

# Team Tennis 2018 Curriculum

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## **I. Learning Environment**

Team tennis is a program designed to be a fun and low pressure learning environment where kids can learn the fundamentals of tennis in a matchplay setting. The student to coach ratio is 12:1 and all exercises are done cooperatively with very little basket feeding from the coach. This type of teaching results in a high volume of balls being hit and allows the coach to circulate constantly and give personalized feedback. This also allows for stronger relationships being formed between students as they will be regularly cooperating and competing together.

## **II. Practice Layout**

Tennis Canada's progressive tennis program identifies two types of practice: development practice and competitive practice. The competitive practice does not mean the players are at a competitive level, in fact they can be brand new to tennis, it merely means that the focus of the practice is on tactical or psychological aspects of the game and the training will involve the students playing points. A two hour team tennis practice is separated in to one hour of development practice and one hour of competitive practice.

- a) Development practice: Learning of tennis fundamentals (footwork, grip, set up, impact point, hitting zone). In team tennis we put a **STRONG** emphasis on movement and coordination.
- b) Competitive practice: Students are sorted in to teams where they will compete for points to improve their teams standing. Through this practice, not only are students having fun and playing the game, but they are also learning how to think like a competitor, how to keep score, and how to win and lose with dignity.

## **III. Learning Objective**

In broad terms, the learning objective for the team tennis session is as follows:

- Cooperative consistency: Be able to send a slow paced, medium arc ball to a partner consistently.
- Understand the basic concept of height and directions control using racquet controls (path, angle, and speed)

- Be able to consistently start a point with an underhand serve, and somewhat consistently get an overhead serve in to the court.
- Learn to keep score and become a respectful sports person.

#### **IV: Weekly Lesson Plans:**

##### **Weeks 1-3:**

Movement - Use of legs vs arms, ready position, shuffle step, crossover step, difference between long steps for court coverage and short steps for accuracy.

Strokes - Continental grip, self rally and other coordination exercises, emphasis on centering the ball, underhand serve, direction by controlling racquet angle.

##### **Weeks 3-6:**

Movement - Explosiveness training (jumping, plyometrics, sprinting), train steps learned in previous weeks, split step combined with proper set up.

Strokes - Continue training coordination, hitting low to high, controlling direction with racquet path, rallying in a longer court set up.

##### **Weeks 4-8:**

Movement - Continue to train tennis specific movement, set and recovery is a must at this point, introduce balance exercises.

Strokes - Rally vs Attacking, volleying, overhand serving (connected to proper throwing technique)

##### **Weeks 8-12:**

Movement - At this point it should take kids less time to warm up, continue emphasizing and practicing all footwork and movement skills learned in previous weeks.

Strokes - start introducing spin, specifically topspin and why it's used. This is not a skill that kids will master but good to get them thinking about it. Using different strokes from different areas on the court, implementing a full swing and long hitting zone. Continuous overhead serving.