

Tennis Camp Daily Overview

Half-Day 9am-12pm Schedule



Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Match Play Activities	Camp Close
10 minutes	20 minutes	5 minutes	55 minutes	15 minutes	15 minutes	45 minutes	20 minutes	5 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 9:25am	9:25 - 10:20am	10:20 - 10:35am	10:35 - 10:50am	10:50 - 11:35 am	11:35 - 11:55am	11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Sports instruction must begin within first 20 minutes of camp. Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 2 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start match play 10-15 min earlier on final day.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule*

*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Match Play Activities	Camp Close
40 minutes	20 minutes	40 minutes	15 minutes	40 minutes	20 minutes	5 minutes
12 - 12:40pm	12:40 - 1:00pm	1:00 - 1:40pm	1:40 - 1:55pm	1:55 - 2:35pm	2:35- 2:55pm	2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	See Tournament Day page for ideas. Okay to start match play 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Tennis Weekly Skill-of-the-Day

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Groundstrokes (Forehand)	Groundstrokes (Backhand)	Volleys	Serves	Review Skills

	Forehand	Backhand	Volley	Serve
Skill Breakdown	1. Shake hands with racquet 2. Start sideways 3. Swing from low to high (curve of a banana) 4. Finish over shoulder - coach should see bottom of racquet	1. Dominant hand on bottom, non-dominant on top 2. Low to high 3. Finish over shoulder and use both hands.	1. Strong grip on racquet 2. Top of racquet pointed to the sky 3. Windshield wiper racquet to move towards ball 4. "Catch" the ball with racquet	1. Stand sideways 2. Stance: Front foot at 45 degree angle, aiming at net post 3. Back foot - Middle of foot, near back heel of front foot. 4. Toss: Out front, so it should land at front of foot 5. Finish: Racquet toward left hip (right thumb to left hip)

Tennis Skill Drills & Games

Groundstrokes (Forehand & Backhand)	Volleys
1. Basic Feed - Coach stands on one side of the net and either tosses or hits a tennis ball to the kids on the other side of the net. Kids are put into two lines, one on each side of the court. Put a green cone down on the service line as your "Go cone", yellow cone on the baseline as your "Slow/Wait cone" and a red cone at the fence as your "Stop/Wait cone". Kids hit a forehand or backhand shot as directed by the coach. Set up targets/zones on the coach's side of the net to make it a game. 2. Cone and Catch - Kids work with a partner to track and catch the ball in a cone. Partner starts about 7-10 ft away and underhand tosses the ball so it bounces half way and the partner with the cone tries to catch it in the cone. To increase difficulty, toss with no bounce or move farther away. 3. Alligator Hands - Kids work with a partner to catch the ball on their racquet. Same set up as cone and catch but they are then using a racquet and trying to trap the ball on the center of it, showing them where to hit the ball. 4. Walk the Dog - Place a tennis ball on the ground and have the kids slowly walk with their racquet behind them while bringing the ball along with them. The goal is to teach the kids how to start their swing low and behind them. 5. Jail/Jailbreak - Fun game to practice any tennis skills. It works the same as a basic feed to start. Coach hits the kids a ball and they hit it back. If it lands "IN" on the other side of the net, then they are safe and go to the end of the line. If the shot goes out, they are in "jail" and run to the other side of the net, leaving their racquet by the fence. While in jail they can get back in if they catch a ball that another player has hit over to them. To make it easier/harder, you can allow one or two bounces before they catch it to get back in. The coach can be the "Warden" and if they hit the coach with a ball, they are also in jail. If a coach catches the ball, they are in jail and everyone else is set free. A winner is decided when all kids are in jail, and one is left standing. They win if they can make 1 or 2 shots in while being the last one. If they do not hit a shot in, it is a jail break, and they start in jail for the next round and everyone else is safe. 6. Feed & Rally - Players in pairs starting at opposite sides of the net. One player is the "feeder" and cooperatively throws underhand to a partner hitting fore- hand back to the feeder. Every time the feeder catches the ball the team wins one point. The team with the most rallies in a certain time (e.g., 2 minutes) wins. Make sure players alternate roles. 7. Feed, Hit & Catch - Players are divided into teams of three players (feeder, hitter, catcher). Feeder and hitter start at the same home base on the same side of the net. Feeder starts by tossing the ball underhand gently to their partner who hits a forehand over the net toward the playing area of the catcher. Every time the catcher succeeds in catching the ball after one bounce the team wins a point. Team with the longest rally wins. Make sure players alternate roles. The rally is over when catcher unable to catch the ball after one bounce (double bounce) or ball goes outside of the designated play area or in the net. Note: This activity can be done in pairs (feeder & hitter) when more courts are available or with a smaller number of players. Players gain points by sending the ball to a specific area. 8. Alligator River - Pair up the children. One partner stands on the baseline and the other partner stands on the service line. Spread the pairs out along these two lines. Each child needs a racket and ball. Each child places the tennis ball at their feet and stands ready to hit a forehand along the ground. Coach stands on the singles line in between the baseline and service line. Coach begins to walk/jog in a straight line between the two lines of players. As the coach is passing, the players will attempt to hit Coach's feet with their forehand shot. Players score a point each time Coach gets hit. After each pass, players retrieve a ball, go back to their line, and wait for the next round	1. Basic Feed - Use an underhand toss to feed the kids on the other side of the net, emphasizing a strong step towards the ball and punching down. Switch between forehand and backhand volleys and increase the speed at which you toss it to meet the challenge. Have kids start at the service line and run up before hit a volley. Feed the kids a volley off your racquet if they can handle it. 2. Hungry Crocodile - Children stand in ready position either on the baseline or arm-distance from the net (you choose depending on player ability). Coach will toss a ball to each child to volley. If a child misses the ball, the crocodile will eat one of their limbs. Have fun with this and be goofy but be careful not to scare the younger children. *First miss – arm – place free hand behind back **Second miss – leg – stand on one leg ***Third miss – leg – player must kneel ****Fourth miss – player has been eaten and is out until the next round. 3. Self-Rally - Players start in positions as if they were rallying. Each player performs a forehand self-rally by gently hitting the ball just above head height and to a target on the ground. Players must self-rally continuously for 5 times to get a point. No point is awarded if the player lets the ball bounce more than once or does not send to head height or above. Play the game to a designated number of points and make sure to practice the activity from the backhand side. 4. Ninja Chop - Have all but one child stand on the baseline. The other child stands on a spot five feet in front of the line of children. This child is the Ninja and his job is to protect his friends. Coach will toss five tennis balls (one at a time) at the ninja attempting to hit the children in the back. The ninja must use his volley skills to block the ball and protect his friends. Each time the child volleys the ball, they should yell "Hi-Ya!". Repeat so that every child has a chance to be the ninja. 5. Around the World - Set up 6 spots on court. Kid runs to first spot on court and coach feeds ball. If kid hits ball over net, team gets one point. Continue until kid has hit from every spot. Make this a fast-paced game.
Serving	Lob/Overhead
1. Toss and Catch - Kids start by tossing a tennis ball in the air and try catching it where it left their hand. Kids then place their racquet on the ground in front of them. They toss the ball and let it drop trying to have it hit the center of their racquet. 2. Toss and Trap - Using the same tossing skills, move to the nearest fence or wall. The kids toss the ball and use their racquet to trap the ball against the fence. The goal is to trap the ball on the center of the racquet at the top of their toss. This teaches timing and accuracy. 3. Short Court Serve - Kids start by serving from service line to service line. This allows them to get a feel for the way they need to hit the ball. After three successful serves "in", they move back three steps until they get to the baseline. 4. Clean Your Room – This is an overhead throwing game. Players are divided into two equal teams on each end of the court. Every player starts with a ball and throws it to the other end. The team that keeps their end clear of balls wins.	1. Basic Feed - Coach feeds from the net and kids trying to lob it over their head. Reverse the drill so that kids start at the net with coach at the opposite baseline. Coach hits a lob and kids need to move back to track the ball and hit an overhead shot. 2. Space Invaders - Two lines of kids, coach throwing ball and kids trying to knock down cones.
Movement Games	Match Play
1. Caterpillar - Kids start in ready position in lines of 4 or 5. Coach stands in front of the first kid in line about 10 feet away with a lot of tennis balls and all kids facing coach. When the coach starts moving laterally, the kids must move together with them side to side. The coach then starts rolling tennis balls towards them and they must let the ball roll in between their feet. If the ball hits them or doesn't go through their feet, they move to the end of the line. Coach can increase/decrease speed as necessary. 2. Lava Balls - Children run freely within the lines of the doubles alley. Coach stands in the center of the court with a bucket of soft foam tennis balls. Coach will roll/bounce the tennis balls towards the children as they run back and forth attempting to dodge the "lava balls". If a child gets hit by a ball, he must find 3 tennis balls anywhere on the court, place them in Coach's bucket, and then re-enter the game. 3. Court Parts/Line Races - In this activity, the coach gets players to place their foot on various parts of the court. The coach uses this activity to introduce players to the geography of the court. Once players get to know the various parts, the coach calls a part and players jog to it.	1. Throw Tennis - Play a game of Throw tennis to finish the lesson. It is important to make the connection to playing tennis. Introduce rules & scoring. 2. Floor Rally in the Alley - Players pass the ball along the ground to each other inside the doubles alley. 3. Floor Tennis - Players get to play tennis (serve, rally, score) without bouncing the ball off the ground. Server starts by pushing the ball along the ground into the opponent's playing area. The returner stops the ball with the racquet and sends it back with a push along the ground any- where in the playing area. (Both players are on the same side of the net). Players must move each other around and try to win the point. The point is over when the ball bounces off the ground or the ball goes out of the playing area. 4. Short Court - Have kids start with doubles, but only using the service lines to help teach them control. Once kids can handle short court, extend to the rest of the court. 5. King/Queen of the Court - Pick one child to start as king/queen of the court. They go on one side and serve to the other. Kids compete to hold the title of king/queen if they can. They stay if the win the point. If they lose, they go back to the end of the line and the winner becomes the new king/queen. 6. Beat the Coach - The kids' goal is to score as many points on the coach as possible. This can be played in singles or doubles. One player serves and you play out a point. If the kid/kids win, they get a point. If they lose, they don't get a point. The winner is the first team to get 5 points against the coach. Rotating after each point so the kids are not waiting.

Tennis Tournament Day Overview

Skyhawks Sports Academy - Private and Confidential



Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Olympics	Match Play Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Olympics suggestions below.	See Match Play recommendations below for ideas.	Make it fun for kids!

Full-Day Extended 12-3pm Schedule*

*Refer to Half-Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Match Play Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Match Play recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

Tennis Tournament Day Ideas

Skill Olympics

Court is divided into 4 stations. Players are divided into pairs located at each station and cooperatively perform the activity designed for each station for 2 minutes. All teams rotate at signal.

Station 1: Floor Rally in the Alley. Each successful attempt gains one point.

Station 2: Self Rally. Every time a player hits the ball higher than head level and it lands on a marker placed on the ground, the player gains one point.

Station 3: Players are placed on the service lines. They throw overhead to each other. One point is gained when they succeed to throw the ball over the net.

Station 4: Feed & Rally. Players are placed on the small court with portable net. One player feeds the ball underhand to a partner who hits a groundstroke. One point is gained each time the pair successfully completes a toss, hit, catch.

Ages	Court	Type of Ball	Match Play Notes
4 to 8 year olds	36' x 18'	Foam ball or very low compression ball	1. Use portable tennis nets, where the net height should be 2' 9". 2. Should be able to set up 4 tennis courts, across one full size tennis court. 3. 7 points per game and the first two win two games wins match.
9 and 10 year olds	60' x 21'	Lower compression ball or regular tennis ball	1. Play best of 3 sets. First to win 4 games, wins a set. 2. Use regular net for match play.
11 and up	Regular size court	Regular tennis ball	1. Play best of 3 sets. First to win 4 games, wins a set.