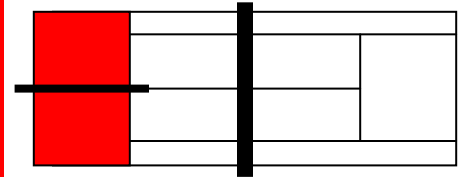


1/2 COURT CURRICULUM
(5-7 YEARS OLD)
Last updated March 16, 2009



1/2 COURT TENNIS



ACKNOWLEDGEMENTS

The purpose of this manual is to provide clubs and coaches with a curriculum to effectively implement a 1/2 court progressive tennis program which will ultimately lead to children learning quickly, playing successfully and having fun. (Note: This document is designed to work in conjunction with the Tennis Canada 1/2 Court DVD)

We would like to acknowledge the work of a number of individuals who helped make the design of this curriculum possible:

Jacques Leriche and Yves Beckers from the Belgium Tennis Federation for their inspiration and input in the development of this project

Wayne Elderton for his outstanding work as project manager for the design of the 1/2 court curriculum

Larry Jurovich for his outstanding work on the design of the 3/4 court curriculum

Committee members Louis Cayer, Conrad Pineau, David Phillips and Andre Labelle for all of their input.

Finally, Marie-France Mercier for all of her outstanding work in the design and editing of both the 1/2 court and 3/4 court curriculums

Thanks again for all your efforts.

We hope that you find this document helpful in implementing your 1/2 Court program.

Yours truly,

Ari Novick
Director, Coaching Development
TENNIS CANADA

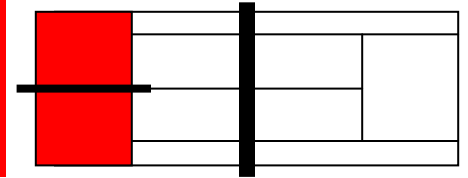
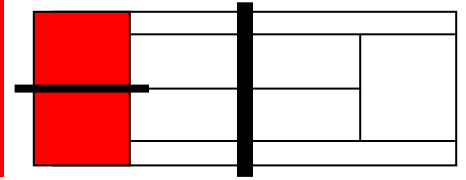


Table of Contents

A. INTRODUCTION TO PROGRESSIVE TENNIS	3
B. INTRODUCTION TO THE 1/2 COURT PROGRAM.....	4
C. GUIDELINES FOR TRAINING	5
1. WHAT IS AN OVERALL TENNIS PROGRAM?.....	5
2. TRAINING/COMPETITIVE GUIDELINES	5
D. HOW TO SET-UP THE COURT FOR PRACTICE AND COMPETITION	7
E. HOW TO SET-UP THE CONTENT	10
1. HOW TO SET-UP THE YEAR	10
2. HOW TO ORGANIZE PRACTICE	12
3. RECORDING AND ADDING VARIETY	13
F. PROGRAM OVERVIEW.....	14
1. BRONZE: “FUNDAMENTALS”	14
2. SILVER: “BASIC PLAY”	15
3. GOLD: “CONSISTENT PRECISION”	16
G. TACTICAL/TECHNICAL TRAINING.....	17
1. TECHNICAL FUNDAMENTALS	17
2. HOW TO USE THE TACTICAL TRAINING GRID.....	19
H. BRONZE CURRICULUM	21
<i>Bronze Physical Development.....</i>	<i>21</i>
<i>Building Tactical/Technical Skills at the Bronze Level.....</i>	<i>22</i>
1- BLOCK #1: TRACK, CATCH, THROW SKILLS	23
2- BLOCK #2: RACQUET WORK SKILLS.....	26
3- BLOCK #3: BODY COORDINATION SKILLS	27
4- BLOCK #4: RALLY SKILLS	28
I. SILVER CURRICULUM	29
<i>Silver Physical Development.....</i>	<i>29</i>
1- SILVER GROUNDSTROKE DEVELOPMENT DRILLS	30
2- SILVER NET PLAY DEVELOPMENT DRILLS.....	31
3- SILVER SERVE & RETURN DEVELOPMENT DRILLS	32
4- SILVER TACTICAL DECISION-MAKING DRILLS.....	33
5- SILVER COMPETITIVE PLAY.....	34
J. GOLD CURRICULUM.....	35
<i>Gold Physical Development</i>	<i>35</i>
1- GOLD GROUNDSTROKE DEVELOPMENT DRILLS	36
2- GOLD NET PLAY DEVELOPMENT DRILLS.....	38
3- GOLD SERVE & RETURN DEVELOPMENT DRILLS	39
4- GOLD TACTICAL DECISION-MAKING DRILLS.....	39
5- GOLD COMPETITION	40
K. APPENDIX.....	41
FITNESS TESTS FOR ½ COURT TENNIS (5-7 YRS OLD)	42
RECORDING SHEET	45
FUNDAMENTAL CHECKLIST MONITORING SHEET	46
1/2 COURT COMPETITON RULES & FORMATS	47



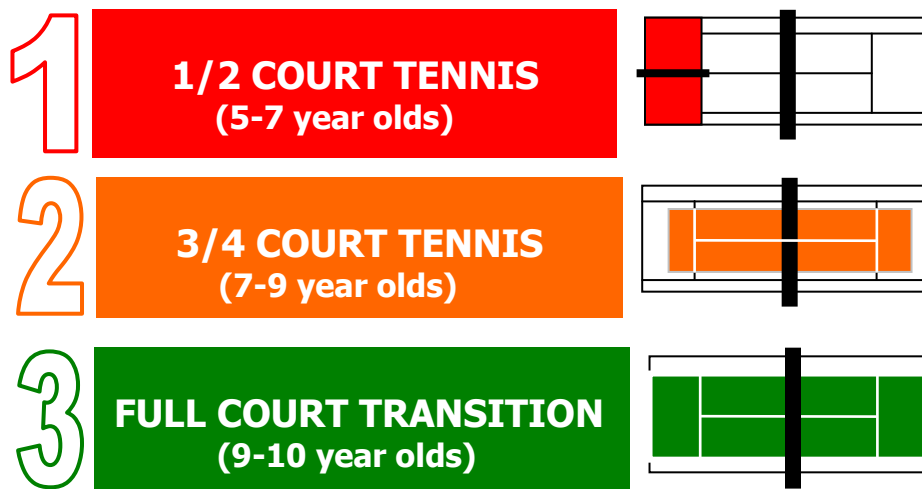
A. INTRODUCTION TO PROGRESSIVE TENNIS

A mini-revolution is brewing in North America. The approach is called “Progressive Tennis”. It is imported from European countries such as France and Belgium where it was used to successfully develop players like Justine Henin and Olivier Rochus. Progressive Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level for 5-10 year olds.

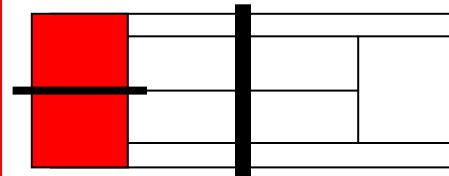
Modified racquets and balls are not new. The equipment has been around for a while, as the “graduated length” concept. Coaches have used bits and pieces for years seeing the advantage from the perspective of success, fun and safety. The difference this time is that all these elements have been brought together in a much more systematic way than ever before.

The power of the progressive tennis system is that it allows players to play quickly and successfully. In Progressive tennis, the philosophy is that tennis is a great fun game and the quicker and more skillfully a player can play the more fun it is. Each stage not only has specific equipment to aid success, but particular skills to develop as well. **The coach’s job is to get them to play, and help them to play better.**

In Canada, Progressive Tennis is divided in three stages:



This document has been created to provide Clubs and Coaches with a tool to implement Progressive Tennis and more specifically the 1/2 Court tennis curriculum.



B. INTRODUCTION TO THE 1/2 COURT PROGRAM

1/2 Court tennis is the first step in progressive tennis. The transition to successful 1/2 Court tennis will require a period of skill development where basic co-ordination and cooperative activities will lead to the development of the basic strokes and fundamentals.

1/2 Court Tennis is played sideways across the court from doubles sideline to doubles sideline (11 meter/36 foot length). An oversize, high-density foam ball is used which is easier to visually track, receive, and control, since it flies slower and bounces lower. Players use 19-21 inch racquets (depending on player size) which gives better racquet control. This modified equipment will help develop good biomechanics. Regular rules apply with the exception that the server can serve anywhere in the opponent's court (in front of the singles sideline), and the scoring is simplified.

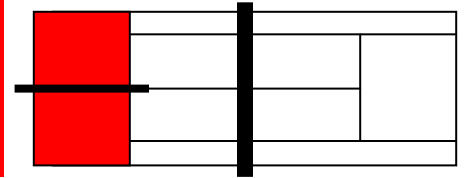
In the Tennis Canada 1/2 court curriculum, a grid which identifies areas of the court, is used to establish the various level of precision that will eventually be the basis for tactical development.

Tennis Canada's 1/2 Court curriculum includes 3 progressive skill levels, each with specific goals and competencies. Each level of the program develops "Global" skills (tactical, technical, physical, and psychological). Each stage also has a main goal identified by the name of the stage.

- **Bronze: "FUNdamentals"**
- **Silver: "Basic Play"**
- **Gold: "Consistent Precision"**

The three level program has been designed such that an average player will need 2 years (36 weeks per year) to acquire the skills required to meet the standards for all levels.

Level	Duration
Bronze	12 weeks
Silver	24 weeks
Gold	36 weeks



C. GUIDELINES FOR TRAINING

1. WHAT IS AN OVERALL TENNIS PROGRAM?

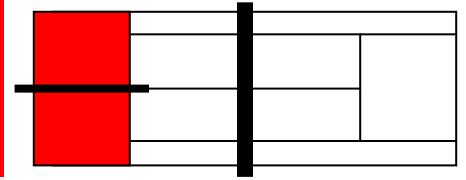
An overall tennis program is made up of physical development, tennis training and competition. The combination of these elements can be called the overall “tennis environment” and ultimately will determine the ability to maximize the players’ potential. The tennis environment includes:

- **Physical development:** tennis specific fitness and other sports
- **Tennis training:** group lessons & match play, private lessons
- **Competition:** tournaments, ladder matches, house league matches and team events

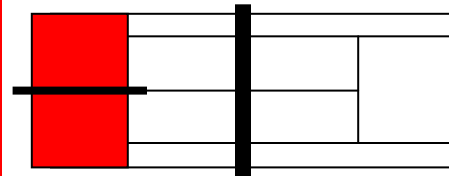
2. TRAINING/COMPETITIVE GUIDELINES

The following guidelines are designed for maximizing a player’s improvement while taking into account they will be active in other sports and activities.

AGES	PLAYING				PRACTICING					
	# of Peaks	# of Tournaments Per year	# of matches per year		Types of Competition	Physical Training (By this stage)	Tennis Training	Total # of hours/week	Other Matches (practices/ Leagues, etc.)/yr	Rest and Regeneration weeks per year (break from tennis)
Singles	Doubles									
BOYS										
5-6	0	0	0		1/2 court, within the club, schools and parks and recreation	4 hours (which includes 2.5 hours in other sports)	1-4 hours (may include up to two private lessons)	5-8	15-25	N/A
7-9	0	7-12	21-36		1/2 court tournaments – club 3/4 tournaments – club/provincial Full court transition ball competitions – club or provincial	4.5 -5 hours (which includes 2.5-3 hour in other sports)	4-9 hours (may include between 1-3 hrs of private lessons)	8-12	25-40	8 weeks
9-10	0	10-15	30-45	20-30	<u>AGE 9</u> U10 Provincial (full court transition ball) U12 Provincial events <u>AGE 10</u> U12 Provincial events U12 Jr. Nationals	5 – 6 (which includes 3 hours of other sports)	8 – 10 (including 2-4 hours of private lessons)	14-16	30-40	8 weeks



AGES	PLAYING				PRACTICING					
	# of Peaks	# of Tournaments Per year	# of matches per year Singles Doubles		Types of Competition	Physical Training (By this stage)	Tennis Training	Total # of hours/week	Other Matches (practices/Leagues, etc.)/yr	Rest and Regeneration weeks per year (break from tennis)
GIRLS										
5-6	0	0	0		½ court, within the club, schools and parks and recreation	4 hours (which includes 2.5 hours in other sports)	1-4 hours (may include up to two private lessons)	5-8	15-25	N/A
7-8	0	7-12	21-36		½ court tournaments – club ¾ tournaments – club/provincial Full court transition ball competitions – club or provincial	4.5 -5 hours (which includes 2.5-3 hour in other sports)	4-9 hours (may include between 1-3 hrs of private lessons)	8-12	25-40	8 weeks
9	0	8-10	24-30	16-20	Full court transition ball U10 – club/provincial Full court regular U12 – club and provincial *Top 10 year olds could be participants in the U12 Nationals and International U10 events	4.5 – 5.5 (includes 3 hours in other sports)	6-8 hours (including 2-3 lessons)	10-15	30-40	8 weeks
10	0	10-15	30-45	20-30	U10 provincials U12 provincials, U12 national events *Top players of this age could be competing in U14 Nationals and International U12 events	5 – 6 (which includes 3 hours of other sports)	8-10 (including 2-4 hours of private lessons)	12-17	30-40	8 weeks



D. HOW TO SET-UP THE COURT FOR PRACTICE AND COMPETITION

For 1/2 Court Tennis, the recommended maximum ratio of players for every coach is 6:1. The typical set-up is 12 players per court with 2 coaches.

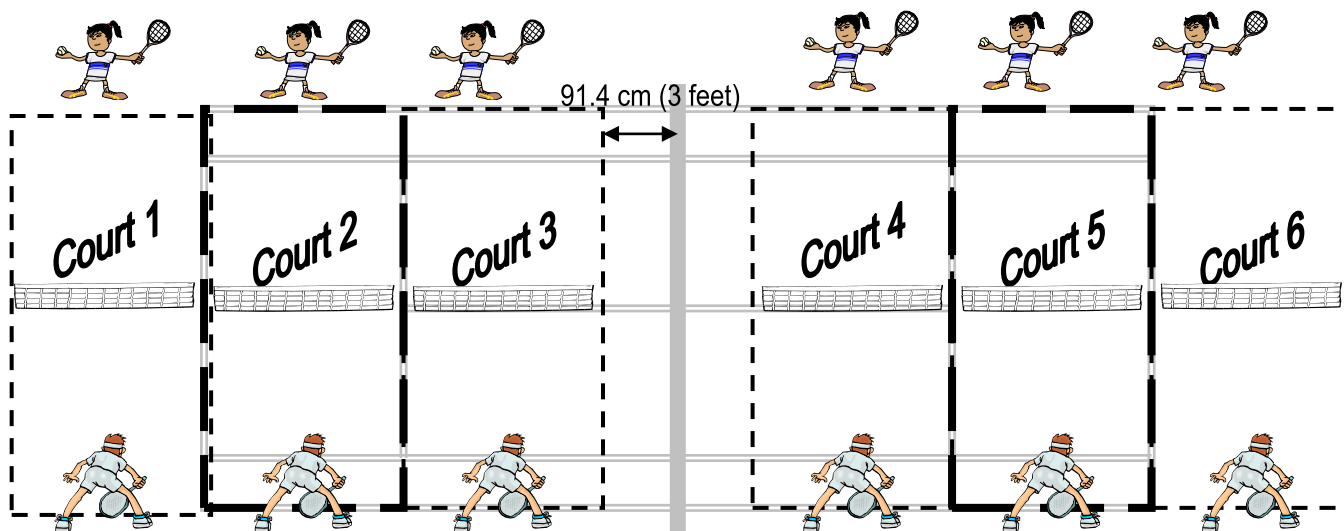
To run the programs properly and maximize the effects of the training, additional set-up/take-down above regular lessons is required. The courts division lines, targets, and nets take a couple of minutes to set up and take down.

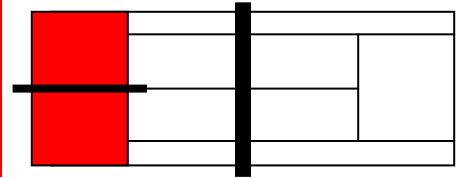
Set-up and take down can be made more efficient by recruiting the children in the program to assist. Once they know the process, their help can speed things up. In addition, they learn how to set things up so they can practice on their own or with their parents. Some additional hints that can help speed up set-up and take down include:

- Run 1/2 Court classes one after another so the court can remain set-up longer.
- If the facility has a curtain behind the courts, keep the nets partially set-up (e.g. all assembled except legs folded) and store them behind the curtain.

Practice Set-Up on one regulation size court

Six 1/2 Court Practice courts can be set-up on one regulation court to accommodate 12 players. A 1/2 Court (dash lines on diagram) is 11 Meters long (36 feet) and 5.5 meters wide (18 feet). The net should be 80cm high.



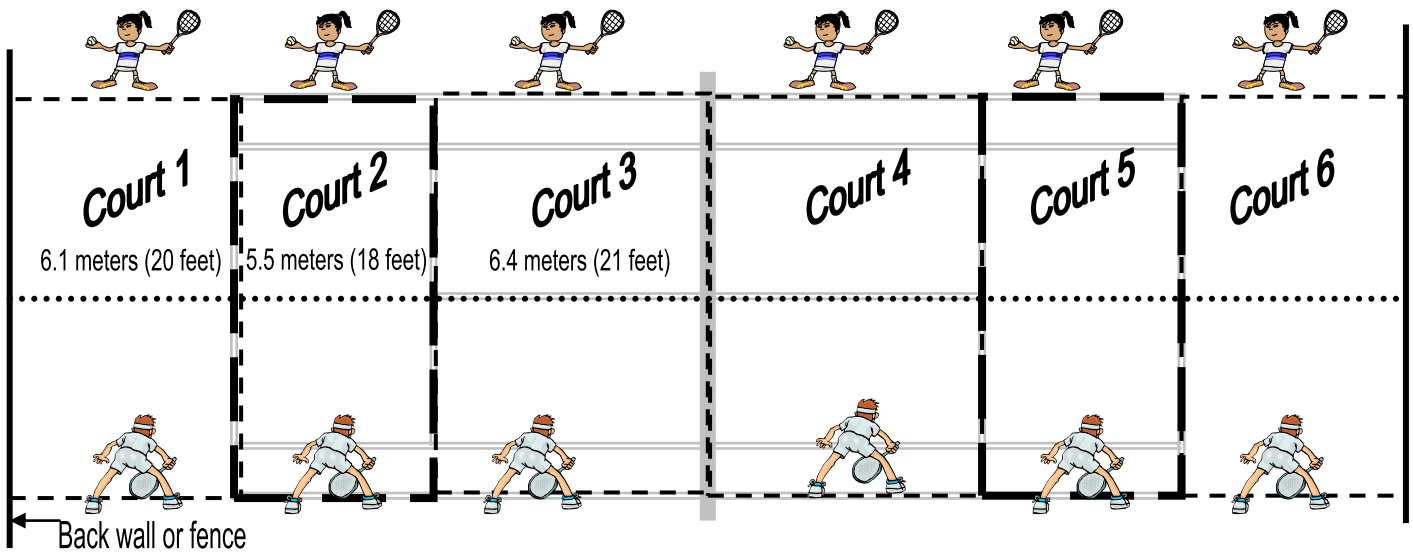


Alternative #1:

For ease of set-up, it is possible to use the existing court boundaries. This would make each 1/2 Court slightly different widths, but is acceptable for general practice:

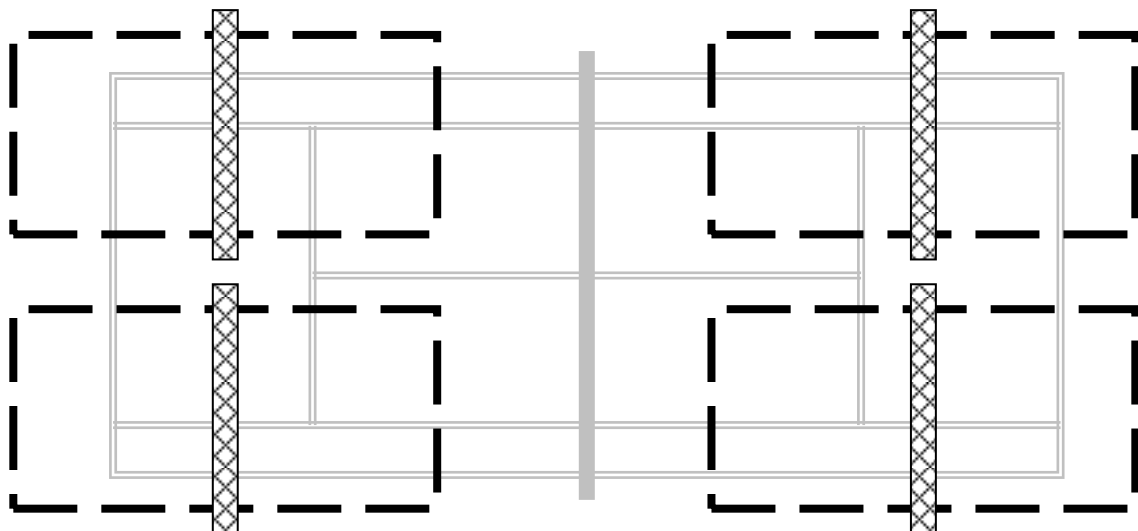
- Court #1 & #6 would be from the back wall or fence to the baseline (This would be the only court that would require drop-down or roll-down lines)
- Court #2 from the baseline to serviceline
- Court #3 from the serviceline to the net.

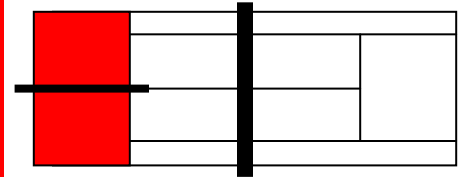
Ropes can be substituted for Mini-nets as well.



Alternative #2a:

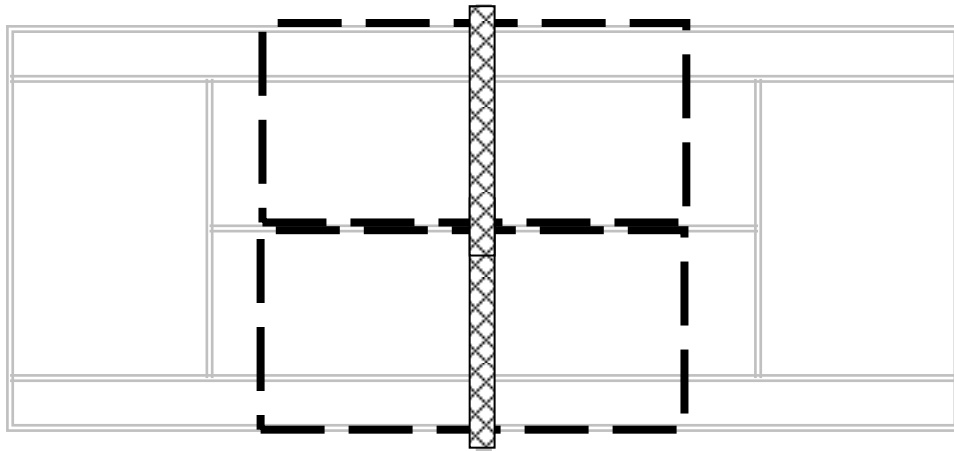
In some cases, the facility may not have divider nets between courts. This makes playing sideways across a regulation court difficult as many balls may disturb the adjacent court. In this instance, 4 1/2 courts can still be set-up length-wise on one regulation court.





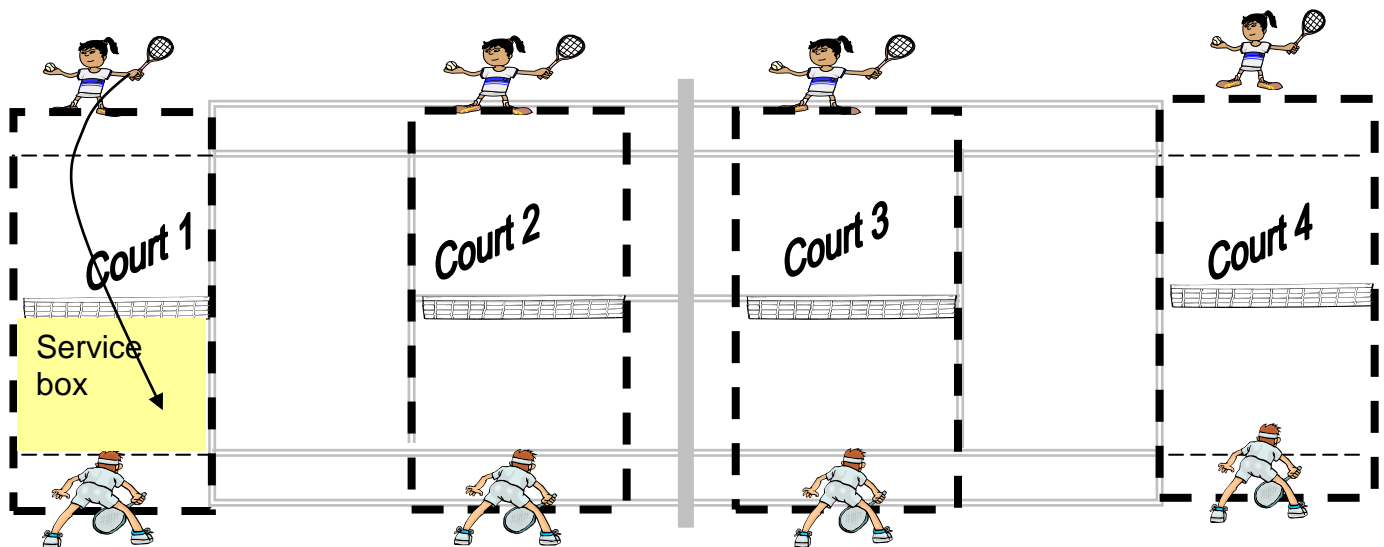
Alternative #2b:

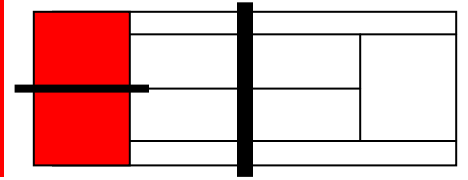
If space is not an issue or, if classes have low numbers, it is possible to set-up 2 1/2 courts on one regulation court.



Competition Set-Up on one regulation size court

For competition (or advanced training), it is recommended to create more space between courts by only setting up 4 - 1/2 courts on one regulation court. In competition, the service box is from the net to the regulation court singles sideline (which is used as the 1/2 Court serviceline).





E. HOW TO SET-UP THE CONTENT

1. HOW TO SET-UP THE YEAR

It takes approximately two years for a child with average athletic ability to progress through all 3 levels of the 1/2 Court Program (if they started the program at 5 or 6 years old).

Note: Players who are graduating from the Gold level 1/2 Court Program will most likely be able to make the transition through the bronze 3/4 court curriculum quickly.

The first year should include the Bronze and Silver levels. The second year is the Gold level. At most year-round facilities in Canada the training year starts in September and goes until June.

Players should be moved to the next level once they demonstrate the competencies associated to each level.

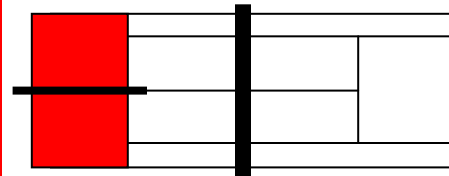
Practice Sessions

The program is made up of two types of practices:

- a. Development practice:** The main focus is the development of fundamentals through the most common situations and tasks (tactics) required for long-term success. Periodically during the year, coaches record the results of specific basic drills to measure the class improvement.
- b. Competitive practice:** The main focus is on competing with a tactical and/or psychological theme. It is recommended to monitor the progress of the players during a competitive practice.



1/2 COURT TENNIS



Bronze Level: "FUNdamentals"

Fall: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1 Dev	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Dev/ Record	Wk 6 Comp	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Dev	Wk 11 Dev/ Record	Wk 12 Comp
-------------	-------------	-------------	-------------	------------------------	--------------	-------------	-------------	-------------	--------------	-------------------------	---------------

After 12 weeks, a player of average athletic skills would progress to Silver Level.

Silver Level: "Basic Play"

Winter: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1 Dev	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Dev	Wk 6 Comp	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev/ Record	Wk 10 Dev	Wk 11 Dev	Wk 12 Comp
-------------	-------------	-------------	-------------	-------------	--------------	-------------	-------------	------------------------	--------------	--------------	---------------

Spring: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1 Dev	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Dev/ Record	Wk 6 Comp	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Dev	Wk 11 Dev/	Wk 12 Comp
-------------	-------------	-------------	-------------	------------------------	--------------	-------------	-------------	-------------	--------------	---------------	---------------

After 24 weeks, a player of average athletic skills would progress to Gold Level.

Summer: Summer should be a competitive season to play a number of Progressive Tennis Tournament events. Programs across the country vary dramatically in summer activities. It is important to maintain players' skills through training and private lessons during the summer.

Gold Level: "Consistent Precision"

Fall: One Competitive Practice/Monitoring day after 5 weeks of Development Practice (12 weeks total)

Wk 1 Dev/ Record	Wk 2 Dev	Wk 3 Dev	Wk 4 Dev	Wk 5 Comp	Wk 6 Dev	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Wk 10 Comp	Wk 11 Dev	Wk 12 Dev/ Record
------------------------	-------------	-------------	-------------	--------------	-------------	-------------	-------------	-------------	---------------	--------------	-------------------------

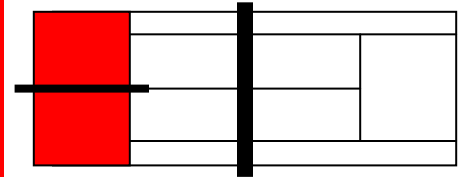
Winter: One Competitive Practice/Monitoring day after 4 weeks of Development Practice (10 weeks total)

Wk 13 Dev	Wk 14 Dev	Wk 15 Comp	Wk 16 Dev	Wk 17 Dev	Wk 18 Dev	Wk 19 Dev	Wk 20 Comp	Wk 21 Dev	Wk 22 Dev	Wk 23 Dev	Wk 24 Dev/ Record
--------------	--------------	---------------	--------------	--------------	--------------	--------------	---------------	--------------	--------------	--------------	-------------------------

Spring: One Competitive Practice/Monitoring day after 3 weeks of Development Practice (12 weeks total)

Wk 25 Comp	Wk 26 Dev	Wk 27 Dev	Wk 28 Dev	Wk 29 Dev	Wk 30 Comp	Wk 31 Dev	Wk 32 Dev	Wk 33 Dev	Wk 34 Dev	Wk 35 Dev/ Record	Wk 36 Comp
---------------	--------------	--------------	--------------	--------------	---------------	--------------	--------------	--------------	--------------	-------------------------	---------------

After 36 weeks, a player of average athletic skills would progress to the 3/4 Court Program.



2. HOW TO ORGANIZE PRACTICE

The optimal length of a training session is 90 minutes long. One hour sessions are possible but are more challenging to execute efficiently because of equipment set-up & take down. Development Practice sessions at the Bronze level are primarily about developing the “ABC’S” (agility, balance, coordination and speed) and groundstrokes. Silver & Gold levels will include 5 components to ensure players are developed physically, tactically, technically, and psychologically on groundstrokes, net play, and serve & return.

a. Development Practice Schedule

Bronze Level	Reference	Time in 1.5 Hr Session	Time in 1 Hr session
Court Set-up		2.5 Minutes	2.5 minutes
1. Physical development	p.21	30 Minutes	20 Minutes
2. Groundstroke Development	p.23-28	55 Minutes	35 Minutes
Court Take-down		2.5 Minutes	2.5 Minutes

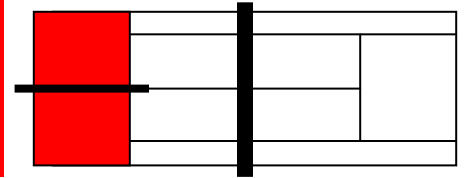
Silver and Gold Levels	Reference		Time in 1.5 Hr Session	Time in 1 Hr session
	Silver	Gold		
Court Set-up			2.5 Minutes	2.5 minutes
1. Physical development	p.29	p.35	25 Minutes	15 Minutes
2. Groundstroke Development	p.30-31	p.36-37	20 Minutes	15 Minutes
3. Net Play Development	p.31	p.38	10 Minutes	15 Minutes
4. Serve & Return Development	p.32	p.39	15 Minutes	Alternate each session Net Play & serve/return work
5. Tactical Training ¹	p.33-34	p.39-40	15 Minutes	
Court Take-down			2.5 Minutes	2.5 Minutes

b. Competitive Practice Schedule

Components	Reference	Time in 1.5 Hr Session	Time in 1 Hr session
Court Set-up	As per above	2.5 Minutes	2.5 minutes
1. Physical Development		15 Minutes	10 Minutes
2. Tennis specific Warm-up		10 Minutes	10 Minutes
3. Tactical training		15 Minutes	10 Minutes
4. Competitive Play ²		45 Minutes	25 Minutes
Court Take down		2.5 Minutes	2.5 minutes

¹ The Tactical Training is used to integrate skills into competitive tennis play.

² During Competitive play (60 min), the tactical theme should correspond to the tactical training (15 min) done in the practice.



Even though game-play is included in each session, and Competitive Practices are incorporated into the program, it is **optimal** to also offer a separate day of league play as well. Team competition is the best way to organize competition at this level since:

- On a team, if you win, and your team wins, everyone shares the victory.
- If you win but your team loses, you can rest in your positive finish.
- If you lose, but your team wins, you can still have a positive outlook.
- If you lose and your team loses, at least you can all share the outcome.

Team play maximizes **enjoyment** and **improvement!**

3. RECORDING AND ADDING VARIETY

Recording Tool and Conformity Checklist Monitoring Sheet

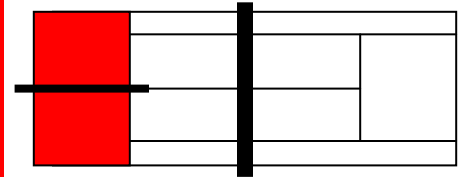
At the end of the document (in the Appendix) you will find a recording sheet and a conformity checklist monitoring sheet. These coaching tools can be used to monitor the overall class/program development. The recording/monitoring occurs **during** a skill development practice. It is NOT an individual test however it will provide coaches a means for measuring the player's progress. It is to allow the coaches to ensure that their group of players is progressing at a satisfactory rate and to identify areas of weakness.

Fitness testing

The physical testing, which you will find in the appendix, should be completed three times a year.

Variations

To ensure **enjoyment** and **improvement**, it is strongly suggested to add variations to the drills. You will find suggestions of variations next to the drills. Variations can be done with the scoring system (process vs. outcome), the people organization (coach vs. players, players vs. players), rotation and so on. **Variety is a key element** to successfully implement the curriculum.



F. PROGRAM OVERVIEW

1. BRONZE: "FUNdamentals"

Level Description: The goal of this level is to spark a love for tennis through stimulating, tennis specific coordination activities that will lead to the proper development of fundamentals. Players will establish skills that allow them to cooperatively rally and practice with each other.

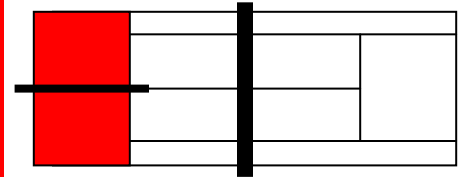
Bronze
Tactical
<ul style="list-style-type: none"> • "Cooperative Consistency" (Sending a slow paced ball with medium arc to a partner) • Understand the basic concept of direction and height control for improved consistency • Can start ball consistently to begin a cooperative rally
Technical
Please refer to page 16 for detailed conformity fundamentals
Physical
<ul style="list-style-type: none"> • Body self-control; <i>work on global postures, balance, laterality and body awareness.</i> (Skipping rope, balance walk, throwing and kicking with R and L.) • Controlled movement; <i>work on general dynamic co-ordination exercises and games.</i> (Different kinds of run: forward, backward, laterally, around.) • Use various equipment; <i>Hand-eye co-ordination;</i> work on dribbling, juggling, throwing, catching and hitting. • Experience opposition; <i>work on throwing and running games,</i> other sports. <p>Note: All skills in italic should be prioritized.</p>
Psychological
<ul style="list-style-type: none"> • Fun • Cooperation



2. SILVER: "BASIC PLAY"

Level Description: The goal of this level is for players to enjoy playing a basic game of 1/2 Court tennis with appropriate scoring and tennis etiquette. They can initiate a point with an overhand or, underhand serve and rally consistently with good fundamentals. Rallies at this level are more dynamic as players are developing the ability to place the ball to an opponent's backhand side, control the trajectory of the ball, and use their forehand when receiving shots in the centre. Initial volley skills are being developed.

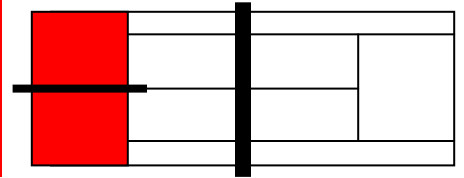
Silver
Tactical
<ul style="list-style-type: none"> • Keep score and play with the basic rules of tennis • Use of quality rally balls (medium speed and arched trajectory) to out rally opponent • Look to play opponent's BH • Use FH when receiving ball down the middle • Can increase the arc of a ball if more defensive shot required
Technical
<p>Please refer to page 16 for detailed conformity fundamentals</p>
Physical
<ul style="list-style-type: none"> • Body self-control; <i>work on global postures, balance, laterality and body awareness.</i> (Skipping rope, balance walk, throwing and kicking with R and L.) • Controlled movement; <i>work on general dynamic co-ordination exercises and games.</i> (Different kinds of run: forward, backward, <i>with angles</i>, laterally, around, <i>adjusting steps.</i>) • Use various equipment; <i>Hand-eye co-ordination;</i> work on dribbling, juggling, throwing, catching and hitting. Time-space orientation; work on throwing, catching and decision making. • Experience opposition; <i>work on throwing and running games, other sports.</i> <p>Note: All skills in italic should be prioritized.</p>
Psychological
<ul style="list-style-type: none"> • Cooperation • Being focused on task (knowing the drill, keeping score, calling the lines) • Good sportsmanship • Having fun while playing



3. GOLD: "CONSISTENT PRECISION"

Level Description: The goal of this level is for players to play an all-court game with a high level of precision and sound fundamentals. They can change directions, heights, distances, speeds and spins on groundstrokes, volleys, and serves and can choose the appropriate time to do so. They can maintain consistency while moving by covering the court effectively with good movement skills.

Gold
Tactical
<p>✓ Same as Silver Plus:</p> <ul style="list-style-type: none"> Starting the point to the opponent's BH (serve & return) To rally with a greater level of precision and consistency Can approach the net off a short ball and finish points with a directed volley
Technical
Please refer to page 16 for detailed conformity fundamentals
Physical
<p>✓ Same as Silver But improve all aspects.</p>
Psychological
<ul style="list-style-type: none"> Cooperation Being focused on task (knowing the drill, keeping score, calling the lines) Good sportsmanship Having fun while playing Get every ball back attitude Beginning to develop some routine prior to serving and returning



G. TACTICAL/TECHNICAL TRAINING

1. TECHNICAL FUNDAMENTALS

Many fundamentals need to be developed at 1/2 Court to build a solid foundation for future success. During lessons, players will perform many fundamentals incorrectly. This is an opportunity for coaches to be organized and 'relentless' in maintaining skills during all lessons.

First and foremost, players should be able to control the ball (effectiveness). All technique is simply a means to accomplish tactics.

To help coaches to be more systematic, we have identified 5 technical fundamentals that coaches must ensure players are constantly working towards in the 1/2 court program:

1. **Grip**
2. **Set-up**
3. **Impact Point**
4. **Hitting Zone**
5. **Recovery**

These 5 fundamentals are not the only ones that can be established however, they are the ones most consistently linked to future success. They form a solid foundation that many advanced techniques can be built on.

The Bronze level develops these fundamentals in simplified activities. At the Silver and Gold levels, all the fundamentals should be maintained throughout all the drills.

A monitoring sheet is provided in the appendix that coaches can use to check the progress of players.

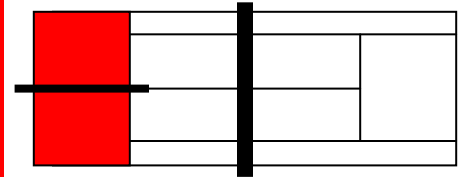


Photo courtesy of Sarah Kadi



Fundamental	GROUNDSTROKES (including return of serve)	VOLLEYS	SERVE & OVERHEAD
<p>GRIP</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Continental (self-rally only) <input type="checkbox"/> Eastern Forehand <input type="checkbox"/> Eastern Backhand <input type="checkbox"/> Two Handed Backhand (Continental on bottom, Eastern FH on top hand) <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> 'Western grip' 	<ul style="list-style-type: none"> <input type="checkbox"/> Continental grip 	<ul style="list-style-type: none"> <input type="checkbox"/> Continental grip <input type="checkbox"/> Slight FH grip up to Silver Level is acceptable
<p>SET-UP</p> <p>Set-up is preparing to create a good impact point by:</p> <ul style="list-style-type: none"> • Preparing arm and body together • Being ready early • And in the proper location • Being balanced 	<ul style="list-style-type: none"> <input type="checkbox"/> Players must prepare with both their body and racquet in balance before the bounce ('Unit Turn'). <input type="checkbox"/> Use of running, shuffle, or crossover steps to move to the ball <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not getting sideways <input type="checkbox"/> Arm-only preparation <input type="checkbox"/> FH Preparation too large <input type="checkbox"/> Set-up too far from impact 	<ul style="list-style-type: none"> <input type="checkbox"/> More compact preparation with a slight shoulder turn on the FH and a sideways turn on the BH. <input type="checkbox"/> Volley preparation should be completed before the ball crosses the net <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Preparation too large 	<ul style="list-style-type: none"> <input type="checkbox"/> Players should be in a sideways position <input type="checkbox"/> Serve toss needs to lift the ball gently into the impact point. <input type="checkbox"/> Slight reach upwards <input type="checkbox"/> Pronation of forearm <input type="checkbox"/> Good throwing action <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Facing forward position (not sideways)
<p>IMPACT POINT</p> <p>An impact point is centering the ball on the strings in a good relationship to the body for the shot intended.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Impact at waist level, comfortable distance from body and slightly out front <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Impact in improper location in relation to body <input type="checkbox"/> Off centre impact 	<ul style="list-style-type: none"> <input type="checkbox"/> Impact at chest level, comfortable distance from body and slightly out front <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Impact in improper location in relation to body <input type="checkbox"/> Off centre impact 	<ul style="list-style-type: none"> <input type="checkbox"/> Impact with upward arm extension <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> in improper location in relation to body <input type="checkbox"/> Off centre impact
<p>HITTING ZONE</p> <p>The Hitting zone is when the racquet face moves with stability towards the intended target.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Maximize Hitting Zone <input type="checkbox"/> PAS for Shot for various trajectory and directions <input type="checkbox"/> Laid-back wrist on forehand <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Racquet moves in circular path 	<ul style="list-style-type: none"> <input type="checkbox"/> Short Hitting Zone required (Catching Action) <input type="checkbox"/> Stable wrist <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Racquet moves in circular path 	<ul style="list-style-type: none"> <input type="checkbox"/> Short Hitting Zone required <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> Too long a Hitting Zone (Push action)
<p>RECOVERY</p> <p>Recovery is returning to a neutral location in a balanced position in preparation for the next shot.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Recover after groundstrokes by using shuffle, cross, or running steps into a neutral position and location <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> No recovery <input type="checkbox"/> Recovery in improper location 	<ul style="list-style-type: none"> <input type="checkbox"/> Recover after volley into a neutral ready position <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> No recovery 	<ul style="list-style-type: none"> <input type="checkbox"/> Recover after serve into a neutral ready position <p>Red Flag</p> <ul style="list-style-type: none"> <input type="checkbox"/> No recovery

NOTE: All references are for right-handed players



2. HOW TO USE THE TACTICAL TRAINING GRID

To make it easier for both coach and player to understand tactics, and to train precision, the practice court is divided into a grid. The grid is numbered for easy orientation when training.

The grid numbering system is a reference **for coaches**. It is not required that players know the numbers of the grid. To make it simple, and in keeping with tennis play and tactics, it is recommended coaches communicate the areas based on tactics. For example, a player can be told to play deep to the opponent's backhand. A shot can be received deep, or short, in the middle, or on the FH or BH sides. A "Tactical Key" is provided to communicate the grid in this way. It can even be just as easy as saying, "Start in *this* square and go to *that one*".

Bronze & Silver Tactical Grid

The areas of the grid are designated by letters and referenced to a player who is facing the net with "A" always starting on their left. Coaches should use the, "Tactical Grid Key" to describe the grid squares to players.

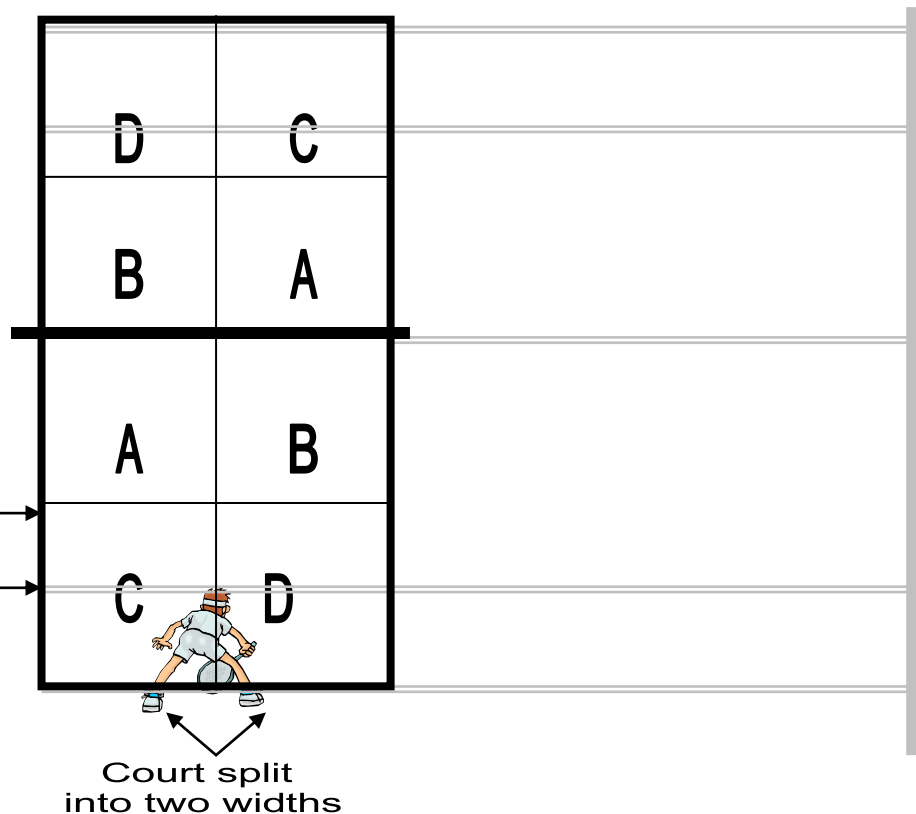
Tactical Grid Key
(referenced for right-handers)

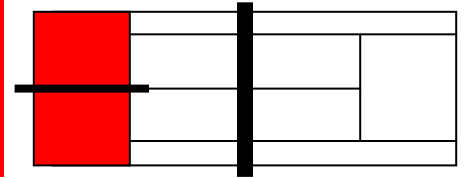
When receiving ball on Player's Side:
 A=Receive Backhand Short
 B=Receive Forehand Short
 C=Receive BH deep
 D=Receive FH deep

When sending ball to Opponent's Side:
 A=Send Short BH
 B=Send Short FH
 C=Send Deep BH
 D=Send Deep FH

Line placed half-way between 1/2 Court net and Baseline

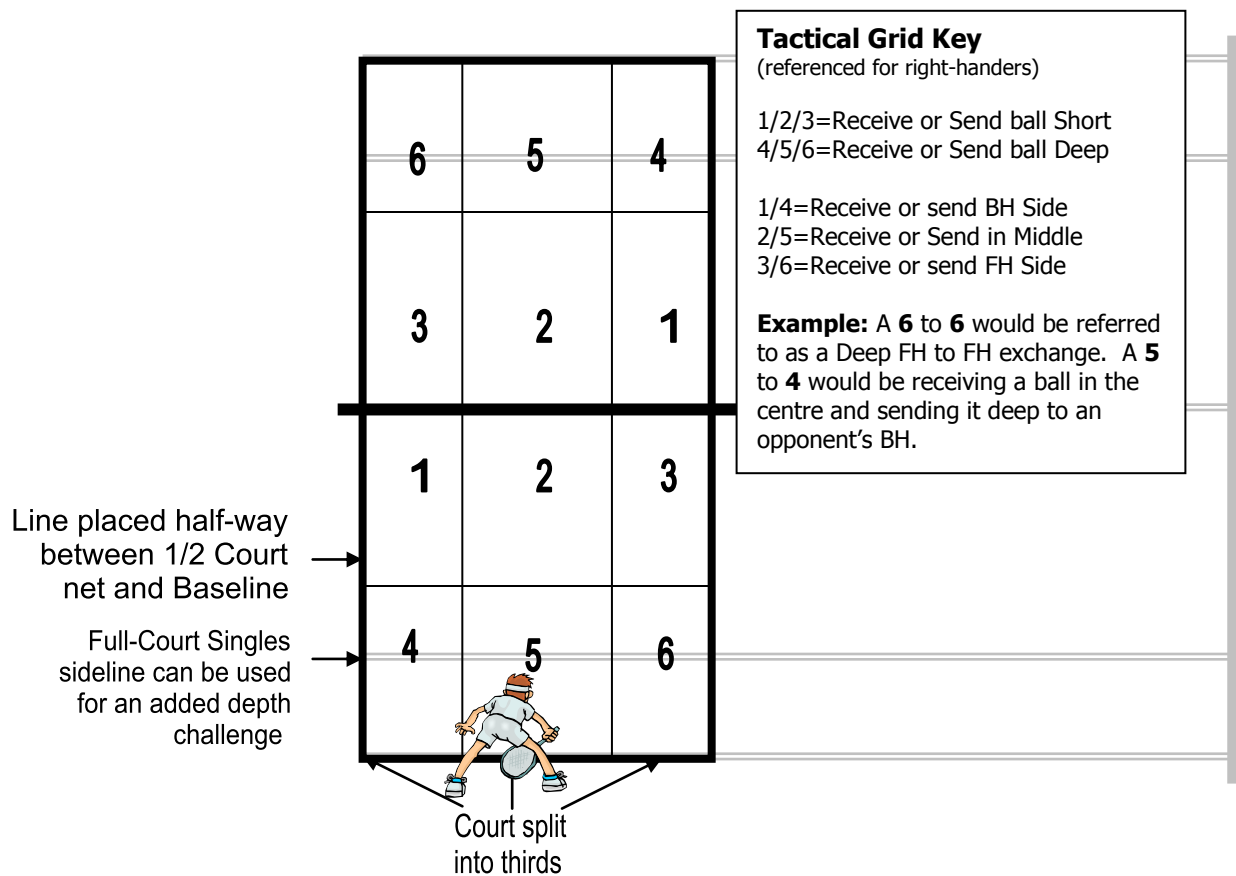
The Full-Court Singles sideline is used as the Serviceline

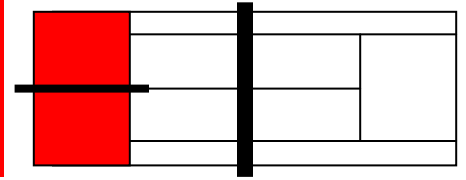




Gold Tactical Grid

The 1/2 Court Gold program develops consistency and precision. As a reference for locations of the players, and placement of the ball, the 1/2 Court grid is expanded from 4 areas per side (used in Level 1 & 2) to 6. To differentiate the grids, numbers are used (rather than the letters used in the Bronze and Silver grid). Starting by facing the net, the squares on the player's side are always numbered starting with the #1 square closest to the net on the left. The other side is also referenced to a player facing the net.

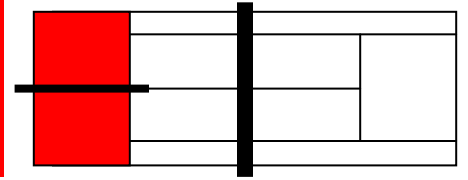




H. BRONZE CURRICULUM

Bronze Physical Development

1- Form Running		
Duration: 5-10 minutes	Effort: less then 5 sec	Work to rest Ratio: 1/5
<ul style="list-style-type: none"> Running in straight line, nice and steady Emphasize good posture and proper use of arms Head up, shoulders down, arms working, body nice and tall, knees up Running relays Equipment: None		
2- Balance		
Duration: 5-10 minutes	Effort: less then 10 sec	Work to rest Ratio: 1/3
<ul style="list-style-type: none"> Standing on one leg Walking balance (walking on a line, balancing sand bag on head) Equipment: Sand bags, beam, wobble boards, fit discs		
3- Skipping (without skipping rope)		
Duration: 5-10 minutes	Effort: less then 5-7 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Skipping nice and steady. Skipping Variations (without arms, using your arms, high knees...) Skipping side ways (following different rhythms, good athletic look) Skipping sideways and turning 180 degrees every 3 steps Equipment: None		
4- Dribbling		
Duration: 5-10 minutes	Effort: less then 15 sec	Work to rest Ratio: 1/3
<ul style="list-style-type: none"> Dribbling various different balls static or dynamic (while moving) Emphasize the use of both hands (left and right) Emphasize various different types of movement Equipment: Volleyball, soccer ball, tennis ball, basketball		
5- Throwing		
Duration: 5-10 minutes	Effort: less then 10 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Overhead toss, chest pass, backward overhead or through their legs (volleyball or soccer ball) One hand throws right and left hand Precision throws with different types of balls Equipment: Handball, volleyball, soccer ball, tennis ball, different balls 		
6- Catching		
Duration: 5-10 minutes	Effort: less than 10 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Two players facing each other, throwing and making catches (static or dynamic (while moving)). Moving sideways and catching on the move. Equipment: Handball, volleyball, soccer ball, tennis ball, different balls. 		

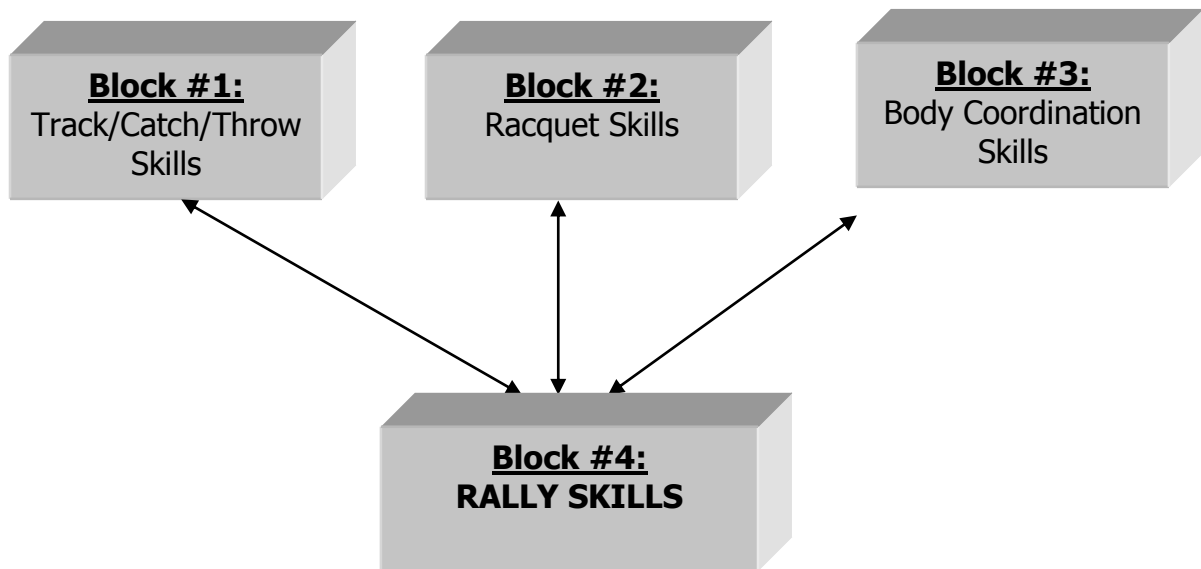


Building Tactical/Technical Skills at the Bronze Level

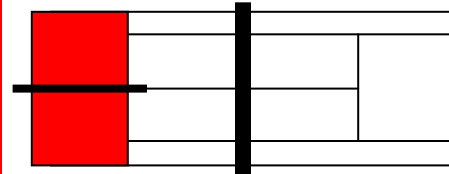
The first challenge a tennis player must overcome is to rally. Winning points in tennis requires consistently putting the ball back into the court. Many skills are required to successfully rally.

The Bronze level is broken into four "Skill Blocks". The first three Skill Blocks contain skills and activities specifically designed to build the elements required for rallying. These skills lay a foundation for future development.

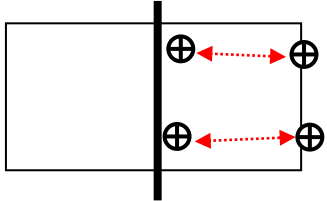
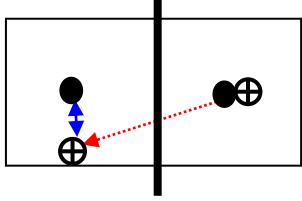
The fourth block combines all the skills into a progression to develop a rally.



The final skill of the bronze level is to rally cooperatively with a friend.

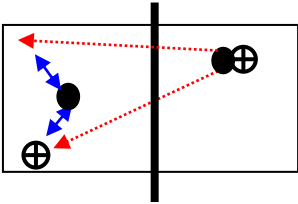
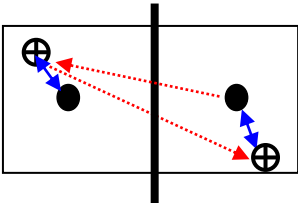


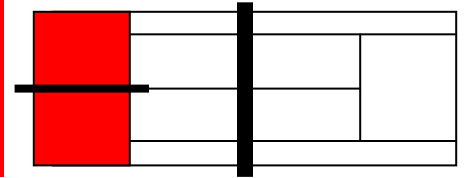
1- BLOCK #1: TRACK, CATCH, THROW SKILLS

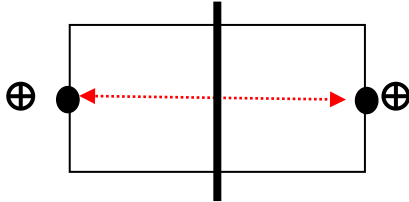



Drill	Diagram & Task	Technical Competencies	Variations
<p>1.1 Underhand Throw & Catch</p>	 <p>Basic drill: Players send ball underhanded to each other.</p> <p>Diagram Key:</p> <p>Player = ⊕ Home Base = ● Marker = ▲ Drop-down line = — Player movement = ← (blue arrow) Ball movement = ← (red dotted arrow)</p>	<p>Underhand throw:</p> <ul style="list-style-type: none"> • Throw underhanded to a partner controlling the trajectory and speed of throw (medium pace and arc). Catch the ball at waist level. • Build coordination by using different variations • Players learn how to feed each other for future practice 	<ol style="list-style-type: none"> Throwing with the Dominant hand Throwing with the non-dominant hand Catching with two hands Catching with one hand Catching after multiple bounces Catching after one bounce Catching before the bounce
<p>1.2 Underhand Rally</p>	 <p>Basic drill: Players send ball underhanded to each other. They must start throwing from their "Home Base" (Recovery position), move out to catch the ball, and return to home base before throwing again.</p>	<p>Underhand throw:</p> <ul style="list-style-type: none"> • Control trajectory and speed of throw (medium pace and arc). Catch the ball at waist level. • Introduce the concept of 'Lively' feet when waiting at Home base. • Introduce the concept of the cycle of a shot (move out, execute skill, recover). • Introduce side shuffle footwork for recovery. 	<ol style="list-style-type: none"> Throwing with the Dominant hand Throwing with the non-dominant hand Catching with two hands Catching with one hand Catching after multiple bounces Catching after one bounce Catching before the bounce

NOTE: All drill diagrams and descriptions are for right-handers



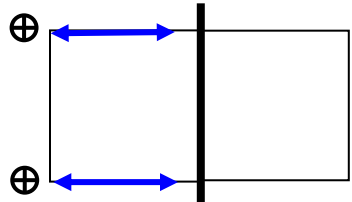
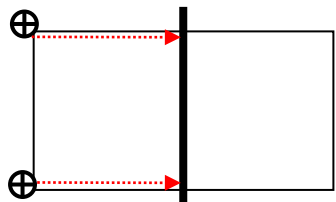
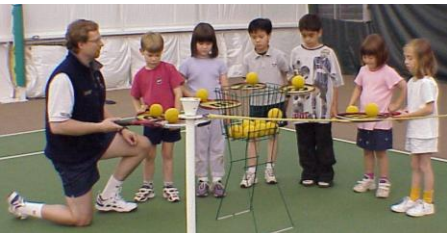
Drill	Diagram & Task	Technical Competencies	Variations
1.3 Underhand Direction	 <p>Basic drill: One player starts from a position off to one side and throws to the right or left of the other player. Just like in the previous drill, the 'Catcher' must move out to catch and return to their Home Base before sending the ball to the thrower.</p>	Underhand throw: <ol style="list-style-type: none"> 1. Introduce the concept of crosscourts and down-the-lines 	<ol style="list-style-type: none"> a) From FH side and BH side b) Both players can send different directions
1.4 Underhand "Beat The Bounce"	 <p>Basic drill: Players start at their Home bases. They throw to different parts of the court. They must move to set-up before the ball they receive bounces on their side. They then throw from where they caught the ball and recover to their Home base before the ball they sent bounces on the opponent's side.</p>	Underhand throw: <ol style="list-style-type: none"> a) Introduce the timing of the set-up and recovery b) Introduce the footwork required to move to the ball 	<ol style="list-style-type: none"> a) Make the drill into a competition combining crosscourts and down-the-lines and movement.

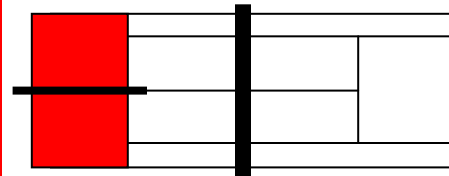


Drill	Diagram & Task	Technical Competencies	Variations
<p>1.5 Serve Development</p>	 <p>Basic drill: Players stand on opposite 1/2 Court baselines. They throw overhand back and forth to each other.</p>  <p style="text-align: right;">3</p>  <p style="text-align: right;">4/5</p>  <p style="text-align: right;">6</p> <p style="text-align: center;">Shoulder, Elbow & Wrist Action</p>	<p>Overhand Throw/Serve: Developing an efficient throwing action and transferring the skills into serving is an effective way to develop the serve. Listed below are a series of progressions that start from shaping the throwing action and then transfer the skills to a serve action.</p> <ol style="list-style-type: none"> 1. Have players throw to determine general skill level. 2. Players throw with an emphasis on a 'loose wrist' segment 3. Players start their throw from a 'Trophy Position' (looking like the figure on the top of a tennis trophy) and 'turn & reach' to send the ball. (see photo) 4. Send the force of the throw upward rather than forward by stopping the elbow beside the head with the non-dominant hand. (See photo) 5. Introduce forearm pronation by having players turn their palm outwards when they throw. 6. Throw the ball upward and check for internal shoulder rotation and a good elbow and wrist action. If it was performed correctly, the players should produce a "C" shape with their arm. (see photo) 7. Coordinate the beginning of the service motion with the service toss by taking one ball in each hand (no racquet) and tossing one ball up into the impact point and throwing the other one at it (using the throwing technique already developed). 8. Put it all together with overhand serving (aiming anywhere into the 1/2 Court service box is acceptable). 	<ol style="list-style-type: none"> a) Throwing drills can be done with a football to enhance the pronation. b) Pronation can be practiced with the racquet by trapping the ball against a fence or wall.

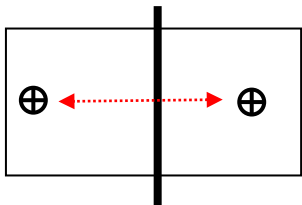

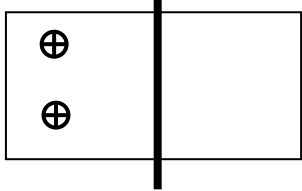



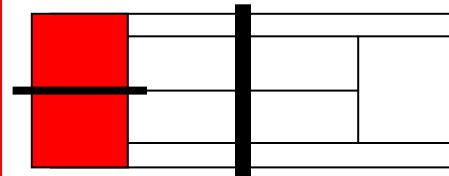
2- BLOCK #2: RACQUET WORK SKILLS

Drill	Diagram & Task	Technical Competencies	Variations
<p>2.1 Rolling the Ball Along a Line</p>	<p>Basic drill: Player rolls the ball along the lines of the court.</p>  <p>Note: This drill works better with a low-compression $\frac{3}{4}$ Court ball.</p>	<p>Primarily for developing the grip, impact point in front and the Hitting Zone</p> <ul style="list-style-type: none"> • Ball must remain in contact with racquet and in control at all times • Eastern Grips • Out-front contact • Laid-back wrist • Racquet face control • Sideways body position 	<p>a) Players roll ball with FH or BH sides of racquet.</p> <p>b) Players roll the ball in teams (Relay).</p>
<p>2.2 Push The Ball to a Target</p>	<p>Basic drill: Starting from the 1/2 Court Baseline, the player pushes the ball towards the net with the correct technique.</p> 	<p>Primarily for developing the grip, impact point in front and the Hitting Zone</p> <ul style="list-style-type: none"> • Same technical priorities as previous drill <p>Footwork:</p> <ul style="list-style-type: none"> • When pushing back and forth between partners, players must recover to 'Home base' after each push (Footwork Cycle) • Players can run in front of the pushed ball using small steps to stay ahead of it (or behind it) • Players can run in circles around the pushed ball using adjustment steps 	<p>a) Players can push ball using either FH or BH sides of racquet.</p> <p>b) Players can push ball into a target or goal.</p> <p>c) Players push the ball to a teammate who stops it with the proper racquet position and pushes it back.</p>
<p>2.3 Centre the Ball on the Racquet</p>	<p>Basic drill: Player must balance the ball on the centre of their racquet face.</p>  <p>Photo courtesy of acecoach.com</p>	<p>Primarily for mastering the relationship of the racquet/body/impact point</p> <ul style="list-style-type: none"> • Continental Grip • Racquet face control • Impact point location (for groundstrokes or volleys) • Sideways body position <p>Footwork:</p> <ul style="list-style-type: none"> • Players can move with different types of footwork (run, side-shuffle) 	<p>a) Players can use FH face (Palm up) or BH face (Palm down).</p> <p>b) Players can pass ball onto a partners' racquet.</p> <p>c) Players steal balls from opponent's racquets (Only other players can pick up a ball you drop)</p>


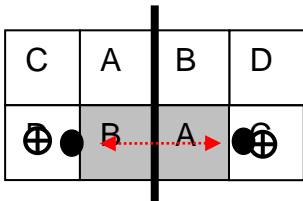


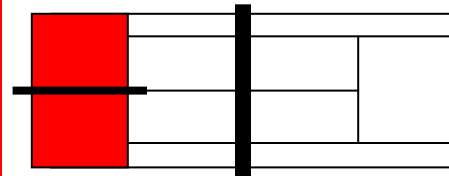
3- BLOCK #3: BODY COORDINATION SKILLS

Drill	Diagram & Task	Technical Competencies	Variations
<p>3.1 Medicine Ball</p>	 <p>Basic drill: Players throw the Medicine ball back and forth over the net to each other and catch it after one bounce.</p> 	<p>Use a two-handed stroke action to send the ball to a partner:</p> <ul style="list-style-type: none"> c) Introduce engaging the body on groundstroke actions d) Maintain a good, 'line of balance' during the throw and after (see photo) <p>Note: Use a light, 1 kilo Medicine Ball or a basketball</p>	<ol style="list-style-type: none"> 1. From FH side and BH side 2. Players can send different directions and recover after each shot to home base
<p>3.2 "Tube Twists"</p>	 <p>Basic drill: Players use a ball pick-up tube (or their racquet) held against their lower back and twist back and forth.</p> 	<p>Twist back and forth:</p> <ul style="list-style-type: none"> e) Introduce turning the hips and shoulders for set-up and recovery. The tube gives a clear reference for turning sideways (end of tube facing net) and turning forward (end of tube facing side wall) (see photo) 	<ol style="list-style-type: none"> 1. Use tube or racquet



4- BLOCK #4: RALLY SKILLS

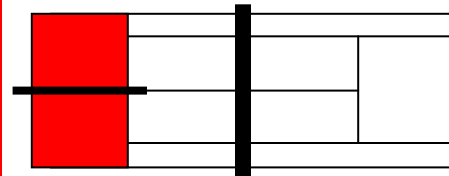
Drill	Diagram & Task	Technical Competencies	Variations
4.1 Drop & Catch on Racquet	<p>Basic drill: Players balance the ball on their racquet face, drop the ball, and catch it by balancing it on their racquet face again.</p>  <p>Photo courtesy of acecoach.com</p>	<ul style="list-style-type: none"> Continental Grip Out-front impact Waist level impact (groundstrokes) Laid-back wrist on FH Racquet face control (stable wrist) Sideways body position <p>Footwork:</p> <ul style="list-style-type: none"> Players must adjust their position to organize their body around an ideal impact point. When switching from FH to BH, players must recover to 'Home base' in a ready position after each hit (Footwork Cycle) 	<p>a) Players can use only FH (palm up) or, only BH (palm down)</p> <p>b) Switch between using FH & BH sides</p>
4.2 Self-Rally (ground strokes)	<p>Basic drill: Players tap the ball up to a height just above their heads, let the ball bounce on the ground, and tap it up again.</p>	<p>Note: When using these rally drills in lessons, a good goal to strive for is to organize players so they are able to touch the ball 500 times (per player/per hour). Increasing the amount of 'touches' on the ball speeds players learning to gain feel for the ball.</p>	
4.3 Partner Rally (mutual target)	<p>Basic drill: Players send the ball upwards (just like the Self-rally) they alternate hitting shots with a partner. Both players share a mutual target between them at a short distance (1 meter).</p>		
4.4 Partner Rally (over net)	<p>Basic drill: Players rally ground strokes to each other on the 'Micro court (grid areas "A" to "B").</p> 	<p>Note: This is the final drill of the Bronze level. A successful Bronze level player can rally 10 times in the micro court with appropriate fundamentals.</p>	<p>a) Hitters can self-rally to gain control of the ball before sending it.</p> <p>b) To work on specific skills players can also feed to each other</p>



I. SILVER CURRICULUM

Silver Physical Development

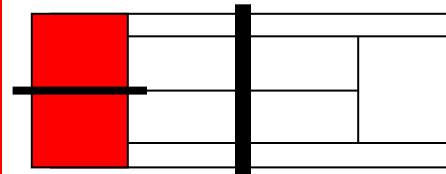
1- Agility		
Duration: 5-10 minutes	Effort: less then 10-15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Running forward and backward around a cone. Running sideways around a cone. Running sideways around two cones making a figure 8. Equipment: Slide, hoops, cones.		
2- Balance		
Duration: 5-10 minutes	Effort: 10+ sec	Work to rest Ratio: 1/3
<ul style="list-style-type: none"> Standing on one leg performing various simple tasks (throwing, catching a ball) Walking balance (walking on a line, or with sand bag balanced on head) Fast run towards the net and stop very close to it without touching it. Equipment: Sand bags, beam, wobble boards and fit discs.		
3- Skipping rope		
Duration: 2-5 minutes	Effort: 25 to 100 reps	Work to rest Ratio: n/a
<ul style="list-style-type: none"> Skipping nice and steady for 25-100 in a row. Basic movements while skipping. Equipment: Skipping rope.		
4- Catching		
Duration: 5-10 minutes	Effort: less then 10 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> Catching with different balls both statically and while moving (throwing and catching the ball off the wall). Catching the ball after one bounce, no bounce or several bounces. Blocking games with the hand or the racquet. Equipment: Handball, volleyball, soccer ball, tennis ball, different balls, racquets.		
5- Jumping		
Duration: 5-10 minutes	Effort: less then 5-7 sec	Work to rest Ratio: 1/5
<ul style="list-style-type: none"> Two legs jump. (High, long, sideways etc.) One leg hops (right and left). Different course drills using hoops. Equipment: Hoops.		
6- Flexibility		
Duration: 5-10 minutes	Effort: 10 sec	Work to rest Ratio: n/a
<ul style="list-style-type: none"> Various stretches Focus on the athletes developing a routine Equipment: Mats.		



1- SILVER GROUNDSTROKE DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
1.1 Basic Rally Tactic: Maintain a Consistent Exchange		Starting on the baseline behind area D, player must rally to partner at baseline in area C. Players must use a mix of FH & BH (cannot use FH only).	a) Hitters can self-rally to gain control of the ball before sending it. b) Footwork training: Players can start in a different area (e.g. A, B, or C), move to the Hitting area (e.g. D), and return to the area they started.
1.2 Forehand Crosscourt Rally Tactic: Keep an opponent 'pinned' into a corner with a consistent FH crosscourt		Players exchange crosscourt from area D to D. When recording: Total of FH crosscourts by the player in 1 min rallying with the coach.	c) Players can start in the hitting area (e.g. C), go to another area (e.g. A, B, D) and get back to the hitting area to rally.
1.3 Backhand Crosscourt Rally Tactic: Keep an opponent 'pinned' into a corner with a BH crosscourt		Players exchange crosscourt from area C to C. When recording: Total of BH crosscourts by the player in 1 min rallying with the coach.	d) Players can rally the ball with different heights over the net:
1.4 Rally with Movement Tactic: Maintain Consistency while moving		Player starts in middle of all 4 areas. Coach (or partner) feeds one to each area in sequence (A, B, C, D). Player must get each shot and send them into combined areas C/D then recover.	
1.5 Direction Control in a Rally Tactic: Move an opponent with crosscourts and down-the-lines.		One player rallies only to their partner's BH (area "C"). The partner must use their BH and send the ball to alternating sides using crosscourts or Down-the-lines.	a) Play from the FH corner

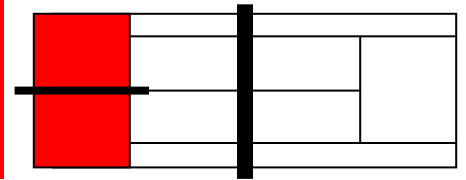
Note: For technical fundamentals reinforced in all these drills refer to p.18



<p>1.6 Height Control in a Rally</p> <p>Tactic: Changing heights for neutral or aggressive shots.</p>		<p>Players rally with different trajectories into the deep areas ("C" & "D"):</p> <ul style="list-style-type: none"> A higher 'neutral arc' trajectory A lower more 'aggressive' trajectory 	<p>a) Both players hit same trajectory b) One hits high trajectory and one hits lower trajectory</p>
<p>1.7 Using Forehand from the Centre</p> <p>Tactic: Use the FH to move an opponent side to side.</p>		<p>Players rally in a 2 on 1 formation. The single player uses their FH for all balls landing in the centre (between the markers) and sends it to the sides. The two other players must rally back into the centre.</p> <p>When recording: Total FH's alternating inside-in and inside-out in 1 min rallying with two players.</p>	<p>a) Single centre player can alternate sending balls to each side a) Single centre player can mix shots randomly</p>

2- SILVER NET PLAY DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
<p>2.1 Volley Self Rally</p> <p>Goal: Gain a feel for volley skills by sending and catching a ball on the racquet.</p>		<p>Players tap the ball up to a height just above their heads and before it touches the ground, catch it on their racquets (should not bounce off strings). Alternate FH & BH faces of the racquet to master continental grip.</p>	<p>a) Players self-rally 5 balls in each of the following positions:</p> <ul style="list-style-type: none"> On one knee On both knees Sitting <p>Repeat sequence on the way up.</p>
<p>2.2 Volley Precision</p> <p>Tactic: Place the volley to the open court.</p>		<p>Coach (or partner) stands in middle of court to feed. Player starts in middle of area B and must use their FH volley alternating sending the ball to areas A and B. Repeat from the BH in area "A".</p>	
<p>2.3 Volley Consistency</p> <p>Tactic: Maintain a consistent volley rally</p>		<p>One player volleys to a groundstroker (Micro-Tennis).</p>	<p>a) Use FH volley only b) Use BH volley only c) Mix FH & BH volleys</p>

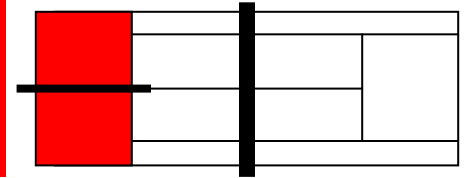


3- SILVER SERVE & RETURN DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
<p>3.1 1st Serve Direction</p> <p>Tactic: Get a Returner on the move by serving to the sides.</p>		<p>'Server' starts behind the baseline in between areas C & D. They serve to place the ball into area C and area D.</p>	
<p>3.1 2nd Serve Direction (underhand)</p>	<p>Same as above</p>	<p>Same as drill above except using and underhand serve. Training an underhand serve is valuable since bronze and silver level players will often use it in competition (especially as a 2nd serve).</p>	
<p>3.3 Return Direction</p> <p>Tactic: Get a server moving by placing the return</p>		<p>The "Returner" must be positioned in between area C and D behind the baseline. When the ball comes to area D, they must use their FH and alternate sending the ball to area C then D. When the ball comes to area C, they then use their BH to alternate sending the ball to area C then D.</p>	



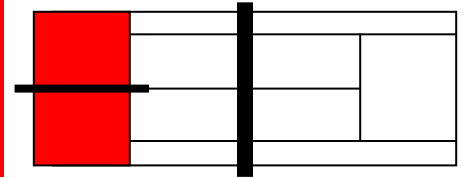
Photo courtesy of Sarah Kadi



4- SILVER TACTICAL DECISION-MAKING DRILLS

Since many basic tactics and technical fundamentals are trained in the previous drills, the goal of Tactical Decision-Making Drills (at both Silver and Gold Levels) is to train some of the common decisions of *when* to use these skills in play. At the Silver level, all the decisions are built around the strategy of playing an opponent's BH. To help train decision-making skills, players should call out loud the decision they intend to perform. On groundstrokes, these 'cue Words' should be called before the ball they receive bounces.

Drill	Diagram	Description	Variations
<p>4.1 When to use crosscourts or down-the-lines</p> <p>Tactic: Playing an opponent's BH</p>	<p>Cue Word: "line"/"Crosscourt"</p>	<p>One player must quickly decide to hit a crosscourt or, a down-the-line to keep it to the opponent's BH (Area "C"). Opponent sends the ball side to side.</p>	<p>a) Perform drill from FH corner (Area "D")</p>
<p>4.2 When to use FH in the Centre</p> <p>Tactic: Using your stronger shot in the Centre to play the opponent's BH</p>	<p>Cue Word: "Forehand"</p>	<p>Markers are placed to highlight the centre and sides of the court. Like in Drill 4.1, the player uses crosscourts and down the lines for balls outside the centre to play an opponent's BH (area "C"). Balls landing inside the centre markers require a quick decision to use the FH.</p>	
<p>4.3 When to Play to the Open FH</p> <p>Tactic: Play the BH until a FH crosscourt is available.</p>	<p>Cue Word: "Open"</p>	<p>Like in Drill 4.2, when the ball is received on the BH or, a FH in the centre, they place the ball to the opponent's BH (area "C"). This time, if they receive a ball to the FH, they send the ball crosscourt to the open court (area "D").</p>	

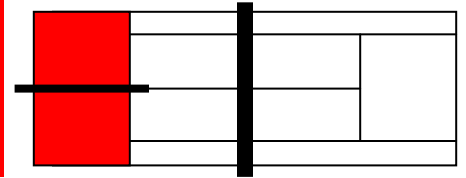


<p>4.4 Point Play (4-shots)</p> <p>Tactic: Start a point consistently.</p>		<p>In a point situation, emphasizing getting the first four balls in play (serve, return, rally, rally).</p> <p>When recording: How many times do the players keep the ball going 4 shots or more out of 10 points played.</p>	
--	--	---	--

5- SILVER COMPETITIVE PLAY

During Competitive play the coach will use the tactical theme emphasized in the tactical training during that practice. It will allow coaches to observe if the skills developed during tactical training are being implemented during match play.





J. GOLD CURRICULUM

Gold Physical Development

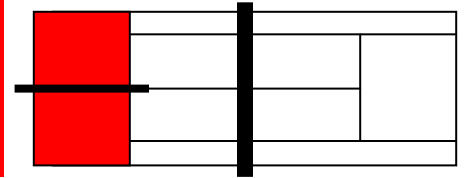
1- Agility		
Duration: 5-10 minutes	Effort: less then 10-15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> • Simple to complex obstacles courses using various running techniques (shuffle, running forwards and backwards, circling different objects). • Emphasize their ability to change directions and move in all directions Equipment: Slide, hoops, cones, mini hurdles etc.		
2- Kicking		
Duration: 5-10 minutes	Effort: less then 15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> • Kicking and stopping different ball sizes with the right and left foot. Equipment: Soccer balls and different ball sizes.		
3- Orientation		
Duration: 5-10 minutes	Effort: less then 15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> • Working with balloons (Hands, feet and racquet) objective is to keep the balloons in the air. Equipment: Balloons, racquets, mats.		
4- Sports and games		
Duration: 5-30 minutes		
<ul style="list-style-type: none"> • Play different (adapted sports) i.e. basketball, dodge ball, soccer, tag, team relays • Encourage them to play away from training i.e.: swimming, biking... Equipment: Different ball sizes		
5- Coordination (complex)		
Duration: 5-10 minutes	Effort: less then 5-15 sec	Work to rest Ratio: 1/4
<ul style="list-style-type: none"> • Jumping, throwing, catching, and blocking the ball all while running • Focus on increasing the speed of execution. Equipment: All of the previous equipment.		
6- Flexibility		
Duration: 5-10 minutes	Effort: 10+ sec	Work to rest Ratio: 1/1
<ul style="list-style-type: none"> • Various stretches • Focus on the athletes developing a routine Equipment: Mats		



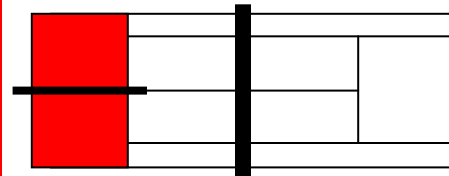
1- GOLD GROUNDSTROKE DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
1.1 Basic Ground-stroke Rally Tactic: Maintain a Consistent Exchange		Players are located behind the 1/2 Court baseline and rally from area 5 to 5 on the other side using a mix of FH & BH ground strokes.	a) These drills can be done with: <ul style="list-style-type: none"> • A coach basket feeding (to improve specific technical elements) • Exchanging with a coach • Exchanging with each other
1.2 Forehand Crosscourt Rally Tactic: Keep an opponent 'pinned' into a corner with a consistent FH crosscourt		Players exchange the ball from area 6 to area 6 on the other side. Shots should have enough arc and pace to prevent players from being able to step into the court and take advantage. When recording: Total FH crosscourts by the player in 1 min rallying with the coach.	
1.3 Backhand Crosscourt Rally Tactic: Keep an opponent 'pinned' into a corner with a consistent BH crosscourt		Players exchange the ball from area 4 to area 4 on the other side. Shots should have enough arc and pace to prevent players from being able to step into the court and take advantage. When recording: Total BH crosscourts by the player in 1 min rallying with the coach.	
1.4 Rally with Movement Tactic: Maintain Consistency while moving		Player(s) start on the 1/2 Court baseline. The coach challenges their ability to move side to side as well as up and back. Use this drill to improve reception skills.	

Note: For technical competencies please refer to p.18.



Drill	Diagram	Description	Variations
<p>1.5 Direction control in a Rally</p> <p>Tactic: Move an opponent by sending crosscourts and down-the-lines.</p>		<p>Players start on the 1/2 Court baseline. One player sends two crosscourts and then a down-the-line. The other player sends only crosscourts. Switch roles.</p>	<p>a) The focus can be on the player changing directions or, on the Receiver who must maintain a deep rally while being moved side to side.</p>
<p>1.6a Height control in a Rally:</p> <p>Tactic: Changing heights for neutral or aggressive shots.</p>		<p>Players rally with different trajectories. A coach or player is positioned at the side of the court. The coach asks players to send the ball either over his racquet for a neutral arc or, under his racquet for a level, more aggressive shot.</p>	
<p>1.6b Height control in a Rally:</p> <p>Tactic: Send higher ball when defending.</p>		<p>One player drops a ball to themselves and sends a strong shot to the sides (area 6 or, area 4). The other player must defend by sending a high/deep ball back. The defensive shot must be deep enough to prevent the attacking player from attacking again. The defending player must recover before their defensive ball bounces.</p>	
<p>1.7 Using Forehand in the centre:</p> <p>Tactic: Using the FH for "Inside-outs" and "inside-ins" to move an opponent.</p>		<p>Markers are placed to highlight the centre lane. One player places the ball into the centre lane (area 5). The other player uses their FH to place the ball alternately to areas 4 (an "inside-out") and 6 (an "inside-in").</p>	<p>a) The focus can be on the player hitting "inside-ins" and "inside-outs" or, on the Receiver who must defend by placing the ball high and in the centre to reduce attack angles</p>

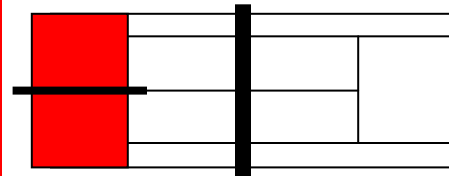


2- GOLD NET PLAY DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
2.1 Volley Consistency: Tactic: Maintain a Consistent Volley Rally		A volleyer starts in area 2. A groundstroker plays from the BH corner (area 4) and sends FH's and BH's to the volleyer. The volleyer must place the ball to the BH corner (area "4").	a) The groundstroker can play from the FH corner (area 6)
2.2: Approach and Volley: Tactic: Take advantage by approaching the net and volleying to the open court.		This is a coach-fed drill to practice the sequence of approaching on a short ball and volleying to the open court. Players start behind area 5. The coach feeds a ball to area 3. The player takes the ball with their FH, and places it down the line (to area 4), and follows it forward, positioning in area 2 for a volley. The coach then feeds the ball to either FH or BH. The player volleys the ball crosscourt. (FH to combined areas 6 & 3, BH to areas 4 & 1).	a) This drill can be done with: <ul style="list-style-type: none"> • A coach basket feeding (to improve specific technical elements) • Exchanging with a coach • Exchanging with each other
2.3 Overhead Smash Tactic: Take advantage by hitting overheads off high balls		Starting from the middle of area 5, the player must use hit an overhead off a coach-fed ball to anywhere in the backcourt (areas 4, 5, 6)	



Photo courtesy of Sarah Kadi

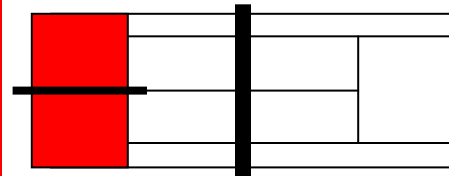


3- GOLD SERVE & RETURN DEVELOPMENT DRILLS

Drill	Diagram	Description	Variations
<p>3.1 Serve Direction</p> <p>Tactic: Gain the advantage by placing the serve.</p>		<p>"Server" starts behind baseline at area 5. They serve to areas 4, then to 6.</p> <p>When recording: Total serves out of 10 (5 in area 4, 5 in area 6).</p>	<p>a) A Receiver can be positioned in the drill for the server to send a cooperative serve to</p> <p>b) Player can vary position and send ball to an area away from receiver</p>
<p>3.2 Return Direction</p> <p>Tactic: Neutralize the server by returning to the sides.</p>		<p>From behind area 6 the Returner sends the ball crosscourt (to area 6) and down-the-line (to area 4). Repeat on the backhand return (from area 4).</p>	<p>a) A coach can basket feed to improve specific elements on the return</p> <p>b) A server can be incorporated to practice serve with return</p>

4- GOLD TACTICAL DECISION-MAKING DRILLS

Drill	Diagram	Description	Variations
<p>4.1 When to Re-direct a crosscourt, down-the- line</p> <p>Tactic: Maintain a crosscourt rally until an opportune time to go Down-the-line.</p>	<p>Cue Word: "Line"</p>	<p>Players have already developed the ability to place the ball crosscourt and down-the-line. They must now decide the appropriate time to come out of a crosscourt rally and send the ball down-the-line. Players rally crosscourt (area "6"). When the ball is not too wide and slightly weaker, either of the players may choose a down-the-line.</p>	<p>a) Play this drill beginning with the serve</p>



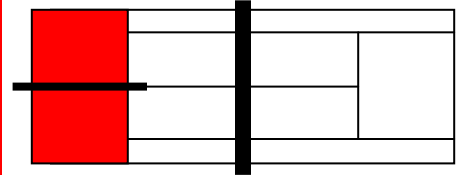
Drill	Diagram	Description	Variations
<p>4.2 When to use FH Inside-outs and Inside-ins</p> <p>Tactic: Use the FH in the centre to move opponents to the sides.</p>	<p>Cue Word: "Inside-in/Inside-out"</p>	<p>One player is the FH 'Attacker'. Players rally anywhere on the court. However, if the ball lands into the centre of the attackers court (area 5), and the opponent is outside the centre, the attacker uses their FH and sends the ball to the open side.</p> <p>The attacker must be trained to be aware of the opponent's position to correctly choose and inside-in (to area 6 or, an inside-out (to area 4)</p>	<p>a) The focus can be on the player hitting 'inside-ins' and "inside-outs" or, on the Receiver who must defend by placing the ball high and in the centre to reduce attack angles</p> <p>b) Play this drill beginning with the serve</p>
<p>4.3 When to Approach and finish at Net:</p> <p>Tactic: Look for a short ball to approach the net and finish with a volley.</p>	<p>Cue Word: "In"</p>	<p>Players start with baseline points. If a player sees the ball landing short (in areas 1, 2, or 3, they place the ball down-the-line and come to the net.</p> <p>If they receive a volley, it is placed to the open court. No lobs are allowed in the drill.</p>	<p>a) Play this drill beginning with the serve</p>
<p>4.4 When to Volley or Smash?</p> <p>Tactic: Play volleys unless the ball is high enough to smash</p>	<p>Cue Word: "Smash"</p>	<p>A player at the baseline sends a mix of groundstrokes and lobs to another player at net. The net player must decide to use a volley or, if the ball is high, to hit an overhead smash cooperatively back to the baseliner.</p>	

5- GOLD COMPETITION

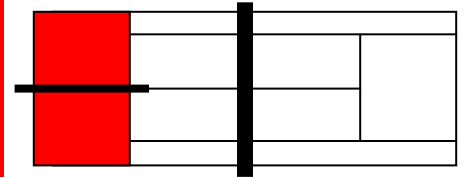
Goal: Observe if players perform skills in point situations. It is critical that coaches observe players in competitive point play.



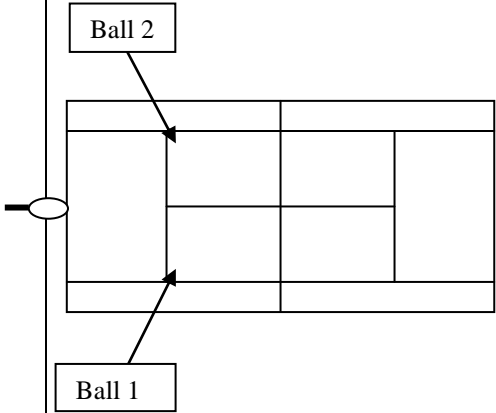
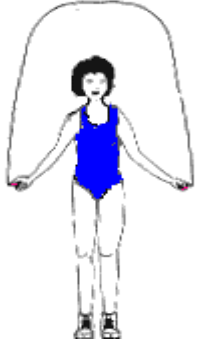

1/2 COURT TENNIS

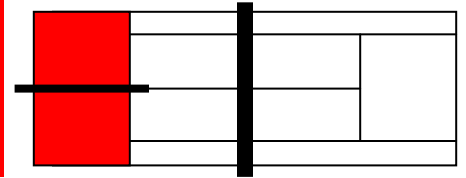


K. APPENDIX



FITNESS TESTS FOR 1/2 COURT TENNIS (5-7 yrs old)

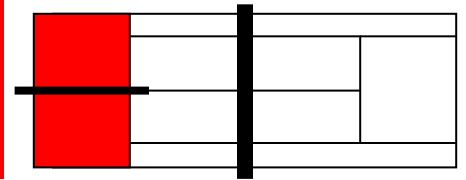
	Evaluation	Diagram	Description	Norms
1.	Small Star		<p>Participant starts on the baseline (next to racquet). Two balls are placed in the corner of the service box (see diagram)</p> <p>On "go" they run and pick up one ball placing it back onto a racquet that is resting on the baseline, the participant then proceeds to the next ball. (2 attempts)</p> <p>Scoring The total time taken to pick up both balls and place them on the racquet.</p>	<p>Boys and Girls:</p> <p>Gold: 9.00-9.99 sec</p> <p>Silver: 10.00-10.49 sec</p> <p>Bronze: 10.50-10.80 sec</p> <p>Needs Improvement: 10.81 +</p>
2.	Skipping		<p>The player attempts to complete 10 skips in a row (without stopping, 3 attempts).</p> <p>Scoring The number consecutive skips completed</p>	<p>Gold: 10 Skips</p> <p>Silver: 5-9 Skips</p> <p>Bronze: 3-4 Skips</p> <p>Needs Improvement: 0-2 Skips</p>
3.	Balance test		<p>Player has to maintain balance on one leg for 10 seconds. Both legs are tested. (1 attempt each leg)</p> <p>Scoring Total time is the players score (add left + right leg)</p>	<p>Gold: 18-20 sec</p> <p>Silver: 14-17 sec</p> <p>Bronze: 10-13 sec</p> <p>Needs improvement: -10 sec</p>



4.	Throw	<p>1pt 2pt 3pt 4pt 5pt 6pt</p> <p>1pt in backcourt, 2pt not over net, 3pt before service line, 4pt before baseline, 5pt over baseline, 6pt hit back wall.</p>	<p>Participant throws 3 balls as far as they can from behind the baseline (Shaded box).</p> <p>Scoring Based on distance and associated points (see diagram on left). The total points for the best two throws.</p>	<p>Boys and Girls:</p> <p>Gold: 9+ points</p> <p>Silver: 6-8 points</p> <p>Bronze: 3-5 points</p>
5.	Basketball		<p>Participant waits at the start line. On the word "Go" the participant starts and dribbles ball through the course. Stop the timer when the participant and the ball cross the finish line. (2 attempts).</p> <p>Scoring The time it takes for the participant to complete the course (best of two scores).</p>	<p>Gold: 11.0-13.0 sec</p> <p>Silver: 13.1-15.0</p> <p>Bronze: 15.1-20.0</p> <p>Needs improvement: 20.1 +</p>
6.	Flexibility		<p>Participants place their feet up against a box and reach forward using both hands as far forward as they can. They are not allowed to raise their knees and they must hold the stretch for 2 seconds.</p> <p>Scoring This test is measured in centimeters a negative score is when the child does not reach his/her toes and a positive score is when they are able to go beyond their toes. If the child reaches exactly to their toes without going past they receive a score of 0.</p>	<p>Gold: 9 cm+</p> <p>Silver: 5-8 cm</p> <p>Bronze: 1-4 cm</p> <p>Needs improvement: 0 (or a negative score)</p>



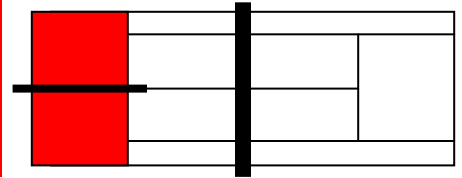
1/2 COURT TENNIS



Test	Small Star		Skipping		Balance		Throw		Basketball		Flexibility (cm)		Total	
Norms Gold = 3 points Silver = 2 points Bronze = 1 point Needs improvement = 0 point	Gold: 9.00-9.99 sec Silver: 10.00-10.49 sec Bronze: 10.50-10.80 sec Needs Improvement: 10.81 +		Gold: 10 Skips Silver: 5-9 Skips Bronze: 3-4 Skips Needs Improvement: 0-2 Skips		Gold: 18-20 sec Silver: 14-17 sec Bronze: 10-13 sec Needs improvement: -10 sec		Gold: 9+ points Silver: 6-8 points Bronze: 3-5 points		Gold: 11.0-13.0 sec Silver: 13.1-15.0 Bronze: 15.1-20.0 Needs improvement: 20.1 +		Gold: 9 cm+ Silver: 5-8 cm Bronze: 1-4 cm Needs improvement: 0 (or a negative score)		Gold: 15-18 points Silver: 10 – 15 points Bronze: 5 – 10 points Needs improvement: 0 – 5 points	
Scoring	Time (sec)	Pts	# of Skips	Pts	Time (sec)	Pts	Pts each throw	Pts	Time (sec)	Pts	Dist. (cm)	Pts		Pts
Name														
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
16.														
17.														
18.														



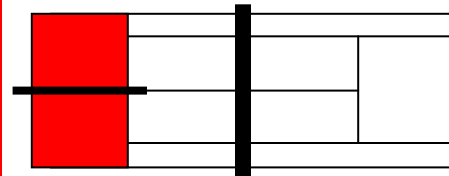
1/2 COURT TENNIS



RECORDING SHEET

Date: _____

Name	Silver & Gold Drill 1.2 Rally FH to FH	Fundamentals			Silver & Gold Drill 1.3 Rally BH to BH	Fundamentals			Silver Drill 4.4 Point Play 1-2-3-4
		1	3	5		1	3	5	
1-		Very poor	average	excellent		Very poor	average	excellent	
		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
2-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
3-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
4-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
5-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
6-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
7-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
8-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
9-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
10-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
11-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			
12-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____				Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____			



FUNDAMENTAL CHECKLIST MONITORING SHEET

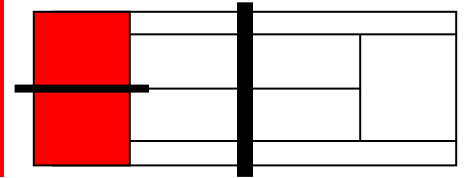
Although it is recommended to emphasize the 5 Technical Fundamentals listed on page 16, coaches may want to track additional technical skills.

Fundamental	GROUNDSTROKES (including return of serve)	VOLLEYS	SERVE & OVERHEAD
GRIP	<input type="checkbox"/> Continental (self-rally only) <input type="checkbox"/> Eastern Forehand <input type="checkbox"/> Eastern Backhand <input type="checkbox"/> Two Handed Backhand (Continental on bottom, Eastern FH on top hand)	<input type="checkbox"/> Continental grip	<input type="checkbox"/> Continental grip <input type="checkbox"/> Slight FH grip up to Silver Level is acceptable
SET-UP Set-up is preparing to create a good impact point by: <ul style="list-style-type: none"> • Preparing arm and body together • Being ready early • And in the proper location • Being balanced 	<input type="checkbox"/> Players must prepare with both their body and racquet in balance before the bounce ('Unit Turn'). <input type="checkbox"/> Use of running, shuffle, or crossover steps to move to the ball	<input type="checkbox"/> More compact preparation with a slight shoulder turn on the FH and a sideways turn on the BH. <input type="checkbox"/> Volley preparation should be completed before the ball crosses the net	<input type="checkbox"/> Players should be in a sideways position <input type="checkbox"/> Serve toss needs to lift the ball gently into the impact point. <input type="checkbox"/> Slight reach upwards <input type="checkbox"/> Pronation of forearm <input type="checkbox"/> Good throwing action
IMPACT POINT An impact point is centering the ball on the strings in a good relationship to the body for the shot intended.	<input type="checkbox"/> Impact at waist level, comfortable distance from body and slightly out front	<input type="checkbox"/> Impact at chest level, comfortable distance from body and slightly out front	<input type="checkbox"/> Impact with upward arm extension
HITTING ZONE The Hitting zone is when the racquet face moves with stability towards the intended target.	<input type="checkbox"/> Maximize Hitting Zone <input type="checkbox"/> PAS for Shot for various trajectory and directions <input type="checkbox"/> Laid-back wrist on forehand	<input type="checkbox"/> Short Hitting Zone required (Catching Action) <input type="checkbox"/> Stable wrist	<input type="checkbox"/> Short Hitting Zone required
RECOVERY Recovery is returning to a neutral location in a balanced position in preparation for the next shot.	<input type="checkbox"/> Recover after groundstrokes by using shuffle, cross, or running steps into a neutral position and location	<input type="checkbox"/> Recover after volley into a neutral ready position	<input type="checkbox"/> Recover after serve into a neutral ready position

NOTE: All references are for right-handed players



1/2 COURT TENNIS



1/2 COURT COMPETITION RULES & FORMATS

Balls: Only oversize foam balls should be used for 1/2 Court Tennis (e.g. Wilson EZ Hit or Dunlop SpeedBalls)

Court lines: Use masking tape. Set-up time approximately 2 minutes per court with 2 people.

Nets: Mini-Tennis nets are highly recommended however, rope or 'police tape' can also be used.

Scheduling: For scheduling events, it is easier for set-up and take down if 1/2 Court matches are played on the same court or, during one time block. Avoid setting up the court, taking it down, setting it up again, throughout the day, etc.

Rules: In 1/2 Court Tennis, all the regular rules of tennis apply except for:

- Players can serve anywhere into the 1/2 Court as long as the ball lands in front of the Full court singles sideline (see "Service-box" on diagram #1).
- Players can stand anywhere behind the 1/2 Court baseline to serve (as long as they are in-between the 1/2 Court sidelines).
- Players get 2 serves. Players may serve underhanded or overhand however, the ball cannot bounce before it is struck.

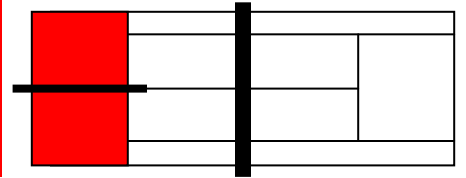
Format: It is best to use non-elimination formats so players are not eliminated after 1 or 2 matches. The goal is to encourage play. Events are typically run over one day (2 day events are also an option). The recommended format for 1/2 Court play is a 'pooled' round robin format (4-6 players per pool). Players play everyone in their pool. For two day events, top players from the pools would be re-grouped into their own pool, the 2nd players in the next pool, etc.

Matches: Play would be 'timed blocks' of 15-20 minutes per match.

Games: Games would be first player to reach 11 or 15. Players play two points as server and then 2 points as returner, etc. (Alternate server every two points). Player with the most points (even though they are playing games to 11 or 15) at the end of the timed play block wins. Ties are acceptable.

Prizes: Each pool would have a 'champion' however, it is recommended that winning be down-played (e.g. all participants should get a ribbon, medal, certificate, etc. and prizes could even be given by prize draw).

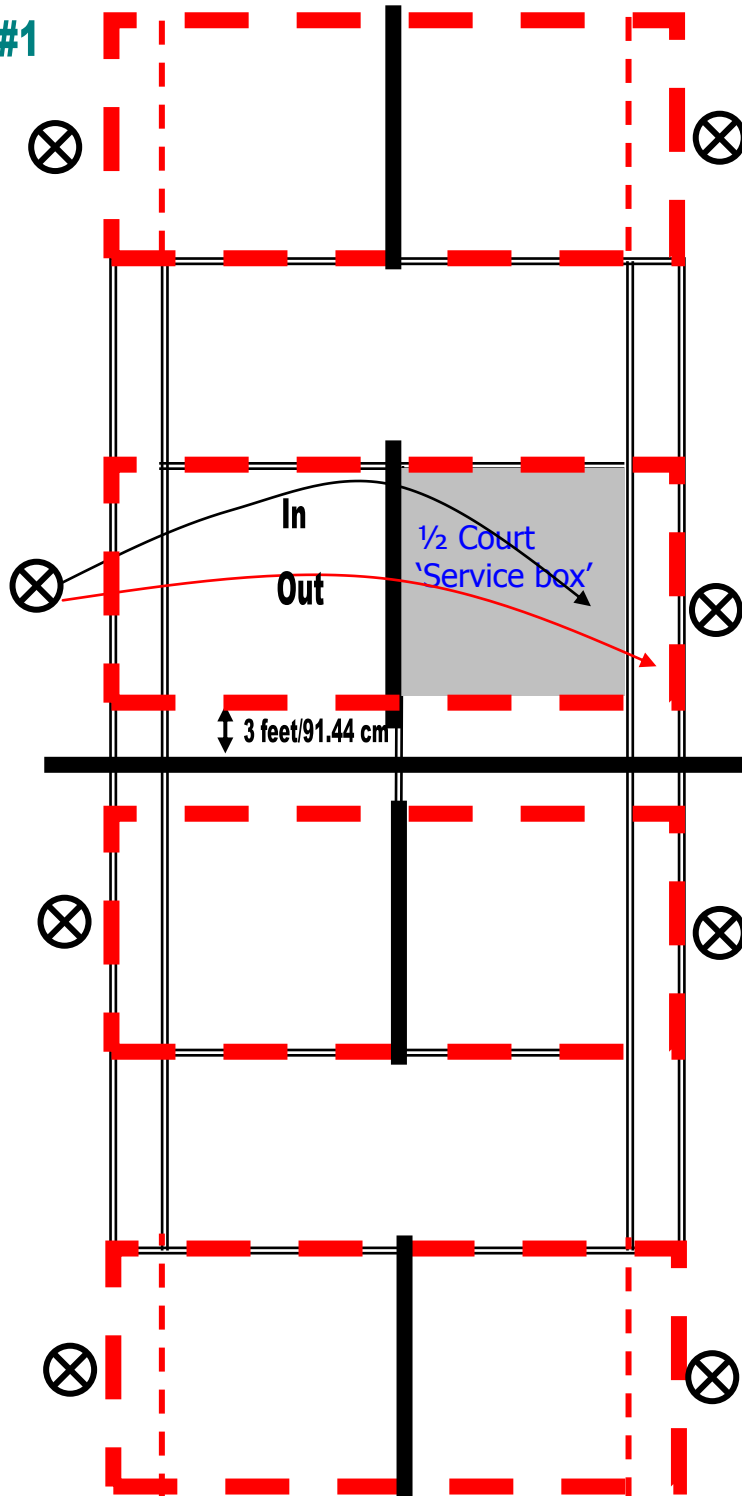
Score-keepers: It is important to have volunteers (parents or older players) on each 1/2 Court to act as score-keepers. It is helpful to indicate this in the tournament entry information. The only rule is, parents can't be a score-keeper on their child's court.

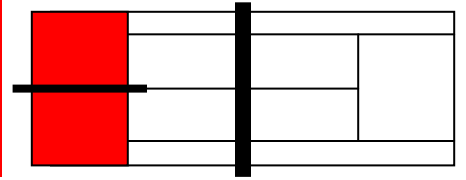


1/2 Court Competition Court Set-up – Standard Layout

Set-up four 1/2 Courts (36 feet x 18 feet/11x 5.5 meters) on one full court.
Nets should be 80cm/31.5 inches high.

Diagram #1

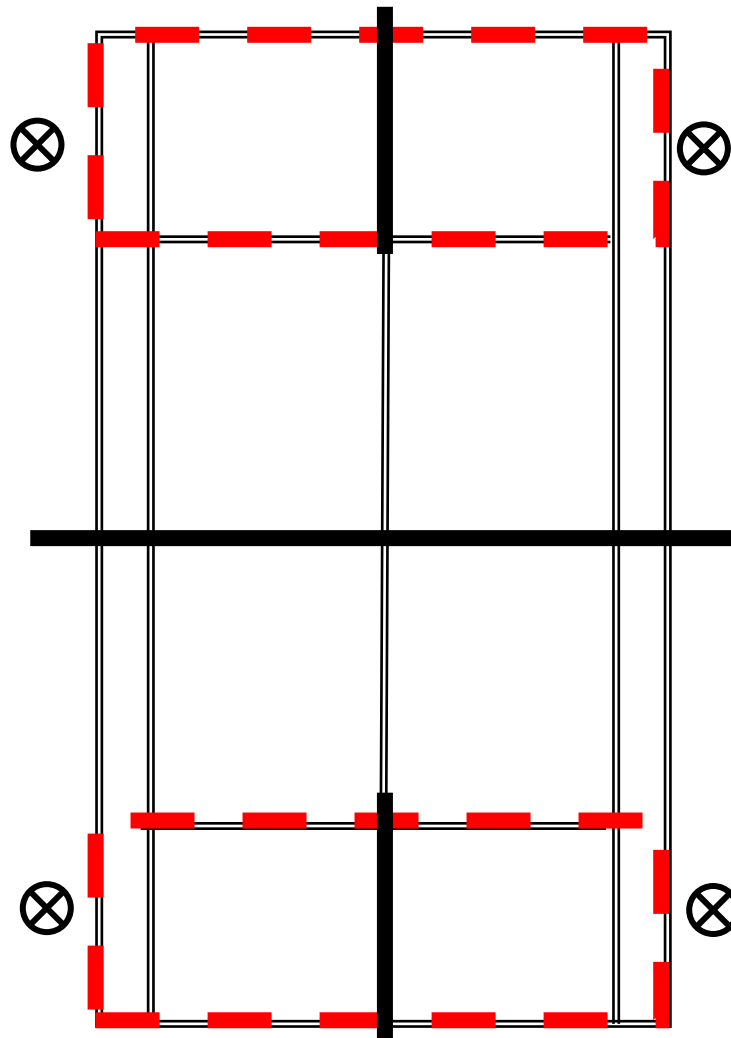


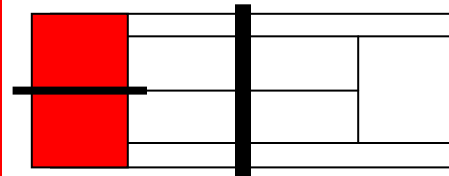


1/2 Court Competition Court Set-up – “Luxury” Layout

If court time is not an issue, set-up two 1/2 Courts (36 feet x 18 feet) on one full court. With this set-up, no additional lines need to be placed on the court.

Diagram #2





SAMPLE 1: ROUND ROBIN COMPETITION EVENT

- 16 Player Round Robin
- Players grouped into 4 pools of 4 players
- Each pool requires two 1/2 Courts to complete their matches
- Parents should be used as score-keepers (not allowed on their child's court).
One score-keeper required for each 1/2 Court.

Schedule 90 minutes on two regulation size courts (standard layout)

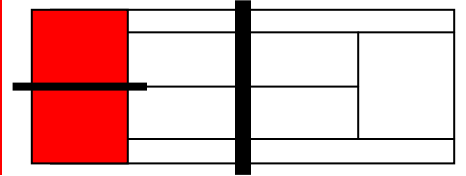
TIME	Pool A		Pool B		Pool C		Pool D	
Set-up 15 min.	Use players and parents to help set-up equipment. 5 minute warm-up							
Round 1 20 min.	Court 1 1 vs 2	Court 2 3 vs 4	Court 3 5 vs 6	Court 4 7 vs 8	Court 5 9 vs 10	Court 6 11 vs 12	Court 7 13 vs 14	Court 8 15 vs 16
Round 2 20 min.	Court 1 1 vs 3	Court 2 2 vs 4	Court 3 5 vs 7	Court 4 6 vs 8	Court 5 9 vs 11	Court 6 10 vs 12	Court 7 13 vs 15	Court 8 14 vs 16
Round 3 20 min.	Court 1 1 vs 4	Court 2 2 vs 3	Court 3 5 vs 8	Court 4 6 vs 7	Court 5 9 vs 12	Court 6 10 vs 11	Court 7 13 vs 16	Court 8 14 vs 15
Take-down 15 min.	Use players and parents to help put-away equipment Present awards							

Winners of each pool will be decided by:

1. # points won
2. Head to Head wins
3. # of points won minus points lost (highest average)
4. Coin Toss

DAY 2 (only if the event is a 2 day event)

- Schedule 90 minutes on 2-4 regulation size courts
- Rank players from 1-16 based on total points won on Day 1. Top 4 players make up Pool A on Day 2. Players ranked 5-8 make up Pool B, etc.
- Same schedule is used as in Day 1



SCORESHEET

Box A

1				
2				
3				
4				

Time:

Court:

Round 1:
1 vs 2 3 vs 4
Round 2:
1 vs 3 2 vs 4
Round 3:
1 vs 4 3 vs 2

Box B

5				
6				
7				
8				

Time:

Court:

Round 1:
5 vs 6 7 vs 8
Round 2:
5 vs 7 6 vs 8
Round 3:
5 vs 8 7 vs 6

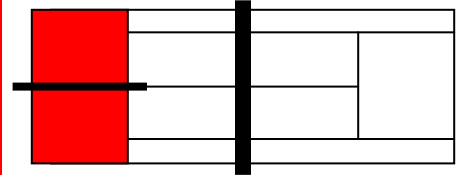
Box C

9				
10				
11				
12				

Time:

Court:

Round 1:
9 vs 10 11 vs 12
Round 2:
9 vs 11 10 vs 12
Round 3:
9 vs 12 11 vs 10



SCORESHEET

BOX D

13				
14				
15				
16				

Time:
Court:
Round 1:

13 vs 14 15 vs 16

Round 2:

13 vs 15 14 vs 16

Round 3:

13 vs 16 15 vs 14

BOX E

17				
18				
19				
20				

Time:
Court:
Round 1:

17 vs 18 19 vs 20

Round 2:

17 vs 19 18 vs 20

Round 3:

17 vs 20 19 vs 18

BOX F

21				
22				
23				
24				

Time:
Court:
Round 1:

21 vs 22 23 vs 24

Round 2:

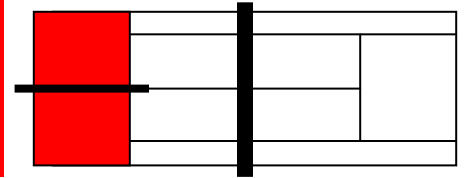
21 vs 23 22 vs 24

Round 3:

21 vs 24 23 vs 22



1/2 COURT TENNIS



1/2 Court Score Sheet

EVENT:	Date:	Time:	Court #:
Player 1	Winner:		
Player 2	Score:		

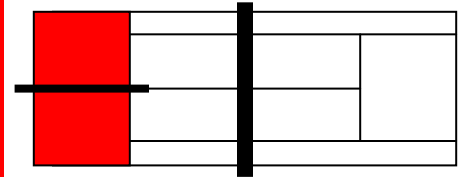
SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

EVENT:	Date:	Time:	Court #:
Player 1	Winner:		
Player 2	Score:		

SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

EVENT:	Date:	Time:	Court #:
Player 1	Winner:		
Player 2	Score:		

SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

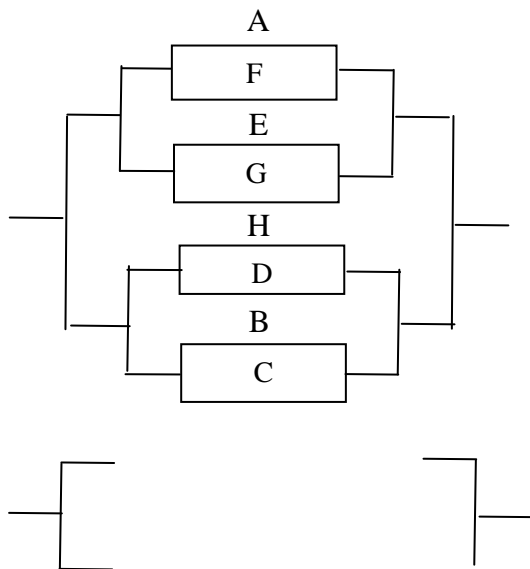


SAMPLE 2: TIMED FLIGHT TOURNY

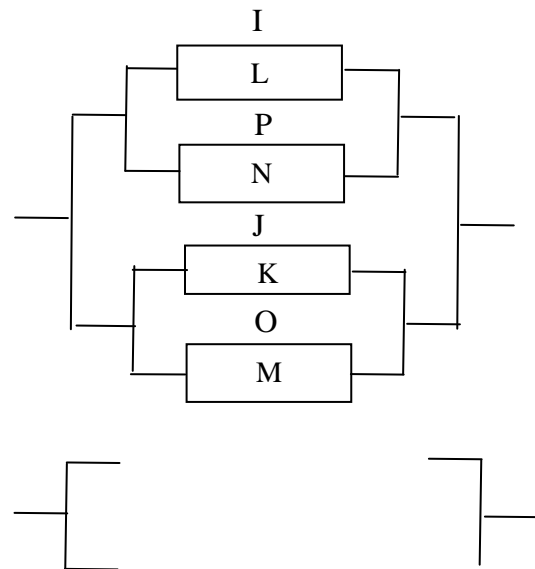
LOGISTICS

Competitors: 16
 Number of courts: 4
 Number of Hours: 4.5 hours
 2 Flights of 8: per 4.5 hour reserved

Draw 1:



Draw 2:



Schedule: 16 participants from 8 – 12:30 pm; 16 from 12:30 – 5:00 pm

8 am: 1st Round Draw 1

8:45: 1st Round Draw 2

9:30: 2nd Round Draw 1, winners & lose

10:15: 2nd Round Draw 2, winners & lose

11:00 3rd Round Draw 1, finals, winners & losers draw

11:45: 3rd Round Draw 2, finals, winners & losers draw

12:30 – 5pm: Draws 3 & 4

i.e. Revenue

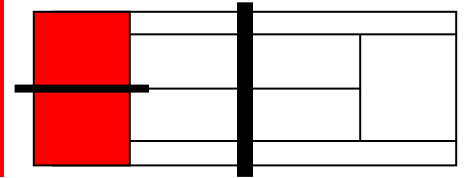
32 participants @ \$40 = \$1,280

Expense

9 hrs x 4 crts x \$20 = 720

1 case balls 75

Prizes 100



SAMPLE 3: TEAM COMPETITION – ROUND ROBIN FORMAT

1. Separate into categories

Experienced Competitors

1. A
2. P
3. F
4. R
5. M

Somewhat Experienced

1. B
2. N
3. C
4. Q
5. H
6. S
7. J
8. D

New Competitors

1. E
2. K
3. L
4. G
5. O
6. I

2. Make Teams

Sharapova

1. A-4
2. D
3. E

Federer

1. P-1
2. J
3. K

Roddick

1. F-2
2. S
3. L

Clijsters

1. R-1
2. H
3. G

Henin

1. M-3
2. Q
3. O

Nestor

1. B
2. N
3. C
4. I

Total _____

AVG _____

3. Make Round Robin Draws

Exp. Comp.

(A)

	1	2	3	4	5
1					
2					
3					
4					
5					

Somewhat Exp. Comp.

(B)

	1	2	3	4
1				
2				
3				
4				

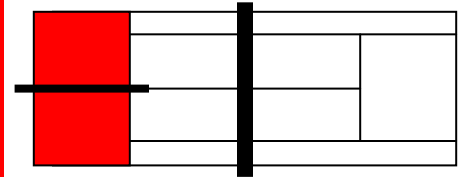
(C)

	1	2	3	4
1				
2				
3				
4				

New Comp.

(D)

	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						



4. Schedule Matches

Court 1 (4 x 1/2 courts on one regulation court)
Draws A & B

Court 2 (4 x 1/2 courts)
Draws C & D

Draw A 1-2
3-4
B 1-2
3-4
A 2-3
1-5
B 1-3
2-4
A 2-5
1-4
B 1-4
2-3
A 3-5
4-2
A 1-3
4-5

16 matches

Draw D 1-2
3-4
5-6
C 1-2
3-4
D 1-3
4-6
2-5
C 1-3
2-4
D 1-6
2-3
4-5
C 1-4
2-3

15 matches

i.e. Sample of Draw A

	A	P	F	R	M	TOTALS	PLACE	PTS
A		15-6 W	15-9 W	15-13 W	15-11 W	4-0	1	4
P	6-15 L		15-12 W	15-9 W	13-15 L	2-2	4	1
F	9-15 L	12-15 L		15-3 W	15-13 W	2-2	3	2
R	13-15 L	9-15 L	3-15 L		7-15 L	0-4	5	1
M	11-15 L	15-13 W	13-15 L	15-7 W		2-2	2	3