



**EARLY DEVELOPMENT
CAMP**

ORANGE BALL

**CAMP 3
The All Court Player**

2017 Draft

ALL COURT PLAYER

Practice Plan- Session 1

Theme of this camp: Resilience



**EARLY DEVELOPMENT
CAMP**

Technical/Game Development

(Players in Groups of 4 with Assigned Coach for Day)

Athletic Skill Warm-up

| Drill | Objective | Time |
|-------------------------|---|--------|
| Heel Kicks | To develop complex coordination and rhythm | 2 min |
| Compass Jumps | To improve lower body strength and dynamic balance | 4 min |
| Tag | to warm the players up physically & mentally; observe agility | 5 min |
| Side shuffle and sprint | To develop lateral movement and speed | 4 min |
| Total Time | | 15 min |

| Drill | Objective | Time |
|---|---|---------------|
| Continental Grip Skills Warm-up | 1) To reinforce continental grip skills from previous two camps and 2) warm up players for open skill game. | 10 min |
| Up and Down River | To get the players competing and allow the coaches to evaluate game skills; observe resiliency of players | 25 min |
| 5 Controls | To teach the players the importance of the five different ball controls- 1. Direction, 2. Height, 3. Depth, 4. Spin, 5. Speed | 15 min |
| Athletic Skill Development linking to Camp Theme: | To develop lower body strength, dynamic balance and increase core stability | 10 min |
| | To develop upper body and core strength | |
| | <ul style="list-style-type: none"> • 3 Cone Drill • All Fours Catch | |
| B/H Slice Transition and Volley | To teach players how to use the slice to transition forward to the net and finish with a volley to the open court | 15 min |
| B/H Approach and Pass Game | To practice approaching w/BH slice and transitioning to the net to volley to open court. | 15 min |
| Break | During break, coaches divide players into 2 equal teams | 15 min |
| Total Time | | 1 hour 45 min |

ALL COURT PLAYER

Practice Plan- Session 2

Theme of this camp is Resilience



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Junior Team Tennis - Team Competition

| Drill | Objective | Time |
|---|--|----------------------|
| 1. Organize Teams | Players come up with team name, cheer | 5 min |
| 2. Dynamic Warm Up & Match Warm Up including Serves | Coaches run a team match warm up routine to get set for match play | 15 min |
| 3. Team Line Up | Line both teams up like a college dual format. Coaches announce the doubles matches. | 5 min |
| 4. Serve and Volley Doubles Game | To help players link the serve, return, and transition skills together in a competitive, team environment | 10 min |
| 5. Doubles* | The team match starts with a doubles match. Players must serve and volley both on first and second serves. *Resilience theme emphasized | 20 min |
| 6. Singles* | At the completion of the doubles matches, send out players to compete in singles. The goal is to get each player at least two (2) different opponents. Matches are timed to allow for the coordination of multiple matches. *Resilience theme emphasized | 40 min |
| 7. Camp Wrap Up/Review Character Theme/ Homework | Bring the parents and players together to the side of the court and show the homework assignment for the players (see camp curriculum) | 10 min |
| | 15 minutes left open for water breaks, transition time between drills, etc. | Total camp = 4 hours |

Athletic Skill Warm-up Heel Kicks



Objective: to develop quality movement skills laterally.

1. Players begin on doubles sideline and move across the court to the opposite sideline
2. Players face across the court with both hands (palms outwards) behind their back, on their butt, run forwards slowly across the court, 'flicking' heels up high to touch the hands alternately
3. Introduce rhythm: run 1 step, run 1 step, flick one foot to hand, run 1 step, run 1 step, flick other foot to hand, run 1 step, run 1 step, flick 1st foot to hand, then flick other foot to hand.
4. Repeat whole routine across the court



| Observation | Athletic Skill |
|---|--|
| <ul style="list-style-type: none"> • Body Posture: Players have head level, eyes forward and back straight | <ul style="list-style-type: none"> • Posture • Balance |
| <ul style="list-style-type: none"> • Complex Coordination: Movement of arms and legs is coordinated | <ul style="list-style-type: none"> • Coordination • Rhythm |

Athletic Skill Warm-up

Compass Jumps



Objective: to improve lower body strength and dynamic balance

1. Place four cones in square to represent N, S, E and W. Players in 2's, taking turns
2. Distance from center to each cone for 8-9 year olds is 2 ft. (9-10 year olds: 3 ft.)
3. Player stands in the center of the cones and jumps with both feet together to each cone in turn, returning to the center of the 'compass' each time.
4. Player faces the same direction all the time, and jumps around 3 times
5. Each player completes 2 circuits



| Observation | Athletic Skill |
|---|---|
| <ul style="list-style-type: none"> • Body Posture: Head and shoulders are even, eyes forward and back straight | <ul style="list-style-type: none"> • Balance • Coordination |
| <ul style="list-style-type: none"> • Use of Arms: Arms are close to the body and used to help the player jump | <ul style="list-style-type: none"> • Coordination |
| <ul style="list-style-type: none"> • Lower Body Stability: NO Sideways movement of lower body when jumping | <ul style="list-style-type: none"> • Lower body and core strength |

Athletic Skill Warm-up Tag



Objective: to get the players warmed up physically and mentally.

Execution:



1. Groups of 4 players , each on 1 court with a coach
2. Players move twice around court slowly as a group to warm up
3. Tag: the teacher identifies a leader in each group who will be the tagger
4. Define the space within the doubles area of the 60' court
5. Play 3-4 rounds
6. Once a player is tagged they have to stand still until all of the players have been tagged by the team leader

Observation

Change of Direction: ability of players to change direction quickly links to recovery and changing direction quickly in the game.
Note ability of players to keep head level and eyes forward

Athletic Skill

- Agility
- Dynamic Balance

Athletic Skill Warm-up Side Shuffle and Sprint



Objective: to teach the players the skills that link to technical development.

Execution

1. Players begin on doubles sideline, facing the net.
2. Players do 1 side shuffle with good posture, and then turn and sprint to opposite sideline
3. Turn back to net and repeat back to first sideline
4. Repeat whole activity twice



Observation

- Side shuffle: Both feet pointing forwards. The players are using both arms to maintain good balance.
- Sprint: Head level and eyes forward with good posture. Use the arms to help drive the legs. Use of arms to help drive the legs

Athletic Skill

- Lower Body and Core Strength
- Balance
- Coordination
- Speed
- Bilateral Coordination

Technical/Game Development

Continental Grip Skills Warm-up

Objective: For coaches to observe continental grip skills and for players to warm up making contact with the ball using a continental grip.

Execution:



1. Two players start on each service line- one behind the other (players are on both sides of the court)
2. Player A feeds the ball to Player B
3. Player A moves behind Player C

4. Player B makes contact and sends the ball back to Player C
 5. Player B then moves behind Player D.
 6. This drill has a ping pong like rotation
- *If need to regress, have players in 2's hit with partner cooperatively using continental grip*

GAME:

1. Longest Rally- which court can get the most balls over the net without missing in a one minute period
2. Game to 11
3. Follow with a 5 minute Groundstroke Warm-up to prepare for Up and Down the River



Observation

Continental Grip: are the players able to control the head of the racquet above the hand while having a continental grip?

Athletic Skill

Coordination



Observation

Control of the Ball to a Target : players should learn how to generate pace using their legs and core, not by increasing the size of the swing. Work with the players to set the racquet out in front of their body and transfer their weight through the shot using their legs to send the ball back to the other side.

Athletic Skill

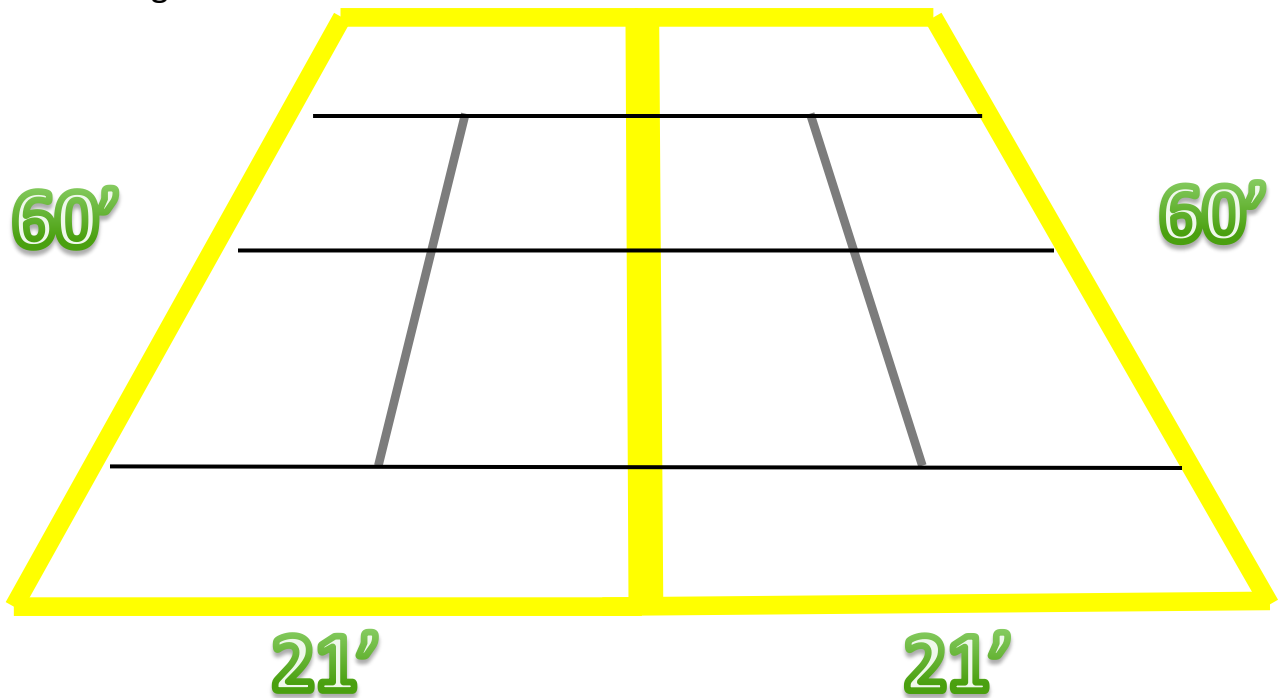
Upper/Core/
Lower Body
Strength

Technical/Game Development Up and Down the River



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Objective: to get the players competing and allow the coaches to evaluate game skills



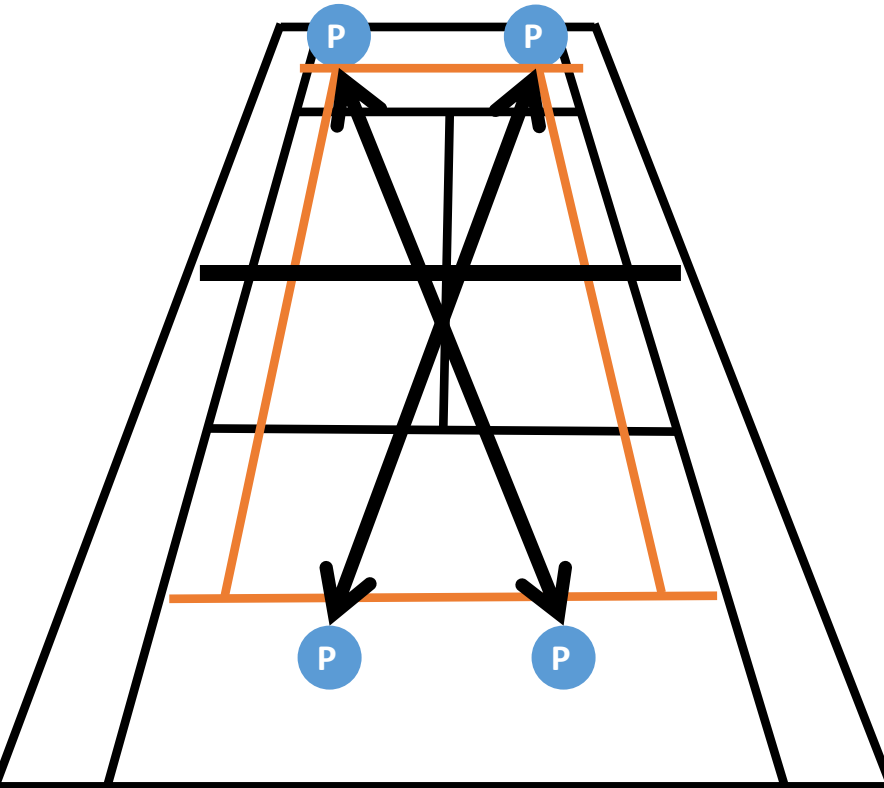
| Execution | Observation | Skills |
|---|--|---|
| <ol style="list-style-type: none"> If preferred, create two full 60' singles courts using throw down lines (lines run along the net post to create the new singles sidelines) Play games to 7 points, playing down the line Once 50% of the teams finish- the lead coach will yell bump (winners up, challengers down) | HANDS: Grips, Preparation, Swing Paths | <ul style="list-style-type: none"> Balance Coordination |
| | FEET: Are the players willing to move forward? | <ul style="list-style-type: none"> Agility Balance Coordination |
| | EYES/MIND: Contact between the hip and the shoulder – "the strike zone"? | <ul style="list-style-type: none"> Lower and Upper Body Strength Ball Recognition |

| Observation / Player | P1 - | P2 - | P3 - | P4 - |
|-------------------------|------|------|------|------|
| HANDS: GPS? | | | | |
| FEET: moving forwards? | | | | |
| EYES/MIND: Strike Zone? | | | | |

Technical/Game Development - The 5 Ball Controls



Objective: to teach the players the importance of the five different ball controls- 1. Direction, 2. Height, 3. Depth, 4. Spin 5. Speed



Execution

Players with a partner complete the following drills from each side of the court.

1. ROUND 1 – SPEED – Players control total balls hit in 1 minute. 3 attempts.
2. ROUND 2 – DEPTH – Players count balls that land between service line and baseline in specified time from coach
3. ROUND 3 – WIDTH - Players try to hit the singles side line cross-court. Time specified from coach.
4. Can progress to live ball game. First to 7 with recovery back to the center, outside shots only.

Coaches can use teaching aids to help promote depth (throw down lines) and width areas.

Observation

HANDS (GPS): do the Grips, Preparation, Swing Path affect the ability to execute each of the controls?

FEET: players able to execute different stances (square, semi, open), based on the ball they are receiving?

EYES AND MIND: players understand the concept of finding and making contact with the ball in the strike zone. This is a product of deliberate execution over time: i.e. ball recognition?

Athletic Skill

- Coordination
- Core Strength
- Lower Body Strength
- Speed
- Reaction Speed

| Observation | P1 - | P2 - | P3 - | P4 - |
|--|------|------|------|------|
| SPEED: Highest # in 1 minute | | | | |
| DEPTH: Player can hit consistently with depth? | | | | |
| WIDTH: Player can hit consistently with width? | | | | |

Athletic Skill Development

3 Cone Drill



Objective: to develop lower body strength, dynamic balance and improve core stability



Execution: Players in 2's.

1. Place 2 cones on a line and a 3rd cone between and in front of them to form a V (Distance from cones for 8-9 year olds is 2 ft. and for 9-10 year old is :3 ft.)
2. Player stands between the two cones, facing the 3rd cone.: squats on one-leg and touches each cone in turn with the opposite hand, standing up straight after each touch
3. Repeat on the opposite leg
4. Progressions:
 - Same hand, same leg
 - Right leg / right hand
 - Left leg / left hand
 - Keep the 'free' leg in front of the standing leg



| Observation | Athletic Skill |
|--|---|
| <ul style="list-style-type: none"> • Body Posture: Stable body position with back straight and head/shoulders level | <ul style="list-style-type: none"> • Lower body strength |
| <ul style="list-style-type: none"> • Use of opposite arm: Free arm helps maintain balance | <ul style="list-style-type: none"> • Coordination |
| <ul style="list-style-type: none"> • Dynamic Balance: Ability to balance when changing the position of the 'free' leg | <ul style="list-style-type: none"> • Balance |

Athletic Skill Development

All Fours Catch



Objective: to develop upper body and core strength



Execution:

1. Players in pairs, facing each other about 3 ft. apart. One player has a tennis ball.
2. Players kneeling with both hands on the ground in all fours position with back straight
3. Player with the ball rolls it with one hand to the partner
4. Partner stops it and rolls it back
5. Repeat using other hand
6. Repeat with gentle toss for partner to catch
7. Progress to players having both legs straight so are balancing on feet and hands with back in a straight line
8. Rest as required!



Observation

- Strength: Ability to balance on 2 feet and 1 hand and catch ball
- Posture: Head up and eyes forward and back straight

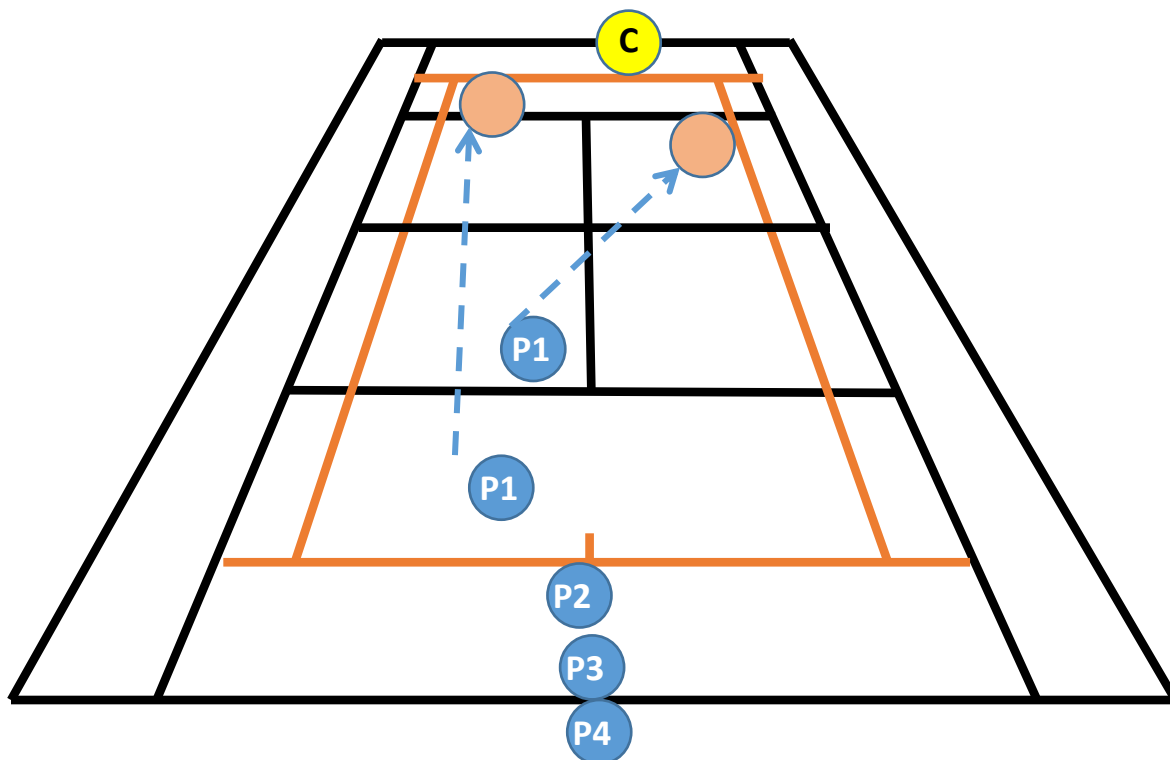
Athletic Skill

- Upper Body Strength
- Dynamic Balance
- Core Strength
- Balance
- Strength

Technical/Game Development

B/H Slice Approach Pass

Objective: to transition forwards to the net using the BH slice and control the first volley to the opposite side of the court

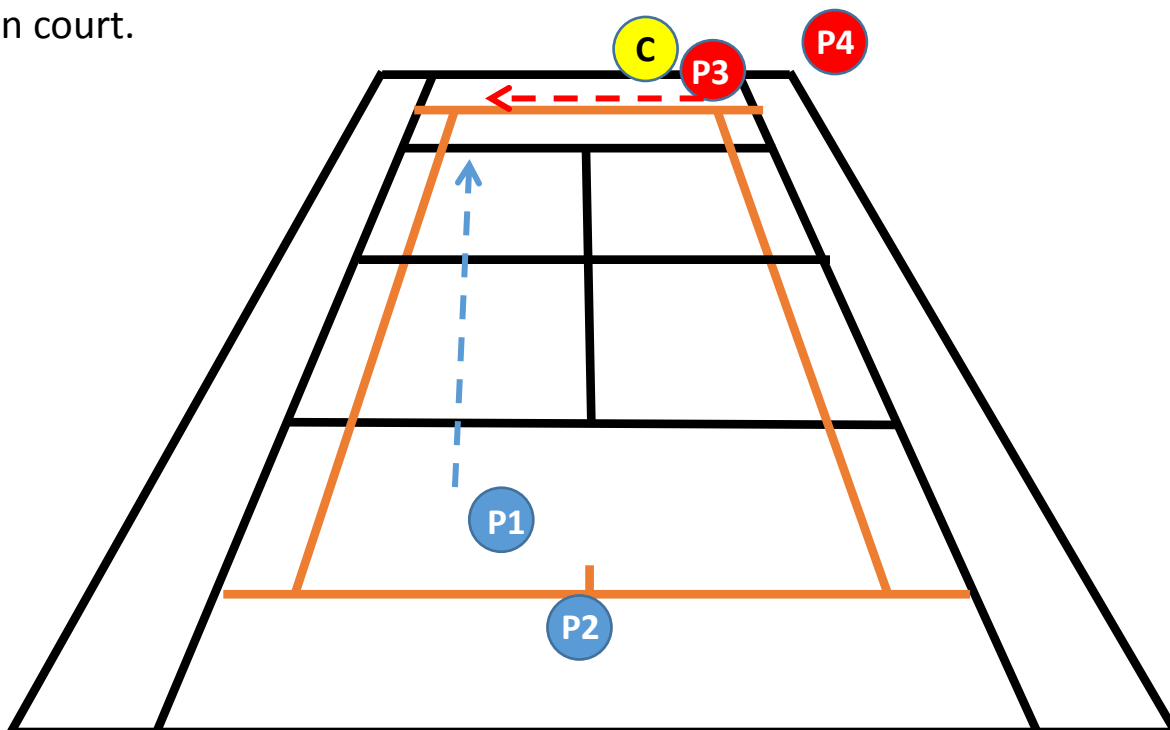


| Execution | Observation | Athletic Skill |
|---|---|---|
| <ul style="list-style-type: none"> • Players in a group of four (4) playing against the coach • Place targets at back of service court of approaching player • Coach feeds ball from the ad court short to player's BH side • The player approaches BH slice down the line • The coach plays the passing shot down the line • The approaching player then looks to volley the ball off the court to the other side • Player earns a point for making both shots in location • First Player to 5 points. • *Can also play King of the Court format. | <p>HANDS: Player comfortable hitting the slice BH and volley with the continental grip?</p> <p>FEET: Ability to maintain balance when hitting and moving forward.</p> <p>EYES/MIND: Player understands where and why to hit volley to location?</p> | <ul style="list-style-type: none"> • Balance • Ball Recognition |

Technical/Game Development

B/H Slice Approach Pass GAME

Objective: to transition forwards to the net using the BH slice, working on passing shots with the volleyer closing down the net and volleying into the open court.



| Execution | Observation | Athletic Skill |
|---|---|---|
| <ul style="list-style-type: none"> Team Singles – P1/2 vs. P3/4. First to 7 then switch roles. C feeds low ball to P1, who slice approaches down the line. P3 is in the Ad corner. Coach moves out of the way after the feed for realistic timing for P3 to retrieve. P3 attempts to pass, no lobs allowed. P1 encouraged to volley into open court. (Adapt for Left Handers to other side of court) | <ul style="list-style-type: none"> HANDS: Player comfortable hitting the slice BH and volley with continental grip? FEET: Ability to maintain balance when hitting and moving forward EYES/MIND: Understanding of where to hit the volley | <ul style="list-style-type: none"> Grip Balance Ball Recognition |

| Observation / Player | P1 - | P2 - | P3 - | P4 - |
|--------------------------|------|------|------|------|
| HANDS: Continental Grip? | | | | |
| FEET: Balance? | | | | |
| MIND: Shot selection | | | | |

Dynamic Warm-Up



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Dynamic Warm-Up

Jogging w/ Progressive Arm Circles
(Jog-Back pedal)

Carioca
(Shoulders square, rotate from hips down)

Knee-to Chest Tuck (Maintain proper posture)

Lunge w/ Reach Back (focus on balance)

Side Shuffle
(Push off inside leg, swing arms across body)

High Step w/ Trunk Rotation (Same side)

3 Way Jumping Jack x 10 Each

Inverted Hamstring (Flat back, Hips square)

Lateral Lunge (Push hips back)

Walking Spiderman w/ Rotation
(Eyes follow hand)

Leg Swings (F/B/S) x10 Each

High Knees (Knees up toes up)

Butt Kicks (Knees down, slight forward lean)

Inchworms (Hips up, Knees straight)

A Skips (Aggressive march w/ rhythm)

Reverse Skip w/ Hip Rotation (Knee up & out)

Sprint 50/75/100% (Proper running form)

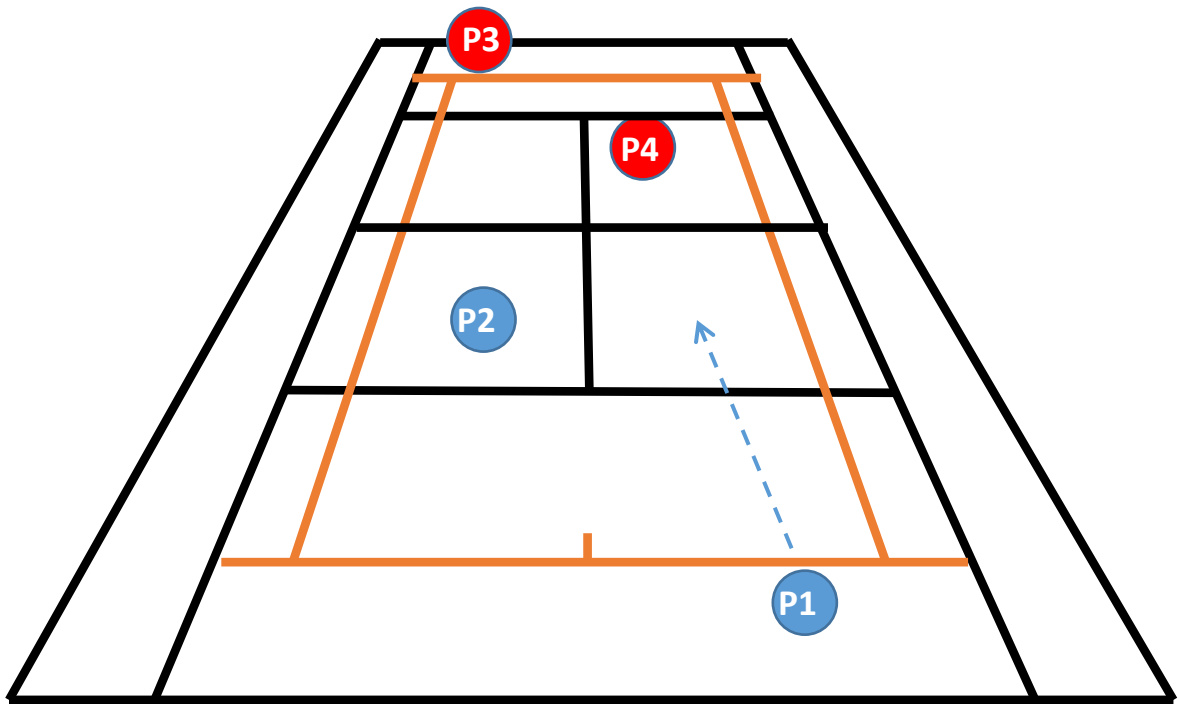
Perform ALL exercises in a controlled manner with abs engaged – focus on deep breathing

Technical/Game Development

Serve & Volley- Doubles Cross Court Points



Objective: to help the players link the serve, return, and transition skills.



| Execution | Observation | Athletic Skill |
|---|---|---|
| <ol style="list-style-type: none">1. Doubles Game. P1/2 vs. P3/4.2. P1 starts serving, plays 2 points, then P3 serves for 2 pts, followed by P2, followed by P4.3. SERVERS MUST SERVE AND VOLLEY ON BOTH SERVES.4. First to 10 points. | <p>HANDS: Player comfortable hitting the serve and volley with continental grip?</p> <p>FEET: Player able to coordinate the split step with the contact point of the return and stay balanced moving to the first volley?</p> | <ul style="list-style-type: none">• Coordination• Strength• Balance |

Teachable Moments

Resilience



Objective: to work on thinking about ways to recover and “bounce back” from things that can get you down.

Character Theme Talking Points

DURING THE CAMP:

1. “Hello kids! Well the theme for today is the “All Court Player” – Does anyone want to guess what that means?
2. So everything we do will be based on getting better at moving and hitting from all parts of the court.
3. We also have another theme for today, and it is an attitude theme – it is “resilience” – Does anyone have a definition of resilience?
4. Keep in mind that today, all of the coaches are looking to catch you being resilient, and we may just make things really challenging for you, just to test your ability to recover and get focused on what you need to do.

Rubber ball for an object lesson to show “resilience” may also be a nice touch.

DURING UP AND DOWN RIVER and A/D drills:

1. Players spin racquet before starting; winner starts the game up by 2 points.

Sample Question – Who was frustrated when you lost the spin and started down by two? Were you able to bounce back and compete? This is resilience!

Talking Points on Various A/D Skills:

- In the Intro: “We are also going to do some athletic skills without racquets that will really help what you will be doing with your racquets.”
- TAG GAME: (with emphasis on low athletic base while moving) – “How can TAG help you play tennis?” Being able to quickly change direction will help my tennis game.
- SIDE SHUFFLE AND SPRINT: (with emphasis on low athletic base while moving) “How can shuffling and sprinting help you play tennis?” (moving to balls faster and recovery)
- 3 CONE DRILL: “How can this help your tennis? “Balancing helps me hit the ball on the run and also making my core stronger will help me hit the ball harder”
- ALL FOURS CATCH: “How can this help your tennis?” Developing upper body and core strength helps me hit on the run and also will help me hit the ball harder”

DURING TEAM COMPETITION SESSION:

1. We are going to practice resilience in the TEAM match play today.
“Each team captain has to use (4) love 30 cards with their own team today during the matches, which means that both captains have to allow 4 matches to start a game at love 30, 4 times. This will be more challenging, but remember we are testing your ability to recover from challenges, and practicing like this will help you become tougher in matches.”

Athletic Skill Homework

1. Jump Rope



Objective: to develop coordination, foot speed and endurance

Execution:

1. Each player needs a jump rope of the right length
2. Player must learn to:
 - i) jump rope 10 times with BOTH feet together moving forwards, backwards, to left and to right in one continuous sequence
 - ii) jump rope 20 times with rope turning BACKWARDS with alternate feet ON THE SAME SPOT.
3. Player to teach themselves:
 - i) double beat jumps with two feet together
 - ii) a new 'trick' of their own.

Teaching points for players and parents

- The arms are close to the body
- The arms and legs are coordinated and the player has a rhythm
- Landing is on balls of feet with QUIET feet
- THE HEAD AND SHOULDERS ARE LEVEL. THE BACK IS STRAIGHT AND THE EYES ARE FORWARD

Athletic Skill

- Complex Coordination
- Upper, Core and Lower Body Strength
- Dynamic Balance
- Endurance

Athletic Skill Homework

2. Dot Drill



Objective: to develop posture, strength and balance

Execution:

Place markers on the ground in the following formation:

2 markers (2 feet apart).

Place a 3rd between them,
but 2 feet in front.

Repeat until have 3 sets of 3
markers in a line

Player begins at 1st group of markers:

- hops to land with one foot in each of the two markers and then hops onto one foot on the single marker.
- Player moves through all 3 sets of markers in the same footwork pattern
- At the end the player turns around in one jump and returns through the markers to the start
- Progress to completing whole activity with both arms above head