

New Players Game Plan

Fundamentals:

- Stance
- Grip
- Unit Turn
- Backswing
- Contact
- Follow through
- Learn to Rally
- Knowledge of some doubles/singles tactics
- Learn to score

Week # 1

Theme: Volley

1. Dead Ball with Volleys- Feed an entire basket of Forehand Volleys. (15 minutes)
2. Throw and catch Forehand (5 minutes)
3. Throw and hit with the racquet, progress to bump and volley. Forehand (10-15 minutes)
4. Throw and catch Backhand (5 minutes)
5. Throw and hit with the racquet, progress to bump and volley. Backhand (10-15 minutes)
6. 4 players at Service line to Volley and play out the point. Feed to the volley player. (10 minutes)
7. 4 players at Service line to Volley and play out the point. Feed to the Service Line player. (10 minutes)
8. Try 2 up at the net and two back, depending on the players' level. Though we have not done the groundstrokes, we can work on bumping and contact.

Week # 2

Theme: Forehand

1. Review and a quick all four at net game going over Volleys.
2. Dead Ball- (.1 basket for 15 minutes or less). Each person focuses on one them—for example, contact closed with semi-western grip.
3. Drop Feed and pro on same side (1 basket) Work with each individual player as the other players' drop feed a forehand (10- 15 minutes).
4. Players Throw to other player forehands and they focus on shot at service line (10 minutes)
5. Rally Service Line, proceed to blue line, then baseline. (10 minutes)
6. Points at the Service Line, then progress to Baseline (10 minutes).
7. Serves- Introduce the serve (10 minutes)
8. Two up/Two back or Champ of Court Singles or All Back - Finish the rest of the session

Week # 3

Theme: Backhand

Quick Review of Forehand

1. Dead Ball (1 basket for 15 minutes or less).

2. Drop Feed and pro on same side (1 basket) Work with each individual player as the other players' drop feed a backhand (10 - 15 minutes).
3. Players Throw to other player backhand and they focus on shot at service line (10 minutes)
4. Rally Service Line, proceed to blue line, then baseline. (10 minutes)
5. Points at the Service Line, then progress to Baseline (10 minutes).
6. Serves- Introduce the serve (10 minutes)
7. Two up/Two back or Champ of Court Singles or All Back - Finish the rest of the session

Week # 4

Theme: Consistency with Both groundies (Could include an approach shot).

Specialty Shots

1. Dead Ball – (1 basket for 15 minutes or less).
2. Drop Feed and pro on same side (1 basket) Work with each individual player as the other players' drop feed a Forehand and backhand (10 - 15 minutes).
3. Players Throw to other player Forehand/ backhand and they focus on shot at service line (10 minutes)
4. Rally Service Line, proceed to blue line, then baseline. (10 minutes)
5. Points at the Service Line, then progress to Baseline (10 minutes).
6. Serves- Introduce the serve (10 minutes)
7. Two up/Two back or Champ of Court Singles or All Back - Finish the rest of the session.

Week #5

Theme: Approach/Overhead, Serve and Return

Quick Review

1. Dead Ball- Include Groundstrokes and approach and volley dead ball (15 minutes).
2. Drop Feed and pro on same side (1 basket) Work with each individual player as the other players' drop feed a Forehand and backhand and include approach. (10-minutes).
3. Self-feed approach and play points (10 minutes)
4. Pro fed approach shot and play points (10 minutes).
5. Serve Basket-
6. Serve and Return- Returners hit cross court, then point is dead.
7. Play Serve points. Work on scoring
8. Finish with fast paced fun game

Week # 6

Play points that include the previous weeks.

Theme: Rallying, playing singles points, and doubles points.

1. Dead Ball- Include Groundstrokes and approach and volley dead ball (15 minutes).
2. All Back- Work on points that players rally back and forth but play out competitive points. (15 minutes)

3. One up/One back- Back players working on coming to the net. Players aiming to come to the net (15 minutes)
4. 2 up/2 back- work on positioning and how to win points from either the net or baseline. (15 minutes)
5. Singles points- teach the tactic of cross court until a weaker ball. Likely the more consistent player will win this game. (15 minutes)
6. Play out serve points with singles and doubles for the rest of the class.