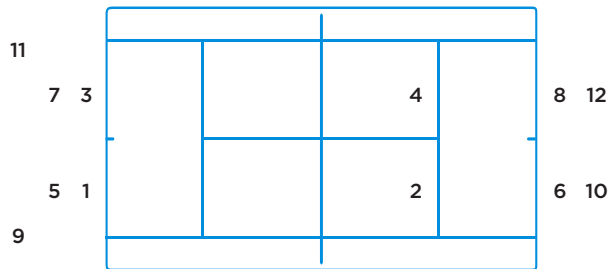
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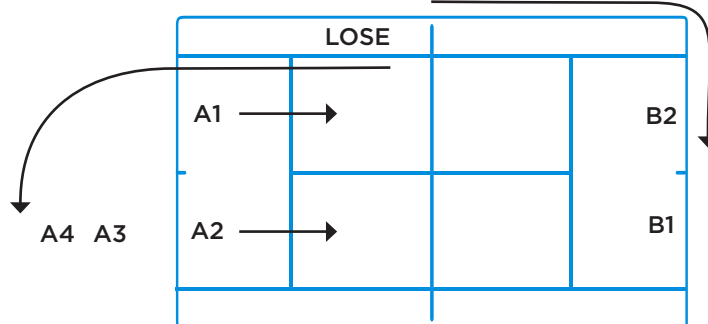


B



Beat the Champ Doubles

WINNERS



PRACTICE PLAN

START TIME — END TIME _____

DATE: WEEK 2 DAY 2

THEME OF PRACTICE: CREATE AN OPENING

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Using the controls to create an opening.

New skill development:

Time: 10%

S- **i** DL groundstrokes from NML, Ping Pong. **C** DL groundstrokes from BL, Ping Pong.
D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return:

Time: 20%

S- Serve Index with 5 serves, returner looks to get the ball back in play XC.
D- Servers focusing on wide serves and “T” serves, returners with XC return off wide serve and down the line return off “T” serve.
Make sure players get to serve and return.

Drills to reinforce skill development (theme of the day):

Time: 20%

All- **D** One Ball Live volley to volley from SL.
C One Ball Live groundstrokes from BL.
Rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** XC groundstrokes from BL, player must hit ball that lands in alley before they can win a point.
C XC groundstrokes from BL, clean winner from groundstroke worth 2 points. Rotate based on numbers.
D- **E** **F** FC, doubles match play focusing on returner ball cross court to start point, hitting ball in-between partners.
Rotate based on numbers.

Large group games:

Time: 10%

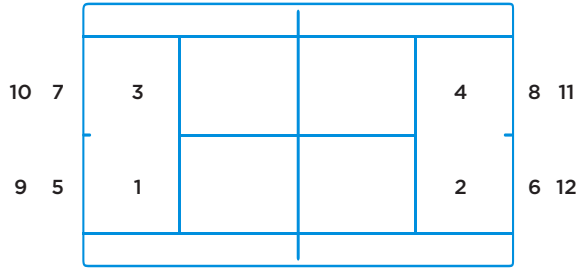
All- Wipeout.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

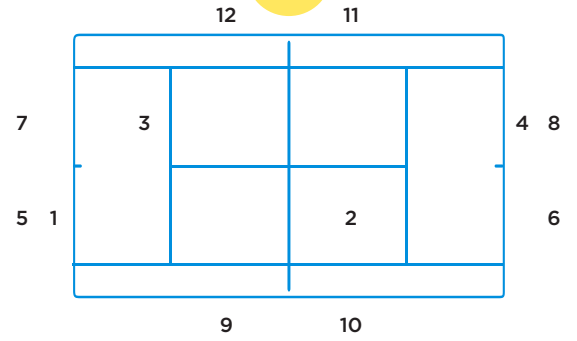
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their persistence assignment.
Have players rate their effort on the day.
Homework: have players think what resilience means to them.

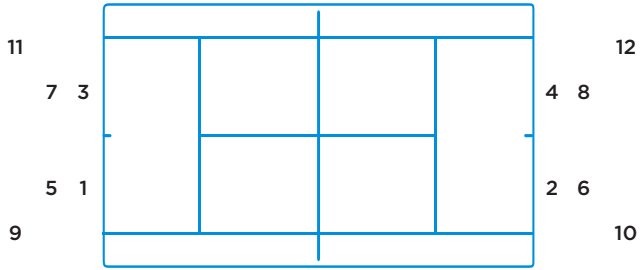
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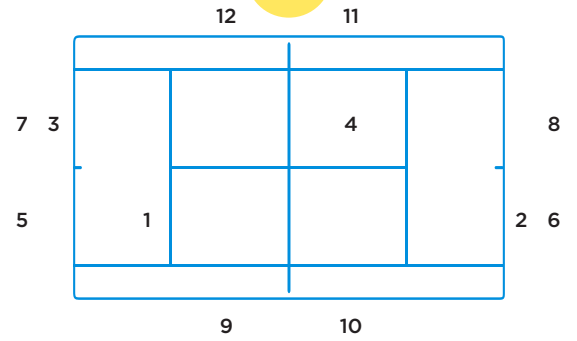
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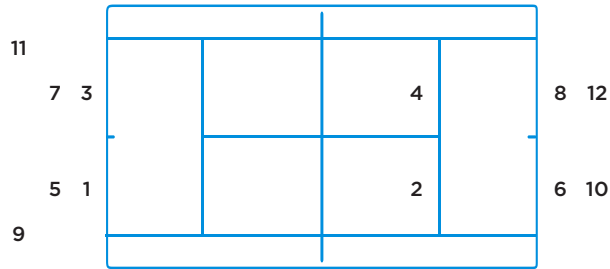
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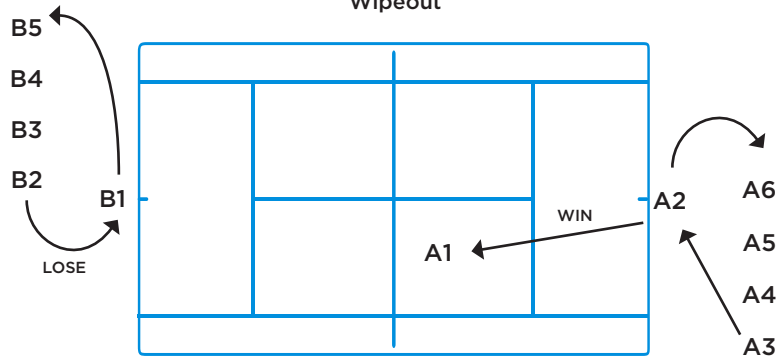
F



B



Wipeout



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 2 DAY 3

THEME OF PRACTICE: CREATING AN OPENING AND IDENTIFYING A WEAKNESS

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Creating an opening.

New skill development:

Time: 10%

S- **C** DL groundstrokes from BL, Ping Pong.

C Repeat XC.

D- 36-foot warm up. (B) 2 up 2 back warm up.

Serve and serve return:

Time: 20%

S - Servers focus on serves into body of returner, returners focus on depth past SL on return.

D - Servers focus on serves into body of returner, returners lob return to either deuce or ad side.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstroke points from BL, when one of the player's balls falls in the service box the other player must hit an aggressive shot and come to net. Rotate based on numbers.

D - **E F** FC, 1 up 1 back doubles for the feeding side and receivers start with both players on BL, BL player feeds a ball wide XC, opposing BL player must hit up the line to net player, then point starts (when hit wide off court, net player always moves in the direction of ball). Play one point from deuce side and one point from ad side and rotate.

Games and/or match play:

Time: 20%

S - **C** DL groundstrokes from BL, Team Singles Ping Pong.

C Repeat XC.

D - **C** XC serve and volley points, first and second serves, team singles format.

Rotate based on numbers.

Large group games:

Time: 10%

All- Triples.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

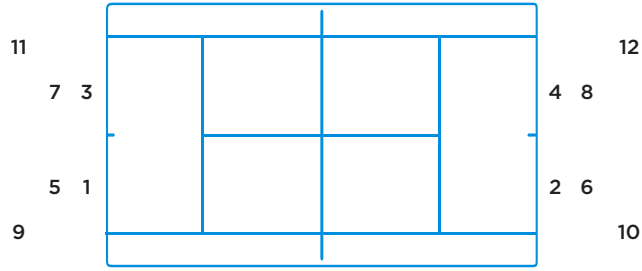
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their resilience assignment.

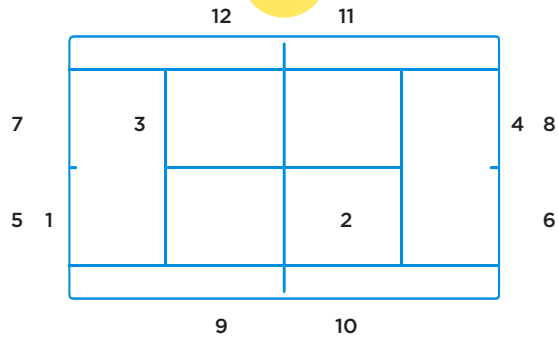
Have players rate their effort for the day.

Homework: have players think what teamwork means to them.

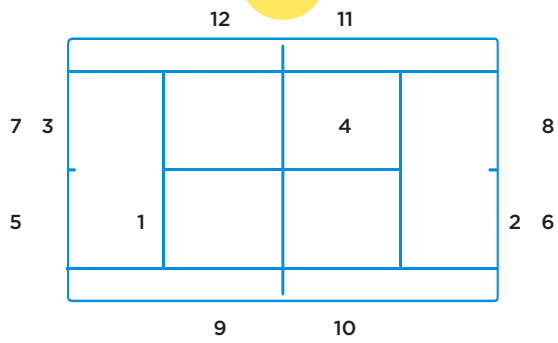
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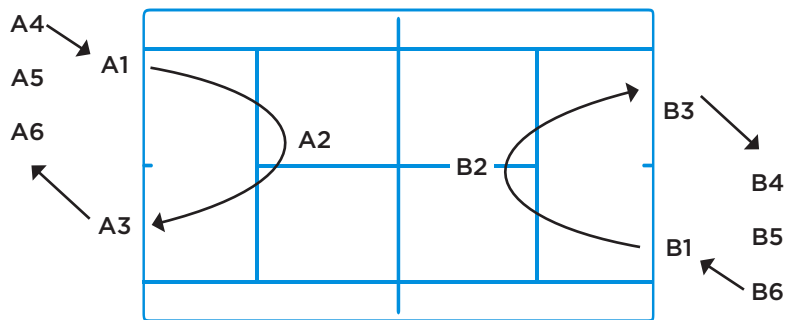
E



F



Triples



PRACTICE PLAN

START TIME — END TIME _____

DATE: WEEK 2 DAY 4

THEME OF PRACTICE: LOOKING FOR WEAKNESSES

Warm up: Dynamic stretches

Time: 10%

All- High skips down, long skips back. Walking side hip stretch down, carioca back. Big arm circles down, little arm circles back.

Dynamic stretches should be led by team captains.

Review previously learned skills:

Identifying a weakness.

New skill development:

Time: 10%

S- **C** DL groundstrokes from BL, Ping Pong.

C Repeat XC.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return:

Time: 20%

S- Introduce spin serve to returner's backhand, returners aim XC on return.

D- Serve down the "T" with spin, returners aim XC on return.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **B** DL Team Singles points with feeding player on BL and other player with racquet on net, BL player feeds lob, net player hits OH, play out point. Repeat XC. Rotate based on numbers.

D- **B** FC, 2 up 2 back, up team starts with racquet touching the net, other side feeds lob, net player hits OH, play out point, feed ball from deuce side then ad side. Rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** XC serving team singles points, one serve only, return side must attack and come to net immediately.

Rotate based on numbers.

D- **E F** FC, 1 up 1 back serving points, one serve only (spin serve), return side must lob net man and follow it in to play out point, serving side serves from deuce then ad side. Rotate based on numbers.

Large group games:

Time: 10%

All- Beat the Champ Doubles.

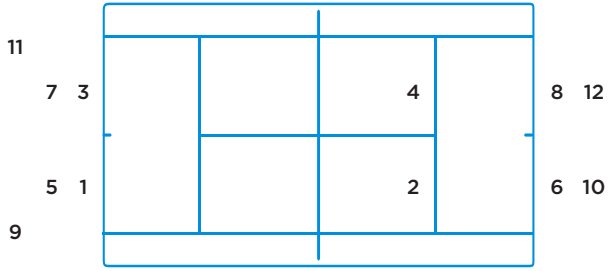
Wrap-up, static stretches, cool down, announcements, and take-home activities:

Time: 10%

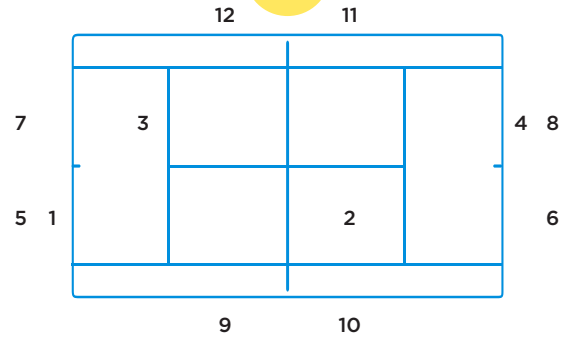
All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their thoughts team and teamwork. Define a team goal for the season! Have players rate their effort for the day.

Homework: have players think of one way they will contribute to team's goal.

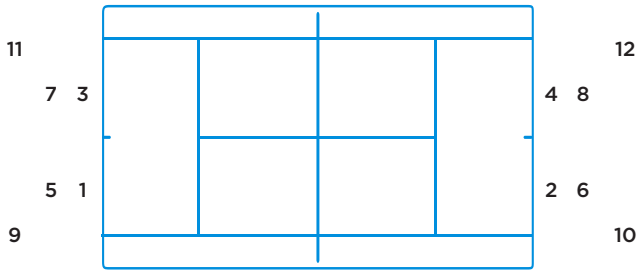
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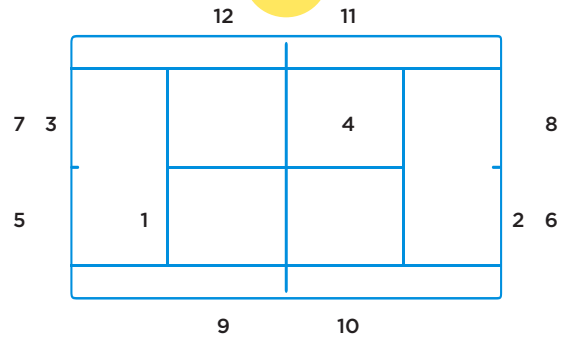
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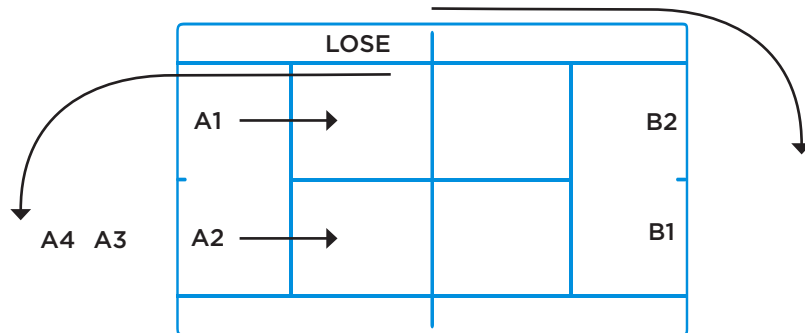


F



Beat the Champ Doubles

WINNERS



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 2 DAY 5

THEME OF PRACTICE: REVIEW WEEK 2

Warm up: Dynamic stretches**Time: 10%**

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Using the controls, creating an opening and looking for weaknesses.

New skill development:**Time: 10%**

- S- **C** DL groundstrokes from BL, one player hits slice only and other player hits topspin only.
C Repeat XC. Rotate based on numbers.
D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return:**Time: 20%**

- S- 1st serves to targets (opponent's body), returners aim to block return with chip or slice.
D- 2nd serves to targets (opponent's backhand), returners aim to hit return XC in alley.

Drills to reinforce skill development (theme of the day):**Time: 20%**

- S- **i** DL from NML, Team Singles, first ball must be taken out of air, with both players rushing the net to play out point. Play 2 points and rotate. Rotate based on numbers.
i Repeat with Fly Rule.
D- **i** FC, All players begin in NML, first ball must be taken out of air, with all players rushing the net to play out point, play first feed from deuce side and second feed from ad side. Rotate based on numbers.
i Repeat with Fly Rule.

Games and/or match play:**Time: 20%**

- S - **C** XC groundstrokes from BL, Team Singles, any point won at the net is worth 2.
Repeat with serve points.
D- **C** FC, All players begin at BL, the only way a point can be scored is if both partners are inside service box, players should look to move forwards and attack any short ball, play first feed from deuce side and second feed from ad side.
Rotate based on numbers.

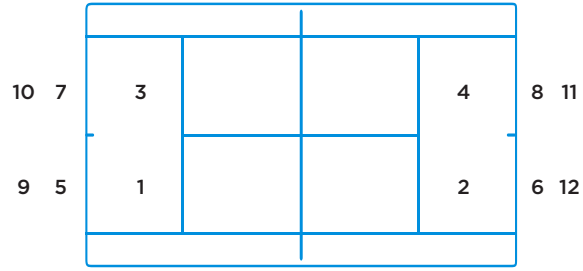
Large group games:**Time: 10%**

All- Wipeout.

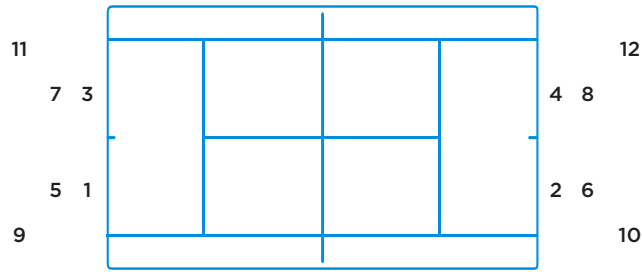
Wrap-up, static stretches, cool down, announcements, and take-home activities:**Time: 10%**

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice. Have players share their thoughts on how they will contribute to team's goal.

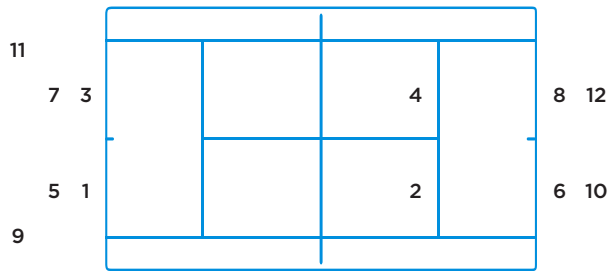
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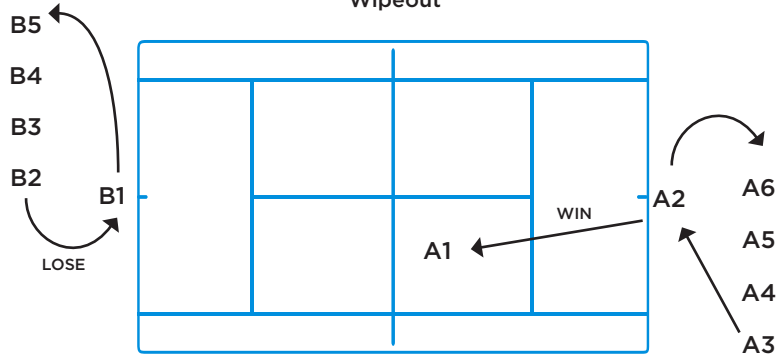
C



B



Wipeout



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 3 DAY 1

THEME OF PRACTICE: REVIEW CONTROLS AND ENGAGE TACTICS

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.

Dynamic stretches should be led by team captains.

Review previously learned skills:

Review five controls from prior weeks.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, players alternate topspin and slice with every other shot.

C Repeat DL.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return:

Time: 20%

S- Serve Index (1/2 or 1/3 court). Returner to focus on deep return past SL:

D- Serve Index (1/2 or 1/3 court). Returner to focus on return at service line.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** DL groundstrokes from BL, one side can only hit underspin and other side can only hit their weaker shot (forehand or backhand). **C** Repeat XC.

D- **K L** FC, I formation with underhand feed, play point first from deuce side, then from ad side.

K L FC, I formation serve points, play point first from deuce side, then ad side (net player uses signals indicating which way they'll move). Rotate based on numbers.

Games and/or match play:

Time: 20%

S- **M** DL 2nd serve straight ahead to returner located on SL, returner volleys and plays point out, 2nd point played by player in serve position feeding lob to returner who now has racquet touching net.

C DL groundstrokes from BL, point begins when one player hits a ball that lands inside the SL.

D- **E F** FC, 1 up 1 back, servers must serve and volley, returners must chip or lob return. Play deuce point and ad point and rotate. Rotate based on numbers.

Large group games:

Time: 10%

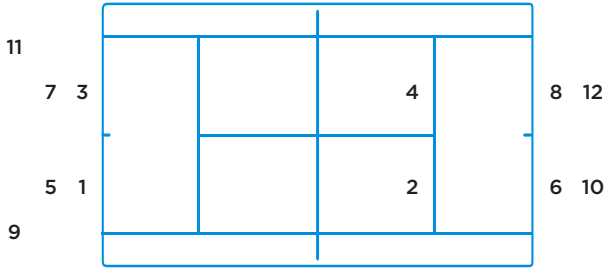
All: Around the World.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

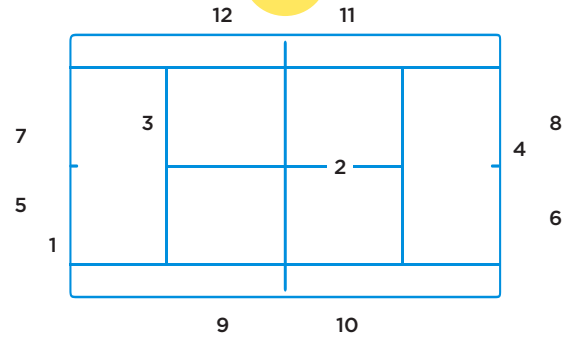
Time: 10%

All- **C** Choose from Stretch Group A or Stretch Group B. Review takeaways from practice; getting comfortable utilizing different tactics to win points.

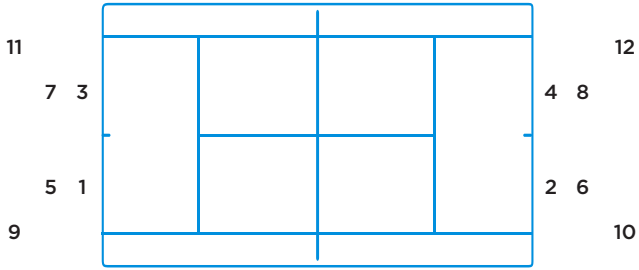
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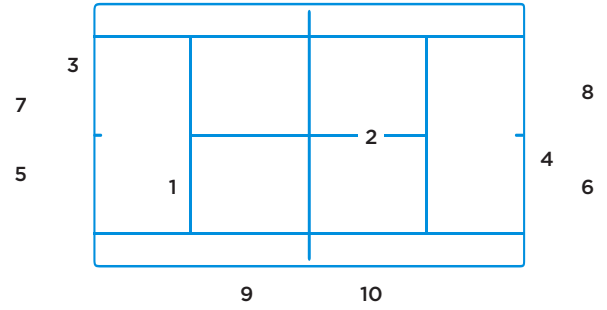
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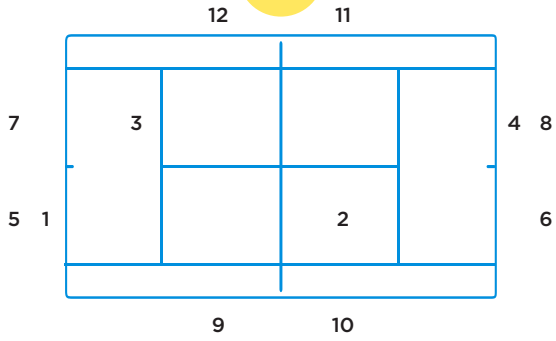
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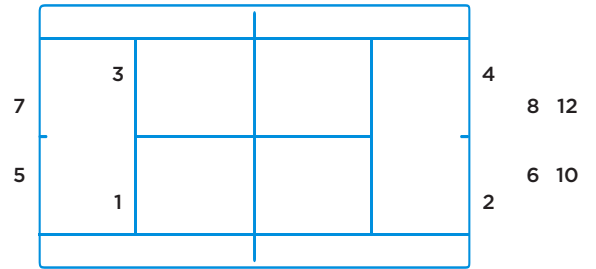
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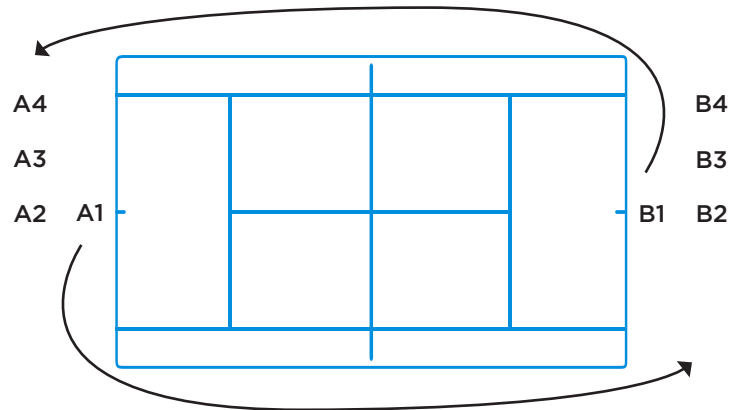
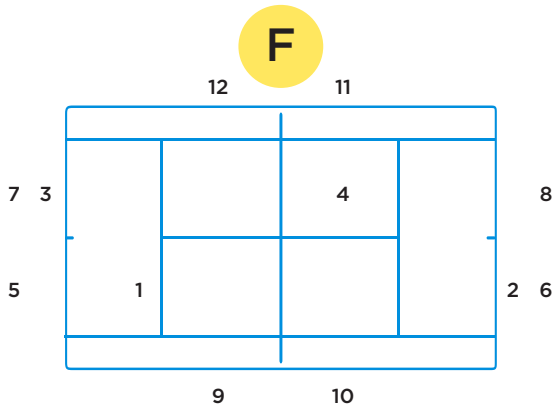
E



M



Around the World



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 3 DAY 2

THEME OF PRACTICE: ATTACKING MENTALITY AND MATCH PLAY

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Remind players of tactics from day before.

New skill development:

Time: 10%

S- **C** DL groundstrokes from BL, players should be told to accelerate through their shots aggressively on slower balls.

Rotate based on numbers.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

S- All 1st Serves. Returner to focus on aggressive XC returns.

D- All 1st Serves. Returner to focus on aggressive XC returns.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** DL serve points. Player serves a 2nd serve and the returner hits the ball down the line and plays out point. Play 2 before rotating. Rotate based on numbers.

D- **E F** FC, 1 up 1 back serve points, player serves, returner must hit down the line to begin point, serve on both deuce and ad side.

Rotate based on numbers.

Games and/or match play:

Time: 20%

All: Match Play.

All others not taking part in match play should XC Serve Beat the Champ.

Large group games:

Time: 10%

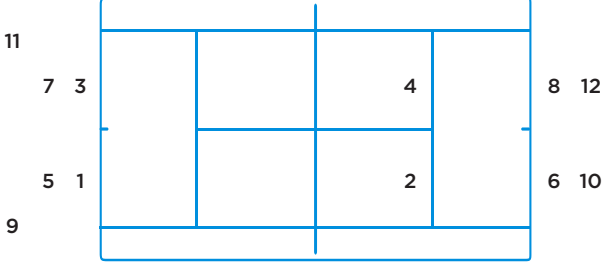
All: Triples.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

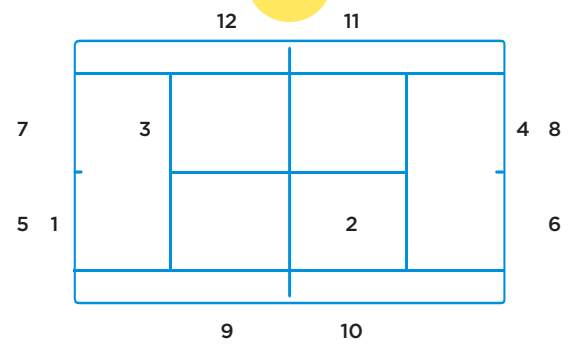
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice; taking the opportunity to attack on the first ball possible.

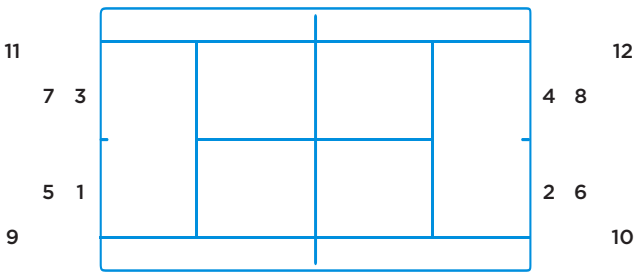
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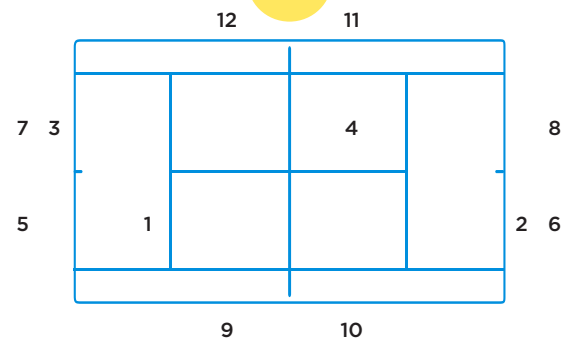
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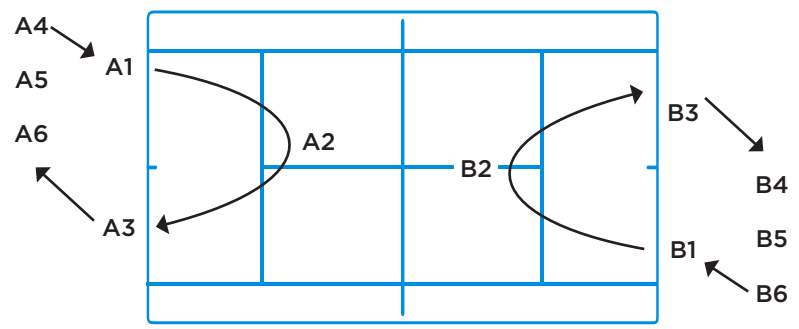
C



F



Triples



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 3 DAY 3

THEME OF PRACTICE: PLAYING AGAINST DIFFERENT STYLES OF PLAY

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Revisit attacking mentality of hitting down the line to be aggressive.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, one player to hit with only topspin and the other only underspin. Rotate based on numbers.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- XC serve points, server must serve and volley, returner hits ball XC with emphasis on hitting off-pace return.

Rotate based on numbers.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, one player will be in defensive mode only allowed to hit off pace, lob-like balls, other player will look to attack and be aggressive rather than engage in lob to lob rally.

C Repeat DL. Rotate based on numbers.

D- **E** **F** FC, 1 up, 1 back serve points, server serves, and returner must hit down the line, point is played out, repeat on ad side. Rotate based on numbers.

Games and/or match play:

Time: 20%

All: Live Ball Match Play.

All others not taking part in match play should XC Serve Beat the Champ but with 2nd serves only.

Large group games:

Time: 10%

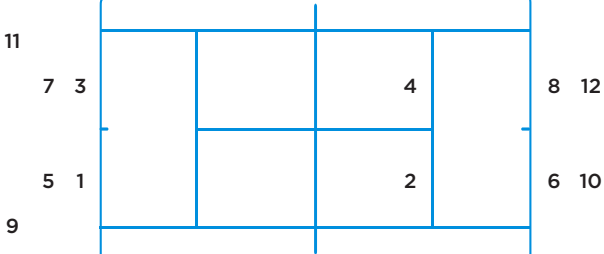
All: Wipeout.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

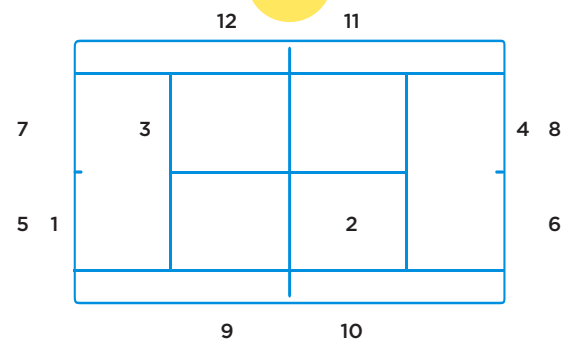
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice; identifying different styles of play and how to play against them.

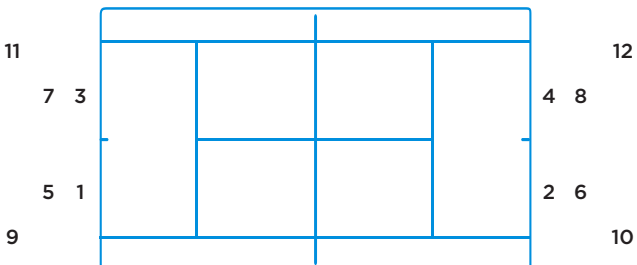
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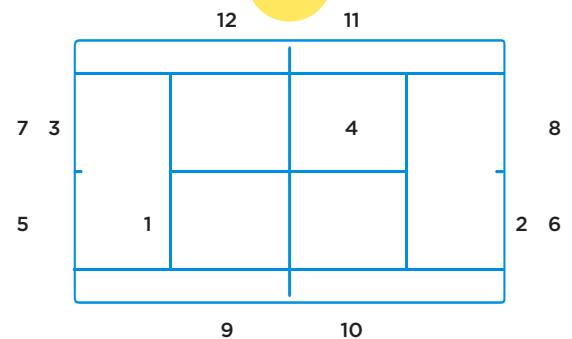
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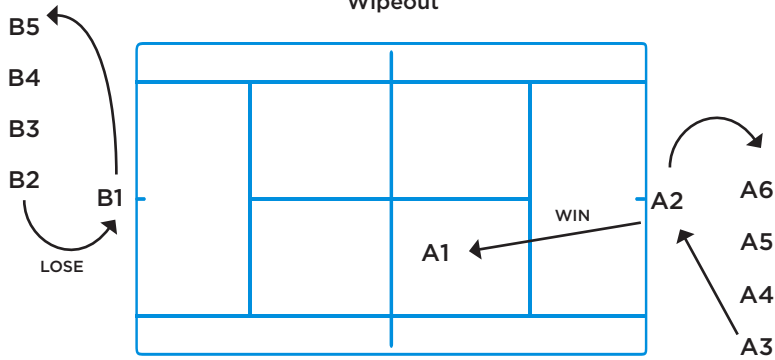
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F



Wipeout



PRACTICE PLAN

START TIME — END TIME _____ DATE: WEEK 3 DAY 4

THEME OF PRACTICE: MATCH SCENARIOS

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Becoming comfortable playing against different styles of players and utilizing different tactics.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, both players attempting heavy topspin.
C Repeat DL. Rotate based on numbers.
D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

S- Server must hit wide and returner must hit XC.
D- Server must serve down the T, returner must hit XC.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, one player will be in defensive mode only allowed to hit off pace, lob-like balls, other player will look to attack and be aggressive rather than engage in lob to lob rally.
C Repeat DL. Rotate based on numbers.
D- **E F** FC, 1 up 1 back serve points, player serves, and returner must hit slice or lob return, point is played out on deuce side, repeat on ad side. Rotate based on numbers.

Games and/or match play:

Time: 20%

All: Live Ball Match Play, servers are up 30-0 in each game.
All others not taking part in match play should XC Serve Beat the Champ but server must serve and volley.

Large group games:

Time: 10%

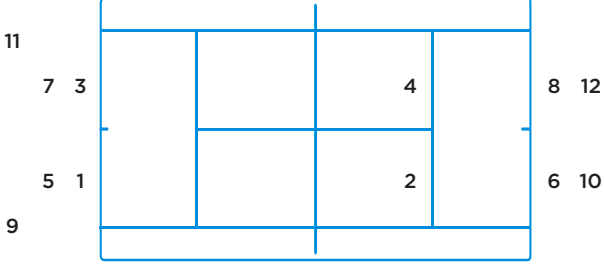
All: Beat the Champ Doubles.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

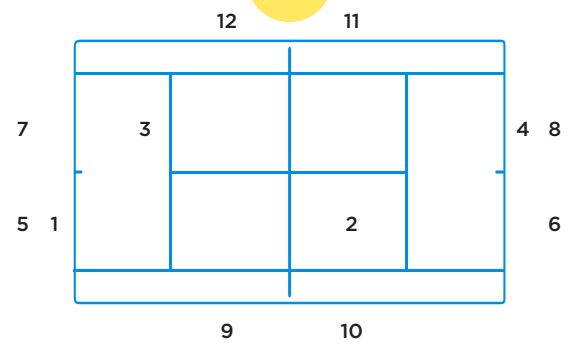
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice; getting more comfortable with different styles of play and how to play against them.

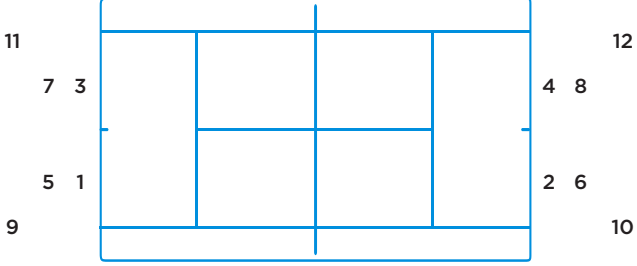
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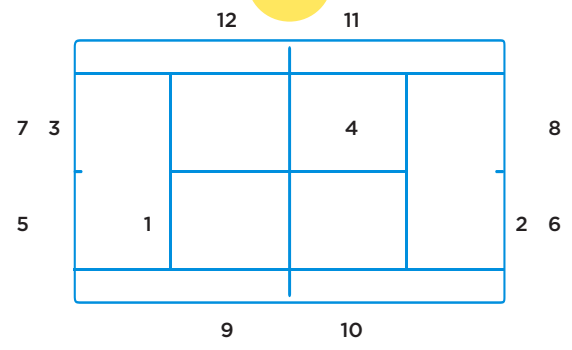
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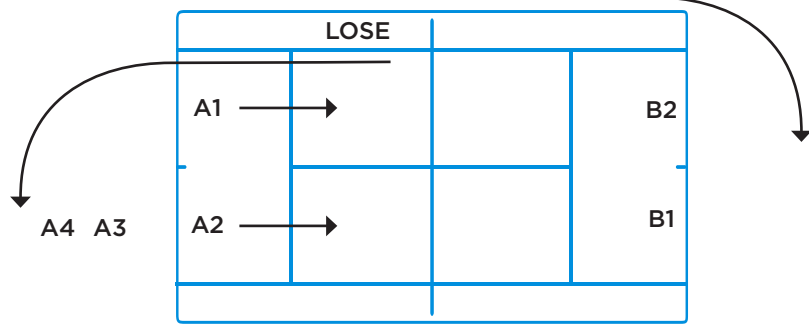


F



Beat the Champ Doubles

WINNERS



PRACTICE PLAN

START TIME — END TIME _____

DATE: WEEK 3 DAY 5

THEME OF PRACTICE: LOOKING TO END POINTS

Warm up: Dynamic stretches

Time: 10%

All- Choose from Stretch Group A or Stretch Group B.
Dynamic stretches should be led by team captains.

Review previously learned skills:

Review different play styles and how to play with them.

New skill development:

Time: 10%

S- **C** DL groundstrokes from BL, Ping Pong.
C Repeat XC.
D- 36-foot warm up. **B** 2 up 2 back warm up, DL.

Serve and serve return

Time: 20%

All- XC serve and volley points. Play two and rotate.
Make sure all players get to serve and return.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstroke points from BL, when one of the players balls falls in the service box the other player must hit an aggressive shot and come to net. Rotate based on numbers.
C XC serve points, 4,2,1, Scoring.
D- **B** FC, Drive, Anything, Lob.
E F FC, 1 up 1 back, player serves, and returner must hit XC, net player must look to poach, point is played out on deuce side, repeat on ad side. Rotate based on numbers.

Games and/or match play:

Time: 20%

All: Live ball match play.
All others not taking part in matches, play team 4,2,1 doubles starting from the baseline.

Large group games:

Time: 10%

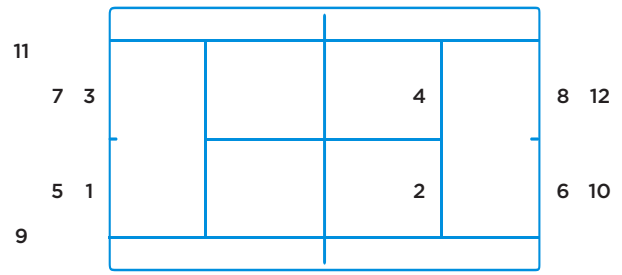
All: Captain's Choice.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

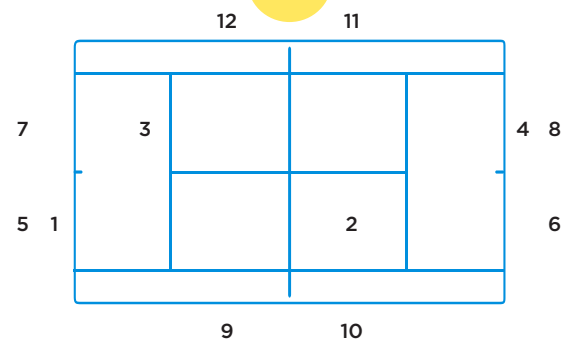
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

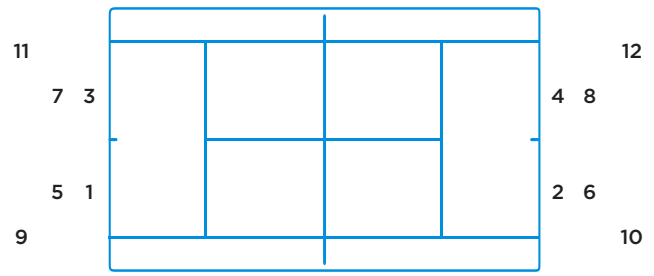
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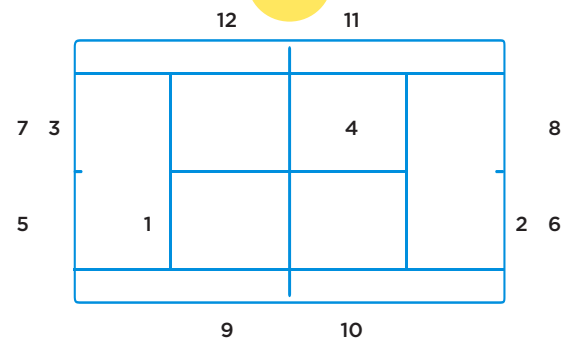
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C



F



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: ASPIRATION

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

All- Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, players must alternate topspin and slice with every other shot.

C Repeat DL.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

S- Serve to target (1/2 or 1/3 court). Returner to focus on deep XC return past service line.

D- Serve to target (1/2 or 1/3 court). Returner to focus on XC return at service line.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** DL groundstrokes from BL, one side can only hit slice and other side can only hit their weaker shot.

C Repeat XC.

D- **K L** FC, I formation with underhand feed from deuce then ad side.

K L FC, I formation with serve from deuce then ad side (net player use signals).

Games and/or match play:

Time: 20%

S- **M** DL 2nd serve straight ahead to returner located on SL, returner half volleys and plays point out, 2nd point played by player in serve position feeding lob to returner who now has racquet touching net. Rotate based on numbers.

C DL rally and point begins when one player hits ball that bounces inside the SL, play 2 and rotate based on numbers.

D- **E F** FC, 1 up 1 back. Servers must serve and volley, returners must chip or lob return. Play deuce point and ad point and rotate.

Large group games:

Time: 10%

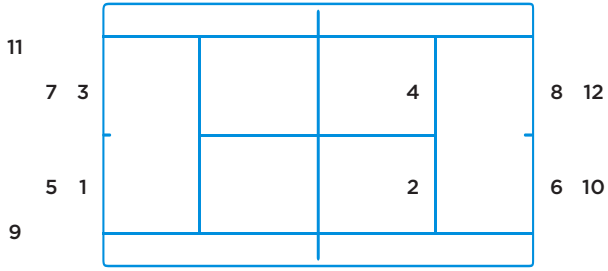
All: Wipeout.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

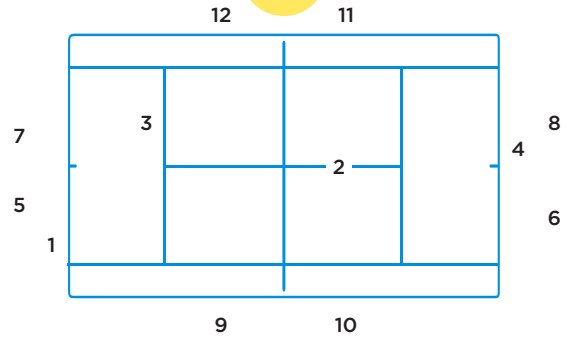
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

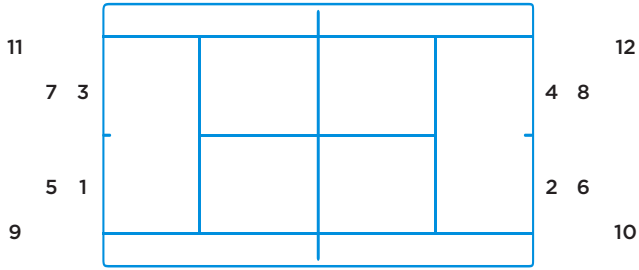
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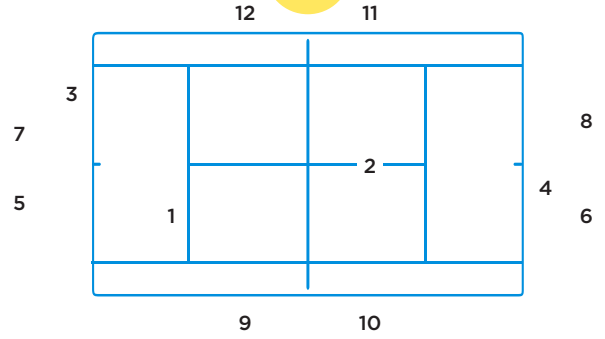
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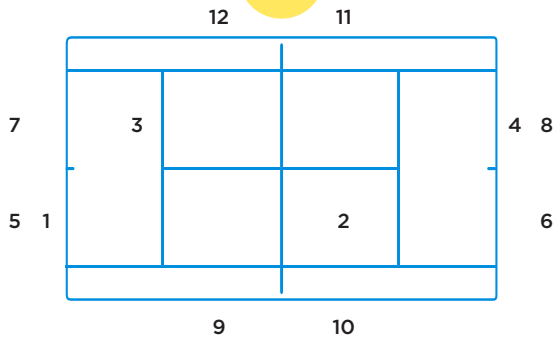
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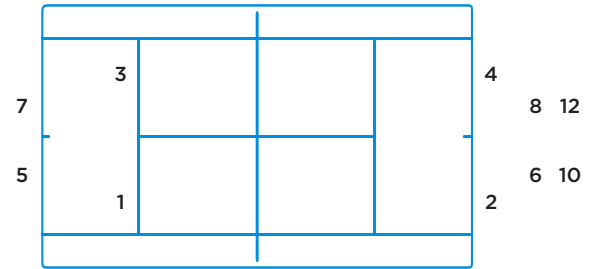
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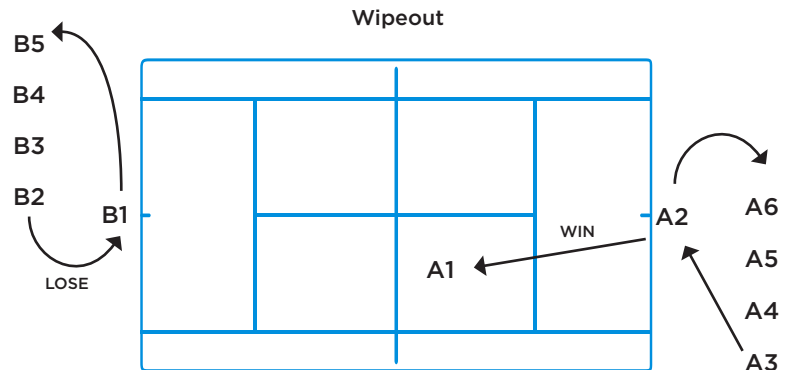
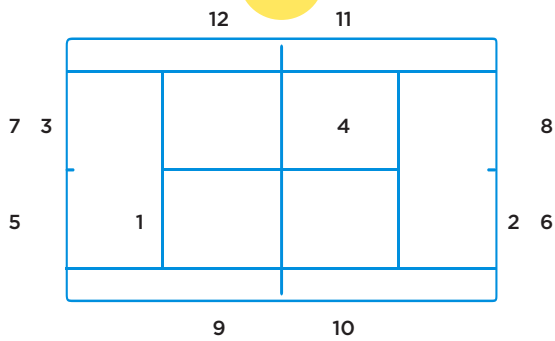
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M



F



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: CONFIDENCE

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

All- Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, focus on height over net so balls land beyond SL.

C Repeat DL. Rotate based on numbers.

D- 36-foot warm up. **C** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- Serve targets to outer half of service box on deuce and ad side. Returner to return XC landing ball in alley.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstroke points from BL; miss into net when standing behind BL is minus 1 point.

C Repeat DL. Rotate based on numbers.

D- **H** XC volley to volley points from SL, ball cannot bounce, play 2 and rotate based on numbers.

E F FC, 1 up 1 back feed XC and play out, first ball must go back XC then all court open, play deuce side then ad side and rotate, volley winner worth 2 points. Rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** XC groundstrokes from BL, Team Singles, stay in for a bonus point if player wins point. Rotate based on numbers.

C DL groundstrokes from BL, Team singles Ping Pong.

D- **C** FC. One Ball Live. Rotate based on numbers.

Large group games:

Time: 10%

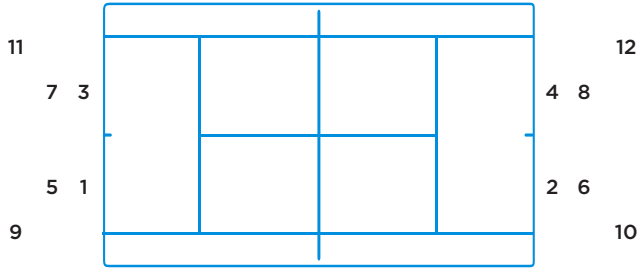
All: Beat the Champ Doubles.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

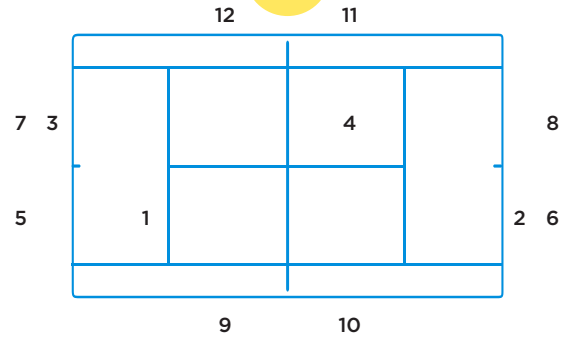
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

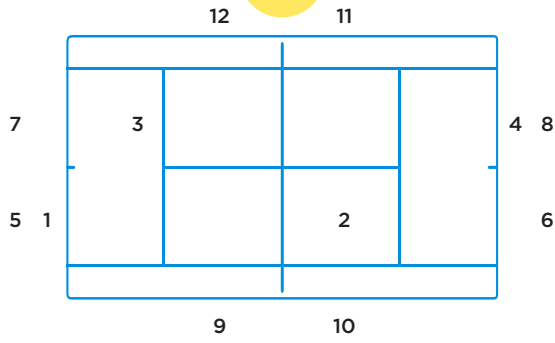
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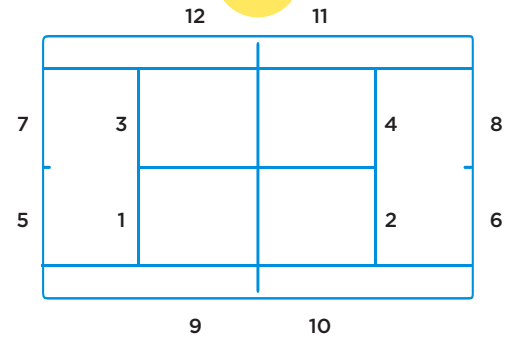
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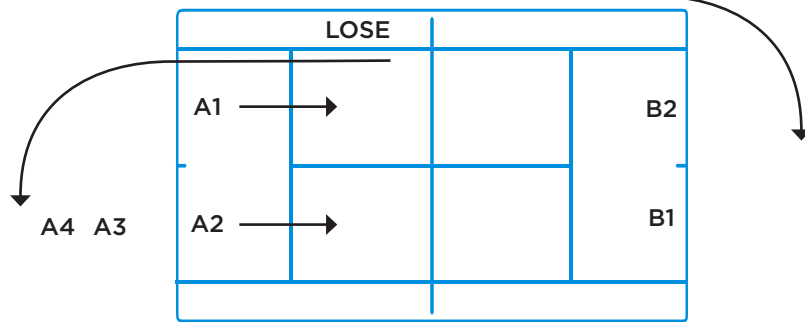


H



Beat the Champ Doubles

WINNERS



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: COURAGE

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **B** DL 1 player at BL one at SL for cooperative volley to groundstroke, rotate after 6 consecutive shots.
D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All - Serve and volley points. Returner to return at server's feet.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** DL groundstrokes with volleyball scoring, first ball fed BL to BL, 2nd ball winning player feeds from SL, 3rd ball is fed from SL to the BL by the winning player of point #2, only win a point if you are up at the SL. Play 4 points and rotate.
C DL groundstrokes, Team Singles, one side feeds short ball, other side approach and play out point, 2nd ball is fed from approacher from SL, alleys are good. Rotate based on numbers.
D- **E** **F** FC, 1 up 1 back, BL player feeds XC to BL opponent who must hit 1st ball DL, 2nd point from ad side and rotate based on numbers.
E **F** FC, 1 up 1 back, BL player feeds XC to BL opponent who must hit 1st ball DL, no bounces allowed after feed, 2nd point from ad side and rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** XC serve points, Team Singles, only one serve, returner must come to net immediately after return.
C XC serve points(2 serves), 4, 2, 1 scoring. Rotate based on numbers.
D- **H** XC volley to volley from SL, "One Ball Live", each player volleys XC & when first ball is missed, remaining ball becomes played and the whole court is playable by all 4 players.
B FC, 2 up 2 back, 2 players at BL, play 3 points all fed by SL team, no alleys allowed. Rotate based on numbers.

Large group games:

Time: 10%

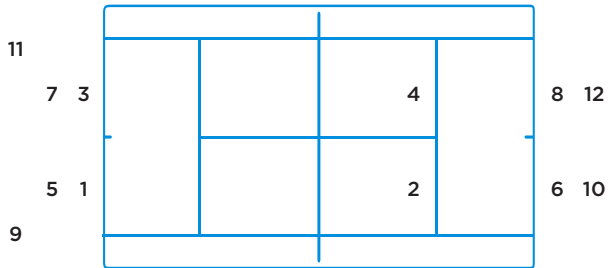
All: Triples.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

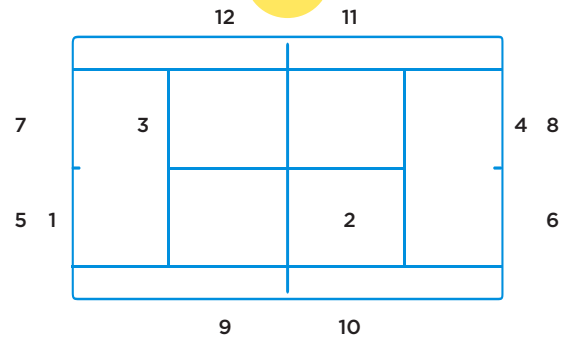
Time: 10%

Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

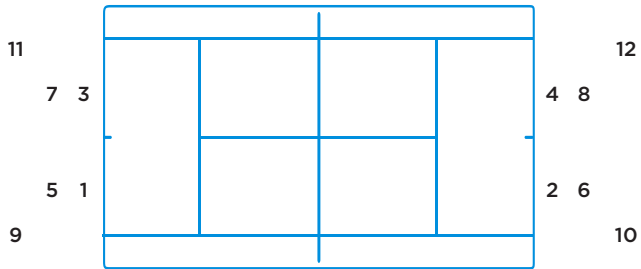
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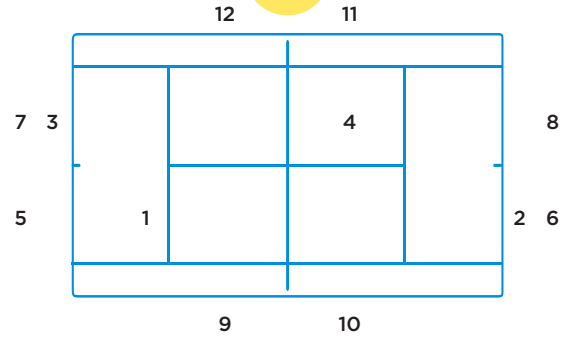
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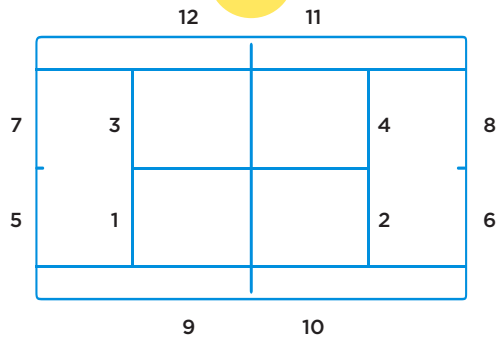
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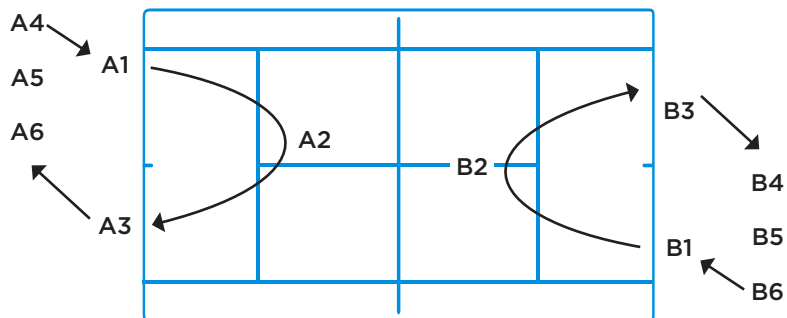
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H



Triples



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: GRATITUDE

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **D** XC groundstrokes from SL, Ping Pong, slice only.

C Repeat from BL.

D- 36-foot volley warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- Serve Index with half or thirds, returner aims XC past SL.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, one side can only hit slice.

C XC groundstrokes from BL, one side slice only, point won at net worth 2 points.

Rotate based on numbers.

D- **i** FC, All begin in NML, ball fed and first ball must bounce, play 3 and rotate.

i FC, Repeat with "Fly Rule" after 1st ball.

Games and/or match play:

Time: 20%

S- **C** DL, BL feeds short for approach (slice only), 2nd point is a short ball fed to BL player by approacher now standing at SL.

D- **C** FC, One Ball Live.

Large group games:

Time: 10%

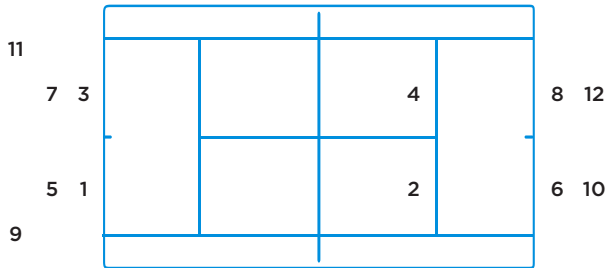
All: Wipeout.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

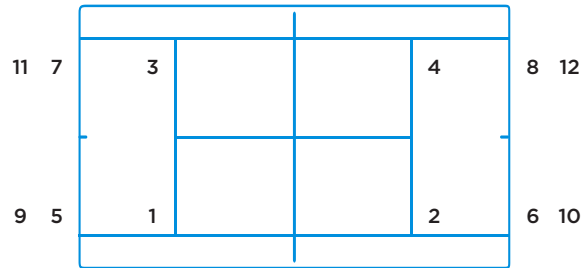
Time: 10%

Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

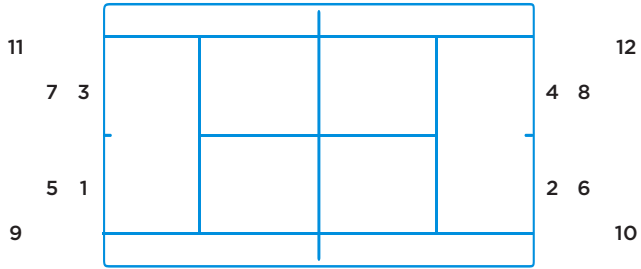
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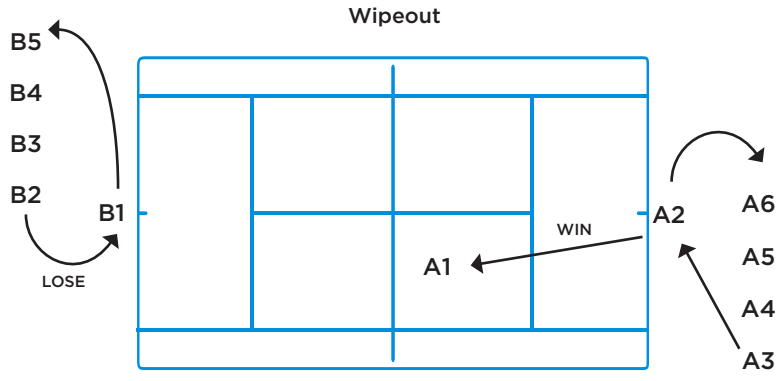
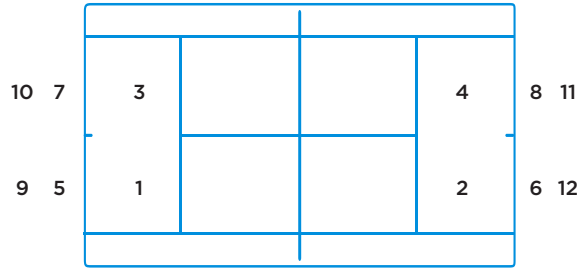
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C



i



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: LEADERSHIP

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

All- Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, player must call "Red, Yellow, or Green" depending on ball they are receiving.

C Repeat DL.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- Serve wide with angle, return wide with angle. Goal is one bounce and ball to be through the side of the court.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, Forehands can be hit any way, Backhands must be slice.

C XC groundstrokes from BL, No Backhands allowed, Forehands only. Rotate based on numbers.

D- **B** FC, Drive, Anything, Lob.

E F FC, Doubles Interceptor with a poached shot worth 2 points. Rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** XC groundstrokes from BL, FH winner worth 2.

C Repeat DL. Rotate based on numbers.

D- **C** FC, 1 side feed and rush, 2nd and 3rd ball fed from SL to BL.

C FC, Repeat with "Fly Rule". Rotate based on numbers.

Large group games:

Time: 10%

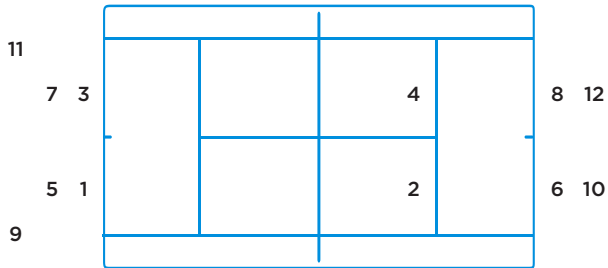
All: Beat the Champ Doubles.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

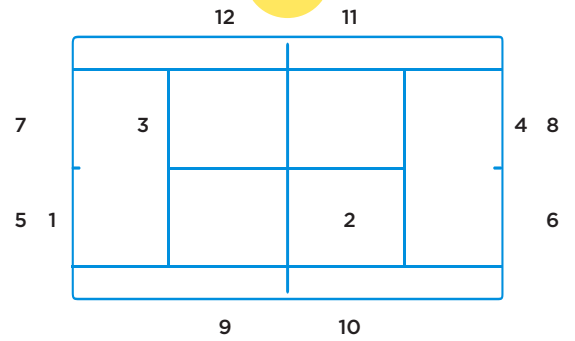
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

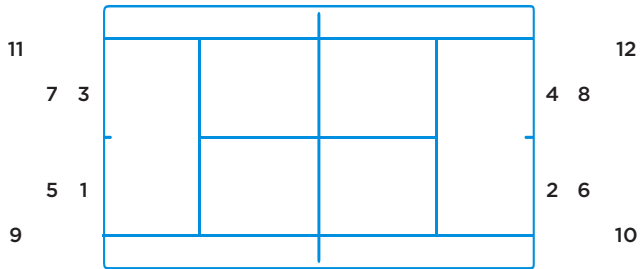
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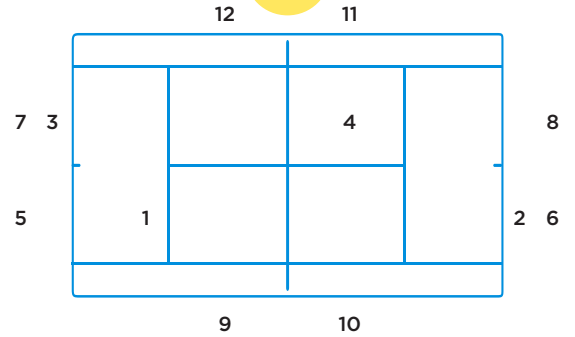
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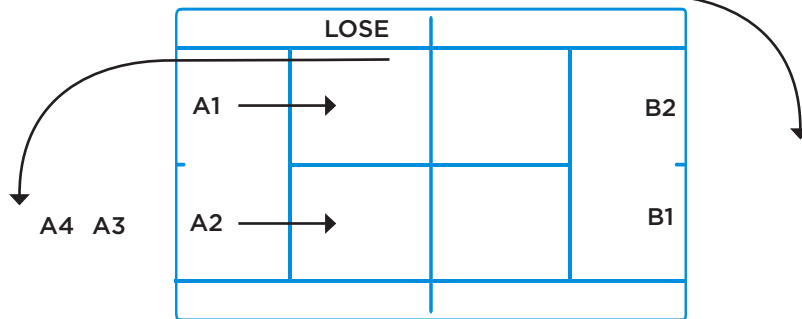


F



Beat the Champ Doubles

WINNERS



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: PERSISTENCE

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

All- Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC cooperative rally from BL, each partner group allowed one ball, goal is to get 20 in a row.

C Repeat DL. Rotate after two attempts.

D- 36-foot warm up. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- Divide box in 1/2 or 1/3. Begin with second serves and transition to first serves. Return goal is everything over net.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** DL groundstrokes from BL, point only begins when 2 balls have landed past SL.

C XC groundstrokes from BL, players can only hit outside stroke. Rotate based on numbers.

D- **E** **F** FC, 1 up 1 back Doubles Interceptor.

C FC, 4 players begin at BL, team only is able to move forward if ball bounces inside their service box. Play two points and rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** DL groundstrokes from BL, pair must hit 4 balls cooperatively before point begins.

C XC Serving Team Singles, only 1 serve, win and stay for a bonus point. Rotate based on numbers.

D- **C** DL groundstrokes from BL, pair must hit 4 balls cooperatively before point begins.

E **F** FC, 1 up 1 back serving points, only one serve, first point from deuce side and second from ad side. Rotate based on numbers.

Large group games:

Time: 10%

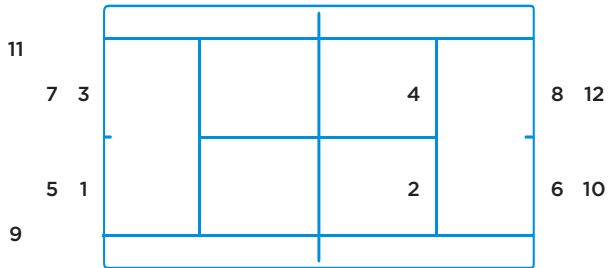
All: Wipeout.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

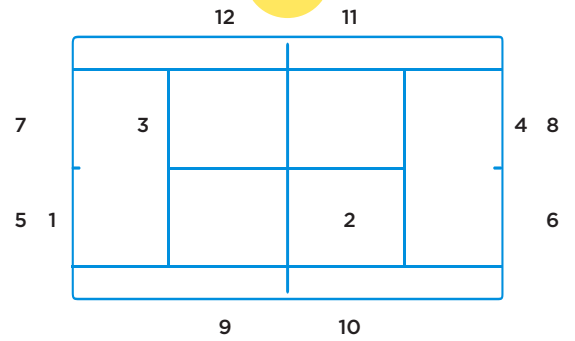
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

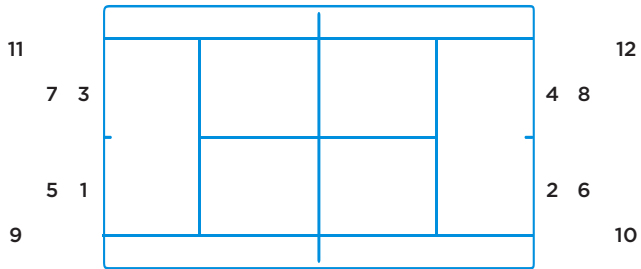
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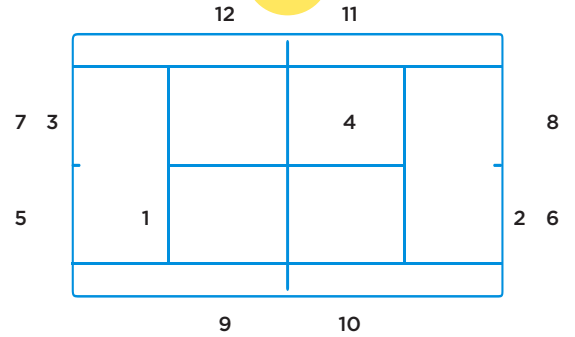
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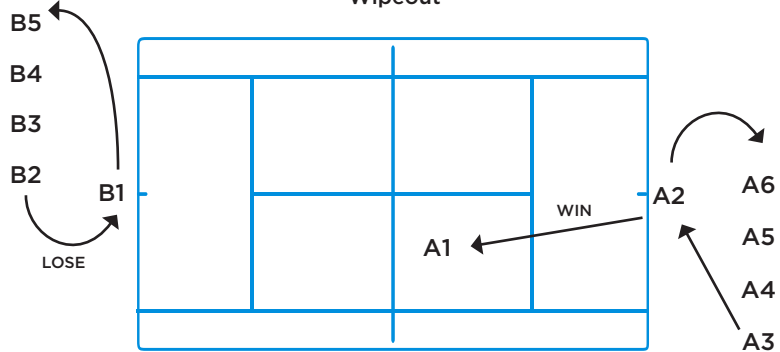
C



F



Wipeout



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: RESILIENCE

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, sets of 10, goal is to get 10 in a row cooperatively.

C Repeat DL.

D- 36-foot volley warm up. **B** 2 up, 2 back warm up.

Serve and serve return

Time: 20%

S- All 2nd serves- if return goes past service line its 1 point for returner and if not, 1 point for server, play to 10 or rotate based on time.

D- All 2nd serves- if return lands in alley down the line 1 point for returner, and if not 1 point for server- play to 10 or rotate based on time.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, score starts at 5-5 and proceeds with tug of war to 10 points or rotate based on time.

C Repeat DL.

D- **E** **F** FC, 1 up 1 back, XC underhand feed, net player can't touch feed, play point from deuce side then ad side. Tug of war scoring to 10 points or rotate based on time.

Games and/or match play:

Time: 20%

S- **C** XC serve and play it out with tug of war scoring, play 2 points and rotate out, play to 10 or time. Rotate based on numbers.

D- **C** FC, Feed and rush 3 balls, 1st from BL, 2nd from NML, 3rd from SL and ball 3 worth 2 points. Play to 10 or time.

Large group games:

Time: 10%

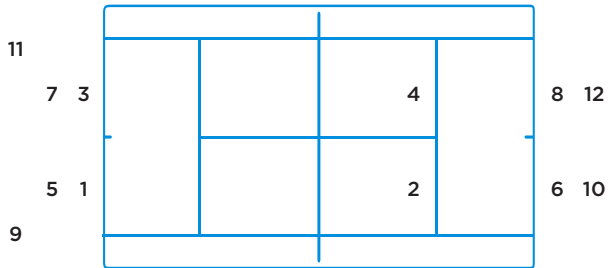
All: Triples.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

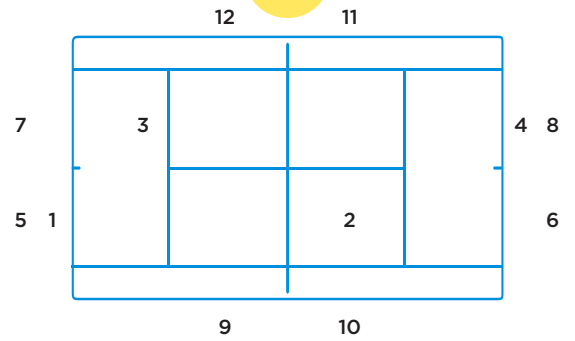
Time: 10%

Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

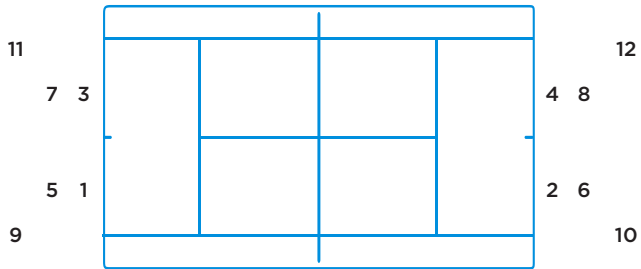
B



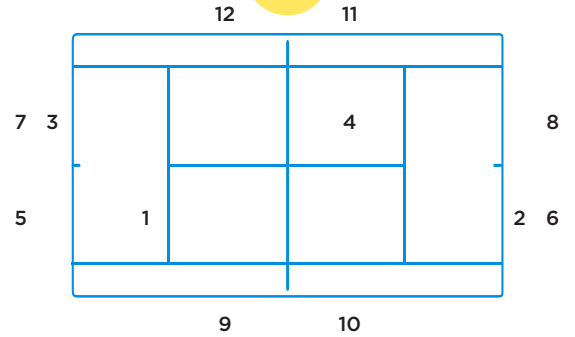
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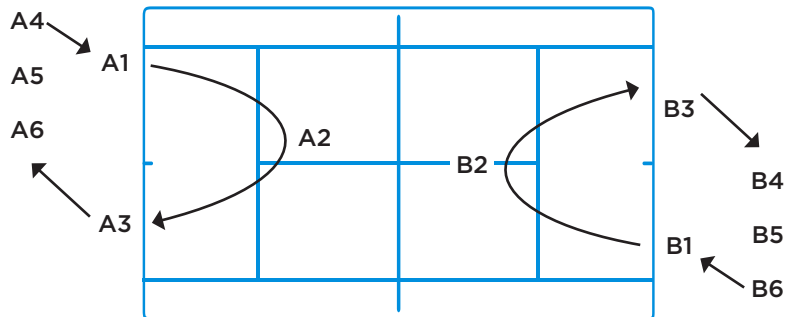
C



F



Triples



CHARACTER WEEKS – PRACTICE PLAN

START TIME — END TIME _____ DATE _____

THEME OF PRACTICE: TEAMWORK

Warm up: Dynamic stretches

Time: 10%

Choose from Stretch Group A or Stretch Group B.

Review previously learned skills:

All- Review theme of day, why it's important and what players should take away from practice.

New skill development:

Time: 10%

S- **C** XC groundstrokes from BL, rally competition between partners on court looking for highest # in a row, rotate out when missed.

C Repeat DL.

D- 36-foot warm up competition to see which team can hit highest # volleys in a row. **B** 2 up 2 back warm up.

Serve and serve return

Time: 20%

All- Players put into teams, one player is returner for team and the others are servers, servers get one serve and must hit spin, team receives one point if serve is in and returner gets return XC and past SL, this should be a team competition across all courts, play until one team gets 11 points and be sure to rotate so all players get a chance to return.

Drills to reinforce skill development (theme of the day):

Time: 20%

S- **C** XC groundstrokes from BL, Team Singles.

Repeat DL. Rotate based on numbers.

D- **C** FC, One Ball Live, play 2 and rotate based on numbers.

Games and/or match play:

Time: 20%

S- **C** DL groundstrokes from BL, Team Singles Ping Pong.

C XC from BL, Team Singles Ping Pong with Serves.

D- **E** **F** FC, 1 up 1 back, BL feeds BL for ball 1, SL feeds SL for ball 2, BL lobs to middle of court for ball 3.

C FC, All 4 players begin at BL, 4,2,1 scoring. Rotate based on numbers.

Large group games:

Time: 10%

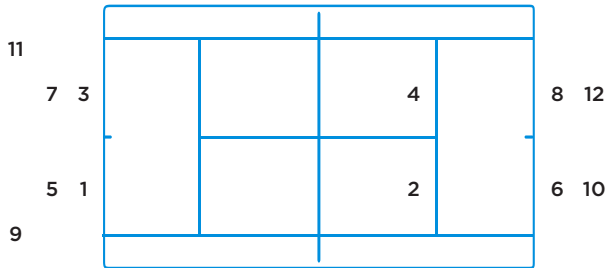
All: Team Singles Ping Pong.

Wrap-up, static stretches, cool down, announcements, and take-home activities:

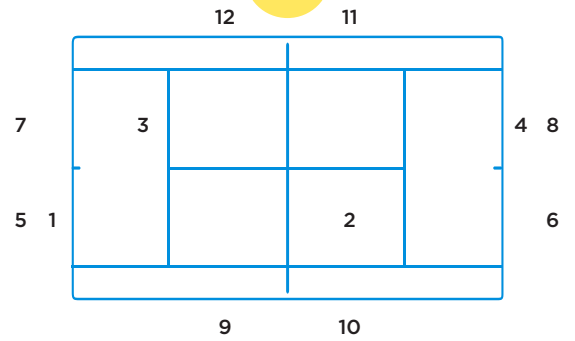
Time: 10%

All- Choose from Stretch Group A or Stretch Group B. Review takeaways from practice.

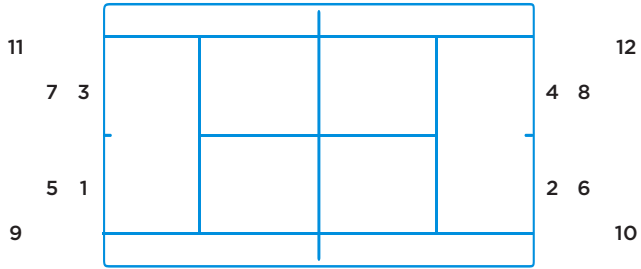
B



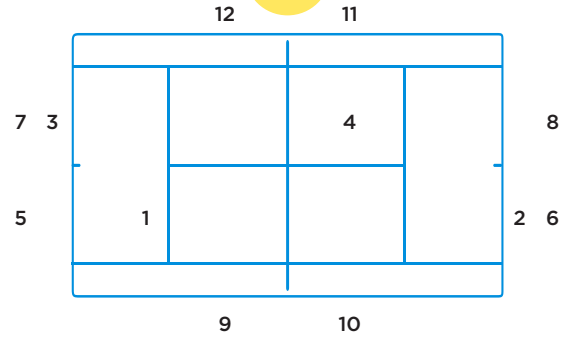
E



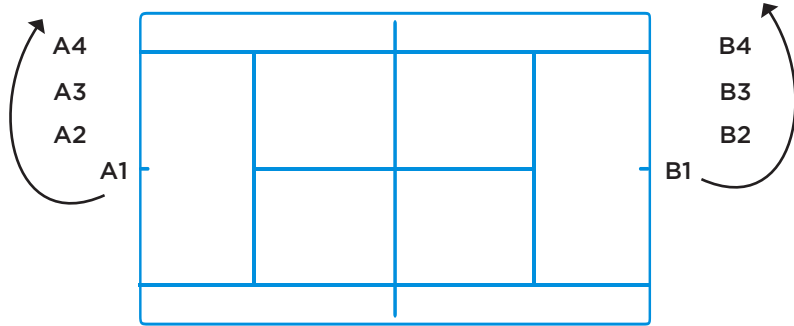
C



F



Team Singles Ping Pong



TOURNAMENT WEEKS

During your season, your team will most likely have the opportunity to compete in team-based tournaments, post season conference tournaments and individual/team state championships. Though their formats and frequency may vary based upon your location, the essence of the competitions will remain the same. Your players will compete against players from other schools with the goals of gaining more match play experience and potentially of the crowning an individual and or team champion.

TOURNAMENT TYPE	FORMAT(S)	GOALS
IN-SEASON	The host school will determine the format and scoring for the event (contact host school prior to the event)	<ul style="list-style-type: none">• Extra matches for kids• More experience at singles or doubles• Try kids at different spots• Win event
POST SEASON CONFERENCE	The conference sets up the format and scoring for the event within the conference rules (make sure to review conference rules prior to the start of the season)	<ul style="list-style-type: none">• If flighted, have players finish higher than regular season• Have team win or finish higher than regular season
POST SEASON STATE	The state's athletic association establishes the format and rules for this event (make sure to review the rules published by your athletic association prior to the season)	<ul style="list-style-type: none">• Have as many kids advance as far as possible in the event• Have individual/team win or place high

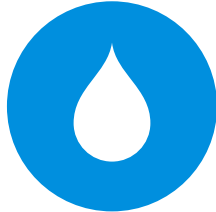
For these events, it's important that your players remember and keep up with the routines they have established during the season. If they do something between points, during changeovers, in between sets, etc. this is the time to stay consistent in order to feel calm and occupy the best mindset for success. When these events are held at the end of the season, they may represent the culmination of your season and additionally, your team's goals. It is important to bring to the forefront the steps your team has taken toward achieving their goals and present this as an opportunity to go one step farther. This is where the groundwork of solid mental and emotional preparation comes to fruition. Players should feel confident in their routines, their preparation, and hopefully, their experience throughout the year.

If your players have been keeping a journal of their matches, this is the time to bring them out. In addition to the growth-related process that learning from past experiences allows players, in many cases they may have played these exact opponents during the year and their journals should contain valuable information on how to achieve their desired results.

Some tournaments will have different formats and lengths than regular season matches resulting in more matches being played in one day versus a normal regular season dual match. So at this time, players need to be encouraged to rest and take extra care of themselves physically. Things like hydration, stretching, and appropriate sleep need to be emphasized on the days leading up to the tournament. Additionally, if you have players on your team who are taking part in strength training, be sure they don't overtax themselves because it could result in being unable to perform optimally for the competition. We also suggest that as the team is heading into post season play, the players taper away from full and even half workouts in an effort to be fully

TOURNAMENT WEEKS

rested and easier for quicker recovery. Make sure on the day of these tournaments that your players are prepared with healthy snacks and meals to replenish their energy in the most optimal way. Refer to the beginning of this manual for some ideas on proper nutrition for your students. Here are a few areas to look for:



Water and Sports Drinks beginning days before.



Continue proper hydration both during and after matches.



Recommend foods to benefit performance before, during and after play.



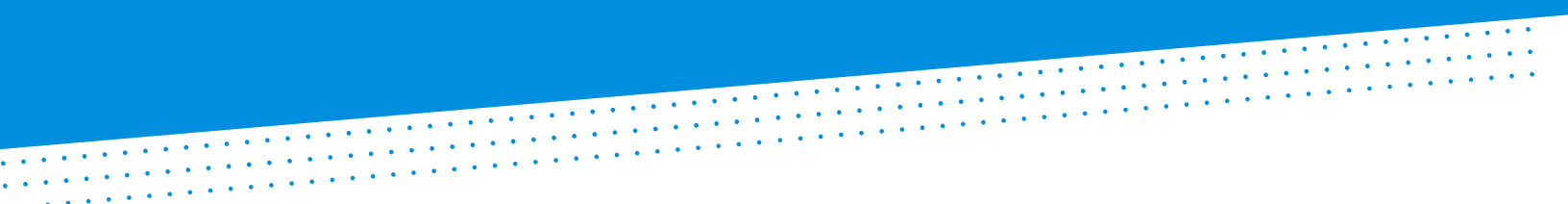
Rest between matches and days of play.

Something for you to be aware of is the potential seeding meeting that you or some coach representative from your school may need to attend. For in-season tournaments, most of this is done prior to the start of the days play. As for the post-season event, these are usually held in advance of the event itself and something you need to be familiar with in your conference rules (sometimes covered in a pre-season meeting) and state association rules. These are meetings to determine where players should be seeded for the tournament. In some cases, these meetings can take on a contentious air due to the nature of what's being discussed. As straightforward as a seeding may seem, often times instances occur where Player A beat Player B but lost to Player C and Player B beat Player C so who should be seeded higher? For scenarios like this and any other that may arise, it's important that you have a complete record of your team's victories and losses throughout the year. Do your homework and make sure that you are well-versed in the criteria that will be utilized for the seeding meetings so you are able to represent your team and players accurately.

Lastly, this is a good place to remind you that these tournaments are about your teams and players. Though this season has been a journey you have been on together, the matches, their results, and the overall experience is about the players competing as a team and representing their school. This is also a great time to involve team parents as much as possible to provide what's needed for tournament days so you and your players can focus on playing the event. Also, this is a perfect time to encourage/require players to stay and support their teammates who are competing through the completion of the event. Some of the best memories of high school tennis come from these tournaments but the memories may be from the team camaraderie between matches instead of what transpires on the court. Give your players the opportunity to experience this fully and define their season on their own terms.

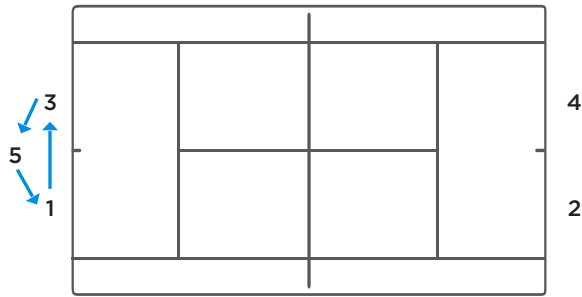


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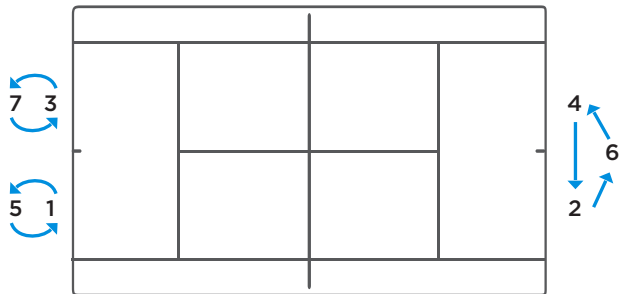


ODD NUMBER ROTATIONS

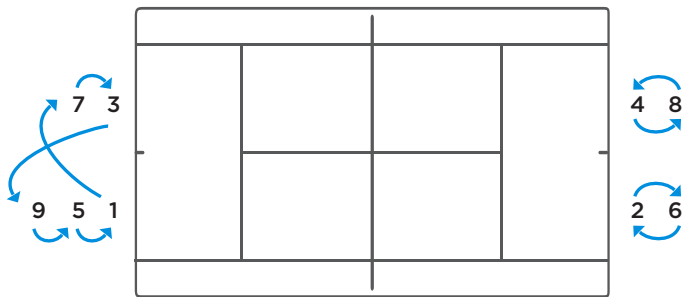
Odd - 5 Players



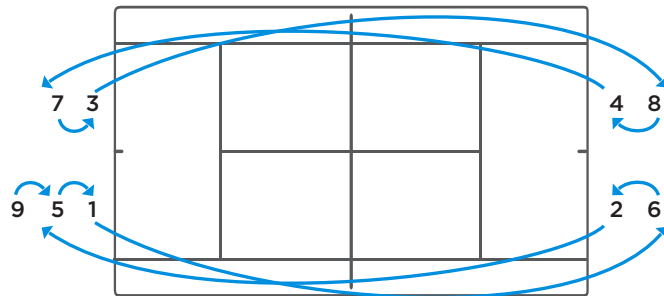
Odd - 7 Players



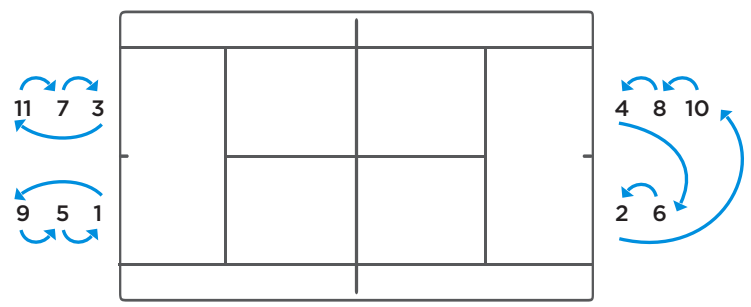
Odd - 9 Players (Same Side)



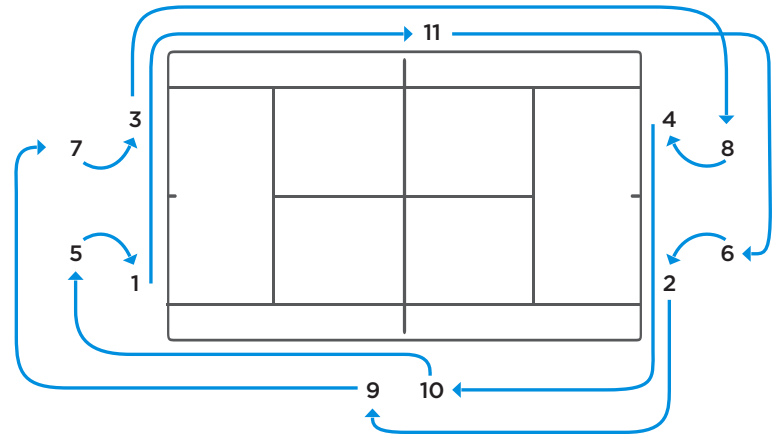
Odd - 9 Players (Switch Sides)



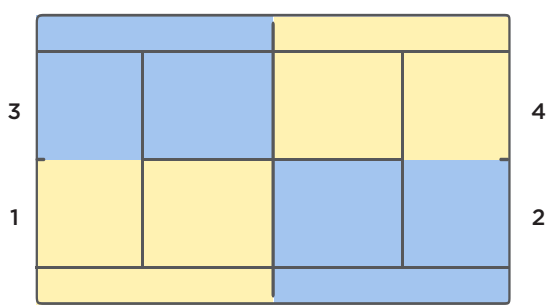
Odd - 11 Players (Same Side)



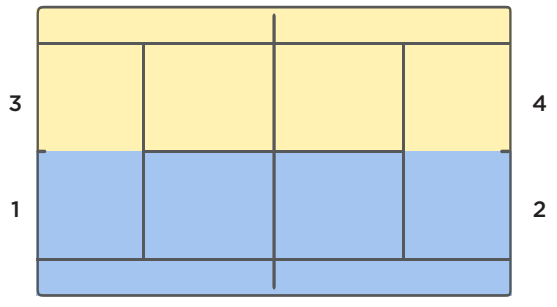
Odd - 11 Players (Doubles)



XC = Cross-court



DL = Down the Line



THE FOREHAND



PREPARATION

UNIT TURN

LOADING

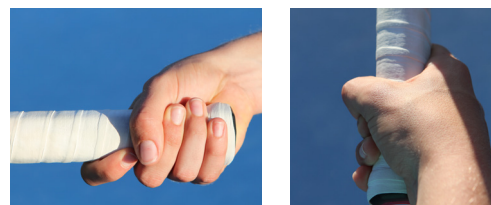
HITTING

CONTACT

EXTENSION

FINISH

Eastern Forehand Grip



Grip

The player should use a grip close to the eastern forehand grip when learning the forehand. The non-dominant hand is used to change the grip from the forehand to the backhand during play.



Player finding the Eastern Grip during the unit-turn using the non-dominant hand

Preparation

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed, and the weight on the forward part of the feet. The racquet is held in front of the body with the dominant hand in a forehand grip and the non-dominant hand supporting the racquet at the throat. The racquet begins to move back from the ready position as the hips and shoulders turn to the side (unit turn). The racquet will continue to stay above the hand as it moves into position.



Athletic ready position



Preparation with a square stance and racquet head above the hand

Swing Path

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball and accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net. The follow-through will finish from between the waist to over the shoulder.



The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension

THE ONE-HANDED BACKHAND



PREPARATION

UNIT TURN

LOADING

HITTING

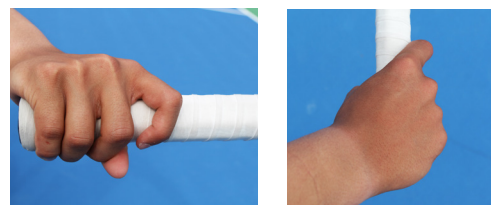
CONTACT

EXTENSION

FINISH

One-Handed Backhand (for right handed player)

Eastern Backhand Grip



Grip

The player should use an eastern backhand grip for a one-handed backhand. The non-dominant hand is used to change the grip from the forehand to the backhand during play.



Player finding the Eastern Backhand grip during the unit-turn using the non-dominant hand at the throat

Preparation

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed, and the weight on the forward part of the feet. The racquet is held in front of the body with the dominant hand in a forehand grip and the non-dominant hand supporting the racquet at the throat. During the unit turn the dominant hand moves to an eastern backhand grip.



Athletic ready position



Preparation with a square stance and racquet head above the hand

Swing Path

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball, the non-dominant hand releases and the racquet accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net.



The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension

THE TWO-HANDED BACKHAND



PREPARATION

UNIT TURN

LOADING

HITTING

CONTACT

EXTENSION

FINISH

Two-Handed Backhand (for left handed player)



Grip

The player should use a grip between an eastern and semiwestern for the top hand and a grip close to continental on the bottom hand. The top hand on the throat of the racquet is also used to change the grip from the forehand to backhand during play.



Player has taken the left hand off the throat and has both backhand grips set as she begins the unit turn

Preparation

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed, and the weight on the forward part of the feet. The racquet is held in front of the body with the bottom hand in a forehand grip and the top hand supporting the racquet at the throat. During the unit turn the bottom hand moves to a continental grip.



Athletic ready position



Preparation with a square stance and racquet head above the hand

Swing Path

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball, and the racquet accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net.



The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension

THE SERVE



PREPARATION

TOSS RELEASE

LOADING

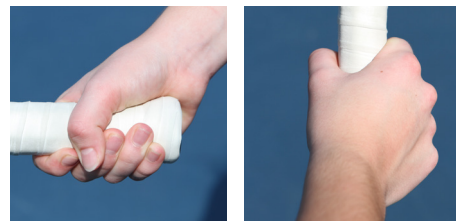
HITTING

CONTACT

FINISH

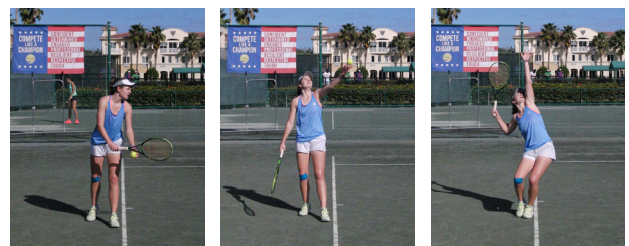
Grip

The player should use a continental grip for the serve and overhead. This grip allows players to make contact with the ball at full extension, allows the wrist to relax and aids in creating spin.



Preparation

The feet should be shoulder width apart with the front foot pointing toward the corresponding net post, right post for right-handers, left post for left-handers, and the back foot parallel with the baseline. The racquet should be supported at the throat with the non-dominant hand and the dominant hand should be in a relaxed continental grip. The toss release should occur above the head and follow in line in front of the forward foot.



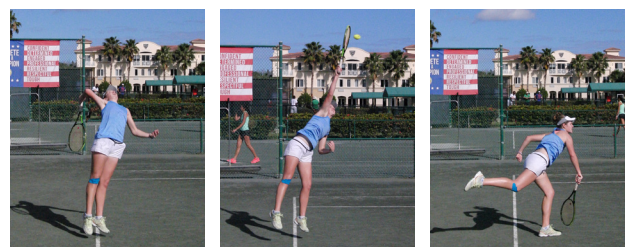
Preparation

Toss Release

Loading

Swing Path

Both arms will drop down and swing up together. The non-dominant hand tosses the ball in position and the racquet head drops down to the hitting position where the tip of the racquet points toward the ground. The racquet arm elbow leads forward and up and the racquet follows, accelerating to the contact at full extension above and slightly in front of the body, finishing down and across the body.



Position

Contact

Finish

THE VOLLEY

FOREHAND



PREPARATION

BACKSWING

CONTACT

FINISH

BACKHAND



PREPARATION

BACKSWING

CONTACT

FINISH

Grip

The continental grip should be used for both the forehand and backhand volley. This grip is half way between the eastern forehand and eastern backhand grip. This grip can also be used for the overhead.



Continental Grip

Preparation

Preparation at the net begins with an athletic ready position with eyes forward, racquet in front at eye level, knees flexed, weight forward, and feet slightly wider than shoulder width. A split step is made as the opponent contacts the ball and the body and racquet move together as a unit sideways so that the strings of the racquet face the ball. The non-dominant hand helps set the racquet face behind the ball on the backhand side.



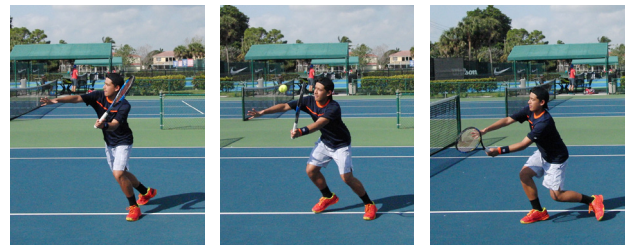
Athletic ready position



Unit turn with non-dominant hand on the throat for the backhand volley

Swing Path

The swing path moves in a straight line from slightly above the contact point to a position above the net. The racquet face is slightly open when contact is made from below the top of the net.



The swing path is linear starting just above the point of contact and finishing at net level



TOGETHER WE WILL

**GROW
THE GAME**

