

# **Progressive Tennis SAMPLE/DRAFT MATERIAL**

## **¾ Court Tennis**

### **Goals and Program Content**

#### **7-9 Year Olds**

**Overall Goal:** to increase the quality and number of Under 10 Competitors (“more and better competitors”)

#### **Important Job of Coach:**

- Need to have experienced top coach with these players that are totally committed to all aspects of their development (full program: privates, tournaments, arrange comp, yearly plan, fitness, psych, etc.)
- Very High Level of Engagement (Must have a strong presence)
- Able to Create a disciplined, yet enjoyable “high performance” training environment
- High level of focus on athletic physical development (creating an athlete first)
- Other Important Skills:
  - Ability to ensure athletic/focused/competitive look: Ready position and recovery as a fundamental
  - Ability to ensure correct task
  - Clarity about the norms
  - Ability to observe and praise or change behavior

#### **Specific Goal of Program Curriculum:**

To ensure that young players enjoy competing and have the fundamentals to be consistent on all basic strokes. Players will have the ability to move their opponent and cover their court effectively. They recognize the appropriate time to play defense, to neutralize or to go on the offence and are comfortable with an all court game.

#### **Considerations:**

- All tactics are built around concept of a improving quality rally ball (“pressure through consistency); increasing tempo, increasing ability to move ball around, increasing ability to hit quality rally ball while being moved, increasing ability to being moved and moving opponent with quality rally ball, etc.

Sample 1: of Task/Drill Progression of Rallying Skills

Groundstrokes: Build the Point via quality rally ball (tempo); limited movement

1. Exchange down-the-middle, ½ crt, 10 balls in a row (ball reaches player 3 ft behind baseline); with recovery
2. Exchange down-the-middle, ½ crt, 10 quality balls in a row (ball rising when reaches player); with recovery
3. X-Court exchange, ½ crt, 10 quality balls in a row, no recovery
4. X-Court exchange, ½ crt, 10 quality balls with recovery
5. Inside Out Fh, ½ crt, 10 quality balls with recovery

Groundstrokes: Maintaining a Quality Rally when being moved AND Moving the opponent when receiving balls which require limited movement (i.e one player, who is playing in 1/3 rd of the court is in the role of moving the opposing player over the full court, while the player being moved is maintaining the quality rally into a designated target while being moved); using more height when being moved to maintain quality rally and to allow for recovery

6. Full Court, Corners, 1 player who plays in 1/3 court plays only 1 stroke practices hitting quality rally balls while moving opponent via controlling the direction (either bh or fh depending on corner) and hits 1 x, 1 down-the middle and 1 down-the-line (i.e. the full court is divided into 3 sections); the other player works on Maintaing a quality rally ball into the one designated corner while being moved
7. Full Court: Same as above except player controlling play and who is not moving will use their Forehand only from the middle zone, 1<sup>st</sup> ball inside out, 2<sup>nd</sup> ball x-crt; other player maintains rally down the middle while being moved into the corners

Groundstrokes; both players will maintain quality exchange while being moved and while moving one another

8. Spanish Drill: court divided into 3; all balls out of middle zone and through court (no angles); one player plays only x-court, other player plays 1 x-court, followed by 1 down-the line
9. ll-X court Drill: one player hits only down-the-line and the other hits only x (no angles); quality rallies
10. Decision Training: x's, when to go down-the-line

#### Sample 2 of Progression of Rallying Skills

- i. Not missing (no two of the same errors: coach presence!): e.g., Week 1
- ii. Getting ball to partner when they are in rally position: e.g., Week 2
- iii. Assuring the ball is rising to your partner: e.g., Week 3
- iv. Then remove moonballs from the rallies: e.g., Week 4
- v. Then count number of "quality" balls and compare to norms: e.g., Week 5
- vi. Then maintain the quality of the rally when:
  1. being moved: e.g., Week 6
  2. there is a change rhythm: e.g., Week 7
  3. getting served to (returning serve): (each week during points)
  4. being attacked (e.g., receiving faster balls): e.g., Week 8

#### ➤ Considerations for ¾ fundamental warm-up routine:

- Use crosscourts on gs warm-up (emphasizing the b/h diagonal)
- "Inside out forehand" and "attacking forehand" as standard part of routine
- Serving practice always involves return practice, both always involve intention & recovery (space)
- One up one back (volleys): Focusing on good hands = keeping the racquet in front, centering the ball, feeling the ball