

INTERMEDIATE JTT FORMAT

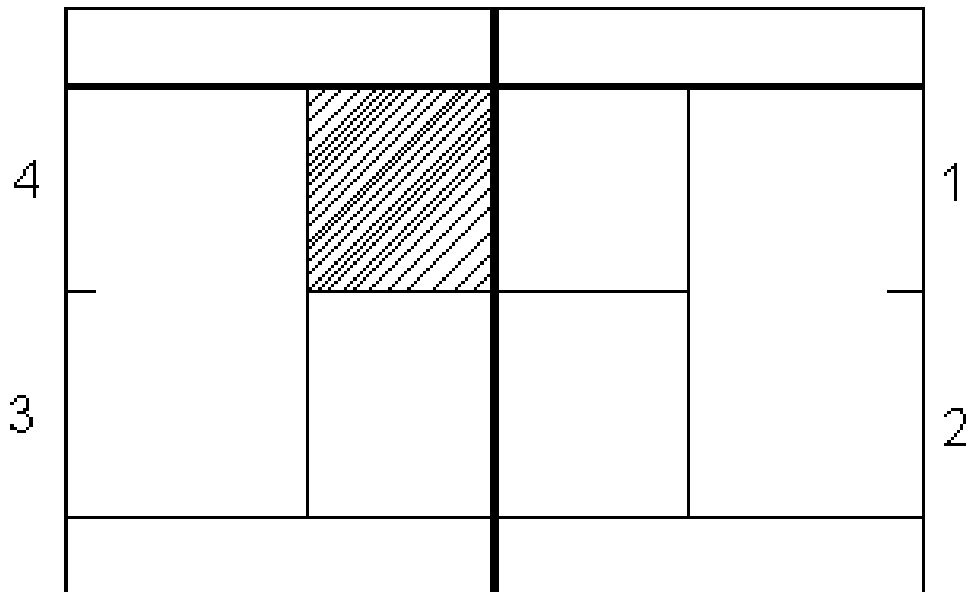
Court Set-up:

DOUBLES: Full court is used, with all areas inside of the doubles lines being in play. On each court, two doubles players from each team are playing at a time (4 people total per court).

SINGLES: The singles court is used, with the doubles alley being out of play. The singles line on the inside of the doubles alley is in play. On each court, one player from each team is playing at a time (2 people total per court).

Play:

Spin a racquet to determine who serves first. Server must serve crosscourt inside the service box (i.e. player 2 serves to shaded area). Server gets 2 serves. Do not call foot faults (allow weaker players to step into court to serve successfully). Bounce serves are permitted, particularly on the second serve. One player serves an entire game. Players or teams switch ends of the court every other game (when the total of games is odd). Server should start each service point with TWO balls in his/her possession (wear pants with pockets!). Players should call their own "OUT" balls with assistance from coaches. In doubles, it is the receiver's partner's job to call service faults.



Scorekeeping:

In order to get more players on the court and keep match lengths predictable, we will play THREE 20-minute matches. Each team will play a combination of singles and doubles matches depending on the total number of players on match day. For example if there are six players on each team, the coaches may decide to play two singles and two doubles matches. Players from a team can rotate in every game to keep all players actively playing. One coach monitors each court.

Use NO AD scoring with receiving team choosing side on deuce point. Use 15-30-40 scoring rather than 1-2-3. Server should call score before each point begins. Keep track of total games won for each player/team for the 20 minutes. Whatever team is in the lead when time is called wins that game. If they are tied in score when time is called, they play one more point. There must be a winner of each match. After 20 minutes, players and teams switch. Add up total games won for each team for all 60 minutes to determine the winning team for that week. If there is a tie in total games for all matches, then teams play a final game to determine the winner.

Substitution Rules:

- Players are generally substituted every 1-2 games.
- Subs must be inserted at the start of a game.
- All players must play.

Coaching Suggestions:

Try to use intermediate level as a prep ground for real tennis and help them understand basic strategies in singles and doubles. We also recommend stepping in and giving pointers during match play. Yes they are keeping track of score and match play is competitive, but this is a learning opportunity for players and coaches can give pointers, make adjustments to players' positions on court, etc.

Resources:

www.amadortennisclub.org/jtt_training.html has links to various USTA manuals and documents that can help you develop your practice lesson plans with skill building as well as drills and doubles info.