

Notes

JUNIOR TEAM TENNIS LEAGUE

COACHES MANUAL



NORTHERN CALIFORNIA

6-TENNIS™
JUNIOR TEAM TENNIS LEAGUE
6 TEAMMATES 6 GAMES 60 MINUTES

Dear Friends of Junior Tennis,

Welcome to the Northern California's Junior Team Tennis Leagues. The USTA Norcal currently supports **recreational** and **championship** level Junior Team Tennis Leagues, and is now excited to introduce a **local** level of play. Times, equipment, and teaching methods have changed significantly. The Junior Team Tennis League is excited about creating an exciting opportunity for children in Alameda to take up the great game of tennis. 6 - TENNIS is a community based and volunteer driven entry-level league for juniors of various ages. Administrators, coaches and officials are all volunteers. The instruction/ coaching will follow the Game-Based Approach to teaching children.

What makes tennis fun for most kids is being able to rally a ball back and forth over a net with a partner. The sooner youngsters can rally, the sooner they can actually play the game and participate on a team. This guide is designed to give volunteers the necessary tools to get children playing the game at their first practice—tools such as simple lead-up activities, ways to modify the court, net, and use of progression balls to make the learning process easier. Just imagine, by using a Game-Based Approach to learning how to play tennis, children can learn to rally in the **first hour** of their very **first practice session**.

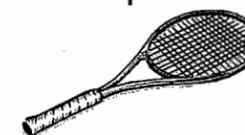
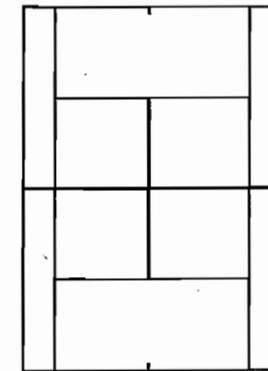
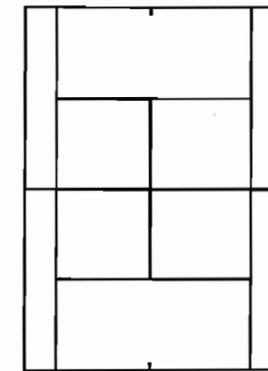
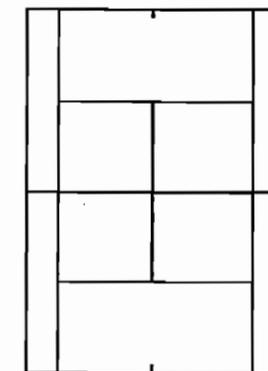
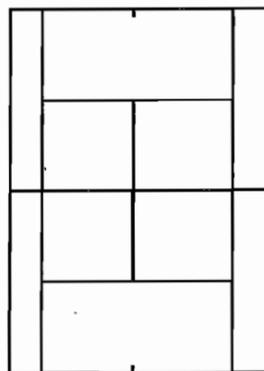
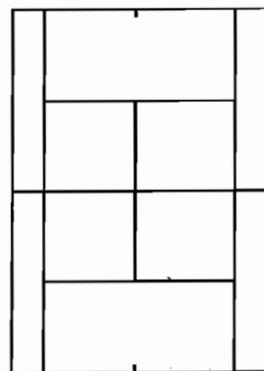
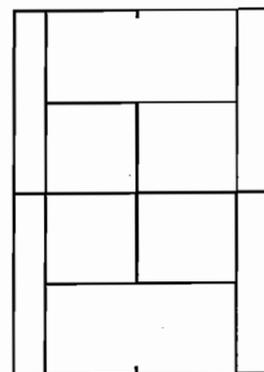
Junior Team Tennis Leagues encourage juniors of all ages, abilities, and economic levels to participate locally in the game of tennis. It is an opportunity for juniors to be a part of a team, and to develop their individual skills in a fun yet competitive atmosphere. The roles of the Team Captains/Coaches and the League Administrators are critical to the development and success of the league and program. The good examples set forth by all the adults administering the program will greatly influence the future attitudes of youngsters throughout their lives.

On behalf of the USTA NorCal, and the many other volunteers, I would like to thank you for being such an instrumental part of the program.

Sincerely,
Jim Coyne
Manager of Junior Tennis



Coach's Collection



Coach:

The main role of the coach is to make sure the players have fun. After all, that's why the children signed up. They all want to play and have fun. The coach is responsible for helping the players improve their Tennis skills and learn the rules of the game, 6 - Tennis format. Another important objective is to teach the players good sportsmanship. This will not only help them in sports, but it will also carry over into other areas of the young players' lives. This league is a team sport, so be sure to emphasize team spirit.

Being a coach requires some administrative duties. A coach should have each practice planned out in advance. The Junior Team Tennis League will provide practice guidelines and training. The strategy for each game should ensure that every player has an opportunity to play and be part of team. And, always save 10 to 15 minutes at the end of practice for a scrimmage match.

Make sure your players warm-up. Condition your players with fun drills not just sprints and running laps. Monitor each young player during conditioning drills. Don't assume good cardiovascular conditioning just because they are young. Encourage players to drink plenty of water before, during, and after practice.

Obtain the number and ensure the availability of nearby emergency care units. Make sure that you have emergency medical information consent forms for each child during every practice and game.

Assistant Coach:

Assist the head coach with the responsibilities during practices and match play. Encourages non-playing teammates that are waiting on deck, promotes team camaraderie, and provides positive feedback.

During practices, the assistant coach can provide pre-practice explanations, conduct the warm-up teach actively in all drills, supervise the physical conditioning program, and work with players on individual skills and tactics.

During games, the assistant coach can analyze the action and make suggestions on team strategy, give feedback and encouragement to individual players that are waiting to play, act as a liaison between coach and the players.

Assistant coach assumes the responsibilities of a coach, (see Coach Descriptions) during the head coach absence.

Team Manager/Parent:

Team Parents are a very valuable and important component of the Junior Team Tennis League. This program is a community based and a non-profit program to promote junior tennis. The success of the program relies on the involvement of the parents and other volunteers.

Responsibilities of a Team manager:

- Arrange a schedule for team snacks
- Promotes nutritious snacks (fruit & water)
- Inform parents of any schedule changes
- Help coaches on administration duties (phone calls, emails and league distribution notices)
- Help organize end of season party
- Help recruit potential volunteers to be part of the league

Scorekeeper:

The Junior Team Tennis League will be implementing team tennis format:

Format III, ages 8-14... Beginner Level. Each set lasts ten minutes and each head to head match consists of 3 short sets.

Format II, ages 8-14... Intermediate/Advanced Level. Each game will be first to 4 points (scored 1, 2, 3, 4). If the score reaches 3-3, the receiving team decides which side the server will serve to, and the winner of that point will win the game. All doubles matches will consist of two sets, each of which is won by the first team to reach 6 games (note: at 5-5, the doubles team that wins the next game wins the set)

Scorekeeper is responsible for keeping track of time during the matches and accurate recording of the match score. And, reporting it to Benicia Junior Team Tennis League Administrators or the team coach.

Event Coordinator:

Event coordinators are needed to help administer and coordinate important events with the Junior Team Tennis League:

1. Evaluation day – we need your help for set up and desk responsibilities
2. Picture day – coordinate time with the coaches and teams and help set up
3. End of Season party – work with the Junior Team Tennis League Board Members to ensure and plan a successful party!

Doubles Match Play

ROLES AND RESPONSIBILITIES:

As the server: Stand further away from the center mark than when playing singles. Get your first serve in with the intent of setting up your partner for putaways. Typically, serving towards the centerline of the service box will give your partner the best chance to poach because it reduces the angles of the returner. Always try and communicate with your partner where you plan to serve.

As the server's partner: Start in the center of the service box. Leaning over towards the alley gives the returner too much area to return the ball cross court. Shift in the direction in which the ball is served--if served wide, shift out wide; if served down the middle, shift to the middle. Stay active at the net with a lot of movement and always look for an opportunity to make a play on the ball.

As the returner: Generally hit your shots cross court, away from the net person in front of you, to set up your partner for put always. Occasionally, hit down the alley to keep the net player honest and don't hesitate to lob to change momentum and/or to keep your opponents from taking the net. Focus on quick feet and attacking the return with forward momentum as opposed to taking a big swing.

As the returner's partner: Start at the service line. Make the call on the service line and immediately focus your attention on the net person directly across from you; once the ball passes their reach, close towards the net in the direction the ball is traveling and look for an opportunity to make a play on the ball.

COMMON THEMES:

- If you are at the net, you are the closer. Look to finish points.
- If you are in the backcourt, you are the assist person. Generally, hit the ball safely cross court to set up your partner for putaways. Remember, a good doubles player is someone that not only can finish at the net, but more importantly can set up their partner to close off points.
- Only hit to the person at the net directly in front of you if you can put the ball away or if that person is significantly weaker than the other player.
- When at the net, focus your attention on the person closest to you until the ball passes their reach.
- To increase reaction time, always keep your eyes on your opponents and never watch your partner hit the ball.
- When attempting to poach, if the ball is low coming at you, let it go; if the ball is high, say goodbye!
- Be prepared to poach anytime your opponents have to dig the ball out of a low position.
- Develop a ritual of communicating with your partner between points to share thoughts about serving and returning options as well as to build greater unity and chemistry throughout the match.

Finally, remember this tennis adage:

First Serve, First Return, First Volley--Put pressure on your opponents through consistent execution, smart shot selection, and good court positioning.

Doubles Strategies for the Recreational Player

Fundamental Doubles Strategies:

1. Get it in (first serve & every return)
2. Hit deep to deep (to build point) = be steady when in the backcourt
3. Hit close to close (to finish point) = be aggressive when at the net
4. Hit to weaknesses/or to the weaker player
5. Utilize strengths

Common Shortcomings for Tennis Players

Doubles:

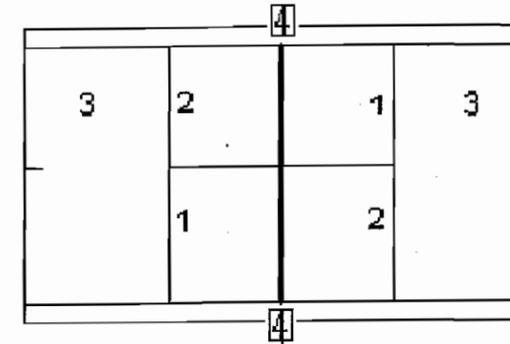
1. Poor positioning and movement
2. Failure to get the serve or return in play
3. Passiveness and reluctance at the net--shirking responsibility
4. Playing low percentage shots--trying to win points outright (= dingles instead of doubles)
5. Lack of communication

Flight III Match Format

Each head-to-head match consists of three Short Sets with a five-minute break in between. Teams will change ends in between sets. Final scores will be recorded as either 3-0 or 2-1 depending upon the total number of Short Sets won during the match.

Short Set Formation:

Opposing teams of three or more players will stand opposite the net from each other. On each side, one player will stand in position 1, another at position 2, and the rest will be in line four paces behind position 1. The feeder stands at the net post (position 4), with a basket of foam tennis balls to start the points.



Play:

Before play begins, a racquet will be spun to determine who receives the first feed. After the first point is played, the feeder will toss the ball to the team that won the previous point. After each subsequent point, the player in position 1 rotates to 2, 2 rotates to the back of the line at 3, and the front of the line at 3 rotates to position 1. Rotation occurs on both sides after each point regardless of whether or not the player hits the fed ball into play. All balls will be fed to the player's forehand. Both service boxes and the allies up to the service line are in play and everything else is out.

Scoring:

Each short set lasts ten minutes. After every rally is played, the winning team earns a point. When time is called by the timekeeper (the feeder), the existing rally is allowed to end and then all points are tallied out and the team with the most points wins the set. In the event of a tie, the team that wins the final rally wins the set.

ALL PLAYERS MUST PLAY!

Flight II Match Format

Each head-to-head Flight II match consists of three doubles matches on three separate courts. While six players will begin on court for each team, all others will be used as substitutes in accordance with the following rules:

- A player must play a minimum of 3 games before a substitution can be inserted into his/her place.
- Subs must be inserted at the start of a game.
- A sub cannot serve the first game he or she plays.
- Upon completion of a match, the players on the court at the end of the match cannot be used as subs in a different match.
- Note: throughout the course of a head-to-head match, it is perfectly acceptable for a player to participate in more than one of the doubles matches.
- Remember, kids have more fun in a team environment when they participate. With that in mind, **ALL PLAYERS MUST PLAY!**

Play:

Before play begins, a racquet is spun to determine who will serve first and on which side of the court his or her team will be playing. The server will hit the ball to the cross-court service box to begin the point. That means, for example, that if a player is serving from position 2, his or her serve must bounce in the shaded area (see figure 2). If the first serve is out, the server gets a second try. If the second serve is out, the serving team loses the point. Underhand bounce serves are permitted until the server feels confident serving overhand. The server will continue to serve the entire game. Since the game is doubles, the alleys are in play. Upon the game's completion, the teams will change ends every three games (i.e. after the 3rd, 6th, 9th, etc. game). The league will use pressureless tennis balls like Champs or Penn Star Balls.

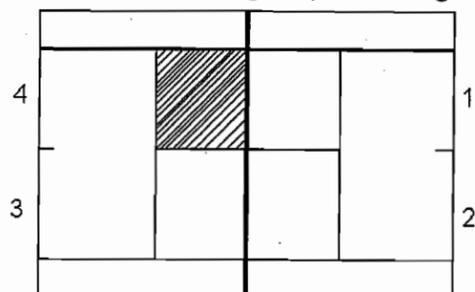


Figure 2

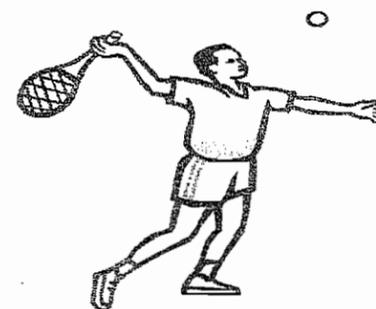
Scoring:

Each game will be first to 4 points (scored 1, 2, 3, 4). If the score reaches 3-3, the receiving team decides which side the server will serve to, and the winner of that point will win the game. All doubles matches will consist of two sets, each of which is won by the first team to reach 6 games (note: at 5-5, the doubles team that wins the next game wins the set). Once both sets have been played, the score will be recorded onto the score sheet. Once the scores of all three doubles matches are recorded, the team with the most **total games won** wins the head-to-head match. In the event that the score is tied, all members of the team will play a five-minute overtime period on one court. Overtime will consist of a full court version of the Flight III format (short sets).

No head-to-head match can last more than 75 minutes. If a match is still in progress after 60 minutes, the players are allowed to finish the current game, and then the match is to be terminated. If the overall match score is tied at this point, a five minute overtime period will be played between the two teams. Players must play at a reasonable pace, which is to be monitored by the parent volunteers.

MODIFIED GAME & MATCH PLAY SITUATIONS

- Play tie-breakers or start each game at deuce
- Closing out a match: One player starts receiving with a 4-1 lead
- Coming from behind: One player starts serving down 1-4
- Playing a pusher: One player can only hit moonballs
- Coping with cheating: Each player can make two intentional bad calls per set
- Converting games: Once at 40, must convert the game or go back to 0
- Playing under pressure: Creative consequences—Have two players play a tie-breaker with all other players watching, 1/2 cheering for one player and 1/2 cheering for the other with the losing team carrying in the equipment at the end of practice.
- Must serve and volley at least once a game
- Ace wins game; double-fault loses game
- A player is given three serves per point to increase aggressiveness with serve
- Server gets to start halfway between the service line and the baseline (helps returner get adjusted to playing against hard servers)
- A player is given 1 serve per point to focus on consistency
- One player serves underhand for the other player to work on attacking weak serves
- Groundstroke games to 7, 11, or 21—Options:
 - Three balls in play before point begins (encourages consistency)
 - No points awarded for hitting winners (encourages consistency)
 - Players must approach the net on balls landing inside the service line
 - Bonus points awarded for winning points at the net (3 or 5 point bonus—rewards net play and closing out points)



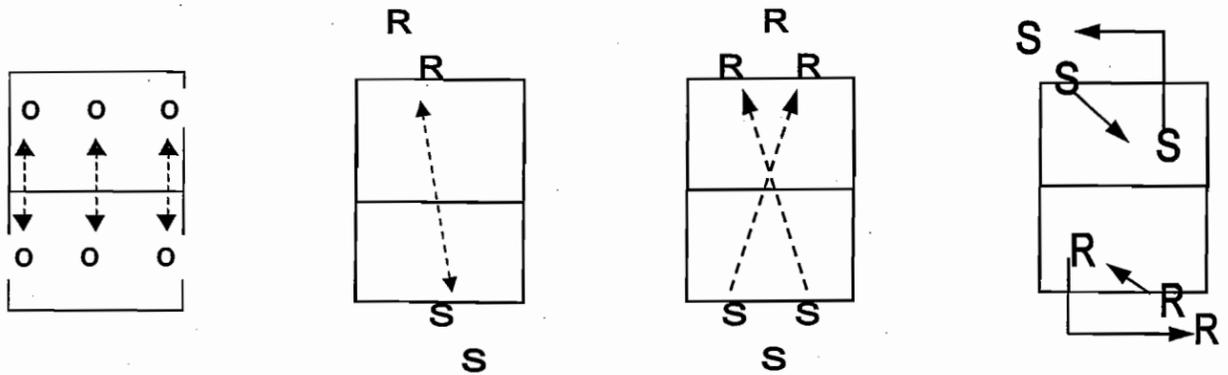
Conducting Effective Team Practices

Suggested Team Practice Formula

1. Fun Warm -Up (movement, tracking, and cooperative hitting)
2. Theme of the Day (based on observations from match play—tactical, technical, mental, and physical)
3. Structured Match Play with Supervised Coaching (utilize creative scenarios & roam amongst matches)
4. Fun Wrap-Up and Cool Down (large group game/activity involving everyone)

Court Management (Diagrams below can accommodate 6-8 players)

Option A (The Roaming Coach): Coach deputizes players to operate drills and roams amongst the courts—The same theme or different themes can be assigned to each court based on player needs.



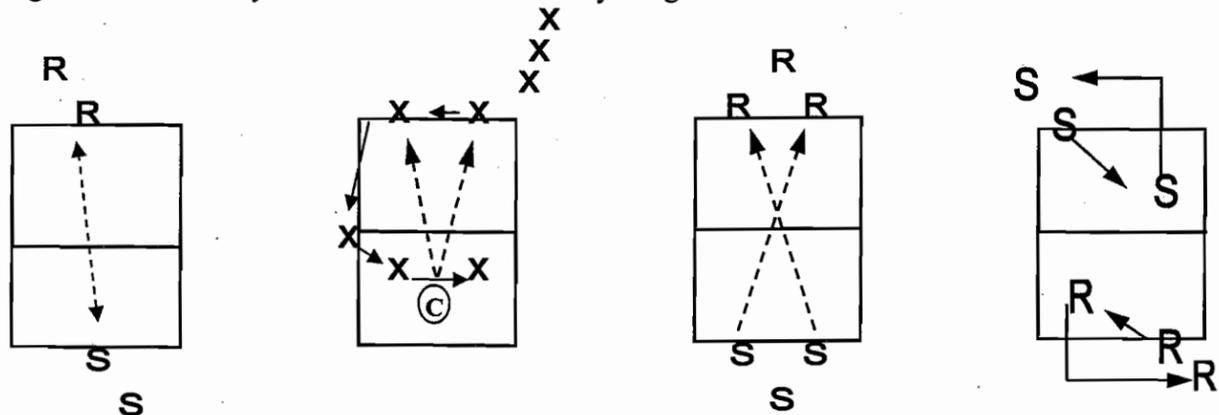
Cooperative Rallying

Team Singles

Serves/Returns

Team Doubles

Option B (The Stationed Coach): *The coach stays on one court with a specific theme and assigns fixed themes to other courts (singles theme court, doubles theme court, serves/returns court). Players are rotated through each court every 15-25 minutes so that everyone gets a chance to work with the coach.



Singles Theme
(e.g. Drills # 2 & #3)

*Coach Drill
(e.g. drill # 6)

Serves/Returns
(e.g. Drill # 2)

Doubles Theme
(e.g. Drills #4 &

Flight I Match Format

Each head-to-head Flight I match consists of three doubles matches on three separate courts. While six players will begin on court for each team, all others will be used as substitutes in accordance with the same substitution rules as noted in the Flight II format.

Play:

All rules and regulations for Flight II apply to Flight I, with only a few exceptions. First, servers may no longer allow the ball to bounce before the serve. Again, each set will be won by the first team to reach 6 games, with the deciding game being played at 5-5. If the two doubles teams split sets, a 10 point match tiebreak will be used in lieu of a third set. The substitution rules will apply to the tiebreaker as if it were simply another game. In the overall scoring of the head-to-head match, this will count as one game. As is the case with Flight II, Flight I matches will last no longer than 90 minutes. If a match is still in progress after 80 minutes, the players are allowed to finish the current game, and then the match is to be terminated. If the overall match score is tied at this point, a five minute Short Set overtime period will be played between the two teams. Players must play at a reasonable pace, which is to be monitored by the parent volunteers.

Scoring:

Flight I will be scored in the same manner as Flight II.

BASIC TENNIS RULES

- If the ball lands on any part of the line, it is IN.
- If a line call is disputed, the side on which the ball has bounced makes the final ruling.
- If you are not sure whether a ball that bounces on your side is in or out, you must call it IN.
- A ball is only out if it bounces outside of the boundaries. If you think it is going out, but catch or hit it before it bounces, then the ball is considered in.
- If two teammates disagree on a call, it must be called IN.
- If any player or player's racquet touches the net while the ball is in play, his or her team loses the point.

Spectators are NOT allowed to assist in making line calls.

Resources and Materials

Quickstart Tennis – Coaching manual for volunteers. Tennis tips, tennis advices, and tennis plans are also available at usta.com. Quickstart Tennis manuals can be purchased at NerKnacks.com

Munchkin Tennis – “A Parent's Guide to Teaching Tennis Fundamentals.” It can be purchased at Amazon.com

Positive Coaching Alliance: “To educate and encourage positive attitudes and behavior in all athletic endeavors by coaches, parents, administrators, media, and players.” positivecoaching.org

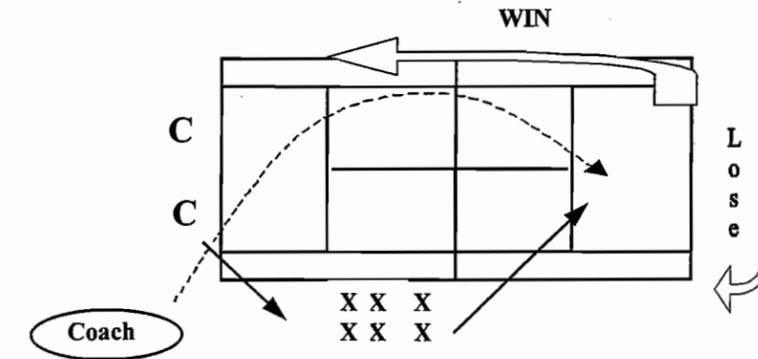
International Tennis Federation – The World Governing the Body of Tennis. www.itf.com

YouTube.com – You can start searching for kids' games, short court games, warm-up games, and stretching exercises etc.

Fun Group Games - Super Sized

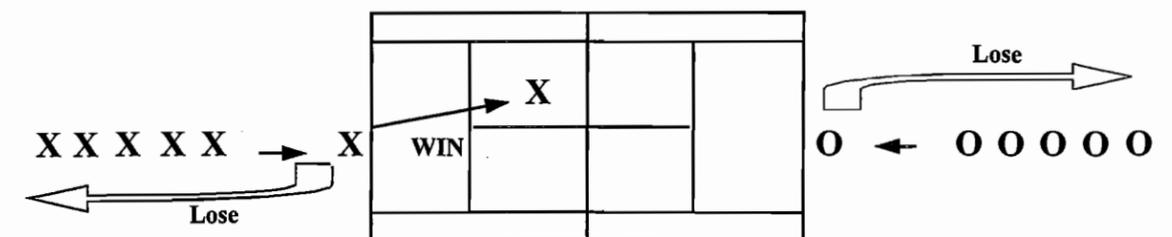
Deep Desperation (6-8 players per court)

A doubles team (champions) is placed on one baseline. All other players line up at the net post with a partner. The instructor begins each point with a high lob to the open court. The first team at the net post must chase down the lob (letting it bounce) and play out the point against the champion team. If the challenging team wins, they run over to replace the champions while a new ball is fed high into the air to the next challenging team. If a challenging team loses the point, they quickly go to the end of the line and the next team of challengers comes in to play out the lob. Whoever is left in the champion position after a designated number of points is played wins the game.



Wipe-out (6-8 players per court)

Players are divided into two teams and line up on opposite baselines. The first person from one team plays a point against the first person from the other team (singles court). The side that wins the point gets to add another player onto the court and challenges a new player on the other team (thus it becomes 2 vs. 1, doubles boundaries vs. singles boundaries). The goal is to get six players onto the court without losing a point to win the game. If a team loses a point against a single player from the other side, the team is wiped out and the other side gets to add a player. This game usually seesaws back and forth with teams adding players and then getting wiped out. This game is effective for extra large groups of 10 – 30 people per court. If singles points are not desired or team size is very large, points can begin with a minimum of two players on each side. Note: Always start the ball from the side with the fewer number of players in the game and be sure players maintain their batting order.

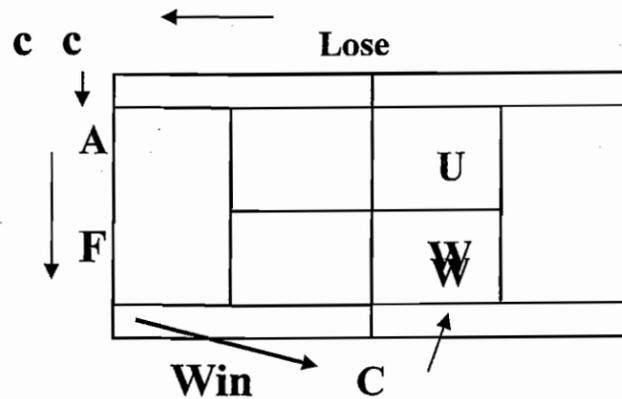


Fun Group Games

Sample Practice Plans.....

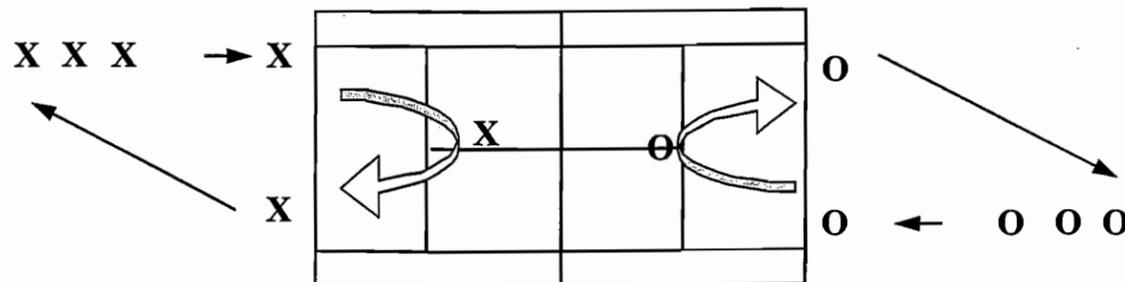
Pro Tour (6-8 per court)

The ball is put in play amongst four players on the court. All the challengers (Challenger Circuit) wait on deck and substitute into the game following a counter clockwise rotation. The goal is to work up towards the last position of the rotation (US Open) without being knocked out of the game and back to the outhouse. Whenever a player loses a point, they immediately go to the outhouse and players rotate to fill the gap. Whoever remains in the U.S. Open position after a designated number of points (e.g. 21) wins the game. The counter clockwise rotation is as follows: Challengers → Australian Open → Commercial Shoot (net post) → Wimbledon → U.S. Open. Note: This game can be played full court or as a fast action net game with players starting at the service line on both sides.



Triples (6-8 per court)

Players are divided into two teams (usually between 3-6 players per team). Each side forms a triangle with one person at the net and two people at the corners of the baseline. Extra players wait at the back fence to fill in from the baseline after each point. The ball is fed into play and the point is played out. After each point, teams rotate clockwise. The first team to 11 wins the game. This game helps develop quicker reactions and alertness at the net.



Practice - 1

0:00	Begin Practice: Gather everyone and explain the goal of the day's activities. Introduce yourself and players (5 mins)
0:05	Warm up: This can include various movements or relay races (jogging, sidestepping, or sprinting) as well as stretching (5 mins)
0:10	Ups and Downs: Give each player a ball. Have them see how many times in a row they can hit the ball about one foot up in the air with their racquets. Then, have them try to bounce the ball down with their racquets as many times as they can. To make it easier, have them catch the ball in between bounces. To add difficulty, have them walk or jog as they are bouncing the ball. (5 mins)
0:15	Practice Drop Forehands: Gather all players on one side of the court. Spread them out along the service line and practice dropping the ball and hitting it after one bounce. Make sure the players are spaced appropriately to reduce danger of swinging racquets and flying balls. If all balls are hit, pick them up as a group and practice hitting them again. (10 mins)
0:25	Water Break (5 mins)
0:30	Practice Drop Backhands: Same formation as with forehands. This time, you may have to assist by dropping the ball on their backhand side so they can use two hands to swing. (10 mins)
0:40	Scrimmage: Teach the players the rules of Short Sets. Divide players into two teams and play three five-minute Short Sets using the same format from the match day. (20 mins)
1:00	End Practice

Practice - 2

0:00	Begin Practice: Gather everyone. Talk about previous match and goals for the future (5 mins)
0:05	Warm up: This can include various movements or relay races (jogging, sidestepping, or sprinting) as well as stretching (5 mins)
0:10	Ups and Downs: Give each player a ball. Have them see how many times in a row they can hit the ball about one foot up in the air with their racquets. Then, have them try to bounce the ball down with their racquets as many times as they can. To make it easier, have them catch the ball in between bounces. To add difficulty, have them walk or jog as they are bouncing the ball. (5 mins)
0:15	Practice Drop Forehands and backhands: Gather all players on one side of the court. Spread them out along the service line and practice dropping the ball and hitting it after one bounce. Make sure kids are spaced appropriately to reduce danger of swinging racquets and flying balls. If all balls are hit, pick them up as a group and practice hitting them again. (10 mins)
0:25	Water Break (5 mins)
0:30	Practice Moving Shots: Line players up behind the service line and one at a time toss them one ball about two steps away from where they are standing. Have them practice running for a shot that is not hit directly at them. After player hits the first ball, he or she sidesteps back to the middle. Toss one more in the same manner. Have the player collect two balls from the other side of the court, put them back in your basket, and go to the back of the line. (10 mins)
0:40	Team-building game: Line up all of the players shoulder to shoulder. Have the player on one end of the line begin with a ball on his or her racquet. The players must then pass the ball from racquet to racquet down the line only letting the ball touch their racquets. If the ball drops, start over. Have them rotate positions every couple of tries. Variation: Have the players stand in a circle as they pass the ball. See how many times they can get it to go around the circle without dropping it.
0:45	Scrimmage: Divide players into two teams and play two five-minute Short Sets using the same format from the match day. (15 mins)
1:00	End Practice

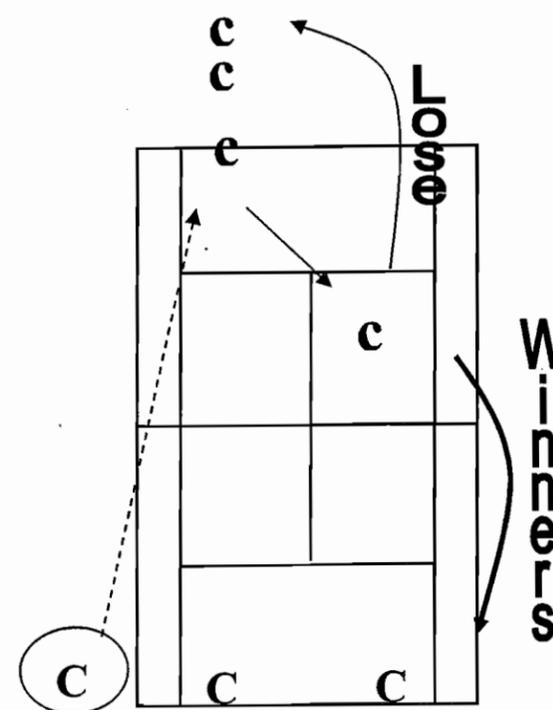
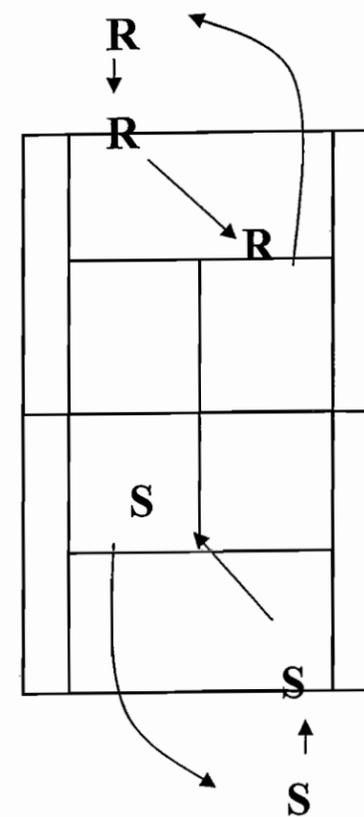
Doubles Games

Team Doubles (6-8 per court)

One side is the serving side and one side is the returning side. After a point is played out, players take turns rotating one spot through the doubles positions. Games can be played to 7 or 11 with teams switching sides of the court after each game. This serving and returning rotation can be played from deuce court to deuce court or from ad court to ad court.

Variations:

- If a player makes an error, they immediately rotate out to the end of the line.
- The coach can require players and/or award extra points for serving and volleying, poaching, lobbing the return, etc., depending on the skill being emphasized.
- The coach can play on one of the teams or play in a fixed position that the players rotate around.



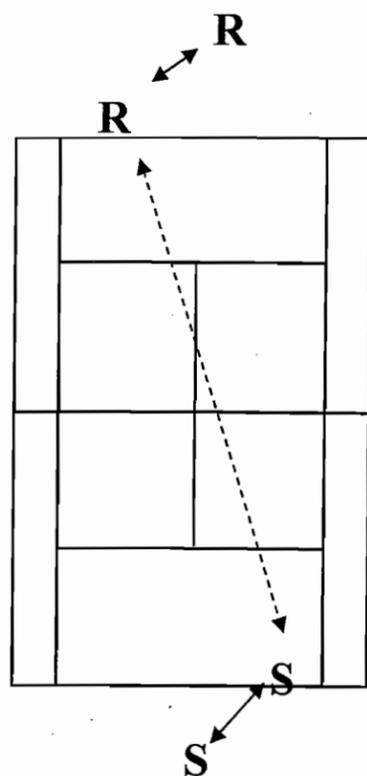
Champs of the Court Doubles— Rotating Approach (6-8 per court)

The champions start off at the baseline on the same side as the Coach. The challengers play three points against the champions. On the first point, the coach feeds a short ball to the approaching player on the challengers' side. The coach feeds the second point as a volley or half-volley. The third and final point is fed as an overhead. If the challengers win 2 out of 3, they take the place of the champions. The coach counts down, "3-2-1" and feeds the next team while the new champions hustle over and play out the point.

Note: The coach can vary the success experienced by each player by adjusting the difficulty of the feed.

Singles Games

Practice - 3

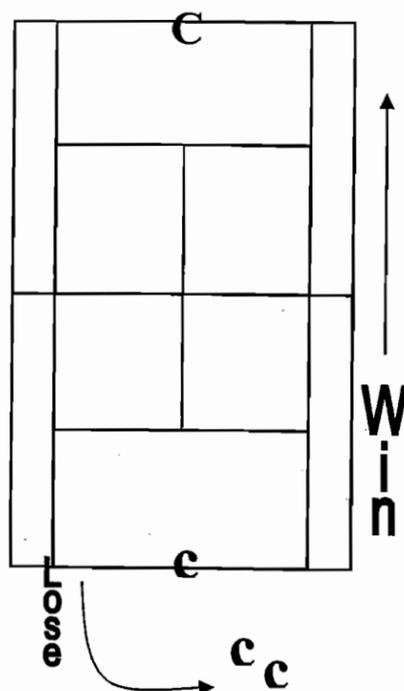


Team Singles (4-6 per court)

Two or three players on each side play out singles points, one point at a time. If a player wins the point, they can stay in for another point. Each point earned goes towards the team score. Players can start the point with a baseline feed or with a serve and return.

Variations:

- Side-out Serving: Whichever side wins the point gets to serve the next point.
- 7/11: One side is the designated serving side and one side is the returning side. The serving side must score 11 points as a team before the returning side scores 7.
- Simultaneous singles matches: Players keep the same opponent and play two points at a time before alternating out with the other singles players.
- The coach can feed the ball into play to create different point scenarios (e.g. high and deep to backhand, short approach, running forehand, etc.).



Champ of the Court Singles (4-6 per court)

A designated champion competes against a line of challengers. Points can be started with a ground stroke feed or with serving and returning.

Variations:

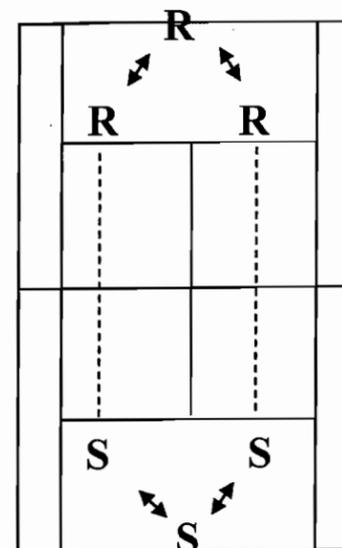
- Win two points in a row to become the champion (best for short lines).
- Be the first to win five points total when taking equal turns with the other players (best for long lines).
- Have a player waiting at the net post (on deck) to take the place of the champion.
- Divide the court in half to create two separate games.
- Require the champ or the challengers to start at the service line to focus on net play.
- The coach can feed the ball into play to create different scenarios (e.g. high and deep to backhand, short approach, running forehand, etc.).

0:00	Begin Practice: Gather everyone. Talk about previous match and goals for the future (5 mins)
0:05	Warm up: This can include various movements or relay races (jogging, sidestepping, or sprinting) as well as stretching (5 mins)
0:10	Ups and Downs: Give each player a ball. Have them see how many times in a row they can hit the ball up with their racquets (about one foot in the air). Then, have them try to bounce the ball down with their racquets as many times as they can. To make it easier, have them catch the ball in between bounces. To add difficulty, have them walk or jog as they are bouncing the ball. (5 mins)
0:15	Tennis without racquets: Split into two teams on opposite sides of the net. Let one team start by throwing the ball over the net. Teams work together to catch the ball and throw it back to the other side. If the ball goes into the net, out of the court, or bounces twice, the other team wins the point. Play first to seven points and then switch sides and play again. Variation: one team has racquets, the other does not. (15 mins)
0:30	Water Break (5 mins)
0:35	Practice Drop forehands and backhands: Gather all players on one side of the court. Spread them out along the service line and practice dropping the ball and hitting it after one bounce. Make sure players are spaced appropriately to reduce danger of swinging racquets and flying balls. If all balls are hit, pick them up as a group and practice hitting them again. (10 mins)
0:45	Scrimmage: Divide players into two teams and play two five-minute Short Sets using the same format from the match day. (15 mins)
1:00	End Practice

Practice - 4

Warm-Up/Stroke Grooving

0:00	Begin Practice: Gather everyone. Talk about previous match and goals for the future (5 mins)
0:05	Warm up: Begin with jogging or other movement warm up. Then, have players find a line on the court and stand next to it making sure that there are no balls lying on the ground near them. With their feet together, they jump sideways over the line and then back over the line the opposite way. Do two sets of 15 seconds with a rest in between. Then try the same thing but jumping forward and backward. End warm-up with stretching. (5 mins)
0:10	Practice Drop Forehands and backhands: Gather all players on one side of the court. Spread them out along the service line and practice dropping the ball and hitting it after one bounce. Make sure players are spaced appropriately to reduce danger of swinging racquets and flying balls. If all balls are hit, pick them up as a group and practice hitting them again. (10 mins)
0:20	Hand-eye coordination: Each player finds a partner. They face each other and stand about two yards away with no racquets. One player has a ball in each hand. He or she tosses the two balls at the same time to his or her partner on one bounce. The partner catches them and then tosses them back. Variation: Toss both balls in the air. Or, try to toss one in the air, and bounce the other. (5 mins)
0:25	Water Break (5 mins)
0:30	Crazy Tennis: Divide into two teams on opposite side of the net. Toss one ball into play. Anything goes as the teams try to hit the ball to the other side of the net without using their hands. A team wins the point if the ball rolls on the other side of the net. The first team to seven points wins. If time, switch sides and play again. Variation: require each member of a team to hit the ball at least once before it can go over the net. (10 mins)
0:40	Scrimmage: Divide players into two teams and play three five-minute Short Sets using the same format from the match day. (20 mins)
1:00	End Practice



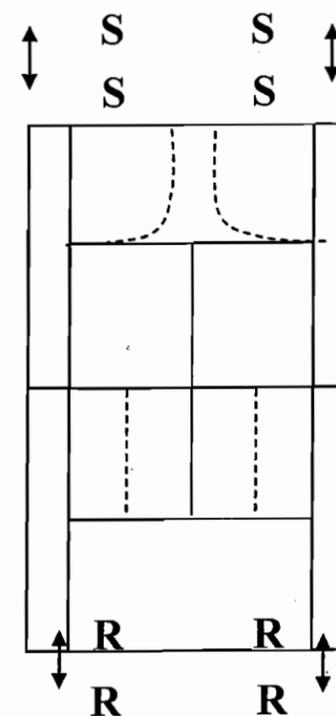
Cooperative Warm-Up

Players rally with one another half court beginning from the service line and progressing gradually to the baseline. Note the progression as follows:

1. Service line to service line ground strokes
2. 3/4 court to 3/4 court ground strokes
3. Full-court ground strokes
4. Net to baseline (volleys & overheads) and switch
5. Serves and Returns (see diagram below)

Variations:

- Extra players can rotate in after an error is made.
- Practice hitting cross-court and down the line.
- Allow only one ball on the court for each two players. When a player misses, they must hustle to get the ball.
- Play out points with one ball in play. Whoever misses rotates out.
- Play out points with two balls in play. Begin with two simultaneous crosscourt rallies. Once the first error is made, the remaining ball becomes live and is played out amongst the four players (= "One-Ball Live" Game).



Serve, Return, and Rally (6-8 per court)

Two teams of servers and returners compete against each other. In order to score a point, the server must get the ball into the correct box and the returner must return the ball cross-court to the server. Servers switch out after each point. Games can be played to 7 or 11. Teams can race against each other or each turn can be taken gradually so proper form is not compromised.

Variations:

- For more advanced players, require a serve, return, and two rallies for a point to be earned.
- Score points for the team each time the ball crosses the net.
- Require players to serve from singles and doubles positions.
- Divide the service box and require certain placements or spins to be executed.
- Have the servers compete against the returners on the diagonal half court.
- Have the servers alternate with the returners after each point (works well for larger numbers and keeps players moving).

Top 10 Drills and Games Every Coach Should Know

Welcome to Top 10 Games and Drills Every Coach Should Know. This manual was developed for use by rookie coaches, mid school and high school coaches, and tennis instructors who are responsible for conducting team practices and group lessons for beginning, intermediate, and advanced players.

This manual attempts to narrow down the most fundamental on-court activities into an easy-to-follow coaches guide. The activities chosen were able to meet the following criteria: 1) handle 4-8 players per court, 2) be operated by the coach or the students, 3) adaptable to various skill levels, and 4) Able to integrate technical and tactical issues. Coaches are encouraged to build upon this base of activities with additional drills and games as they continue gaining experience.

Consistent with “play based” coaching, it is important to structure practices and workouts based on observing players in match situations. This provides the context for which skills can be developed and honed. The practice formula below provides an ideal framework for helping players master skills and be effective in match play.

1. Fun Warm-up (includes movement, tracking, and rallying)
2. Theme of the Day (based on observing players in match situations.)
3. Structured match play with supervised coaching (utilize creative scenarios and roam amongst matches)
4. Fun Wrap-Up and Cool Down (Large group game with everyone participating)

Coaches can pick and choose from the drills in this manual and plug them into the formula above based on their needs. In addition, this manual includes information on basic strategies, suggestions for properly incorporating ball feeding drills and point playing drills, as well as information on how to organize practices with limited courts and multiple players.

I hope this manual proves to be a handy resource for your daily coaching activities and I wish you a lot of fun and success in all your coaching endeavors!

Jason Jamison, 2005

0:00	Begin Practice: Gather everyone. Talk about previous match and goals for the future (5 mins)
0:05	Warm up tag: Have all players stand on one side of the net with their racquet and a tennis ball. Players will place a ball on the strings of their racquet and walk around the court. One person (parent, coach, or player) is designated "IT" and walks around tagging players. If a player is tagged, steps out of bounds, or drops the ball from his or her racquet, then they are out. Last one in is "IT" for the next round. Variation: have players bounce the ball up or down as they play tag. They can pick up the ball and begin bouncing again as long as they don't have to step out of bounds to get it. After a couple of games, have them complete their warm-up with some movement and stretching (10 mins)
0:15	Practice Moving Shots: Line players up behind the service line and one at a time toss them one ball about two steps away from where they are standing. Have them practice running for a shot that is not hit directly at them. After player hits the first ball, he or she sidesteps back to the middle. Toss one more in the same manner. Have the player collect two balls from the other side of the court, put them back in your basket, and go to the back of the line. (10 mins)
0:25	Water Break (5 mins)
0:30	Tossing volleys: Divide team into pairs and have players spread out along the net. Each player stands three steps away from the net facing his or her partner. One player tosses a ball underhand, and his or her partner hits it back on the fly (this is not a full swing, just block the ball back). After a few minutes, switch and have the tosser hit and the hitter toss. Variation: have players both hold a racquet and see how many they can rally back and forth without letting the ball bounce. (10 mins)
0:40	Scrimmage: Divide players into two teams and play three five-minute Short Sets using the same format from the match day. (20 mins)
1:00	End Practice

Practice - 6

0:00	Begin Practice: Gather everyone. Talk about previous match and goals for the future (5 mins)
0:05	Warm up: This can include various movements or relay races (jogging, sidestepping, or sprinting) as well as stretching (5 mins)
0:10	Tennis Sandwich: Team breaks into pairs, each player with his or her own racquet and one ball between the two of them. Starting behind the court, the two teammates are to walk up to the net and back while sandwiching the ball between the strings of their racquet without touching the ball. If the ball drops, have them pick it up and resume from where it dropped. For increased difficulty, that the racquets be held vertically. Variation: sandwich ball between racquet butts, handles, or frames of the racquet. (5 min)
0:15	Crazy Tennis: Divide into two teams on opposite side of the net. Toss one ball into play. Anything goes as the teams try to hit the ball to the other side of the net without using their hands. A team wins the point if the ball rolls on the other side of the net. The first team to seven points wins. If time, switch sides and play again. Variation: require each member of a team to hit the ball at least once before it can go over the net. (10 mins)
0:25	Water Break (5 mins)
0:30	Alley Rally: Divide team into pairs. Pairs stand across the alley from each other with one ball between the two of them. Lightly hitting it, they rally it back and forth to see how many they can get in a row. After every few minutes, players switch partners. Make sure there is ample space between pairs to insure proper safety. (10 mins)
0:40	Scrimmage: Divide players into two teams and play three five-minute Short Sets using the same format from the match day. (20 mins)
1:00	End Practice



These Drills and Games Are Recommended for Flight I&II Level

- **Warm-Up/Stroke Grooving**
 - Cooperative Warm-Up
 - Serve, Return, and Rally (6-8 per court)
- **Singles Games**
 - Team Singles
 - Champ of the Court Singles
- **Doubles Games**
 - Team Doubles
 - Champs of the Court Doubles – Rotating Approach
- **Fun Group Games**
 - Pro Tour
 - Triples
- **Fun Group Games-Super Sized**
 - Deep Desperation
 - Wipe-out
- **Conduction Effective Team Practices**
- **Modified Game & Match Play Situations**
- **Doubles Strategies for the Recreational Player**
- **Doubles Match Play**

NOTE: Diagrams depict a regular size court. Juts scale down to smaller playing area for flight III level players.