

A photograph of a group of people on a tennis court. In the foreground, a man in a white t-shirt is smiling and gesturing with his hand. Behind him, a woman in a dark blue tank top is also smiling. To the right, a woman in a purple tank top is smiling, and next to her is a man in a grey polo shirt. Further right, a woman in a red tank top is visible. In the background, a woman wearing a light blue visor and sunglasses is holding a tennis racket. The court is surrounded by green trees, and the scene is brightly lit by sunlight.

TENNIS XPRESS

LESSON PLANS





TENNIS XPRESS WEEK 1:

DISCOVERING ALL THE SHOTS

Week 1 is all about getting active, meeting the other players and having fun. In this session your players will try all the different shots and rally cooperatively

Games
40%

The Warm-up / Body & Ball
10%

Racket & Ball
50%

SESSION

Warm Up

FAST FEET COMMANDO

BASE DRILL

Players stand behind baseline of the court in a ready position with fast feet. Coach calls out number, 1,2,3, or 4. 1 = player puts left foot over the line and back again. 2 = right foot over the line . 3 = jump both feet over the line. 4 = sprint to serviceline and jog back to baseline

Top Tip: Coach needs to lead as a role model - good posture, fast feet, etc

Body & Ball

BOUNCE CATCH

BASE DRILL

Players gently move around the court throwing a ball up and catching it with both hands after it bounces

Top Tip: Ask players to throw the ball up like a rugby ball pass and make sure they are balanced when they catch

PROGRESSION

See if the players can throw the ball up with one hand and catch it with the opposite

REGRESSION

Less movement

VARIATION

Get players to work together in pairs and move each other round

Racket & Ball

TAP UP TENNIS

DROP IT

Players take a racket and a ball and gently 'tap' the ball up in front of them (FH and BH), letting it bounce, trying to get a self-rally

Top Tip: Get the racket head underneath the ball with strings pointing up before they tap the ball

PROGRESSION

As above but get players to work together in pairs alternating shots

Top Tip: Lock the wrist in an L shape

REGRESSION

Use an orange ball

VARIATION

Add in movement - see if the players can take 3 or 4 steps in between taps

Top Tip: Players must be balanced when they make contact

Racket & Ball

LEARNING ALL THE SHOTS - GROUNDSTROKES

| | |
|--------------------|---|
| BASE DRILL | Players work in pairs hitting mainly in the service boxes, over the net. Using a short abbreviated swing they try to cooperatively rally on both sides of the body (FH & BH) Top Tip: Start in a ready position (hands inside the body) get to the side of the ball before you hit with hands finishing outside the body |
| PROGRESSION | Players try and hit BH only Top Tip: As players move back ask for a longer swing but keeping the strings facing towards their target |
| REGRESSION | Use an orange ball |
| VARIATION | 2 touch rallies - players block the ball before sending back Top Tip: When players block the ball ensure angle of racket face is at 45 degrees |

LEARNING ALL THE SHOTS - VOLLEYS

| | |
|--------------------|---|
| BASE DRILL | Player 1 starts the rally (bounce hit) then moves forward and tries to make contact with the next shot before it bounces (volley). Player 2 must then catch the ball to complete the 3 shot sequence. Switch roles after each attempt. 10 goes each |
| PROGRESSION | Extend the rally to 5 shots |
| REGRESSION | Player 1 feeds the ball to partner who tries to high 5 the ball with the palm of their hand |
| VARIATION | None required |

Racket & Ball

LEARNING ALL THE SHOTS - SERVES

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|--------------------|--|
| BASE DRILL | Ask the players to take it in turns to start the rally by placing the ball up above their head and tapping it forward (serve) to their partner who tries to hit it back to the server (return) who then catches the ball (rally of 2). Both players have a go at serving & returning Top Tip: Ask players to try and get the ball to go up off the strings - not downwards |
| PROGRESSION | Extend the rally to 3,4,5 shots - always starting with a serve |
| REGRESSION | Overarm throw the ball instead of serving with a racket |
| VARIATION | None required |

Games

RALLIES OF 5

| | |
|--------------------|--|
| BASE DRILL | Players work in pairs, half court, cross court. They start the rally with a serve and work together to get the longest rally they can within 90 seconds (coach is timing). Repeat exercise and try to beat previous score. Top Tip: Encourage players to work together to develop long rallies |
| PROGRESSION | Depending on the players success, start to move them back and use more of the court Top Tip: As players move back ask for a longer swing but keeping the strings facing towards their target |
| REGRESSION | Reduce to rallies of 3 |
| VARIATION | See if the players can hit forehands only |

Games

TIMED RALLIES

BASE DRILL

Players work in pairs. Start the rally with an overhead tap (serve) and work together to get the longest rally they can within 90 seconds (coach is timing). Repeat exercise and players try to beat their previous scores
Top Tip: Encourage players to watch the flight of the ball so they can position themselves and be ready to make their shot

PROGRESSION

Depending on the players success, start to move them back and use more of the court
Top Tip: Emphasize link between an upwards swing (low to high) and the arc of the ball over the net

REGRESSION

Shorten the court and use an orange or even red ball

VARIATION

See if the players can hit forehands only

Wrap-Up

REVIEW

Review the session including shots and game situations along with any key teaching points
Top Tip: Lots of positive encouragement at end of session and look forward to seeing them all again at next session

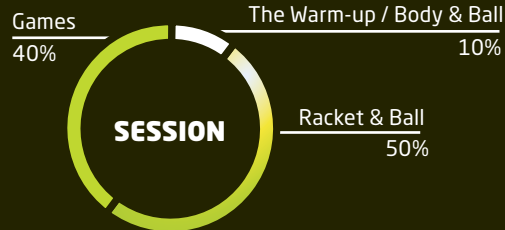


TENNIS XPRESS

WEEK 2:

DEVELOPING ALL THE SHOTS

Week 2 is all about building on week 1 and continuing to develop their shots. In this session your players will also start to play some points



Warm Up

BODY TAG

BASE DRILL

Players stand either side of the court facing each other. Coach calls out a body part and the players jog towards each other and tag each other with that body part then jog backwards to the start. Add in a sequence of body parts to tag (right hand, left foot, both hands etc)

Top Tip: Give clear commands and join in if odd number

Body & Ball

THROW & CATCH RALLIES

BASE DRILL

Players stand either side of the net on the service line. First player throws the ball like a rugby ball pass over the net in to their partners service box. Second player has to catch the ball after it bounces before throwing it back over the net and in to the service box

Top Tip: Ask players to throw the ball up like a rugby ball pass and make sure they are balanced when they catch

PROGRESSION

See if the players can throw the ball in to space and move their partner around

REGRESSION

Less movement

VARIATION

Play points starting with an overarm throw

Racket & Ball

BUILDING BOX

DROP IT

Players take a racket and a ball and stand either side of the net. Player 1 lets the ball bounce and then gently hits the ball up and over the net to Player 2 who catches it after it bounces in the box. Player 2 hits it back to Player 1. If the players manage to complete the sequence they progress to 2 hits, catch, then 3 hits, catch etc
Top Tip: Get the players to stand side on (shoulder pointing towards partner) with arm fully extended to drop the ball. Recover to middle straight after hitting the ball

PROGRESSION

See if the players can hit the ball over the net and in to the box starting with a backhand
Top Tip: Challenge better players to catch the ball sideways on with space between them and the ball

REGRESSION

Keep working on hit & catch only

VARIATION

Get the players to start the rallies with an abbreviated hit/tap above their heads (serve)

Racket & Ball

DEVELOPING THE GROUNDSTROKES

BASE DRILL

Players work in pairs hitting mainly in the service boxes, over the net. Using a short abbreviated swing they now try to cooperatively rally on both sides of the body (FH & BH). Ask the players to count the length of their rallies

Top Tip: Start in a ready position (hands inside the body) get to the side of the ball before you hit with hands finishing outside the body

PROGRESSION

As the players become more comfortable rallying together in the boxes, start to move them back and use more of the court

REGRESSION

Keep working in the boxes and consider using red ball

VARIATION

See if the players can hit FH or BH only

DEVELOPING THE VOLLEYS

BASE DRILL

Player 1 starts a few steps back from the net and Player 2 stands a few steps behind the serviceline. Player 2 lets the ball bounce and then gently hits the ball to Player 1 who tries to volley it back for Player 2 to catch. Switch roles after 10 volleys (FH & BH side)

PROGRESSION

As the players become more comfortable volleying, start to move the serviceline player back and use more of the court

REGRESSION

Serviceline player feeds the ball with an underarm throw to their partner for them to volley

VARIATION

Ask the volleyer to start on the serviceline too. When their partner shouts go, they move forward before volleying the ball

Top Tip: See if the players can stop moving and get balanced before they make contact with the ball

Racket & Ball

DEVELOPING THE SERVE & RETURN

| | |
|--------------------|--|
| BASE DRILL | Players work in pairs, one either side of the net, playing cross court. Player 1 starts the rally by placing the ball up above their head and tapping it forward (serve) to Player 2 who tries to hit it back to the server (return) for them to hit a 3rd and final shot. Both players have a go at serving & returning Top Tip: Ask players to try and get the ball to go up off the strings - not downwards |
| PROGRESSION | As the players become more comfortable serving & returning, start to move them back and use more of the court Top Tip: Players will need to generate more power on the serve as they move back so will need a longer forward swing. See if they can start to turn shoulders |
| REGRESSION | Overarm throw the ball instead of serving with a racket |
| VARIATION | None required |

Games

TIMED RALLIES

| | |
|--------------------|---|
| BASE DRILL | Players work in pairs, half court, cross court. They start the rally with a serve and work together to get the longest rally they can within 90 seconds (coach is timing). Repeat exercise and try to beat previous score Top Tip: Encourage players to work together to develop long rallies |
| PROGRESSION | Depending on the players success, start to move them back and use more of the court. Top Tip: Emphasize link between an upwards swing (low to high) and the arc of the ball over the net. |
| REGRESSION | Shorten the court and use an orange ball |
| VARIATION | None required |

Games

POINTS

BASE DRILL

Players work in pairs, half court, cross court. They start the rally with a serve and now try to win the point against their opponent. Use simple football scoring (1-0, 1-1, 2-1)

Top Tip: Encourage players with praise for effort and use of good tactics. Provide basic but relevant technical tips as and when required

PROGRESSION

Depending on the players success, start to move them back and use more of the court

Top Tip: As players use more of the court you can start to talk about hotting the ball deep and short

REGRESSION

Shorten the court and use an orange ball

VARIATION

None required

Wrap-Up

REVIEW

Review the session including shots and game situations along with any key teaching points.

Top Tip: Lots of positive encouragement at end of session and look forward to seeing them all again at next session

TENNIS XPRESS

WEEK 3:

SERVE & RETURN

Week 3 is all about Serving & Returning. Over 80% of shots in tennis are serves and returns and starter players often struggle with the serve. In this session your players will try different types of serves and returns and play singles & doubles points

Games
40%

The Warm-up / Body & Ball
10%

SESSION

Racket & Ball
50%



Warm Up

SHUTTLES

BASE DRILL

Players line up on the doubles sideline of the court and run from one side of the court and back. Add in a variation each shuttle. Sideways, hopping on one foot, rotating arms, crossovers, power lunges etc

Top Tip: Coach needs to lead by example and join in to set the tone of the warm up and provide a visual demonstration to players

Body & Ball

HOOP THROW

BASE DRILL

Across 2 courts, place 8 targets in to each of the 8 service boxes. Players have to overarm throw a ball from behind the serviceline (diagonally) trying to hit the target. Once they hit the target they move on to the next one. First player to hit all 8 of the targets wins

Top Tip: Ask players to stand sideways on and point non throwing arm towards target

PROGRESSION

Move players back to the baseline

REGRESSION

Move players closer to the target. Make the target bigger

VARIATION

Ask players to throw the ball overarm with their non-dominant arm

Racket & Ball

IN A ROW

DROP IT

Players work in pairs, one either side of the net. Player 1 stands just behind the serviceline and serves the ball diagonally over the net, in to the service box for their partner to catch after the bounce between racket & hand. If the serve goes over and in the pair score 1 point. Player 2 serves the ball back to Player 1. If the serve goes over and in the pair score another point (2). Taking it in turns and working as a pair, see how many serves the players can hit over and in in a row. If they make a mistake they go back to 0

Top Tip: Ensure players are shown how to hold the racket with a chopper grip. Once they get going, start to talk about pronating the wrist to get the strings facing forward on contact. When catching the return, see if players can trap the ball to the side of their body in a similar position as if they were going to hit it

PROGRESSION

See if the players can serve from between the serviceline and baseline using more of the court

Top Tip: Challenge better players to catch the ball sideways on with space between them and the ball

REGRESSION

Serve from closer to the net

VARIATION

None required

Racket & Ball

DIRECTING THE SERVE

| | |
|--------------------|---|
| BASE DRILL | Players continue to work in pairs in the half court, cross court. Divide the service box in to 2 halves (1 & 2). Player 1 calls out a number and tries to serve in to that half. Player 2 practices their return. Switch roles after 10 goes <i>Top Tip: See if the players can get their strings pointing towards their target on contact</i> |
| PROGRESSION | Get the returning player to call out the number rather than the server |
| REGRESSION | Server stands closer to the net, remove sub boxes |
| VARIATION | None required |

RETURNING DEEP

| | |
|--------------------|---|
| BASE DRILL | Player 1 continues to hit serves practicing direction. Player 2 now has to try and return the ball deep so that it bounces beyond the serviceline. If Player 1 hits their serve in to the half they call out and Player 2 returns the ball beyond the serviceline they score a point. See how many they can achieve in a row. Switch roles <i>Top Tip: Returner has to start in a good ready position and react quickly so watching the flight of the incoming ball is key</i> |
| PROGRESSION | Mark out a line between the serviceline and baseline and get the returner to hit beyond this line |
| REGRESSION | Shorter court |
| VARIATION | See if the returner can hit with their stronger wing <i>Top Tip: See if the players can get their strings pointing towards their target on contact</i> |

Racket & Ball

FIRST & SECOND

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|--------------------|--|
| BASE DRILL | Player 1 tries to hit a first serve (more power / better placement) and then a second serve (more height over the net / consistency). Player 2 practices their return with a focus on hitting the second serve back with more power / better placement. Switch roles after 10 goes (20 serves) <i>Top Tip: Circulate amongst all players and provide relevant technical tips on the serve</i> |
| PROGRESSION | See if the players can slice their 2nd serve |
| REGRESSION | Use more overarm throwing instead of serving <i>Top Tip: Ask players to throw the ball more upwards</i> |
| VARIATION | None required |

Games

SINGLES POINTS

| | |
|--------------------|---|
| BASE DRILL | 2 players on the court, 2 players off waiting (one behind server, one behind returner). Player 1 serves the ball from the deuce side of the court and players play out the point. Player 1 then serves another point from the Ad side and they play out the point. After 2 points, players rotate on / off court. When they come back on they switch roles <i>Top Tip: Discuss court positioning and basic tactics with waiting players.</i> |
| PROGRESSION | Add in scoring - first player to win 10 points |
| REGRESSION | Allow weaker players to serve inside the court |
| VARIATION | Score points as a team |

DOUBLES POINTS

BASE DRILL

4 players all on court at same time - doubles. Introduce tie break scoring. All players have a go at serving and returning. First team to 7 points. Rotate teams if time allows

Top Tip: If you have an odd number then play in but make sure you rotate around with all players and keep an eye on other court so you can keep praising good play

PROGRESSION

None required

REGRESSION

Allow weaker players to serve inside the court

VARIATION

Add in bonus points when points are won at the net with a volley

Wrap-Up

REVIEW

Review the session including singles and doubles basic court positioning and tactics and tie break scoring format

Top Tip: Lots of positive encouragement at end of session and look forward to seeing them all again at next session



TENNIS XPRESS WEEK 4:

Court Positioning

Week 4 is all about Court Positioning. Starter players often make mistakes due to not being in the right place on court. In this session your players will try different types of movement & recovery exercises and will learn where to position themselves

Games
50%

The Warm-up / Body & Ball
10%

Racket & Ball
40%

SESSION

Warm Up

RUN THE LINES

BASE DRILL

Players start on the baseline in a single file line behind you. You run around the court along all of the lines shouting out their name as you go (centre line, serviceline, baseline, singles sideline etc). Always face the net so you run in different ways; forwards, backwards, sidesteps

Top Tip: Coach needs to set the tone of the warm up and lead the players

Body & Ball

THROW & RECOVER

BASE DRILL

Players work in pairs in the half court. They stand either side of the net in the centre of the half court on the serviceline. Player 1 underarm throws the ball over the net in to tramline. Player 2 moves, catches ball after the bounce, throws back to Player 1 and then recovers to starting point. Switch roles after 10 goes

Top Tip: This exercise is all about quick recovery which is essential for maintaining good court positioning. Ask players to throw with a rainbow arc to give their partner enough time

PROGRESSION

Throw on both FH & BH side

Top Tip: See if players can catch the ball with their hand above their elbow

REGRESSION

None required

Top Tip: If players are struggling with movement then throw the ball higher over the net to give them more time

VARIATION

Get the players to run to both sides of the servicebox and use FH / BH throws

Racket & Ball

MINI SERVE & VOLLEY

DROP IT

Players work in pairs, one either side of the net. Player 1 serves from the serviceline and moves forward towards the net trying to volley Player 2's return. Taking it in turns to serve and working as a pair, see how many 3 shot sequences they can collect

Top Tip: Encourage the serving player to move forward quickly and get racket up ready for the volley. Try to be balanced before they volley

PROGRESSION

See if the players can serve from between the serviceline and baseline using more of the court

Top Tip: Play in half court but straight to avoid collisions!

REGRESSION

Player 2 catches the serve after the bounce and then throws the ball back to give the server more time and improve accuracy

VARIATION

None required

HIT & RECOVER

BASE DRILL

Players work in pairs in the half court, cross court. Place a marker on the baseline to indicate where the players should recover to after each shot when rallying cross court. Players take it in turn to start the rally with a serve and then rally cross court always recovering back to the marker after each shot. Get players to count the length of their rallies. They go back to 0 if they make a mistake or don't recover to marker

Top Tip: Talk to players about importance of recovering back to marker to maintain a good court position

PROGRESSION

Make it competitive and see if players can move each other away from their markers

REGRESSION

Shorten the court

VARIATION

Hit on both FH & BH sides

Racket & Ball

SERVE & RETURN RECOVERY

| | |
|--------------------|--|
| BASE DRILL | Players work in pairs in the half court, cross court. Place a marker on the baseline to indicate where the serving players should recover to after their serve and another marker at the returners end to indicate where they should recover to after returning the serve. Players take it in turn to serve and return, always recovering back to the marker after each shot <i>Top Tip: As this is generic information that will apply to all players you can demo to whole group. Keep it brief</i> |
| PROGRESSION | Start to extend the length of the rallies |
| REGRESSION | Shorten the court |
| VARIATION | Move the markers around depending on what type of serve / return the player is going to hit. |

Games

SINGLES POINTS - COURT POSITIONING

| | |
|--------------------|---|
| BASE DRILL | 2 players on the court, 2 players off waiting (one behind server, one behind returner). Player 1 serves the ball from the deuce side of the court and players play out the point. Player 1 then serves another point from the Ad side and they play out the point. After 2 points, players rotate on / off court. When they come back on they switch roles <i>Top Tip: Focus for this section is to talk about recovery and a good court position. Talk to players after every couple of points about their general court positioning during singles</i> |
| PROGRESSION | Add in scoring - first player to win 10 points |
| REGRESSION | Allow weaker players to serve inside the court |
| VARIATION | Score points as a team |

Games

DOUBLES POINTS - COURT POSITIONING

| | |
|--------------------|---|
| BASE DRILL | 4 players all on court at same time. Doubles, tie break scoring. All players have a go at serving and returning. First team to 7 points. Rotate teams if time allows <i>Top Tip: Focus on court positioning as a team. Working together to cover the whole court</i> |
| PROGRESSION | None required |
| REGRESSION | Allow weaker players to serve inside the court |
| VARIATION | Score points as a team |

Wrap-Up

REVIEW

Review the session including singles and doubles basic court positioning and tactics and tie break scoring format
Top Tip: Lots of positive encouragement at end of session and look forward to seeing them all again at next session

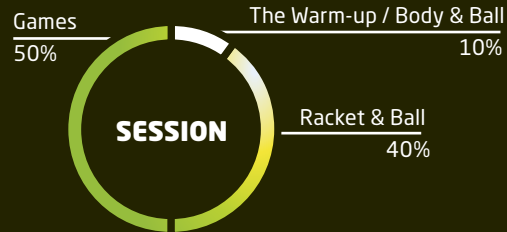


TENNIS XPRESS

WEEK 5:

TEAM WORK

Week 5 is all about teamwork. In this session your players will learn to work with their partner and basic doubles tactics



Warm Up

MIRROR

BASE DRILL

Working in pairs, players find a space on the court and face each other a few feet apart. Player 2 has to try and mirror the movements of Player 1. Move forward, backwards, sideways etc. Get the player in control to do whatever they like (stand on one leg, spin, yoga moves etc). Switch roles after a minute or so

Top Tip: Give players who are in control some ideas of what to do

Body & Ball

2 BALL THROW & CATCH

BASE DRILL

Players work in pairs. They take a ball each and find a space on the court. One player shouts 'Go' and both players throw their ball up (at same time) for their partner to catch after the bounce

Top Tip: Ask players to throw the ball with 2 hands, turning shoulders and hips and releasing at shoulder height

PROGRESSION

See if the players can catch the balls before they bounce with one hand (ideally on stretch)

REGRESSION

Less movement

Top Tip: If players are struggling with movement then throw the ball higher over the net to give them more time

VARIATION

Get players to work together in pairs and move each other round

Racket & Ball

POP CORN TENNIS

BASE DRILL Players work in teams of 2. One team either side of the net, playing in the half court, services boxes only. Players have to alternate shots (like doubles table tennis)

Top Tip: Make sure players get out of the way of their partner as soon as they've hit their shot

PROGRESSION See if players can hit volleys only
Top Tip: You could also play some points

REGRESSION Throwing & catching instead of hitting

VARIATION See if the players can hit FH or BH only

CLOSE THE NET

BASE DRILL Players work in doubles pairs. Pair 1 start on the serviceline and Pair 2 start on the opposite baseline. Pair 1 hit a ball past their opponents serviceline and move forward to the net. Pair 2 have to try and hit either a lob or a passing shot. Pair 1 have to try and volley or smash the 3rd ball. Switch roles after 10 goes each
Top Tip: Explain when to use the different shot options; if you see a space, go for the pass, if you're on stretch go for a lob etc

PROGRESSION See if the players can feed with a backhand

REGRESSION Shorten to just a 2 ball sequence

VARIATION Get feeding pair to hit their approach shot wide as well as down the middle.

Racket & Ball

LOB IT, SMASH IT

| | |
|--------------------|---|
| BASE DRILL | Players work in doubles pairs. Pair 1 start on the serviceline and Pair 2 start the opposite side of the net with their rackets touching the net. One of the players in Pair 1 has to hit a lob over Pair 2 who have to chase it down and try to return it. Pair 1 move forward after hitting the lob ready for volley / smash. Switch roles after 10 goes each <i>Top Tip: Let players know which player should be returning the lob and what the other player should do. Also start to talk about basic doubles communication; 'Mine, Yours, Switch etc'</i> |
| PROGRESSION | Make it competitive - play out points |
| REGRESSION | Retrieving pair can start closer to serviceline |
| VARIATION | Get feeding pair to hit lobs diagonally and straight |

Games

DOUBLES MINI MATCHES

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|--------------------|---|
| BASE DRILL | 4 players all on court at same time. Doubles, proper tennis scoring. Sudden death deuces. Players serve one service game each (4 games) then mix up teams before playing another 4 game match <i>Top Tip: Discuss tactics with players at the end of each points. Give brief, relevant tips to all players. Play in if you have an odd number but rotate amongst all players</i> |
| PROGRESSION | None required |
| REGRESSION | None required |
| VARIATION | A team can win the whole game instantly if they play as a team and win the point at the net |

Wrap-Up

REVIEW

Review the session including working together as a team and proper tennis scoring

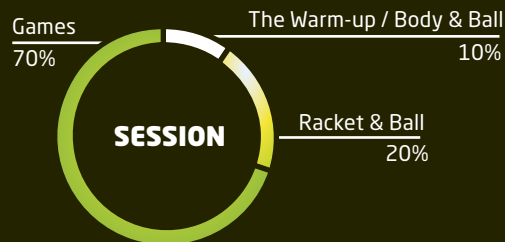
Top Tip: Lots of positive encouragement at end of session and look forward to seeing them all again at next session



TENNIS XPRESS WEEK 6:

PUTTING IT ALL TOGETHER

Week 6 is where we put it all together. In this session your players will warm up all the shots before spending most of the session playing points in a fun tournament



Warm Up

SHADOW SWINGS

BASE DRILL

All players spread out on one half of the court, facing the net. You stand in front of them and start bouncing your feet. Start shadow swinging all the shots - always recovering to the starting point. Players have to copy you staying in time

Top Tip: Use this warm up to get heart rate up and dynamically stretch too. Use all the shots including groundstrokes, volleys, smashes. Keep feet bouncing in between shadow swings

Body & Ball

THROW & GO

BASE DRILL

Split the group in to 2 teams. The 2 teams stand in mini lines facing each other about 10 feet apart. The player at the start of mini line 1 has a light medicine ball (or football) and throws it to the player at the front of mini line 2 who has to catch before the bounce. As soon as they throw the ball they run to the back of the opposite line. Repeat

Top Tip: Ask players to throw the ball with 2 hands, turning shoulders and hips and releasing at shoulder height. The throw should mimic groundstrokes

PROGRESSION

See if the players can catch the ball with just one hand - using their palm

REGRESSION

Use a lighter ball. Add in a bounce

VARIATION

Get the players to throw the ball in different ways (football throw in, squat and stretch, rugby pass, netball pass etc)

Racket & Ball

CAT & MOUSE

| | |
|--------------------|--|
| DROP IT | Players work in pairs in one service box. Players alternate hitting the ball up after the bounce, landing in the service box. Players try to move each other around the service box <i>Top Tip: Make sure players get out of the way of their partner as soon as they've hit their shot</i> |
| PROGRESSION | Play points |
| REGRESSION | Throwing & catching instead of hitting |
| VARIATION | See if the players can alternate sides of the racket face each shot |

GROUNDSTROKE WARM-UP

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|--------------------|---|
| BASE DRILL | Players work in pairs in the half court, cross court. They warm up their groundstrokes switching sides so they hit both FH & BH <i>Top Tip: Explain to players that a proper warm-up will help them play better. Continue to provide any technical tips to all players</i> |
| PROGRESSION | Whilst warming up the groundstrokes challenge the players to hit the ball deep and keep their opponent back |
| REGRESSION | None required |
| VARIATION | See if the players can hit the ball with different types of spin |

Racket & Ball

VOLLEY WARM-UP

| | |
|--------------------|--|
| BASE DRILL | Players work in pairs in the half court, cross court. Player 1 warms up their 1st and 2nd serve while Player 2 practices their return. Switch roles <i>Top Tip: Continue to provide any technical tips to all players. Suggest players hit more second serves than first in the warm-up</i> |
| PROGRESSION | None required |
| REGRESSION | None required |
| VARIATION | See if the players can hit different types of volleys (drop, angle, deep etc) |

SERVE & RETURN WARM-UP

| | |
|--------------------|---|
| BASE DRILL | Players work in pairs in the half court, cross court. Player 1 warms up their 1st and 2nd serve while Player 2 practices their return. Switch roles. <i>Top Tip: Continue to provide any technical tips to all players. Suggest players hit more second serves than first in the warm-up</i> |
| PROGRESSION | None required |
| REGRESSION | None required |
| VARIATION | See if the returner can hit with different types of spin |

Games

TEAM TOURNAMENT

BASE DRILL

Split your group of players in to 2 teams and organise timed singles and doubles matches using tie break scoring. At the end of every match that team scores a point. Try to play at least 4 rounds of matches - 2 being played at the same time

Top Tip: Playing as part of a team will hopefully encourage weaker players. Feel free to play in but rotate yourself with all players

PROGRESSION

None required

REGRESSION

None required

VARIATION

Award 2 points for points won at the net

Wrap-Up

REVIEW

Review the whole Tennis Xpress course and congratulate players on their progress

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For more information on Tennis Xpress please go to

www.LTA.org.uk

