

# Public Tennis Red Ball Pilot Lesson Plan #1

## Introduction

Welcome, nametags, greet, engage, informal warm-up. Not idle!  
Parents welcome to stay close, learn “Instant Rally Progression” essentials.  
Coach intros. Program goal: Rally and Play! Lets’ go!

## Step 1: Theme, Vocabulary

Today’s theme is TEAMWORK. Who can tell me what that means? Examples?  
Today’s tennis word is “Rally”. When players hit the ball back and forth over the net, and keep a ball “in play” it’s called a rally. We’re going to learn to do it!

## Step 2: WarmUp

Coaches choice of warmup. Simon Says, Obstacle Course, ... whatever works!  
Make it quick – 10 minutes max.

## Step 3: Skills, Activities, Games

### Skills and Games

- Safety before starting! Emphasis on safety (pickup stray balls, careful with racquets/swings, spacing, etc.):
- **Racquet control and consistency** activities: IRP = Instant rally Progression
  - At each step in the IRP, take time to stop, demo, re-start each partner activity below
  - Look for opportunities along the way for instant games/“competition” ... “Who can get X in a row? How many can you do in one minute?”
  - Set up partners and rotate frequently, coach fill in if odd number
    - One ball per partner pair
      - Throw-catch from 5-6 foot distance, then throw-bounce-catch (all throws underhand, with loft!)
      - Throw-trap (optional: roll-trap)
    - One ball per player
      - Work individually on tap-up with bounce skill (imagine playing to a spot, find ideal height, find ideal racquet face direction – burger/pancake flipper grip)
    - One ball per partner pair
      - Alternate cooperative tap-up bounce-hit to shared spot (spend some time on this, coaches assist as needed by making it a “circle” of 3 players alternate bounce-hit to spot) Go through several rotations of this – this is an **essential base for progress**. Encourage cooperation, soft touch, repeatable bounce height, not excessive swing – **but try not to over-coach – focus on the result!**
      - Try playing over the **alley**, with just enough forward stroke to clear the alley, but continued focus on playing up with plenty of loft.
      - Try playing over the **portable net**, with just enough forward stroke to clear the net, but continued focus on playing up with plenty of loft.

### Team Cooperative **Co-opetition** (Fun!!)

- Divide into teams, make up games involving partners and cooperative rallies, set achievable goals, when players exceed goals, set new ones – **look for overall group goals – “let’s beat our last record as a team!”**
- Make sure players are successful and **feel successful** as they complete the session

## Step 4: Review & Cheer

TEAMWORK RULES!