



**PLAY TENNIS  
THE EASY WAY**



**SLOWER  
BALLS...  
EASY  
GAME**

**SERVE  
RALLY  
SCORE**  
from the  
first lesson

# **COURSE GUIDELINES AND CONTENT FOR COACHES**

**APRIL 2013**

**[itftennisxpress.com](http://itftennisxpress.com)**

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## **INTRODUCTION**

The launch of *Tennis Xpress* follows the successful introduction in 2010 of *Tennis10s*, another supporting programme of International Tennis Federation *Tennis Play and Stay* campaign designed to increase participation among the 10-and-under age group through the use of slower balls, smaller courts and modified rackets.

The *Tennis10s* programme has already seen strong support from the ITF's 210 National Associations and significant increases in participation, and the ITF will now be working with its member nations on the implementation of *Tennis Xpress* courses around the world.

Dave Miley, ITF Executive Director of Development, said: "Research has shown that health and exercise benefits, and learning and improving at something new, are of particular importance to adults when choosing their leisure activities. The *Tennis Xpress* course ensures that adults learn to play tennis quickly while having a great workout and a sociable and fun experience. We believe that this programme will have a big impact globally in both attracting and retaining new players in our sport."

ITF President Francesco Ricci Bitti said: "*Tennis10s* has improved the way we introduce tennis to young children, and it is encouraging to see such great results already in terms of participation. We believe that *Tennis Xpress* can be equally effective in attracting new adult players to the sport."



### **INTRODUCTION TO TENNIS XPRESS**

Dave Miley

ITF Executive Director, Development

[Click to view](#)



### **TENNIS XPRESS PROMOTIONAL VIDEO**

[Click to view](#)

## ***GOALS OF TENNIS XPRESS***

### **Throughout the course...**

- introduce tennis to all adults in an easy, active and fun way using slower balls so that they can play the game as soon as possible!

### **By the end of the first session...**

- all adults can serve, rally, and score with the Orange or Green ball on a full court using match tie-break scoring

### **By the end of the course...**

- all adults will know the basic techniques, tactics and the Rules of Tennis
- all adults will be able to play competitive points using the Green ball on a full court

***“TENNIS XPRESS...  
PLAY TENNIS THE EASY WAY!”***



# **COURSE GUIDELINES FOR COACHES**

## **ABOUT TENNIS XPRESS**

Tennis Xpress is an easy, active and fun coaching programme for adults. The aim is to help starter adults to serve, rally and score (play the game) from the first session and to ensure that by the end of the course:

- all adults will know the basic techniques, tactics and the Rules of Tennis
- all adults will be able to play competitive points using the Green ball on a full court

For the purpose of this course, adult starter players are defined as those who:

- are complete beginners to tennis and who have never played tennis before, or;
- who have received basic coaching but have never played the game outside of a coaching environment, or;
- beginners returning to tennis after a long absence

Tennis Xpress is a supporting programme of the ITF Tennis Play and Stay Campaign.

## **TENNIS PLAY AND STAY CAMPAIGN**

Tennis Play and Stay is the ITF global campaign aimed at increasing tennis participation worldwide.

Fundamental to the Tennis Play and Stay campaign is the use in coaching and competition of the slower Red, Orange and Green balls, ensuring that the first experience of tennis is Easy, Fun and Healthy.



The campaign is supported by the ITF member nations, the top professional players, the tennis manufacturers and the major coaching organisations.

## **SLOWER BALLS ARE FOR ADULTS TOO**

Slower balls are not just for children; starter players of all ages, including adults, can benefit from playing with slower Orange and Green balls and within appropriate sized area within the court. The use of the slower balls is fundamental to this course, and to helping starter adults to learn to play tennis easily and quickly. However, it is also recognised that adults learn at different speeds and have different experience and transferrable skills. For this reason, whilst the use of slower balls is mandatory for this course, coaches should be flexible in their approach concerning:

- which ball (either Orange and Green) is used at a given point within the course, based on the ability and progress of the participants. The recommendation is that the course is centred around the use of Orange or Green balls. However, it is recognised that the Red ball will be used when necessary as a teaching aid or to make the session more active;
- at which point that players are ready to progress from one ball to another. It is important to remember that players progress at different rates, and coaches should therefore be prepared to choose either Orange or Green balls for different players participating within the same session if necessary;
- the need at times to regress to a slower ball. In some tasks, it may be necessary for players to regress temporarily from one ball to another. For example, to develop confidence in a task, it may be suitable for players using an Orange ball to develop new skills by first starting with the Red ball for part of the session before going back to the Orange ball;
- how far players progress within the course. Whilst the stated aim by the end of the course is for participants to play competitive points using the Green ball on a full court, some players will achieve this more quickly than others. The vast majority of players will be able to play competitively using the Green ball by the end of the course.

In all cases, it is the responsibility of the coach, using the guidance notes for the course, to decide which slower ball should be used, and at what point players should progress to another ball.

## THE GREEN BALL IS NOW A REGULAR BALL FOR COMPETITIVE PLAY!

Following extensive consultation with major member nations and the Tennis Industry Association (TIA), the ITF has approved a 2-year trial rule for the Green ball as an optional ball for all levels of competition commencing in 2012. The trial rule states:

*"In addition to the yellow balls defined in appendix 1 of the ITF rules of tennis, the stage 1 Green ball defined in appendix 6 of the ITF rules of tennis can be used as an optional ball on a 2 year trial basis for all levels of competitive play except world ranking professional tennis events, Davis Cup and Fed Cup, Junior Tournaments and Team events sanctioned by the ITF and affiliated regional associations, ITF Senior circuit and team events and ITF wheelchair circuit and Team events.*

*During the trial period each National Federation shall have the right to decide which national competitive events should use the stage 1 Green ball".*

## GUIDELINES ON SLOWER BALLS

The Tennis Xpress course is centred around the use of the slower Orange and Green balls, with the aim for participants to play fun competition with a Green ball by the end of the course. The recommended slower ball for each activity is stated within the 'Course Format' section throughout the 6 sessions.



### ORANGE

Stage 2 Standard ball – 6-6.86cm  
50% slower than Yellow ball



### GREEN

Stage 1 Standard ball – 6-6.86cm  
25% slower than yellow ball

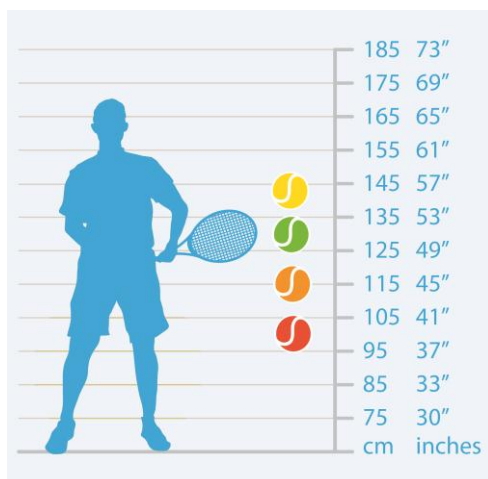
The Red ball can be used in combination with smaller court areas when necessary as teaching aids to help the players develop technique, tactics, to learn the rules and scoring necessary to play the game or to make the session more active.



### RED

Stage 3 Foam ball 8-9cm  
Stage 3 Standard ball – 7-8cm  
75% slower than yellow ball

The diagram below shows the rebound height of the Stage 1, 2 and 3 slower balls in comparison to the standard Yellow ball, as stated in the *ITF Approved Tennis Balls, Classified Surfaces & Recognised Courts*.



## GREEN VS YELLOW BALL RESEARCH STUDY

Recent studies conducted show that players using the Green ball:

- Made less errors and had longer rallies;
- Could implement tactics that they previously could not do with the Yellow ball because of the lower bounce; and
- Developed the necessary techniques sooner than with a Yellow ball



## WHAT DO ADULTS WANT FROM TENNIS...?

Research conducted in three major tennis nations highlighted what adults consider very important when choosing leisure activities:

- Health & exercise benefits and having a good workout
- Social experience, meeting new people and a sense of belonging
- Learning and improving at something new
- Being able to participate at a time that suits their lifestyle



It is the role of the coach to try to organise the Tennis Xpress course so that these important elements are incorporated into all the sessions.

## **COURSE FORMAT**

This course is designed as a 6-session course of 9-hours (6 x 1.5 hours). The aim is to provide an easy, active and fun introduction to playing tennis, whilst at the same time offering sufficient learning and practice time in each session to allow the players to achieve success throughout the course.

Tennis Xpress is 6 x 1.5 hour sessions with the coach. In such cases, it is essential to provide chances to practice between sessions so that learning is reinforced and confidence developed and to signpost participants to suitable play opportunities at the end of the course.

However, it is recognised that some flexibility may be needed with session duration, based on court availability and the number of the starter adults participating. Therefore, suitable alternative delivery models could also include:

### **ALTERNATIVE 1**

6 x 2-hour sessions, comprising 6 x 1.5-hour sessions of direct contact time with the coach. An additional 30-minutes of free practice, play or fun matchplay per session, which is can be supervised or unsupervised by the coach. In such cases the cost of the programme may reflect 2-hours of coach time and on-court time.

### **ALTERNATIVE 2**

4 x 2-hour sessions, comprising 4 x 2-hour sessions of direct contact time with the coach. The coach should look to modify the stated 6 session content to reflect the 4 x 2-hour sessions rather than the 6 x 1.5-hours. The additional allocation of time for free practice, play or fun matchplay per session, supervised by the coach is not included. Unsupervised free practice, where the coach leaves the slower balls available for the participants to play, will be additional from the scheduled session time and would be at the participantss discretion and organised within their own time.

### **ALTERNATIVE 3**







9 x 1-hour sessions, comprising 9 x 1-hour sessions of direct contact time with the coach. As with 'Alternatate 2' stated above the coach should look to modify the stated 6 session content to reflect the 9 x 1-hour sessions rather than the 6 x 1.5-hours.



## COURSE OVERVIEW

The table below details an overview of the Tennis Xpress course, stating the objectives for each of the 6 sessions. The desired ball that is recommended for that session objective is stated in italic brackets i.e. (*Orange ball*).

The Tennis Xpress course is centred around the use of Orange or Green balls, however it is recognised that the Red ball will be used by the coach when necessary as a teaching aid or to make the session more active.

SESSION	HOURS	SESSION OBJECTIVES
1	1hrs - 1.5hrs	<ul style="list-style-type: none"> <li>Course welcome, introduction and objectives</li> <li>Slower balls and game situations</li> <li>Learn to rally - basic techniques for developing consistency from the baseline (<i>Red / Orange ball</i>)</li> <li>Developing a basic serve and return (<i>Red / Orange ball</i>)</li> <li>Learning and playing with match tie-break scoring (<i>Red / Orange ball</i>)</li> </ul> 
2	1.5hrs - 3hrs	<ul style="list-style-type: none"> <li>Consistency from the baseline (<i>Red / Orange ball</i>)</li> <li>Moving the opponent from the baseline and maintaining good position (<i>Red / Orange ball</i>)</li> <li>Serve and return (<i>Red / Orange ball</i>)</li> <li>Playing with standard game scoring (<i>Red / Orange ball</i>)</li> </ul> 
3	3hrs - 4.5hrs	<ul style="list-style-type: none"> <li>Moving the opponent using a basic serve and return (<i>Red / Orange ball</i>)</li> <li>Understanding court positioning in singles</li> <li>Playing from the baseline in singles and doubles</li> <li>Learning to score in a set / match</li> </ul> 
4	4.5hrs - 6hrs	<ul style="list-style-type: none"> <li>Learning to play from the net in singles (<i>Orange / Green ball</i>)</li> <li>Combining different game situations in singles (<i>Orange / Green ball</i>)</li> <li>Learning to play basic doubles as a team /doubles court positioning (<i>Orange / Green ball</i>)</li> <li>Basic doubles formation - "one up, one back" (<i>Orange / Green ball</i>)</li> <li>Serve and return in doubles (<i>Orange ball</i>)</li> </ul> 
5	6hrs - 7.5hrs	<ul style="list-style-type: none"> <li>Learning to play from the net in doubles (<i>Orange / Green ball</i>)</li> <li>Playing singles and doubles with tennis game scoring (<i>Orange / Green ball</i>)</li> </ul> 
6	7.5hrs – 9hrs	<ul style="list-style-type: none"> <li>Playing a singles and doubles competition using different game situations and game styles (<i>Orange / Green</i>)</li> <li>Signposting - opportunities for play, competition and coaching at the club</li> </ul> 

# SESSION 1 OUTLINE



## SESSION OBJECTIVES

- Course welcome, introduction and objectives
- Slower balls and game situations
- Learn to rally - basic techniques for developing consistency from the baseline (*Red / Orange ball*)
- Developing a basic serve and return (*Red / Orange ball*)
- Learning and playing with match tie-break scoring (*Red / Orange ball*)

## SESSION OUTLINE

**0-5** MINUTES

COURSE WELCOME AND INTRODUCTION

**5-10** MINUTES

GROUP WARM UP: Red / Orange ball in 2 x 2m square\*

**10-25** MINUTES

SELF RALLY: Red / Orange ball in 1 x 1m Square\*

**25-40** MINUTES

DEVELOP A CONSISTENT GROUNDSTROKE RALLY: Red / Orange ball\*\*

**40-55** MINUTES

DEVELOP A CONSISTENT GROUNDSTROKE RALLY: Red / Orange ball

**55-70** MINUTES

DEVELOP A SERVE AND RETURN: Red / Orange ball

**75-85** MINUTES

EXPLAIN AND DEMONSTRATE THE MATCH TIE-BREAK: Red / Orange ball

**85-90** MINUTES

CONCLUSION

## VARIATION / ADDITIONAL

**0-5** MINUTES

GROUNDSTROKE RALLYING: Yellow ball\*\*\*

**90-120** MINUTES

FREEPLAY - SERVE, RETURN AND PLAY THE POINT: Red ball

*(THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS)*

*\*Use lines or cones to make the squares*

*\*\*Use lines to make the court*

*\*\*\*The coach should decide prior to the course whether to introduce the above activity.*

*If the activity is introduced, then 5-minutes should be taken from a following activity i.e. 10-25-minutes 'SELF RALLY: Red ball 1x1m square'.*

# SESSION 1 CONTENT



0-5 MINUTES	COURSE WELCOME & INTRODUCTION		
<b>ACTIVITY</b>	Coach introduces themselves.		
	Ask participants to introduce themselves.		

## VARIATION / ADDITIONAL

5 MINUTES	GROUNDSTROKE RALLYING: Yellow ball***		
<b>ACTIVITY</b>	In pairs, ask the players to rally with the Yellow ball, starting from the service line and gradually move back towards the back of the court and the baseline.	<b>CHECKPOINTS</b> Make sure players are aware to keep their rally within the service boxes.	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Yellow ball bounces too high and makes the Consistency of contact point with the racket very infrequent</li> <li>Players are likely to lose control of ball</li> <li>Rallies break down after 1 or 2 shots</li> <li>The coach would be able to observe the stronger players / more experienced players in the group who are most competent with the Yellow ball</li> </ul>

\*\*\*The coach should decide prior to the course whether to introduce the above activity. If the activity is introduced, then 5-minutes should be taken from a following activity i.e. 10-25-minutes 'SELF RALLY: Red ball 1x1m square'.

5-10 MINUTES	GROUP WARM UP: Red / Orange ball in 2 x 2m square*		
<b>ACTIVITY</b>	In 2 x 2m squares; players are in pairs and throw a ball underarm to bounce anywhere in the box for the partner to move and catch the ball. Mix pairs after 1 minute.	<b>CHECKPOINTS</b> Make sure players know their partners names and that they try to move each other when throwing.	

\*Use lines or cones to make the squares

10-25 MINUTES	SELF RALLY: Red / Orange ball in 1 x 1m square*		
<b>ACTIVITY</b>	In a 1 x 1m square, players gently hit the ball up to head height within the square. Players count and try to get the longest rally.	<b>CHECKPOINTS &amp; SOLUTION</b> <ul style="list-style-type: none"> <li>a) Use a continental grip and push from the shoulder</li> <li>b) Contact at the side of the body, in front and around waist height</li> <li>c) Racket face is flat, facing sky on contact</li> <li>d) Active ready position</li> <li>e) Emphasise keeping ball within the court</li> <li>f) Emphasise good balance, by hitting with 2 feet on the ground at contact</li> </ul>	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Player flicks from the wrist...See (a)</li> <li>Racket face lacks control....See (b) (c) and (e)</li> <li>Contact point too low or high, or too close to the body...See (b)</li> <li>Players hitting too hard or without control...See (c) (e) and (f)</li> </ul>
<b>DEMONSTRATE</b>	A rally in 1 x 1m square, with: <ul style="list-style-type: none"> <li>Simple lift on forehand and backhand side</li> <li>Bending knees lift the ball up</li> </ul>		
<b>EASIER</b>	Make the square bigger		
<b>HARDER</b>	Make the square smaller		

\*Use lines or cones to make the squares

25-40 MINUTES		DEVELOP A CONSISTENT GROUNDSTROKE RALLY: Red / Orange ball**	
<b>ACTIVITY</b>	In pairs, players rally over the net in the width of the service box, but the baseline is marked only 4m from the net.  Players count and try to get the longest rally.	<b>CHECKPOINTS &amp; SOLUTION</b> a) Turn shoulders a little more to the side and check direction of the push is in the desired direction b) Encourage smooth push from the shoulder rather than the wrist c) Encourage a slow push rather than a hard or fast swing d) Contact point in front to the side, near waist height with slightly open racket face e) Focus on lifting the ball in a high arc f) Emphasise keeping the ball within the court boundaries (g) Use a continental grip (for a forehand and as bottom hand for a two-handed backhand)	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Stroke lacks direction...See (a), (d) and (f)</li> <li>Player flicks from the wrist...See (b) and (g)</li> <li>Rally breaks down because ball is hit too hard...See (b), (c), (e) and (f)</li> <li>Poor balance or cramped strokes...See (b) (c) and (d)</li> </ul>
<b>DEMONSTRATE</b>	Simple rally, with players pushing and lifting the ball high over the net.  Show simple short swing for both forehand and backhand .		
<b>EASIER</b>	One player throws and the other hits.		
<b>HARDER</b>	Ask players to recover to middle of their baseline after every shot.		

*\*\*Use lines to make the court*

40-55 MINUTES		DEVELOP A CONSISTENT GROUNDSTROKE RALLY: Red / Orange ball	
<b>ACTIVITY</b>	In pairs, players play forehand and backhand groundstroke rally  Players count and try to get the longest rally.	<b>CHECKPOINTS &amp; SOLUTION</b> a) Turn shoulders a little more to the side; check the direction of the push is in the desired direction b) Allow choice of one or two hands on backhand c) Encourage smooth slow push from the shoulder, rather than a hard or fast hit d) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Stroke lacks direction...See (a) (b) (c) and (d)</li> <li>Weak stroke with players flicking from the wrist...See (c) and (d)</li> <li>Rally breaks down because ball is hit too hard...See (c) and (d)</li> <li>Rally breaks down due to flat trajectory or ball in the net...See (d)</li> </ul>
<b>DEMONSTRATE</b>	Simple swing over the net on forehand and backhand, with simple contact point in front of the body, with good balance. It is very important to emphasise lifting the ball to make a high trajectory.  A simple ready position between shots.		
<b>EASIER</b>	Use a Red ball; go back to the smaller court, or have one player throwing and one hitting.		
<b>HARDER</b>	Make the court bigger; use an Orange ball.		

#### RULES CHECK

Ensure that players know when the ball is in and out. If the ball is out, the rally stops. A ball which bounces on the line is in.

55-70 MINUTES	DEVELOP A SERVE AND RETURN: Red / Orange ball		
<b>ACTIVITY</b>	In pairs one player serves overarm and the other player returns. Switch roles after 3-5 serves.	<b>CHECKPOINTS &amp; SOLUTION</b> <b>SERVE</b> a) Encourage straight ball toss for contact above and in front b) Check player is balanced and not leaning or adjusting feet a lot during action c) Elbow and wrist are extended; check for slow and deliberate placement of ball toss d) Encourage slow push rather than fast hit  <b>RETURN</b> e) Turn shoulders a little to the side; check the direction of the push is in the desired direction f) Encourage smooth slow push from the shoulder, rather than a hard or fast hit g) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <b>SERVE</b> <ul style="list-style-type: none"> <li>• Player lacks balance on serve...See (a) and (b)</li> <li>• Player struggles to keep straight ball toss...See (a) and (b)</li> <li>• Player hits too hard...See (d)</li> </ul> <b>RETURN</b> <ul style="list-style-type: none"> <li>• Stroke lacks direction...see (e) (f) and (g)</li> <li>• Weak stroke with players flicking from the wrist...see (f)</li> <li>• Error because ball is hit too hard...see (f) and (g)</li> <li>• Error due to flat trajectory or ball in net...see (g)</li> </ul>
<b>DEMONSTRATE</b>	Simple overarm serve over the net in service box, emphasise: <ul style="list-style-type: none"> <li>• simple ball toss and basic service action (can be an abbreviated serve)</li> <li>• feet still and behind the line</li> <li>• continental grip</li> <li>• that players get two serves in tennis</li> </ul> Simple return of serve over the net in service box, emphasise: <ul style="list-style-type: none"> <li>• the similarities with groundstrokes learnt earlier</li> <li>• start from ready position then turn slightly to either side</li> </ul>		
<b>EASIER</b>	Server serves second serve underarm or server starts with a low toss and with the racket in a higher position behind the head.		
<b>HARDER</b>	Divide opponents service box into 2 to create targets for the server to aim at.		

70-75 MINUTES	DEVELOP A CONSISTENT SERVE, RETURN AND RALLY: Red / Orange ball		
<b>ACTIVITY</b>	Repeat the previous activity, but now add the third shot (player who is serving hits the groundstroke), so that the servers alternate after every rally.	<b>CHECKPOINTS &amp; SOLUTION</b> See 'checkpoints and solutions' for previous exercise, and...  a) Check for early recovery and preparation of both players b) Serve under-arm or throw over-arm for the second serve	<b>TYPICAL OBSERVATIONS</b> See 'typical observations' for previous exercise, and...  <ul style="list-style-type: none"> <li>• Rally breaks down after the return...See (a)</li> <li>• Rally breaks down after the serve...See (b)</li> </ul>
<b>DEMONSTRATE</b>	The activity with an emphasis on a good ready position for the server before hitting the 3 <sup>rd</sup> shot.		
<b>EASIER</b>	Server serves second serve underarm; server starts with a low toss and with the racket in a higher position behind the head; regress to the previous serve-return exercise for longer.		
<b>HARDER</b>	Divide opponents service box into 2 to create targets for the server to aim at.		



75-85 MINUTES	EXPLAIN AND DEMONSTRATE THE MATCH TIE-BREAK: Red / Orange ball		
<b>ACTIVITY</b>	All players learn to play a singles match tie-break with a Red ball. If there is sufficient court space, divide players into pairs so each can play their own tie-break. As an alternative, divide players into 3s and have one player scoring and checking correct sides for serving	<b>CHECKPOINTS &amp; SOLUTION</b> a) Check for understanding of match tie-break scoring and serving sides and be available to help all players	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Players forget score</li> <li>• Players unsure which side to serve from</li> </ul>
<b>DEMONSTRATE</b>	Coach explains and demonstrates a simple match tie-break using a Red ball		
<b>EASIER</b>	If rallies are very short or non-existent, consider a throw and catch match tie-break using the Red ball so they get to learn the match tie-break		

85-90 MINUTES	CONCLUSION		
<b>ACTIVITY</b>	<p>Coach summary of the session and key points covered. This could be done as a question and answer session. It is also important to allow participants to ask questions.</p> <p>Congratulate players on completing their first session, and encourage them to play with a friend or family member before the next session (it may be necessary to let the players borrow some Red balls to do this).</p>		

## VARIATION / ADDITIONAL

90-120 MINUTES	FREEPLAY - SERVE, RETURN AND PLAY THE POINT: Red / Orange ball (THIS ACTIVITY CAN BE UNSUPERVISED)		
<b>ACTIVITY</b>	In pairs, players play points taking turns to serve. Players can keep score if they know how. Switch pairs after 5 minutes.	<b>CHECKPOINTS &amp; SOLUTION</b> See 'checkpoints and solutions' for previous exercise, and...  a) Check for early recovery and preparation of both players b) Serve under-arm or throw over-arm for the second serve	<b>TYPICAL OBSERVATIONS</b> See 'typical observations' for previous exercise, and...  <ul style="list-style-type: none"> <li>• Rally breaks down after the return...See (a)</li> <li>• Rally breaks down after the serve...See (b)</li> </ul>
<b>DEMONSTRATE</b>	Show short demonstration showing the whole activity of playing a point. Serve, return and then playing the point.		
<b>EASIER</b>	Use a Red ball; Second serve is underarm		
<b>HARDER</b>	Organise pairs to create an appropriate level of challenge for each player; use Orange ball		

*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*

# SESSION 2 OUTLINE



## SESSION OBJECTIVES

- Consistency from the baseline (*Red / Orange ball*)
- Moving the opponent from the baseline and maintaining good position (*Red / Orange ball*)
- Serve and return (*Red / Orange ball*)
- Playing with standard game scoring (*Red / Orange ball*)

## SESSION OUTLINE

**0-5** MINUTES

WELCOME AND EXPLAIN THE SESSION

**5-10** MINUTES

GROUP WARM UP: Red / Orange ball in 2 x 2m Square\*

**10-20** MINUTES

PREVIOUS SESSION'S PRACTICE: CONSISTENCY IN A BASELINE RALLY: Red/Orange court and ball

**20-35** MINUTES

MOVING THE OPPONENT IN A BASELINE RALLY: Red/Orange court and ball

**35-50** MINUTES

DEVELOP CONSISTENCY IN A BASELINE RALLY: Orange court and ball

**50-60** MINUTES

MOVE THE OPPONENT IN A BASELINE RALLY: Orange court and ball

**60-70** MINUTES

LEARNING TO SCORE: Orange court and ball

**70-85** MINUTES

RALLYING AND LEARNING TO SCORE: Orange court and ball

**85-90** MINUTES

CONCLUSION

## VARIATION / ADDITIONAL

**90-120** MINUTES

FREEPLAY: Orange court and ball

*(THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS)*

*\*Use lines or cones to make the squares*

# SESSION 2 CONTENT



0-5 MINUTES	WELCOME AND EXPLAIN THE SESSION		
ACTIVITY	Ask players what was done in the previous session, and how they got on in their practice.  Explain objectives of this session.		

5-10 MINUTES	GROUP WARM UP: Red / Orange ball in 2 x 2m Square*		
ACTIVITY	In pairs, player A on the doubles tramline and player B on the singles tramline. Both players face the court. Player A calls 1,2 or 3 and throws the ball underarm over the shoulder of player B. Player B chases the ball letting the ball bounce either 1,2 or 3 times before catching. Players change after 30 seconds. Mix pairs after 3 mins.	<b>CHECKPOINTS</b> Check for gentle movement at the start, gradually getting slightly faster as the warm up progresses  Does each player know their partner's name?	

*\*Use lines or cones to make the squares*

10-20 MINUTES	PREVIOUS SESSION'S PRACTICE: CONSISTENCY IN A BASELINE RALLY: Red / Orange ball		
ACTIVITY	In pairs, players rally using forehands and backhands in the service box. Switch partners every 2 minutes. Count the longest rally.	<b>CHECKPOINTS</b> a) Turn shoulders a little more to the side; check the direction of the push is in the desired direction b) Allow choice of one or two hands on backhand c) Encourage smooth slow push from the shoulder, rather than a hard or fast hit d) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Stroke lacks direction...See (a) (b) (c) and (d)</li> <li>• Weak stroke with players flicking from the wrist...See (c) and (d)</li> <li>• Rally breaks down because ball is hit too hard...See (c) and (d)</li> <li>• Rally breaks down due to flat trajectory or ball in net...See (d)</li> </ul>
DEMONSTRATE	The activity using simple, short swings for forehand and backhand side and emphasise a good ready position between shots.		
EASIER	Use a Red ball; go back to the smaller court, or have one player throwing and one hitting		
HARDER	Make the court bigger; use an Orange ball.		

20-35 MINUTES		MOVING THE OPPONENT IN A BASELINE RALLY: Red / Orange ball	
<b>ACTIVITY</b>	In pairs, one player hits all shots cross-court and the other all down the line. Switch roles every 1 minute. Mix pairs every 4 minutes.	<b>CHECKPOINTS</b> a) Turn the body so the swing is in the direction of the target b) Check stroke is played from the shoulder not the wrist c) Take racket back early to meet the ball slightly in front of the body d) Swing from low to high to lift the ball arcing over the net	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Stroke lacks direction...See (a) and (c)</li> <li>Ball regularly hits the net or lands short...See (b) and (d)</li> <li>Late contact point when hitting down the line...See (c)</li> </ul>
<b>DEMONSTRATE</b>	Show activity especially focusing on directing the swing and racket face to the direction you want the ball to land.  Explain why moving the opponent helps in tennis.		
<b>EASIER</b>	Use a Red ball; go back to the smaller court;; have one player throwing and one hitting cross court and down the line; have one player moving left and right and the other staying in one corner.		
<b>HARDER</b>	Make the court wider; use an Orange ball.		

RULES CHECK	
Ensure that players know when the ball is in and out. If the ball is out, the opponent must call it clearly and immediately, and the rally stops. A ball which bounces on the line is in.	

35-50 MINUTES		DEVELOP CONSISTENCY IN A BASELINE RALLY: Orange court and ball	
<b>ACTIVITY</b>	In pairs, players rally half court on the longer Orange court. Switch pairs every 3 minutes.  Players count and try to get the longest rally.	<b>CHECKPOINTS</b> a) Early and longer backswing to achieve greater depth b) Smooth swing from the shoulder c) Use a low to high swing	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Stroke lacks depth...See (a) and (b)</li> <li>Weak shot with players flicking from the wrist...See (a) and (b)</li> <li>Rally breaks down due to flat trajectory or ball going into the net...See (c)</li> </ul>
<b>DEMONSTRATE</b>	How the longer court requires: <ul style="list-style-type: none"> <li>a slightly longer swing</li> <li>earlier shoulder turn</li> <li>higher arc over the net</li> </ul>		
<b>EASIER</b>	Use an Orange ball in the service boxes.		
<b>HARDER</b>	Rally cross court instead of down the line; rally cross court from the forehand side, then repeat from the backhand side.		

50-60 MINUTES		MOVE THE OPPONENT IN A BASELINE RALLY: Orange court and ball	
ACTIVITY	In pairs, players divide their court space in half and rally with one player hitting cross-court only and the other down the line. The serve can be used to start the rally. Switch roles every 2 minutes. Count the longest rally. Depending on numbers in the group, it may be necessary to mark two Orange courts on a tennis court, or to rotate players so they have one rally on and one rally off.	<b>CHECKPOINTS</b> a) Turn the body so the swing is in the direction of the target b) Check stroke is played from the shoulder not the wrist c) Take racket back early to meet the ball slightly in front of the body d) Swing from low to high to lift the ball arcing over the net e) Use an alert ready position and focus on a good relaxed rhythm in moving to and striking the ball	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"><li>Stroke lacks direction...See (a) and (c)</li><li>Stroke lacks height and depth...See (b), (c) and (d)</li><li>Rally breaks down due to a low trajetory or ball hitting the net...See (c) and (d)</li><li>Player rushes the shot...See (c) and (e)</li></ul>
DEMONSTRATE	The exercise focusing on: <ul style="list-style-type: none"><li>Maintaining consistency when moving the opponent</li><li>High trajectory over the net</li><li>Racket pointing in the direction you want the shot to go</li></ul>		
EASIER	Server serves second serve underarm; server starts with a low toss and with the racket in a higher position behind the head; regress to the previous serve-return exercise for longer.		
HARDER	Divide opponents service box into 2 to create targets for the server to aim at.		

60-70 MINUTES		LEARNING TO SCORE Orange ball	
ACTIVITY	2 players play 1 game using standard game scoring and “No-Ad” scoring method at deuce (no advantage is played – see Appendix IV <i>ITF Rules of Tennis</i> ). The coach scores at the net, other players in the group watch.		
DEMONSTRATE	<ul style="list-style-type: none"><li>How to score using tennis game scoring: 15-0, 15-15, 15-30 etc</li><li>Servers game score is called first, then the receiver’s score e.g. 30-0 (Love) Note: The word “love” is used when a player has “no point” or “0”</li><li>At 40-40 play “No-Ad” scoring method at deuce (no advantage is played and the next point wins the game)</li><li>2 serves allowed per point</li><li>Start serving to the left and then switch after each point</li><li>How the point ends (ball bounces twice, hits the net, lands out, or hits the player)</li><li>Game scores 1-0, 1-1, 2-1, 2-2 etc</li></ul>		



70-85 MINUTES	RALLYING AND LEARNING TO SCORE Orange court and ball		
ACTIVITY	Competitive rallying and scoring		
DEMONSTRATE	<p>Using Orange courts divided into two, demonstrate how two players can rally and then use the game scoring covered in the previous activity. Players may serve overarm or underarm, and should play full games using tennis scoring. It should be pointed out that because players are playing in half courts, the serve should be played straight rather than cross court, and that changing sides for serve is not necessary.</p> <p>If possible, ensure that every player has a chance to serve for one game.</p>		

85-90 MINUTES	CONCLUSION		
ACTIVITY	Coach summary of the session and key points covered. This could be done as a question and answer session. Reinforce two tactics of consistency and moving the opponent. Encourage players to play with a friend or family member before the next session (it may be necessary to let the players borrow some Red or Orange balls to do this).		

## VARIATION / ADDITIONAL

90-120 MINUTES	FREEPLAY: Orange court and ball		
ACTIVITY	<p>Players in groups of 3. One player serves, one returns and one scores.</p> <p>Play 1 game with tennis game scoring and “No-Ad” scoring method at deuce (deciding point at 40-40) or 1 match tie-break. Switch roles after each game so all players experience each role.</p>		

*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*

# SESSION 3 OUTLINE



## SESSION OBJECTIVES

- Moving the opponent using a basic serve and return (*Red / Orange ball*)
- Understanding court positioning in singles
- Playing from the baseline in singles and doubles
- Learning to score in a set/match

## SESSION OUTLINE

**0-5** MINUTES

WELCOME AND EXPLAIN THE SESSION

**5-10** MINUTES

GROUP WARM UP: Orange ball in service boxes

**10-25** MINUTES

MOVE THE OPPONENT IN A BASELINE RALLY: Orange ball

**25-40** MINUTES

MOVE THE OPPONENT IN A BASELINE RALLY: Orange ball

**40-60** MINUTES

MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball

**60-70** MINUTES

MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball

**70-85** MINUTES

MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball

**85-90** MINUTES

CONCLUSION

## VARIATION / ADDITIONAL

**90-180** MINUTES

FREEPLAY - SERVE, RETURN AND PLAY THE POINT BY MOVING THE OPPONENT: Orange ball (*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*)

# SESSION 3 CONTENT



0-5 MINUTES WELCOME AND EXPLAIN THE SESSION			
ACTIVITY	<p>Ask players what was done in previous session, and how they got on in their practice. Ask in particular if anyone managed to play competitive rallies or matches to practice using tennis scoring.</p> <p>Explain objectives of this session.</p>		
5-10 MINUTES GROUP WARM UP: Orange ball			
ACTIVITY	<p>In pairs, players rally cooperatively cross court in the service boxes, starting with an underarm or overarm serve.</p>	<p><b>CHECKPOINTS</b></p> <p>Check for gentle movement at the start, gradually getting slightly faster as the warm up progresses.</p> <p>Check for ability to direct ball cross court</p> <p>Does each player know their partner's name?</p>	

10-25 MINUTES		MOVE THE OPPONENT IN A BASELINE RALLY: Orange ball	
ACTIVITY	<p>In pairs using 4 service boxes, players take turns to practice moving the opponent. One player starts and stays at the service line on the right court, whilst the other moves to play alternate cross court and down the line shots back to the static player.</p> <p>Depending on numbers, ensure that players take turns to be the static player and the moving player, and take turns on and off if there are more than 2 players per court. Switch roles every 2 minutes. Count the longest rally. Depending on numbers in the group, it may be necessary to mark two Orange courts on a tennis court, or to rotate players so they have one rally on and one rally off.</p>	<b>CHECKPOINTS</b> <ul style="list-style-type: none"> <li>a) Turn the body so the swing is in the direction of the target</li> <li>b) Check stroke is played from the shoulder not the wrist</li> <li>c) Take racket back early to meet the ball slightly in front of the body</li> <li>d) Swing from low to high to lift the ball arcing over the net</li> <li>e) Use an alert ready position and focus on a good relaxed rhythm in moving to and striking the ball</li> <li>f) players are balanced on contact, having first moved across the court</li> </ul>	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Stroke lacks direction...See (a) and (c)</li> <li>• Stroke lacks height and depth...See (b), (c) and (d)</li> <li>• Rally breaks down due to a low trajectory or ball hitting the net...See (c) and (d), or due to lack of balance (f)</li> <li>• Player rushes the shot...See (c) and (e)</li> </ul>
DEMONSTRATE	<p>The exercise focusing on:</p> <ul style="list-style-type: none"> <li>• Maintaining consistency when moving the opponent</li> <li>• Directing the path of the racket in the intended direction of the ball (either cross court or down the line)</li> <li>• High trajectory over the net</li> <li>• Movement to the ball allowing balance on contact, and quick recovery in readiness for the next shot.</li> </ul>		
EASIER	Reduce the width of the court to reduce distance of movement; use a slower Red ball, practice hitting cross court only		
HARDER	Rally using the backhand rather than the forehand; repeat using the full Orange court.		

25-40 MINUTES		MOVE THE OPPONENT IN A BASELINE RALLY: Orange ball	
ACTIVITY	In pairs using 4 service boxes, players rally to move the opponent. Players may hit the ball anywhere in the opposing players service boxes but should try to hit away from the opponent to make them move. The player starting the point should start from the right court and serve diagonally. Coaches should ensure that the focus is on the ability of the players to move the opponent using groundstrokes.	<b>CHECKPOINTS</b> a) Turn the body so the swing is in the direction of the target b) Check stroke is played from the shoulder not the wrist c) Take racket back early to meet the ball slightly in front of the body d) Swing from low to high to lift the ball arcing over the net e) Use an alert ready position and focus on a good relaxed rhythm in moving to and striking the ball f) players are balanced on contact, having first moved across the court	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Stroke lacks direction...See (a) and (c)</li> <li>Stroke lacks height and depth...See (b), (c) and (d)</li> <li>Rally breaks down due to a low trajectory or ball hitting the net...See (c) and (d), or due to lack of balance (f)</li> <li>Player rushes the shot...See (c) and (e)</li> </ul>
DEMONSTRATE	The exercise focusing on: <ul style="list-style-type: none"> <li>Maintaining consistency when moving the opponent</li> <li>Directing the path of the racket in the intended direction of the ball (either cross court or down the line)</li> <li>High trajectory over the net</li> <li>Movement to the ball allowing balance on contact, and quick recovery in readiness for the next shot.</li> </ul>		
EASIER	Reduce the width of the court to reduce distance of movement; use a slower Red ball, practice hitting cross court only.		
HARDER	Rally using the backhand rather than the forehand; repeat using the full Orange court.		



40-60 MINUTES		MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball	
ACTIVITY	In pairs playing in diagonal service boxes, one player serves overarm (they get 2 serves) and the other player returns. Count number of successful serves and returns. Switch roles after 3 points.	<b>CHECKPOINTS</b> <b>SERVE</b> a) Check player is balanced and not leaning, with feet around shoulder width apart b) Use slow, simple and straight ball toss c) Ball toss is straight and slightly in front d) Focus on consistency rather than speed  <b>RETURN</b> e) Turn shoulders a little to the side; check the direction of the stroke is in the desired direction f) Encourage smooth slow push from the shoulder, rather than a hard or fast hit g) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <b>SERVE</b> <ul style="list-style-type: none"> <li>• Player lacks balance...See (a)</li> <li>• Ball toss is not straight or lacks control:...See (b) and (c)</li> <li>• Player hits too hard...See (d)</li> </ul> <b>RETURN</b> <ul style="list-style-type: none"> <li>• Stroke lacks direction...See (e)</li> <li>• Weak stroke with players flicking from the wrist...See (e) and (f)</li> <li>• Error due to flat trajectory or ball in net...See (g)</li> </ul>
DEMONSTRATE	The exercise focusing on: <ul style="list-style-type: none"> <li>• Simple overarm action</li> <li>• Synchronising and timing both arms and the rest of the body</li> <li>• Alert ready position on return</li> <li>• Emphasising the ultimate aim of serving and returning cross court to move the opponent</li> <li>• Learning the rules connected to the serve and return (see rules check below).</li> </ul>		
EASIER	Serve underarm.		
HARDER	Divide opponents service box into 2 to create targets for the server to aim at, and ask players to call which side they are serving to.		

RULES CHECK	
Ensure that players know that the serve must bounce in the service box. A ball that goes in the net is a fault and the server may have a second serve.	
A ball that hits the net and lands in the service box is a let and the server may repeat a first serve A ball which bounces on the line is in. If the ball is out, the returner should call immediately and clearly, and a second serve should be played. Two errors on serve make a double fault, giving the point to the returner	

60-70 MINUTES		MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball	
ACTIVITY	In pairs playing in the service boxes, one player serves overarm (they get 2 serves) and the other player returns down the line, with both players playing out the rally in the service boxes. Count number of successful serves cross court and returns down the line as a pair. Switch roles after 3 points. Coaches may also need to rotate players if the numbers in the group mean that there are players waiting off court.	<b>CHECKPOINTS</b> <b>SERVE</b> a) Check player is balanced and not leaning, with feet around shoulder width apart b) Use slow, simple and straight ball toss c) Ball toss is straight and slightly in front d) Focus on consistency rather than speed  <b>RETURN</b> e) Turn shoulders a little to the side; check the direction of the stroke is in the desired direction f) Encourage smooth slow push from the shoulder, rather than a hard or fast hit g) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <b>SERVE</b> <ul style="list-style-type: none"> <li>• Player lacks balance...See (a)</li> <li>• Ball toss is not straight or lacks control...See (b) and (c)</li> <li>• Player hits too hard...See (d)</li> </ul> <b>RETURN</b> <ul style="list-style-type: none"> <li>• Stroke lacks direction...See (e)</li> <li>• Weak stroke with players flicking from the wrist...See (e) and (f)</li> <li>• Error due to flat trajectory or ball in net...See (g)</li> </ul>
DEMONSTRATE	The exercise focusing on: <ul style="list-style-type: none"> <li>• Simple overarm action</li> <li>• Synchronising and timing both arms and the rest of the body</li> <li>• Alert ready position on return</li> <li>• Emphasising the ultimate aim of serving and returning cross court to move the opponent</li> <li>• Learning the rules connected to the serve and return (see rules check below)</li> </ul>		
EASIER	Serve underarm.		
HARDER	Play from Orange baseline. Divide opponents service box into 2 to create targets for the server to aim at, and ask players to call which side they are serving to.		

70-85 MINUTES			
MOVING THE OPPONENT WITH SERVE AND RETURN: Orange ball			
ACTIVITY	In pairs playing in the whole Orange court, one player serves overarm (they get 2 serves) and the other player returns down the line, with both players playing out the rally. Count number of successful serves cross court and returns down the line as a pair. Switch roles after 3 points. Coaches may also need to rotate players if the numbers in the group mean that there are players waiting off court.	<b>CHECKPOINTS</b> <b>SERVE</b> a) Check player is balanced and not leaning, with feet around shoulder width apart b) Use slow, simple and straight ball toss c) Ball toss is straight and slightly in front d) Focus on consistency rather than speed  <b>RETURN</b> e) Turn shoulders a little to the side; check the direction of the stroke is in the desired direction f) Encourage smooth slow push from the shoulder, rather than a hard or fast hit g) Lift the ball slowly to increase the arc of the flight; check racket face is slightly open on contact	<b>TYPICAL OBSERVATIONS</b> <b>SERVE</b> <ul style="list-style-type: none"><li>• Player lacks balance...See (a)</li><li>• Ball toss is not straight or lacks control:...See (b) and (c)</li><li>• Player hits too hard...See (d)</li></ul> <b>RETURN</b> <ul style="list-style-type: none"><li>• Stroke lacks direction...See (e)</li><li>• Weak stroke with players flicking from the wrist...See (e) and (f)</li><li>• Error due to flat trajectory or ball in net...See (g)</li></ul>
DEMONSTRATE	The exercise focusing on: <ul style="list-style-type: none"><li>• Simple overarm action</li><li>• Synchronising and timing both arms and the rest of the body</li><li>• Alert ready position on return</li><li>• Emphasising the ultimate aim of serving and returning cross court to move the opponent</li><li>• Learning the rules connected to the serve and return (see rules check below)</li></ul>		
EASIER	Serve underarm.		
HARDER	Play from Orange baseline. Divide opponents service box into 2 to create targets for the server to aim at, and ask players to call which side they are serving to.		
85-90 MINUTES			
CONCLUSION			
ACTIVITY	Coach summary of the session and key points covered. This could be done as a question and answer session. It is also important to allow participants to ask questions. Encourage them to play with a friend or family member before the next session (it may be necessary to let the players borrow some Orange balls to do this).		

## VARIATION / ADDITIONAL

90-120 MINUTES			
FREEPLAY - SERVE, RETURN AND PLAY THE POINT BY MOVING THE OPPONENT: Orange ball			
ACTIVITY	In pairs, players play points taking turns to serve. Players can keep score.	CHECKPOINTS See 'checkpoints and solutions' for the session	TYPICAL OBSERVATIONS See 'typical observations' for the session

*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*

# SESSION 4 OUTLINE



## SESSION OBJECTIVES

- Learning to play from the net in singles (*Orange / Green ball*)
- Combining different game situations in singles (*Orange / Green ball*)
- Learning to play basic doubles as a team /doubles court positioning (*Orange / Green ball*)
- Basic doubles formation - “one up, one back” (*Orange / Green ball*)
- Serve and return in doubles (*Orange ball*)

## SESSION OUTLINE

**0-5** MINUTES

WELCOME AND EXPLAIN THE SESSION

**5-10** MINUTES

SINGLES WARM UP: Orange ball

**10-15** MINUTES

PREVIOUS SESSION’S PRACTICE - CONSISTENCY AND MOVING THE OPPONENT IN A RALLY: Orange ball

**15-40** MINUTES

COMBINING DIFFERENT GAME SITUATIONS IN SINGLES: Orange ball

**40-55** MINUTES

BASIC INTRODUCTION TO DOUBLES PLAY: Orange ball\*

**55-65** MINUTES

DEVELOPING SERVE AND RETURN IN DOUBLES: Orange ball

**65-75** MINUTES

DEVELOPING CONSISTENCY IN A DOUBLES RALLY: Orange ball

**75-85** MINUTES

PLAYING A GAME OF DOUBLES: Orange ball

**85-90** MINUTES

CONCLUSION

## VARIATION / ADDITIONAL

**90-120** MINUTES

FREEPLAY DOUBLES: Orange ball

*(THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS)*

*\*each player covers one service box*





## SESSION 4 CONTENT

<b>0-5 MINUTES WELCOME AND EXPLAIN THE SESSION</b>			
<b>ACTIVITY</b>	Ask players what was done in previous session, how they played in their practice since session 3, and explain objectives of this session.		
<b>5-10 MINUTES SINGLES WARM UP: Orange ball</b>			
<b>ACTIVITY</b>	In pair players play a throw and catch game of singles in the service boxes. Divide both service boxes into 2 to create area targets for the server to aim at. Normal rules apply however the player 'serving' changes after each point. The serve is thrown overarm, every other throw is underarm. Serve must go cross court and players then throw the ball inside the service box, trying to move their opponents.	<b>CHECKPOINTS</b> Check for gentle movement at the start, gradually getting slightly faster as the warm up progresses Does each player know their partner's name?	
<b>10-15 MINUTES PREVIOUS SESSION'S PRACTICE: CONSISTENCY AND MOVING THE OPPONENT IN A RALLY: Orange ball</b>			
<b>ACTIVITY</b>	In pairs, players warm up their strokes, counting their longest rally. Start the rally with a serve. Mix pairs after 3 minutes. Players can score points if they can remember how to score.	<b>CHECKPOINTS</b> See 'checkpoints' and 'solutions' from previous sessions.  Try not to give a lot of instruction, allow players to warm up their strokes and focus on their tactical goals of consistency and moving the opponent.	
<b>DEMONSTRATE</b>	The activity, emphasising trying to move the opponent and using simple, short swings.		

15-40 MINUTES COMBINING DIFFERENT GAME SITUATIONS IN SINGLES: Orange ball			
<b>ACTIVITY</b>	The aim of this activity is to allow the players to play using different game situations covered during the course.	<b>CHECKPOINTS</b> <ul style="list-style-type: none"> <li>a) Are players using different game situations?</li> <li>b) Are players more comfortable at the baseline?</li> <li>c) Do players understand when to approach?</li> <li>d) Do players know what to do when the opponent approaches the net?</li> </ul>	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Players lack movement and do not recover</li> <li>• Players get caught in the middle of the court</li> <li>• Rally breaks down too readily due to decision making and range of choices</li> </ul>
<b>DEMONSTRATE</b>	Demonstrate how the rally could develop giving the following demonstrations: <ul style="list-style-type: none"> <li>• Serve and then rally to conclusion from the back of the court</li> <li>• Serve and then look to approach the net to volley</li> <li>• Return and then look to approach the net to volley</li> </ul> Participants should understand that they can choose what to do within each point and should play where they feel comfortable using a court length and ball of their choice.		
<b>EASIER</b>	Let them choose only one game situation to practice, use a slower ball or smaller court.		
<b>HARDER</b>	Players must use different game situations in successive points; use a faster ball or longer court.		

40-55 MINUTES		BASIC INTRODUCTION TO DOUBLES PLAY: Orange ball*	
ACTIVITY	In groups of 4, players have a doubles rally, all players start by hitting groundstrokes but can come forward to the net too. Focus on consistency and finding spaces to hit the ball to.	<b>CHECKPOINTS</b> a) Use short swings and focus on 'touch tennis' to find angles and space b) Use communication and team work, e.g. calling 'mine', covering the middle, 'high 5's' after each point c) Encourage players to move forward and volley if they feel comfortable  'ONE UP/ONE BACK': This is the doubles formation where one player is at the net and the other player is at the baseline	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Players hit too hard...See (a)</li> <li>• Players play as individuals and/or encroach on partner's space...See (b)</li> <li>• Players stay back all the time...See (c)</li> </ul>
DEMONSTRATE	The activity, showing: <ul style="list-style-type: none"> <li>• Importance of communication and covering your space</li> <li>• How you can play at the net or the baseline</li> <li>• Hitting into spaces</li> </ul>		
EASIER	Encourage players to play groundstrokes but not to approach the net.		
HARDER	After first volley in the rally, every other shot must also be a volley.		

\*each player covers one service box

RULES CHECK	
Ensure that servers are aware of the footfault rule. Although it is unusual for this to be applied in matchplay at starter level, servers should be aware of the rule.	

55-65 MINUTES		DEVELOPING SERVE AND RETURN IN DOUBLES: Orange ball	
ACTIVITY	Repeat the previous activity but this time on the full Orange courts.		
DEMONSTRATE	The need for slightly longer swing and higher trajectory on the return. An emphasis on the angles of the new court.		

65-75 MINUTES		DEVELOPING CONSISTENCY IN A DOUBLES RALLY: Orange ball	
ACTIVITY	Repeat the previous exercise but try to maintain a cooperative rally after the return, still trying to avoid the net players who can try to intercept (poach). Rotate court positions after 3 rallies, ensuring each player performs every role.	CHECKPOINTS a) Turn shoulders in good time on return and groundstroke and use a simple swing b) Direct racket face and swing in the direction you want the ball to go c) Players should stay at the net unless lobbed	TYPICAL OBSERVATIONS <ul style="list-style-type: none"><li>• Difficulty in directing the ball cross-court...See (a) and (b)</li><li>• Net players retreat to the baseline during the rally...See (c)</li><li>• Note – volley instruction takes place in week 4 so players should not worry about their technique here.</li></ul>
DEMONSTRATE	The activity, focusing on : <ul style="list-style-type: none"><li>• returning and rallying cross court to avoid the net players</li><li>• recovering and using a good ready position</li><li>• how the net player can try to intercept</li></ul>		
EASIER	Continue with exercise in service boxes for a little longer.		
HARDER	Servers and returners may also approach the net after the serve and/or return.		

75-85 MINUTES		PLAYING A GAME OF DOUBLES: Orange ball	
ACTIVITY	Group watches while coach uses 4 players to demonstrate a game of doubles using tennis game scoring with “No-Ad” scoring method at deuce (no advantage).		
DEMONSTRATE	<ul style="list-style-type: none"><li>• Start with serve from deuce court, then switch sides after each point</li><li>• Returning side stay on same side of court but server and partner switch sides after each point</li><li>• ‘One up/One back’ formation</li><li>• Explain that in the first game one player from Pair 1 serves; in the second game a player from Pair 2 serves; in the third game the player from Pair 1 who did not serve in the first game then serves; in the fourth game the final player who has not served will serve; in the fifth game the first player from Pair 1 serves again</li></ul>		

85-90 MINUTES		CONCLUSION	
ACTIVITY	Coach summary of the session and key points covered. This could be done as a question and answer session. Reinforce the importance of communication, cross-court play and finding space in doubles. Encourage all group members to play one game of doubles before session 5.		

## VARIATION / ADDITIONAL

90-120 MINUTES	FREEPLAY DOUBLES: Orange ball		
ACTIVITY	In groups of 4, players play games of doubles, using a ball of their choice. Play 4 games then mix players. Players must call score after each point.		

*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*

RULES CHECK
Check that the players are aware of the rules covered so far, and in particular the different ways in which a point is won or lost. Check that the players understand the different scoring formats covered and when they can be used – tennis game scoring, match tie-break scoring and “No-Ad” scoring method (play 1 game point at deuce, receiver’s choice of sides).
Explain and demonstrate how players serve in sequence in doubles

# SESSION 5 OUTLINE



## SESSION OBJECTIVES

- Learning to play from the net in doubles (*Orange / Green ball*)
- Playing singles and doubles with tennis game scoring (*Orange / Green ball*)

## SESSION OUTLINE

**0-5** MINUTES

WELCOME AND EXPLAIN THE SESSION

**5-10** MINUTES

WARM UP: Orange ball

**10-15** MINUTES

BASELINE RALLY WARM UP: Orange ball

**15-25** MINUTES

PREVIOUS SESSION'S PRACTICE: DOUBLES RALLY: Orange ball

**25-40** MINUTES

INTRODUCING A BASIC VOLLEY: Red / Orange ball

**40-50** MINUTES

INTRODUCING A BASIC VOLLEY: Orange ball

**50-60** MINUTES

DEVELOPING CONSISTENCY WITH THE VOLLEY: Orange ball

**60-70** MINUTES

DEVELOPING CONSISTENCY WITH THE VOLLEY: Orange / Green ball

**70-85** MINUTES

INTERCEPTING WITH THE VOLLEY: Orange / Green ball

**85-90** MINUTES

CONCLUSION

## VARIATION / ADDITIONAL

**90-120** MINUTES

FREEPLAY DOUBLES: Orange / Green ball

*(THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS)*



# SESSION 5 CONTENT

<b>0-5 MINUTES WELCOME AND EXPLAIN THE SESSION</b>			
<b>ACTIVITY</b>	<p>Ask players what was done in previous session, and about their first experience of doubles.</p> <p>Explain objectives of this session.</p>		
<b>5-10 MINUTES WARM UP: Orange ball</b>			
<b>ACTIVITY</b>	<p>Players in pairs. Each pair has their own service box. Players throw the ball up and aim to move their opponent and make it difficult for them to reach. Ball must be thrown up to head height.</p>	<p><b>CHECKPOINTS</b> Check for gentle movement at the start, gradually getting faster as the warm up progresses.</p>	
<b>10-15 MINUTES BASELINE RALLY WARM UP: Orange ball</b>			
<b>ACTIVITY</b>	<p>In pairs, players rally cross-court trying to focus on consistency, and imagining the opponent's partner is at the net during a double's game. Count the longest rally and rotate pairs frequently</p>	<p><b>CHECKPOINTS</b> See 'checkpoints' and 'solutions' for previous sessions.</p> <p>Try not to give a lot of instruction, just allow players to warm up their strokes.</p>	
<b>DEMONSTRATE</b>	<p>The activity and remind players to use a simple, smooth swing to lift the ball high over the net, and to direct the racket face where they want the ball to go</p>		
<b>15-25 MINUTES PREVIOUS SESSION'S PRACTICE: DOUBLES RALLY: Orange ball</b>			
<b>ACTIVITY</b>	<p>Players practice last session's exercise. Play doubles, with one server, one returner and the other players at the net. After rallies, players rotate their position clockwise around the court so each player has a new role. Keep rotating until each player has played in every role. Encourage players at the net to try and intercept.</p>	<p><b>CHECKPOINTS</b> See 'checkpoints' and 'solutions' from previous sessions.</p> <p>Try not to give a lot of instruction, just allow players to warm up their strokes.</p>	
<b>DEMONSTRATE</b>	<p>The activity and the rotation, with a focus on the net players trying to intercept.</p>		

25-40 MINUTES		INTRODUCING A BASIC VOLLEY: Red / Orange ball	
<b>ACTIVITY</b>	In pairs, one player at the net is the 'volleyer' and the other at the service line without a racket is the 'feeder'. The 'feeder' throws the ball and both players try to cooperate and count the longest rally. Switch roles after 1 minute. Mix pairs after 5 minutes.	<b>CHECKPOINTS</b> a) Use a 'block' or 'punch' action b) Continental grip to allow both forehands and backhands to be played easily; use different sides of racket for forehand and backhand volleys c) Good ready position and try to step forward to the ball	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>• Volleyer uses a swinging action...See (a)</li> <li>• Player uses a forehand grip on both volleys, using a windscreen wiper action...See (b)</li> <li>• Player lacks alertness or moves poorly...See (c)</li> </ul>
<b>DEMONSTRATE</b>	The activity including: <ul style="list-style-type: none"> <li>• Forehand and backhand 'shoulder high' volley</li> <li>• Simple 'block' or 'punch' action</li> <li>• Good ready position with racket out front and in centre of body</li> <li>• Continental grip</li> </ul>		
<b>EASIER</b>	Have partner hand feeding to volleyer.		
<b>HARDER</b>	Place targets for volleyers. Targets could be for depth (i.e. 1m inside the service line) or for accuracy (divide service box into 2, for the volleyer to play to the forehand or the backhand of their partner).		

RULES CHECK	
It is common for net players to stand very close to the net at this level.	
Make sure players are aware that they may not lean over the net to play the ball, and that if they touch the net with the racket or the body before the point is finished, they lose the point.	



40-50 MINUTES	INTRODUCING A BASIC VOLLEY: Orange ball		
<b>ACTIVITY</b>	Repeat the last exercise, however the 'feeder' now has a racket and players try to achieve a consistent 'groundstroke-to-volley' rally. By this stage of the course, players should do this practice with an Orange ball.	<b>CHECKPOINTS</b> As with previous activity, and... a) Feeder recovers behind the baseline after each stroke and tries to hit the ball to volleyer around shoulder height with a simple swing	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>As previous activity, and...</li> <li>Feeder cannot maintain a good rally with the volleyer...See (a)</li> </ul>
<b>DEMONSTRATE</b>	The activity including: <ul style="list-style-type: none"> <li>Basic volley (as previous)</li> <li>Active ready position of feeder, recovering behind the service line</li> </ul>		
<b>EASIER</b>	Have partner hand feeding to volleyer.		
<b>HARDER</b>	Use a Green ball in a full court.		

50-60 MINUTES	DEVELOPING CONSISTENCY WITH THE VOLLEY: Orange ball		
<b>ACTIVITY</b>	Repeat the last exercise but start on the Orange court, and progress to the full court with a Green ball.	<b>CHECKPOINTS</b> a) Contact the groundstroke in front and use a slightly longer swing b) Use a higher trajectory to lift the ball up over the net (baseline player) c) Volleyer should not be too close to the net but move forward to play the volley d) Volleyer should focus on blocking the ball	<b>TYPICAL OBSERVATIONS</b> <ul style="list-style-type: none"> <li>Players feeding struggle to control the ball in the larger court...See (a) and (b)</li> <li>Large swing on volleys ...See (c) and (d)</li> </ul>
<b>DEMONSTRATE</b>	The activity including: <ul style="list-style-type: none"> <li>Basic volley (as previous)</li> <li>Explain that lower volleys require players to bend knees and use a more open racket face</li> </ul>		
<b>EASIER</b>	Stay on the Orange court for longer.		
<b>HARDER</b>	Progress to the Green court with a Green ball.		

60-70 MINUTES	DEVELOPING CONSISTENCY WITH THE VOLLEY: Orange / Green ball		
<b>ACTIVITY</b>	Repeat the last exercise but perform the activity cross-court.	<b>CHECKPOINTS</b> See checkpoints and solutions for the previous activity, and... a) Turn body to punch the volley in the direction of the target	<b>TYPICAL OBSERVATIONS</b> See typical observations for the previous activity, and... • Players find it difficult to direct the volley cross-court...See (a)
<b>DEMONSTRATE</b>	The activity including turning the body to direct the volley to the target.		
<b>EASIER</b>	Stay on the Orange court for longer.		
<b>HARDER</b>	Progress to the Green court with a Green ball.		

70-85 MINUTES	INTERCEPTING WITH THE VOLLEY: Orange / Green ball		
<b>ACTIVITY</b>	<p>Players in groups of 4 in a doubles formation of 'one up/one back'.</p> <p>The baseline players rally cooperatively cross-court and the volleyers aim to intercept and volley, whilst maintaining a good court position. Switch roles every 3 rallies, with all 4 players rotating clockwise around the court, so all players play in all 4 positions.</p>	<b>CHECKPOINTS</b> a) Reinforce volleyer must cover their side of the net b) Encourage net player to watch opponent and the ball closely and to move with confidence c) Use an alert ready position with racket held in the centre of the body and up in front d) Encourage player to stay forward near the net, put a recovery marker on the court to help	<b>TYPICAL OBSERVATIONS</b> • Volleyers move across to try and intercept every ball...See (a) • Volleyer is nervous to move and intercept...See (b) • Volleyer mis-times the volley...See (c) • Volleyer retreats back during the rally...See (d)
<b>DEMONSTRATE</b>	<p>The activity, emphasise:</p> <ul style="list-style-type: none"> <li>Baseline players try to avoid the volleyers</li> <li>Alert ready position</li> </ul> <p>Volleyers must still cover their court (can't run across and leave space down the line).</p>		
<b>EASIER</b>	Stay on the Orange court for longer.		
<b>HARDER</b>	Progress to the Green court with a Green ball.		

85-90 MINUTES	CONCLUSION		
<b>ACTIVITY</b>	<p>Coach summary of the session and key points covered. This could be done as a question and answer session. Reinforce the importance of volleying in doubles, and having confidence whilst learning that it is ok to make mistakes.</p> <p>Explain the next session is the final one and to book follow on sessions.</p>		

## VARIATION / ADDITIONAL

90-120 MINUTES	FREEPLAY DOUBLES: Orange / Green ball		
ACTIVITY	<p>In groups of 4, players play games of doubles with a serve. Play 4 games then mix players. Players must use a 'one up/one back' formation.</p> <p>Players must call score after each point.</p>		

*THIS ACTIVITY CAN BE UNSUPERVISED – THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS*

# **SESSION 6 OUTLINE**



## **SESSION OBJECTIVES**

- Playing a singles and doubles competition using different game situations and game styles (*Orange/Green*)
- Signposting - opportunities for play, competition and coaching at the club

## **SESSION OUTLINE**

**0-5** MINUTES

WELCOME AND EXPLAIN THE SESSION

**5-10** MINUTES

PRE-MATCH WARM UP: Orange ball

**10-15** MINUTES

PRE-MATCH WARM UP: Orange / Green ball

**15-55** MINUTES

FUN SINGLES COMPETITION: Orange / Green ball

**55-115** MINUTES

FUN DOUBLES COMPETITION: Orange / Green ball

**115-120** MINUTES

COURSE CONCLUSION



## SESSION 6 CONTENT

<b>0-5 MINUTES WELCOME AND EXPLAIN THE SESSION</b>			
<b>ACTIVITY</b>	<p>Ask players what was done in previous session, and ask about practice since session 5.</p> <p>Explain objectives of this session.</p>		
<b>5-10 MINUTES PRE-MATCH WARM UP: Orange / ball</b>			
<b>ACTIVITY</b>	<p>Players do a racket warm up following the same routine as a pre-match warm-up, in an Orange court. Groundstrokes, volleys and then serve/return.</p>	<p><b>CHECKPOINTS</b></p> <p>Emphasise consistency in all the strokes. Explain this is how players usually warm-up their shots pre-match.</p>	
<b>10-15 MINUTES PRE-MATCH WARM UP: Orange / Green ball</b>			
<b>ACTIVITY</b>	<p>Players repeat the previous exercise but on the full-size court using Green balls.</p>	<p><b>CHECKPOINTS</b></p> <p>Emphasise consistency in all the strokes. Explain this is how players usually warm-up their shots pre-match.</p>	
<b>15-55 MINUTES FUN SINGLES COMPETITION: Orange / Green ball</b>			
<b>ACTIVITY</b>	<p>Introduce 'Team Round Robin', a simple timed singles competition format using match tie-break scoring. Calculate length of matches based on numbers in the groups and number of courts available e.g. if there are 8 players and 2 courts available, 2 round robin groups of 4 players in each can be organised within the 40-minutes time period. A total of 6 matches per court are to be played which requires each match to be 5-minutes in duration to allow for player rotation in between matches. All players can be on court at the same time.</p> <p>Link for instructions for 'Team Round Robin' tournament: <a href="http://www.tennisplayandstay.com/competition/group/team-round-robin.aspx">http://www.tennisplayandstay.com/competition/group/team-round-robin.aspx</a></p>	<p><b>CHECKPOINTS</b></p> <p>Ensure that the appropriate ball is used for the ability of the players at this stage of the course. Allow players to choose and ensure that they agree with the opponent at the start of their match which ball they are going to use for each match. Check that courts are marked out appropriately for the ball chosen and that players know the rules for the competition.</p> <p>Use non-playing group members as umpires for each match or if players are unsure.</p> <p>Check that players are aware of how to score, and how winners and losers scores are recorded.</p> <p>Other suitable competition formats may be found at <a href="http://www.tennisplayandstay.com/competition">www.tennisplayandstay.com/competition</a></p>	

55-115 MINUTES		FUN DOUBLES COMPETITION: Orange / Green ball	
ACTIVITY	<p>Introduce 'Up and Down', a simple timed team doubles competition format using match tie-break scoring. Calculate length of matches based on numbers in the groups and number of courts available e.g. if there are 12 players (a total of 6 pairs) and 3 courts available, all 6 pairs can be on court at the same time within the 40-minutes time period. A total of 6 rounds of matches can be played per court which requires each match to be 5-minutes in duration to allow for the pairs to rotate in between matches.</p> <p>Link for instructions for 'Up and Down': <a href="http://www.tennisplayandstay.com/competition/rotation/up-and-down.aspx">http://www.tennisplayandstay.com/competition/rotation/up-and-down.aspx</a></p>	<p><b>CHECKPOINTS</b></p> <p>Ensure that the appropriate ball is used for the ability of the players at this stage of the course. Allow players to choose and ensure that they agree with the opponent at the start of their match which ball they are going to use for each match. Check that courts are marked out appropriately for the ball chosen and that players know the rules for the competition.</p> <p>Use non-playing group members as umpires for each match or if players are unsure</p> <p>Check that players are aware of how to score, and how winners and losers scores are recorded</p> <p>Other suitable competition formats may be found at <a href="http://www.tennisplayandstay.com/competition">www.tennisplayandstay.com/competition</a></p>	
115-120 MINUTES		COURSE CONCLUSION	
ACTIVITY	<ol style="list-style-type: none"><li>1. Thank and congratulate players for their work and progress</li><li>2. Ensure they have either Orange or Green balls to take home and practice</li><li>3. Sign them up for more sessions at Orange, Green or Yellow ball</li><li>4. Give contacts of other players at the club they can play with</li><li>5. Offer membership and other social opportunities</li><li>6. Sign them off for the next relevant competition</li></ol>		

# **SUPPORTING INFORMATION FOR COACHES**

## **SCORING FORMATS**

The following scoring formats are included within the Tennis Xpress course:

- Match Tie-break (introduced during Session 1)
- Game scoring with “No-Ad” scoring method at deuce (introduced during Session 2).
- Timed Matches – to be used to facilitate effective rotation and organisation (introduced during Session 6)

A full description of scoring in a ‘Game’, ‘Set’ and ‘Match’, please refer to Rules 5, 6 and 7 respectively, as detailed within the *ITF Rules of Tennis*. [Click here](#) to access. Additionally, see Appendix IV regarding ‘Alternative procedures and scoring methods’ for details on the “No-Ad” scoring method.

Additional scoring formats that can be used as per the coach’s discretion throughout the Tennis Xpress course may include:

- 1 Match Tie-break to 10 (rather than to the standard first to 7)
- Best of 3 Match Tie-breaks to 7
- 1 Short Set (1<sup>st</sup> to 4 games)
- Best of 3 short sets (1<sup>st</sup> to 4 games)
- Instead of playing a 3<sup>rd</sup> Set, a Match Tie-break to 7 or 10 can be played
- “No-Ad” scoring method (play 1 game point at deuce, receiver’s choice of sides)
- A combination of the above

## **COMPETITION FORMATS**

Throughout the Tennis Xpress course, the coach should maximise the use of rotation during the activities where scoring is introduced. It is important for the coach to rotate the participants to allow them to meet and play with each other, and to experience playing against different styles of players. Good coaches should be aware of how the participants perceive certain situations, such as while scoring competitively, and are able to adapt the game to the needs of the player.

The following competition formats are included within the Tennis Xpress course:

- Team Round Robin (introduced during Session 6)
- Up and Down (introduced during Session 6)

Additional competition formats that can be used as per the coach’s discretion throughout the Tennis Xpress course can be found at [tennisplayandstay.com/competition](https://tennisplayandstay.com/competition).

## **AFTER THE TENNIS XPRESS COURSE**

At the end of the Tennis Xpress course it is important that the coach assesses all of the participants and provides them with suitable playing opportunities so that they can continue to play and develop and enjoy their tennis.

Example opportunities may include:

- Organised Green or Yellow ball multi-match competitions
- Organised Club Box Leagues using short set matches, including Green ball Box Leagues
- Organised Team based competitions, Green and / or Yellow ball
- Specific Green ball 'Club Night Mix In' sessions
- Organised timed competition formats, Green and / or Yellow ball
- Organised Parent and Child competitions, with the use of the slower Red, Orange and Green ball and / or Yellow ball
- Organised Cardio Tennis sessions, Orange, Green or Yellow ball

## **PARENTS PLAYING TENNIS WITH THEIR KIDS**

Parents like to play and have fun with their children!

Tennis Xpress is an ideal course for parents who are new to tennis and whose children are participating in Tennis10s, the ITF 10-and-under tennis programme. After the Tennis Xpress course parents will be able to play tennis with their children using slower balls. The coach should promote the Tennis Xpress course to parents of children involved in Tennis10s programmes.

Further information about the Tennis Xpress course can be found by visiting [itftennisxpress.com](http://itftennisxpress.com).



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