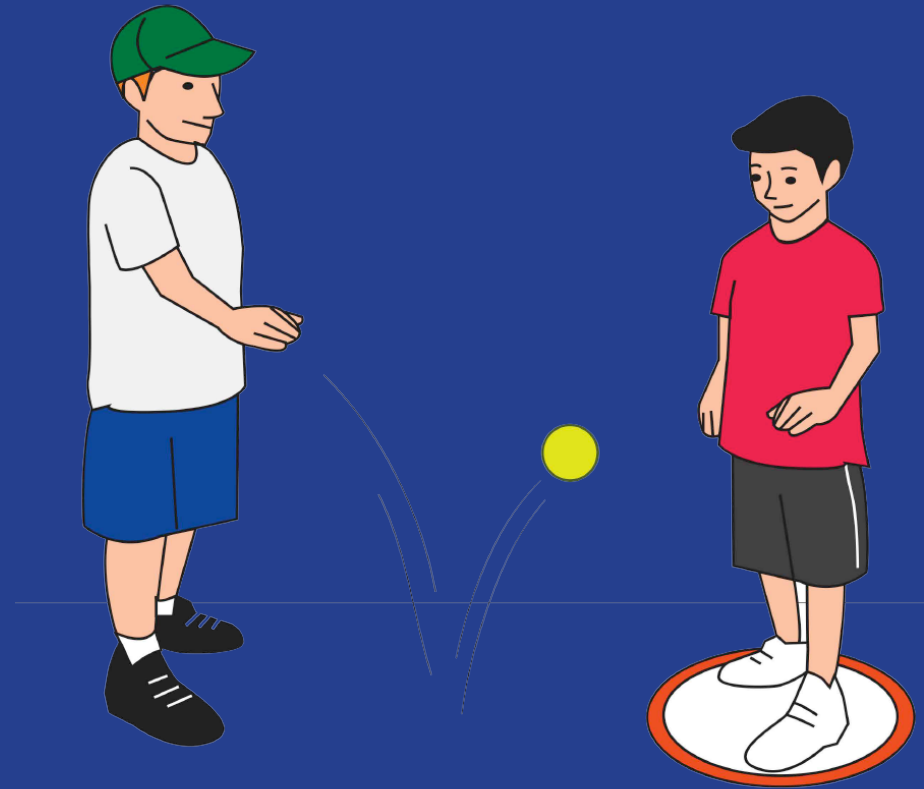


Hand-eye Coordination



Step 3: Hand-Eye Coordination

Begin with volunteers working with participants. As soon as possible, pair the participants to work with each other. Keep them engaged by adjusting the difficulty to their ability. Complete each as a stationary activity first, and then moving to the net and back.

Beginner

- Around the Body
- Roll the Ball
- Bounce ball with Palm of Hand
- Juggle 1 Ball
- Toss and Catch

Intermediate

- Jacks
- Bounce and Catch
- Side-Step Toss and Catch
- Roll with Sole of Shoes
- Ball Pyramid

Advanced

- Alternating Dribble
- Toss and Catch with Step and Rotation
- The Steph Curry
- No Look Toss and Catch

Racquet Skills



Step 4: Racquet Skills

Begin with volunteers working with participants. As soon as possible, pair the participants to work with each other. Keep them engaged by adjusting the difficulty to their ability. Complete each as a stationary activity first, and then moving to the net and back.

Beginner

- Balance Ball on Racquet
- Roll the Ball
- Walk the Dog

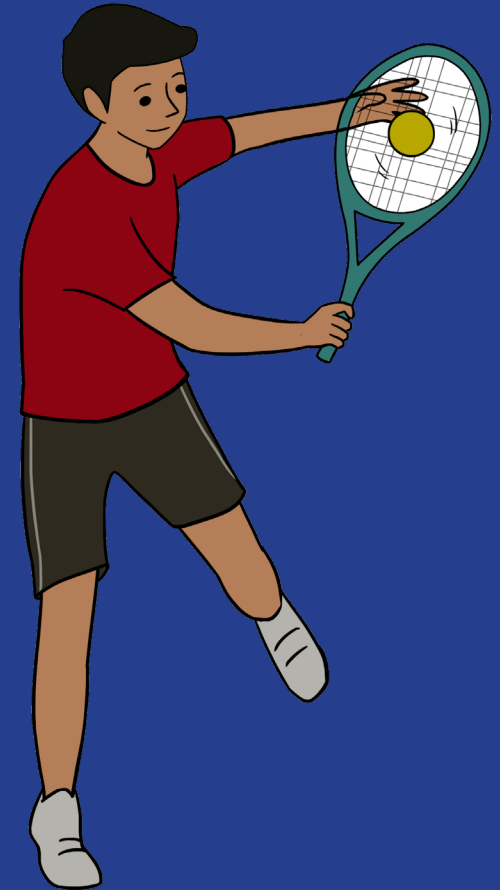
Intermediate

- Around the World
- Bounce on the Racquet
- Pass it
- Circular Press

Advanced

- Ball Pick Up (Racquet)
- Ball Pick Up (Foot)
- Egg Toss (Racquet)

Volley



Step 5: Volleys

When introducing volleys, meet participants at their current ability. Slowly begin to incorporate more complex activities, prompting for good technique and movement between shots. Begin with forehand volleys and introduce backhand volleys at the Program Director's discretion.

Things to Emphasize

- Ready Position (racquet up, eyes on ball)
- Step into volleys
- Split-step when coming to the net
- Assist with technique, but fade out as soon as possible

Beginner

- Stationary FH (Racquet on Side)
- Stationary FH (Ready Position)
- Windshield Wipers
- Split Step and Volley

Intermediate

- Staggered FH Volleys
- Volleys with Feed from Service Line
- FH Volleys with Targets
- Stationary BH Volleys

Advanced

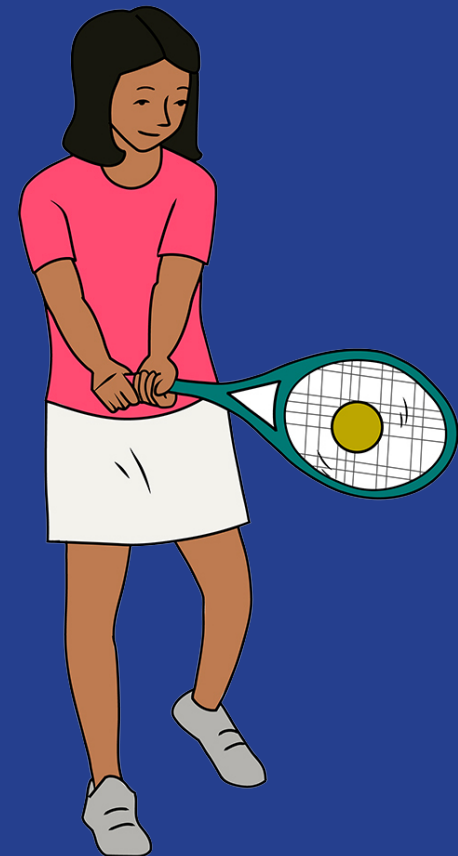
- Alternating FH/ BH
- Close Out Volleys
- Alternating Windshield Wipers
- Overheads
- Alternating Volleys and Overheads
- Live Volleys Service Line

Groundstroke

Forehand



Backhand



Step 6: Groundstrokes

As with volleys, start by meeting participants at their skill level. For some, that may be using a tee stand, while others may be able to start with an across the net feed. Once a participant is able to demonstrate the skill independently, continue increasing the difficulty to meet their level.

Things to Emphasize

- Turning your body
- Contact out in front
- Follow through across body

Beginner

- FHs (Tee Stand)
- FHs (Drop Hit)
- FHs (Racquet Back)
- FHs (Ready Position)

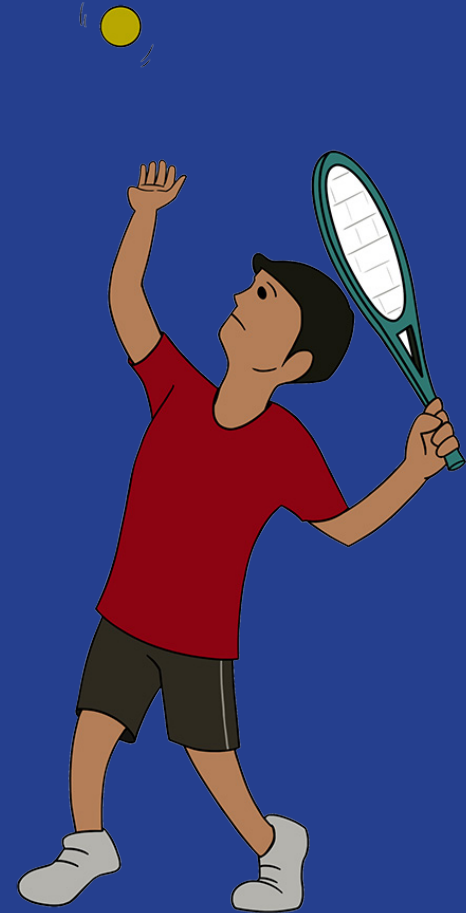
Intermediate

- FHs (Side-Step)
- FHs with Targets
- BHs
- Alternate FH/BH

Advanced

- FHs (Topspin)
- Point Building
- Rally

Serve



Step 7: Serves

1. Squeeze ball with fingers (palm facing up) with non-dominant hand. Starting at waist level and keeping a straight arm, toss arm to shoulder height and release the ball. Practice with a target on the ground.
2. From the service line, practice throwing the ball over the net with a service motion. A partner can practice catching the ball.
3. Place a tennis ball in each hand. Complete Step 1, and then Step 2, to throw the ball across the net.
4. With the racquet, practice toss and service motion without a ball.
5. Practice serves, beginning at the service line, before moving back to the baseline when ready.

Beginner

- Ball toss
- Service Box Toss and Catch
- Shadow motion

Intermediate

- Toss One, Hit One
- Serve from Racquet Back

Advanced

- Serve from Baseline
- Serve with Targets
- Serve with Spin