



ROGERS
First Set



U6 TENNIS

a tennis curriculum for starting players at the
Active Start stage



Introduction

U6 TENNIS, designed for children 3-5 years old, is the first step in the Active Stage part of Tennis Canada's new Whole Player Development Pathway. Designed to be delivered on or off the court, the U6 curriculum is built on two principles; Player Identity: helping players adopt the 'I am a tennis player' identity, and Player-Centered: activities fit for the child, rather than squeezing the child into the activities.

U6 TENNIS will jumpstart players' progress with general and tennis-specific games that will work on physical literacy (agility, balance, coordination), as well as emotional, mental and social skills. Activities are set up in a way that encourages active behaviour and discourages waiting in line.

The program incorporates the 6 fundamental movements that help build athletic development and success: running, jumping, throwing, catching, kicking and striking, as well as an introduction to friendly competition. All of this is done in a fun and engaging way that promotes the development of an active child with social and emotional skills such as cooperation, patience and self-control.



UNDERSTANDING 3-4 YEAR-OLDS

Source: CourtKidz

General Characteristics

1. They are energetic and imaginative
2. They want to feel successful and have fun
3. Fun = color, activity, noise, involvement
4. Boredom = long explanations and waiting in line
5. They understand some rules, but keep games focused on one thing at a time
6. They like routines and repetition
7. They like being with their friends, but generally want to perform tasks on their own, particularly in the early stages

Social and Emotional Development

1. They are very self-centered. Everyone else is secondary (try to use more individual activities)
2. Changes the rules of a game as it goes along
3. May name call and tattle freely
4. Will show tantrums over minor frustrations
5. Expresses anger verbally rather than physically (most of the time)
6. Has difficulty separating make-believe from reality

Physical Development

1. Walks a straight line
2. Hops on one foot
3. Jumps over low hurdles
4. Runs, jumps, hops around obstacles with ease
5. Can put together a puzzle of 4-12 pieces
6. Likes to climb
7. Tries to skip



Intellectual Development

1. Understand the concepts of "tallest, biggest, same, more, on, in and above"
2. Can follow two unrelated directions ("Take your shoes off and find your story book")
3. Can continue one activity for 10-15 minutes
4. Has basic understanding of concepts related to number, size, weight, color, texture, distance, position, and time
5. Understand and remembers own accomplishments
6. Enjoys singing simple songs, rhymes, and nonsense words
7. Asks/answers who, what, when and why questions

Introduction



UNDERSTANDING 5 YEAR-OLDS

Source: CourtKidz

General Characteristics

1. Energetic, enthusiastic, and cheerful
2. They like to plan and will eagerly discuss who will do what
3. More aware of the feelings around them
4. Best friends are very important
5. Some will be in kindergarten – Be sensitive to children arriving from school who may be tired, hungry, talkative, and wanting to share the day's happenings

Social and Emotional Development

1. Invents games with simple rules
2. Can take turns and share, but doesn't always want to (can do more partner activities)
3. Expresses anger and jealousy physically
4. Likes to test muscular strength and motor skills, but is not emotionally ready to compete
5. Often excludes other children in play—best friends only
6. May become bossy or sulky when others join in
7. Has a good sense of humor and enjoys sharing jokes with laughter and adults
8. Likes to try things and take risks
9. Likes to make decisions
10. Prefers company of one or two kids at a time



KEY CONSIDERATIONS FOR WORKING WITH 3-5 YEAR OLDS

When working with 3-5 year olds, it's vital to consider their short attention spans and developmental diversity. Based on maturity, they may or may not work well in pairs. Tailor activities accordingly, providing clear instructions and visual demonstrations. Patience and flexibility are key, nurturing a supportive environment that values effort over outcome. Encouraging inclusivity and teamwork fosters social skills and a sense of belonging.

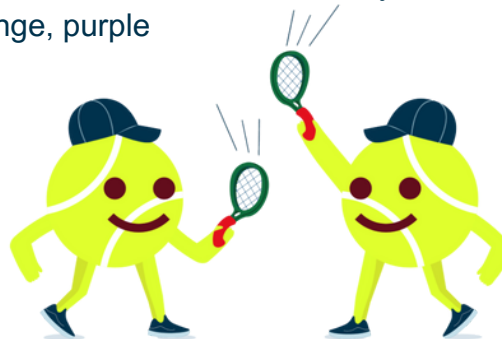


Physical Development

1. Learns to skip
2. Throws a ball overhead
3. Balances on either foot for 5-10 seconds
4. Left or right hand dominance is established
5. Can jump rope (long rope and short rope)
6. Can learn complex coordination skills like roller skating, riding a bike, striking a ball
7. Catches bounced balls
8. Walks down stairs alternating feet without using a handrail
9. Sleeps 10 or 11 hours at night

Intellectual Development

1. Has good attention span and can concentrate well
2. Likes to argue and reason: "Because...Why"
3. Is project minded: likes to plan buildings, play scenarios and dramatic play
4. Interested in cause and effect
5. Counts up to 10 objects
6. Knows basic colors like red, yellow, blue, green, orange, purple



Introduction



ENSURING SAFETY

Safety is paramount when working with 3-5 year olds due to their curiosity, limited risk awareness, and developing motor skills. Creating a safe environment with supervision, age-appropriate equipment, and hazard awareness prevents injuries and ensures a positive experience for young children during activities. Here is a general safety guide:

1. **Supervision:** Ensure adequate adult supervision.
2. **Equipment:** Inspect for damage and ensure age-appropriate gear.
3. **Warm-up:** Conduct structured warm-up sessions.
4. **Hydration:** Provide access to water and encourage breaks.
5. **Weather:** Monitor and adjust activities accordingly.
6. **Attire:** Ensure proper clothing and footwear.
7. **Playing Area:** Set up a safe, obstacle-free space.
8. **Injury Response:** Have a clear plan and first aid supplies.
9. **Sun Protection:** Apply sunscreen for outdoor activities.
10. **Communication:** Clearly communicate safety rules.
11. **Rest:** Schedule regular breaks to prevent fatigue.
12. **Emergency Procedures:** Ensure adults know emergency protocols.
13. **Age-Appropriate Activities:** Tailor activities to their level.
14. **Positive Reinforcement:** Encourage positive behavior.
15. **Reviews:** Regularly review safety protocols for improvements.



THE IMPORTANCE OF FEEDBACK & DIFFERENT FEEDBACK TYPES

In a 3-5 year old learner-centered sports setting, various feedback types are crucial in a child's fundamental development. Positive reinforcement praises efforts, constructive feedback gently corrects techniques, while visual and interactive feedback engages children in active-discovery and discussions about their performance, fostering growth and learning in a FUN way. At this stage, it is key to *connect* with the players first, build their *confidence* in order to start building a solid *character, culture* and *competence*.



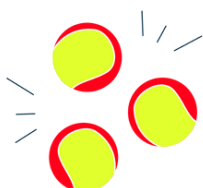
Tactical Feedback: Praising and guided discovery of how to score points / win. This will create good problem solvers who understand the game.



Behaviour/Good Habits Feedback: Praising effort, resilience, listening skills, taking turns/sharing, teamwork, problem-solving, curiosity, creativity, being organized, helpfulness, fair play.



Technical Feedback: Although the focus is more on the first two, having the correct form is important to set the stage for future development.





U6 SAFEGUARDING TIPS FOR COACHES

OKAY	NOT OKAY
 Training with athletes in an open/observable environment enforcing the Rule of Two	 Training alone with an athlete where others can't observe, not enforcing the Rule of Two
 Scheduling regular bathroom breaks, bringing your whole group to use the bathroom each time	 Sending athletes on their own to the bathroom only when athletes need to use the bathroom
 Ensuring your athletes are drinking plenty of water, eating, and wearing sunscreen and a hat	 Letting athletes look after themselves when it comes to water, food, and sun safety
 Providing feedback to an athlete in an open area	 Providing feedback to an athlete in a closed office
 Running exercise drills for training and development	 Using exercise as a form of punishment for not listening/achieving results
 Touching an athlete to demonstrate proper technique with their permission	 Touching an athlete unexpectedly or frequently for no reason
 Consoling or hugging an athlete when in need, initiated by the athlete	 Hugging a participant face-to-face for longer than 5 seconds
 Entering a changeroom for an emergency, announcing your entrance	 Being in the changeroom while athletes are changing



U6 SAFEGUARDING TIPS FOR COACHES

OKAY	NOT OKAY
 Speaking to athletes, other coaches, officials, or club managers respectfully	 Using intimidating, insulting or offensive language or actions towards others
 Managing athlete behaviors and discipline following policy	 Yelling, using abusive language, and/or neglecting an athlete
 Using kind and respectful language at all times around each athlete and respecting the child's boundaries and needs	 Using rude or sarcastic language with young children, disregarding their needs and boundaries
 Debriefing with the athlete's parents/guardians after each day, always reporting something negative with something positive	 Not updating the athlete's parents/guardian on any incidents involving their child, only reporting negative feedback
 Touching the athletes only to correct posture, help change if necessary, and to help apply sunscreen, always informing the athlete first	 Touching the athlete without warning when it is not relevant to do so
 Reporting maltreatment/misconduct	 Not reporting suspected maltreatment/misconduct
 Creating a safe, equitable and inclusive environment	 Creating an environment that is not positive, safe, and fun



COMMUNICATION WITH PARENTS

When communicating with parents, always communicate how you will be interacting with each athlete. When first meeting the athlete and the parents, be sure to introduce yourself as the athletes' coach and caretaker during their time with you. As their caretaker during this time you will be responsible for ensuring that they are comfortable and happy. To ensure that your athletes are safe you will have to come in direct contact with your athletes as they will need assistance with basic tasks. It is important to communicate each of the ways you will interact with each athlete, so parents and athletes have an understanding of what level of contact is expected between athlete and coach.

Communicate with parents' bathroom expectations to the parents and explain that you as the coach will schedule regular bathroom breaks to help prevent accidents. Should an accident occur then you and a supporting coach will be present to escort the athlete to change and help if needed. As the coach you will also be responsible for ensuring that the athlete has enough to eat and drink, should the athlete have any issues and choose not to eat that day it is important to update the parent and outline the ways you encouraged the athlete to eat. In addition to supporting with bathroom and food and water breaks, you are also expected to promote sun safety amongst the athletes. Always ensure that athletes are arriving each day with a hat and their own sunscreen, every two hours sun-screen needs to be re-applied to each athlete and you as the coach will be able to help apply sunscreen to ensure that athletes are protected from sun burns. Lastly you will also need to correct posture, athletes form and other tennis-related corrections.

Outline each of these ways that you will encounter each athlete and ask the parents if they have any concerns or any suggestions on how to help each athlete have the best experience possible. Ensure parents give consent and are aware of the ways in which you will contact their athlete.

Should an incident occur that is outside of normal and expected contact, be sure to let a supervisor and the parent know and outline what happened, if you are concerned about letting the parent know or unsure how to explain the situation, talk to a supervisor or a member of the safe sport team for further support and clarification. It is always helpful to be upfront with parents about how their child is doing in the program as it establishes a clear line of communication and helps to prevent any miscommunications between you and the parents.

You as the coach of U6 athletes have the privilege of introducing kids to their first experience with sport and will set the standard of what athletes can expect moving forward. By setting a high standard of athlete care you are helping to build a positive sport culture in Canada.

Introduction



CREATING GOOD HABITS FROM AN EARLY AGE

Establishing good habits as an athlete from an early age is crucial for success. Learning to listen, being a good sport, and sharing with others fosters effective communication, sportsmanship, and teamwork. These habits instill values of integrity and cooperation, shaping well-rounded individuals on and off the field. It is important to reinforce these habits and values through the feedback given during all activities.



THE POWER OF GAMIFYING EVERY ACTIVITY

Adding games or game-like elements to any activity will increase engagement, creativity and imagination. When kids play games, they naturally have more fun, and they learn and retain more information.

Here are some key considerations:

- incorporate **team games** as much as possible to promote community
- design activities that have progressions and **levels** of difficulty to suit everyone, so everyone is engaged and appropriately challenged (intrinsic)
- empower through **choice**: e.g. choose one from 2-3 game options; player can choose one special power (intrinsic)
- elements of **unpredictability**: surprise rewards, scarcity of lives, powers, tries, time
- incorporate **game mechanics**: points, badges, leaderboards, milestone unlocks, achievements, challenges, progress bars, etc. (extrinsic)



SUGGESTED SESSION STRUCTURE

30-min Session	45-min Session	1-hr Session
5 min Meet & Greet	5 min Meet & Greet	5 min Meet & Greet
5 min Run & Jump	10 min Run & Jump	15 min Run & Jump
5 min Throw & Catch	10 min Throw & Catch	15 min Throw & Catch
5 min Kick & Strike	10 min Kick & Strike	10 min Kick & Strike
5 min Compete	5 min Compete	10 min Compete
5 min Wrap-Up	5 min Wrap-Up	5 min Wrap-Up

Assumption: 1 activity = ~ 5 min including demo. Note: based on age, you may choose to only do 1-2 categories.



EQUIPMENT NEEDED

- mini nets
- red tennis balls
- [blue mini soccer ball](#)
- different sports balls
- mini bean bags
- line markers
- spot markers
- flat cones
- tall cones
- hoops
- balloons
- thick rope
- mini racquets
- [net-racquets](#)
- [velcro ball game](#)

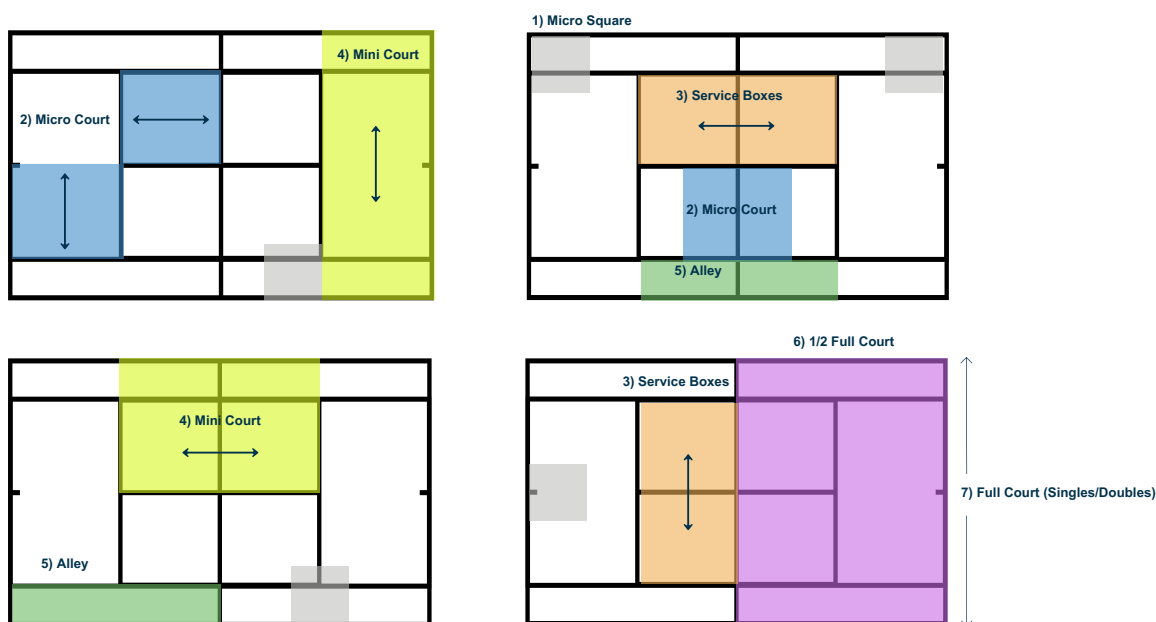
Introduction



ACTIVITY COURT DIMENSIONS

To make an activity more or less challenging, the activity can be run in an area that promotes players' success. The curriculum provides 7 different sizes and shapes of areas that can be used for many of the activities. The areas are not specifically connected to a particular age; they are simply used as tools to ensure an effective environment that is appropriate to the skill and maturity level of the players. Note: 3- and 4-year-olds may prefer to work independently.

- 1 **Micro Square:** Some activities in the U6 curriculum utilize a Micro Square to allow for a smaller court space to modify play for beginner players or individual activities organized in stations. Each Micro Square could be a station and it could be anywhere on or off the court.
- 2 **Micro Court:** Micro Court can be set up *widthwise* and *lengthwise*, with or without a net. This court size is ideal for both individual and partner activities.
- 3 **Service Boxes:** Can be used as a Service Box for an activity without a net or both Service Boxes over the regular net.
- 4 **Mini Court:** Can be set up *widthwise* for and *lengthwise* (includes the doubles alley). Remember, you can set up a full Mini Court widthwise behind the baseline.
- 5 **Alley:** The space between the singles and doubles sidelines; can be made even smaller.
- 6 **1/2 Full Court:** This court area is used as a play area for most U6 group activities and games.
- 7 **Full Court (Singles/Doubles):** This is the full regular tennis court and is used as a play area for most group activities and station games.



Menu of Activities

I Can RUN and JUMP

- | | |
|------|--------------------------|
| 1.1 | <u>Simon Says</u> |
| 1.2 | <u>Tree Tag</u> |
| 1.3 | <u>Court Parts</u> |
| 1.4 | <u>Animal Race</u> |
| 1.5 | <u>Caterpillar</u> |
| 1.6 | <u>Treasure Hunt</u> |
| 1.7 | <u>Sneak Up</u> |
| 1.8 | <u>Opposite</u> |
| 1.9 | <u>Traffic Light</u> |
| 1.10 | <u>Skittles</u> |
| 1.11 | <u>Stones</u> |
| 1.12 | <u>Merry Go Round</u> |
| 1.13 | <u>Bounce Around</u> |
| 1.14 | <u>One-Clap Two-Clap</u> |



I Can THROW and CATCH

- | | |
|------|---------------------------------|
| 2.1 | <u>Magician</u> |
| 2.2 | <u>Soldier Under the Bridge</u> |
| 2.3 | <u>Clap Juggles</u> |
| 2.4 | <u>Rainbow Tosses</u> |
| 2.5 | <u>Bowling / Knockout</u> |
| 2.6 | <u>T-Trick</u> |
| 2.7 | <u>Cat and Mouse</u> |
| 2.8 | <u>Baby Birdie</u> |
| 2.9 | <u>Mirror</u> |
| 2.10 | <u>Magnet Hands</u> |
| 2.11 | <u>Popcorn</u> |
| 2.12 | <u>Tidy Up</u> |
| 2.13 | <u>Bounce</u> |
| 2.14 | <u>Net-Racquets</u> |
| 2.15 | <u>Broken Telephone</u> |
| 2.16 | <u>Disaster</u> |

I Can KICK and STRIKE

- | | |
|------|-------------------------------------|
| 3.1 | <u>Foot Tennis</u> |
| 3.2 | <u>Goal!</u> |
| 3.3 | <u>Walking Ball</u> |
| 3.4 | <u>Egg on the Pan</u> |
| 3.5 | <u>Around the World</u> |
| 3.6 | <u>Traps</u> |
| 3.7 | <u>Alligator Sandwich</u> |
| 3.8 | <u>Sticky Strings</u> |
| 3.9 | <u>Pops Graduation</u> |
| 3.10 | <u>Ninja Chops</u> |
| 3.11 | <u>Floor Tennis / Rolling Rally</u> |
| 3.12 | <u>3-2-1 Pop Rallies</u> |
| 3.13 | <u>Balloon Bob (indoor game)</u> |
| 3.14 | <u>Block</u> |
| 3.15 | <u>Teeball</u> |
| 3.16 | <u>Catapult</u> |

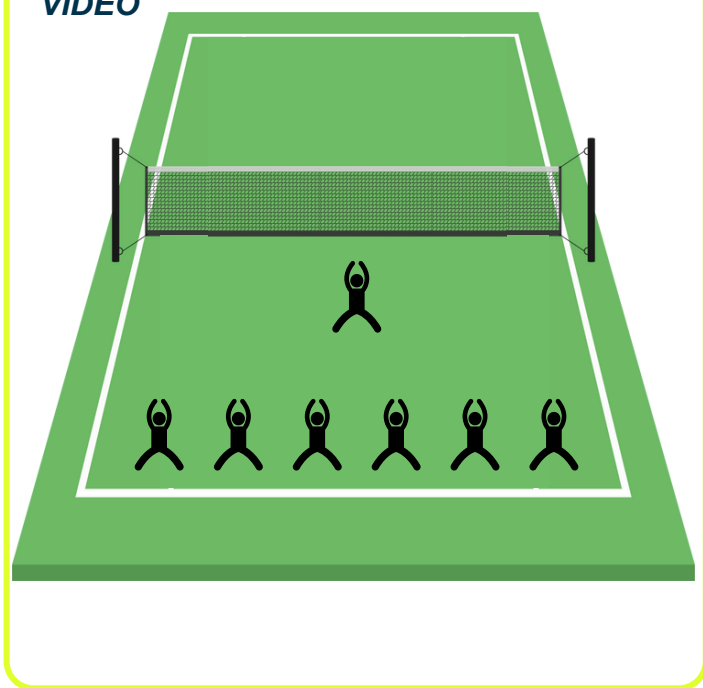
I Can COMPETE

- | | |
|-----|------------------------------|
| 4.1 | <u>Balloon Battle</u> |
| 4.2 | <u>Throw Battle</u> |
| 4.3 | <u>Ice-Cream Cone Battle</u> |
| 4.4 | <u>Floor Battle</u> |
| 4.5 | <u>Puddle Battle</u> |
| 4.6 | <u>Pop Battle</u> |

U6 TENNIS

I CAN RUN AND JUMP





Simon Says

ACTIVITY:

- Players will be lined up on the baseline.
- The coach will start as Simon.
- Simon will tell the players what to do (e.g. “Simon Says: Hands on your head!”).
- The game challenges will range from body parts awareness to simple fundamental movements to serve as warmup exercises.
- The exercises will start from low intensity and gradually increase to get the heart rate up.
- For example, the game can start with running and can progress with different movement, such as side shuffles, crossover steps, jumping, hopping, etc.

Teaching Tips:

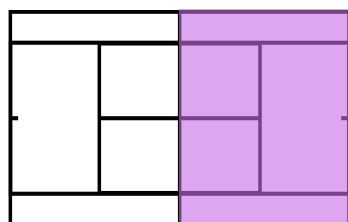
- There are various teaching points that can be given based on the activity. Keep it simple and fun.
- Try to trick the players by saying one thing and showing another, or not saying the phrase “Simon says”. They are only to do what “Simon says”, not what Simon shows without saying anything.

Feedback Tips:

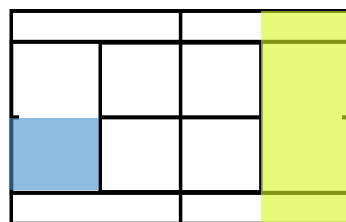
- Focus on praising players’ quick reaction and attentiveness.
- To make it fun, trick them, and say it after! (e.g. “AHA! I tricked you!!!”)

Recommended Court Dimensions:

Half of Full Court



Micro and Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

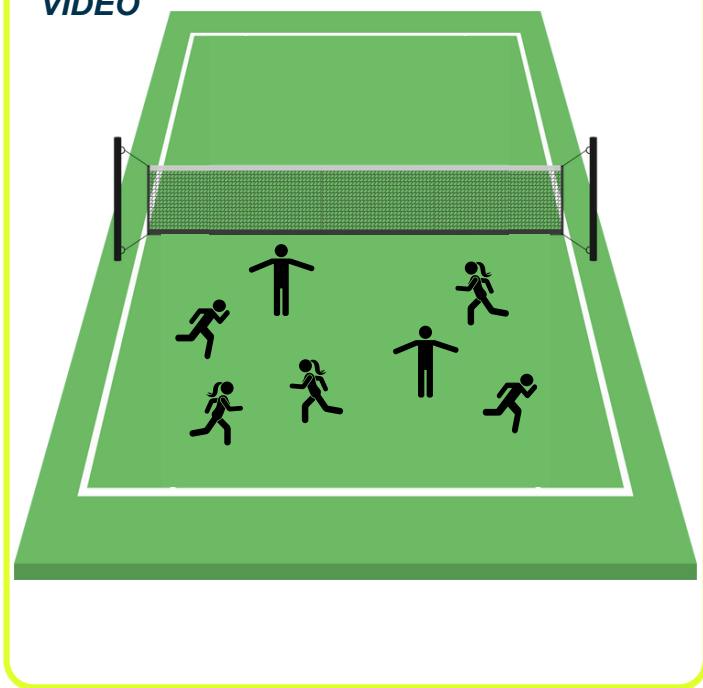


Ball Flight (As a Team)



Ball Flight (Individually)





Tree Tag

ACTIVITY:

- This is a regular tag game, played within the chosen boundaries.
- The person tagged must become a “tree”, by stopping and standing with their arms in a T-shape.
- To get back in the game, another player must run under the “tree’s arms” to release them.
- The game can start with running and can progress with different types of running, such as side shuffles, crossover steps, jumping, hopping, etc.

Teaching Tips:

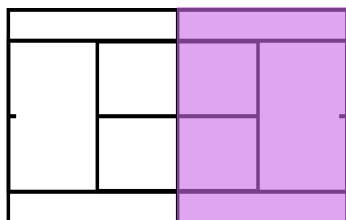
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.

Feedback Tips:

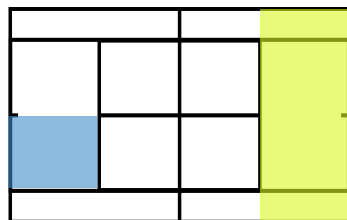
- “You are so fast!”; “Quick, go unfreeze this player!!!”
- If someone is frozen, encourage them to ask for help from the other players.
- “Way to be a team player by unfreezing the tree!”

Recommended Court Dimensions:

Half of Full Court



Micro and Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court. You can decrease the playing area depending on how young the players are or to make it more challenging. Make sure there is no other equipment on the court and in the vicinity, to ensure safety!

KEY:

Instructor



Player



Target



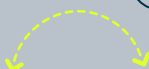
Drop Down Lines



Player Movement



Ball Flight (As a Team)

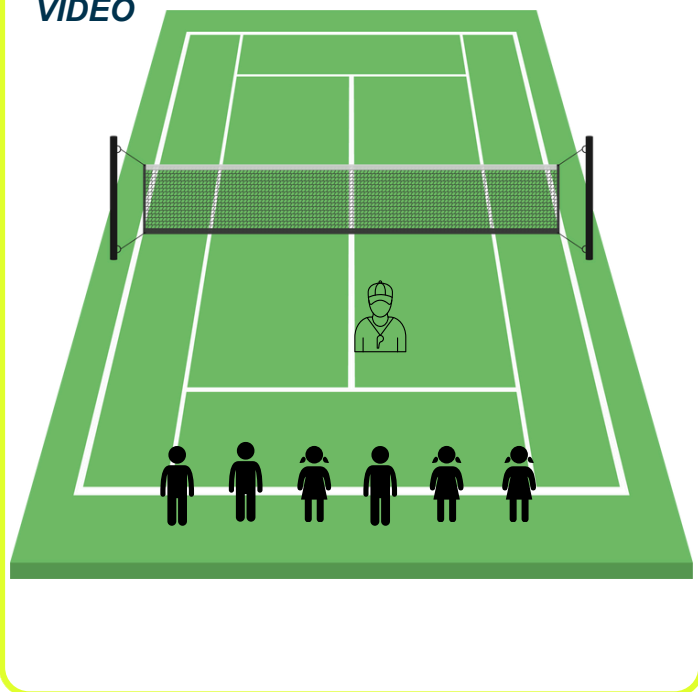


Ball Flight (Individually)





VIDEO



Court Parts

ACTIVITY:

- The coach calls out lines or other parts of the court or playing area.
- The players will try to get to that part as quickly as possible with a movement called out by the coach, such as running, side shuffles, skipping, high knees, jumping on one foot, etc.
- Lines/Parts of the court:
 - Baseline
 - Singles line
 - Centre service line
 - Service line
 - Doubles line
 - The net
 - The doubles alley
 - Deuce/Ad box
 - Wall/Fence/Bubble (if applicable)

Teaching Tips:

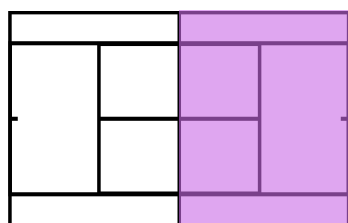
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.

Feedback Tips:

- “You are so fast!”; “Good job finding the right line/part!”; “What a great listener!”; “I couldn’t trick you!”
- “That’s right! There are two singles/doubles lines; go to the one that is closer to you!”
- Point to one part but call out another, to trick the players. Make it fun! (e.g. “AHA! I tricked you!!!”)

Recommended Court Dimensions:

Half of Full Court



Activity Set-Up Tips:

Be mindful of your environment and number of players. To ensure safety, have the players spread out at all times; try to avoid calling a small area if there are a lot of players in the game. Instead of eliminating the last person to get to the called part, reward the first person to get to each court part and have everyone play.

KEY:

Instructor



Player



Target



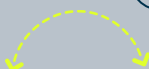
Drop Down Lines



Player Movement

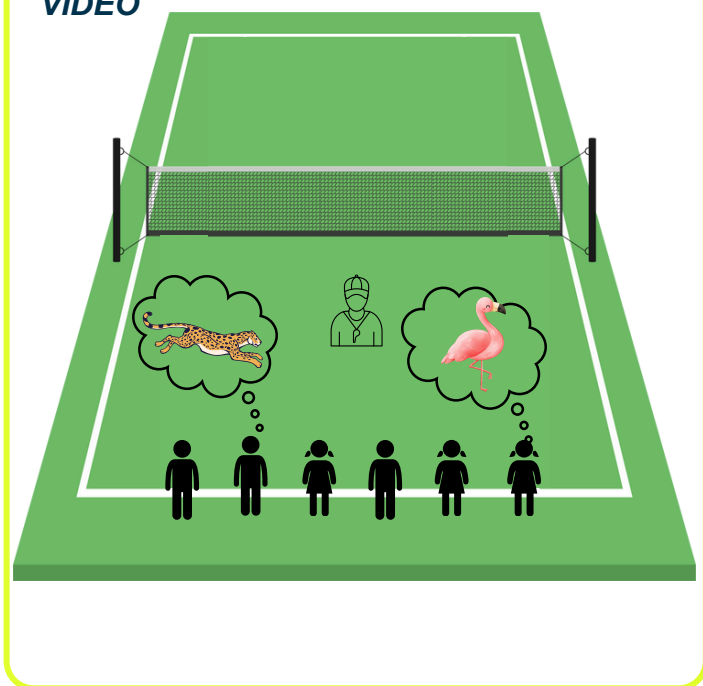


Ball Flight (As a Team)



Ball Flight (Individually)





Animal Race

ACTIVITY:

- The coach calls out an animal.
- The players run to the net and back in the manner shown (depending on the animal called).
- Suggested animals, from medium to high intensity/speed:
 - Flamingo (hop on one foot)
 - Frog (jumping from a squat position)
 - Elephant (stomping on the ground)
 - Monkey/Bear (could be on all fours)
 - Fox/Cat/Lynx (fast and sneaky, have fun!)
 - Kangaroo (jumping with both knees up)
 - Cheetah (sprinting, could add sound)
 - Eagle (sprinting using arms as wings)
- For this activity, encourage the players to also make up their animals, and show it themselves.
- This can also be played as team races, or with a ball that must either be caught or carried throughout the race.

Teaching Tips:

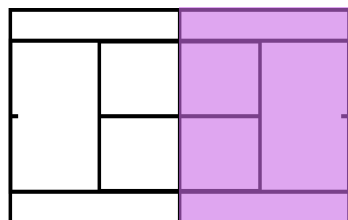
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.

Feedback Tips:

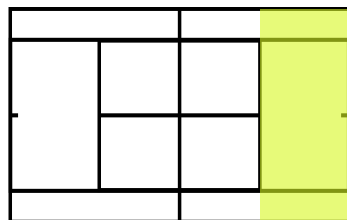
- “You are such a fast kangaroo!”; “What does a cheetah sound like?”
- If the players suggest their own animals: “What a great idea! Can you show us how this animal runs?”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



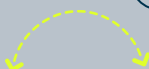
Drop Down Lines



Player Movement



Ball Flight (As a Team)



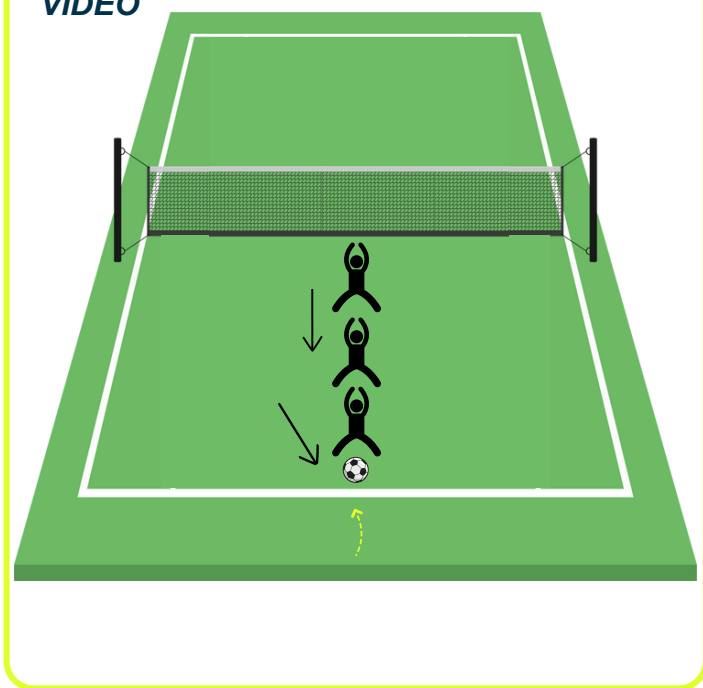
Ball Flight (Individually)



Caterpillar

ACTIVITY:

- The players line up in a single file.
- The coach rolls the ball slightly to the left or slightly to the right
- The players must create a “tunnel” using their legs and feet, and not get tagged by the ball.
- The ball must go through the entire tunnel without touching the players’ feet.
- If a player gets tagged by the ball, they move to the very back of the line.



Teaching Tips:

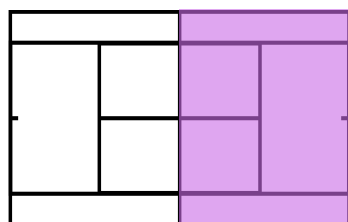
- Shuffle steps will allow you to move sideways easier. Keep a wide, low base.
- Crossover steps will help you cover more distance, quicker.

Feedback Tips:

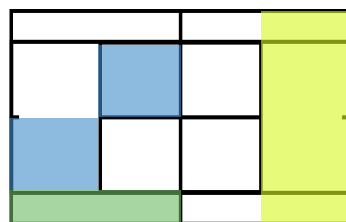
- Praise their quick reaction time and how well they’re paying attention.
- Try to trick them by shuffling quickly side to side and pretending to throw in one direction, but go the other. You could incorporate sound effects so they get excited when the ball rolls out.

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player. Line or circle spot markers could be useful to avoid players bumping into each other. Refer to their stance as “wide stance” or “wide feet”.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement



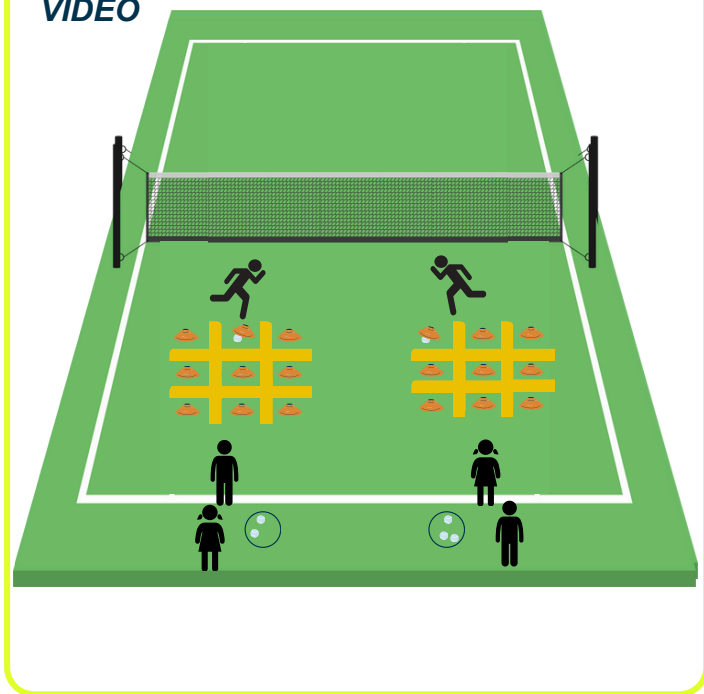
Ball Flight (As a Team)



Ball Flight (Individually)



Treasure Hunt



ACTIVITY:

- The coach sets a few cones on the court and hides a few treasures under a few cones while leaving some empty (the treasure can be a ball, a bean bag, or anything small).
- This game can be played as a team or individually. Each player or team will have a “treasure chest” set up for them.
- When the coach says “GO”, the players will run from the baseline to one cone and get to check only one cone at a time.
- If they find the treasure, they bring it to their “treasure chest” and continue to look for more.
- If they don’t find it, they will run back to the baseline and wait for their turn to check the cones again.
- This is a great memory game and will encourage teamwork if played in a team race setting.

Teaching Tips:

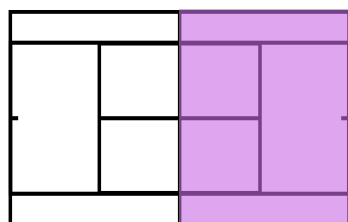
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.
- Try to pay attention to your teammates so you know which cones have already been checked.

Feedback Tips:

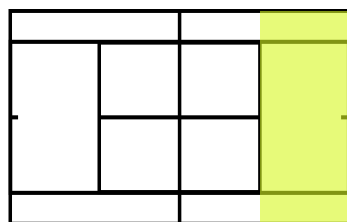
- “Way to be a good problem solver!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

Use small items such as miniature bean bags, small rubber bouncy balls, or anything that could fit under a cone. The goal is to not make the treasure obvious. Be creative with the equipment placement! For safety, it might be useful to use spot markers in the waiting area.

KEY:

Instructor



Player



Target



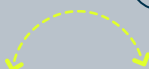
Drop Down Lines



Player Movement

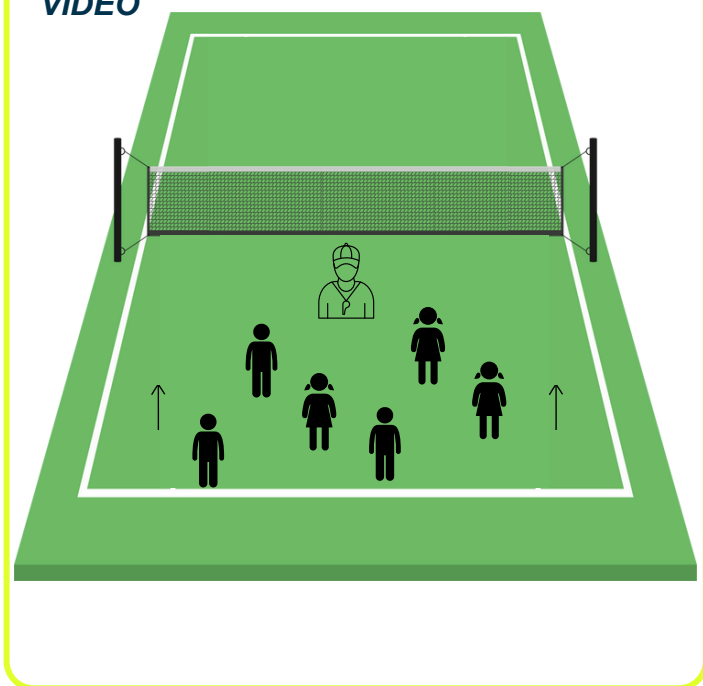


Ball Flight (As a Team)



Ball Flight (Individually)





Sneak Up

ACTIVITY:

- The players start at the baseline. Their goal is to make it to the net (or deemed finish point).
- Players will try to sneak from the baseline and continue to move to the net. The catch is that they can only move when the coach is not looking.
- When the coach turns around, they must freeze like a statue.
- If the coach catches them moving, the player(s) must go back to the starting point.
- This game can be played with out without a racquet.

Teaching Tips:

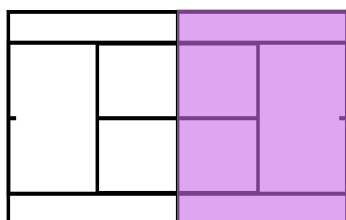
- Try to take firm and wide steps so it is easy to balance if you need to “freeze” suddenly.
- Take bigger steps and jump to cover more distance, quicker!
- Keep your eye on the coach at all times so you can anticipate when they will turn!

Feedback Tips:

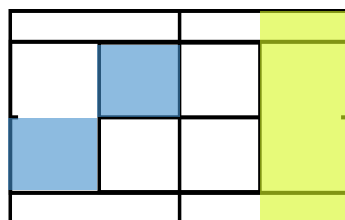
- “Way to find a solution and be sneaky!”
- “Great balance!”

Recommended Court Dimensions:

Half of Full Court



Micro or Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement



Ball Flight (As a Team)

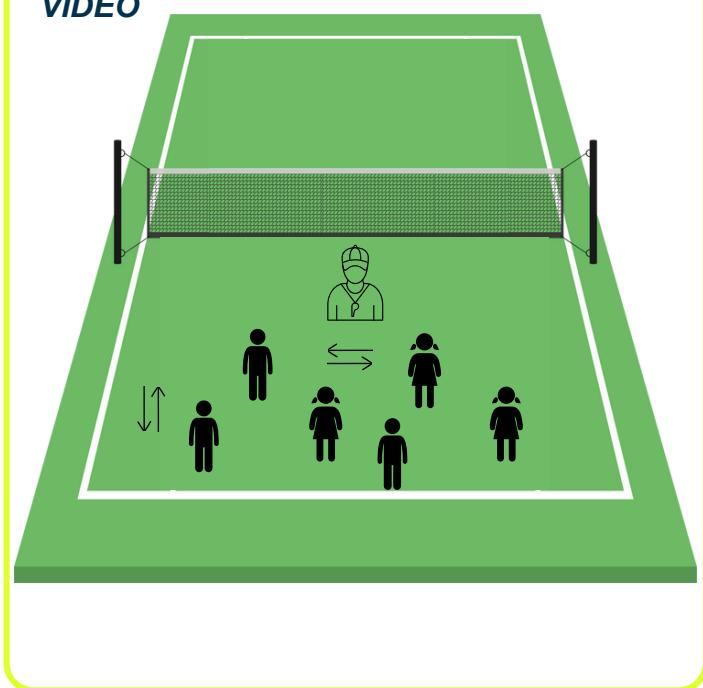


Ball Flight (Individually)





VIDEO



Opposite

ACTIVITY:

- This game can be played individually or in a team setting.
- In this game: fast means slow, run means walk, forward means backward, and so on.
- If the coach calls “small steps”, the players will walk around with big steps.
- To make it more challenging, there can be multiple calls with multiple meanings.

Teaching Tips:

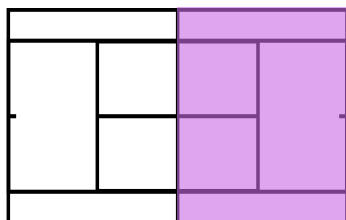
- It is important to have an athletic look at all times to be ready to change direction or activity.
- Try your best to stay focused and not necessarily copy those around you as they may not be right.

Feedback Tips:

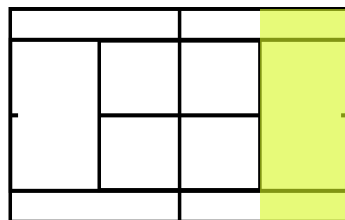
- “Great focus”; “Good athletic look!”
- Try to trick the players by showing something and doing something else. Make it fun!

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

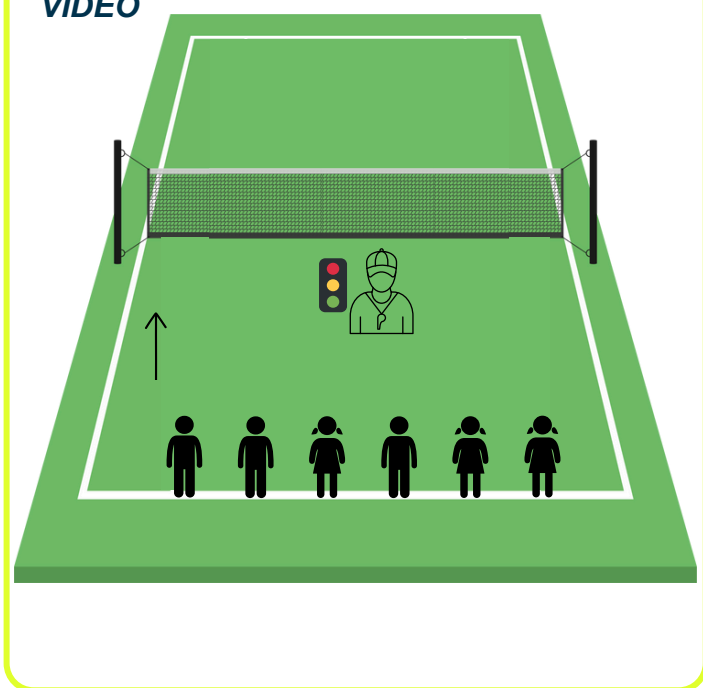


Ball Flight (As a Team)



Ball Flight (Individually)





Traffic Light

ACTIVITY:

- This game can be played individually or in a team setting.
- The players start at the baseline. Their goal is to make it to the net (or deemed finish point).
- The coach, who is the traffic controller, calls RED for STOP, YELLOW for WALK, and GREEN for RUN.
- If the players move on a RED light and get caught by the traffic controller, they must go back to the starting point.
- This game can be further developed by adding more colours and types of moving.
- Encouraging kids to create their lights and movements will make it even more fun!

Teaching Tips:

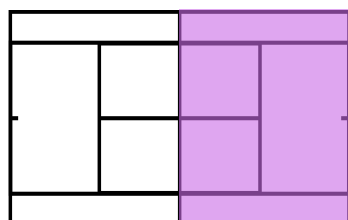
- It is important to have an athletic look at all times to be ready to change direction or activity.
- Try your best to stay focused and not necessarily copy those around you as they may not be right.

Feedback Tips:

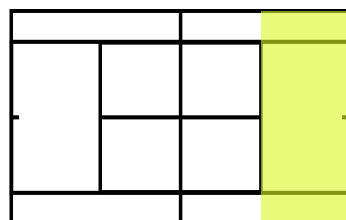
- “Great focus”; “Good athletic look!”; “That’s a great new colour, what does it do? Can you show us!?”
- Try to trick the players by calling a lot of colours at once. Add BLUE for BACKWARDS. Make it fun!

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

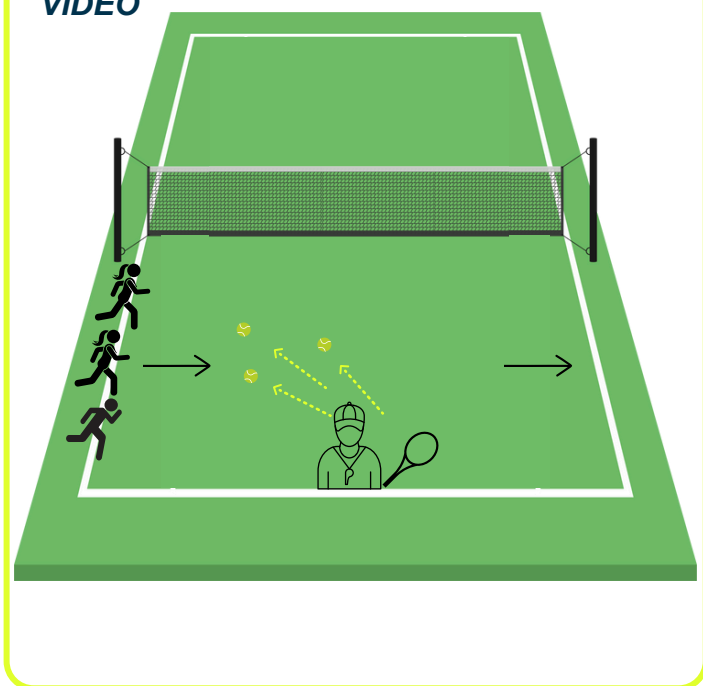


Ball Flight (As a Team)



Ball Flight (Individually)





Skittles

ACTIVITY:

- The coach stands on the service line or baseline while the players line up and stand on the doubles line.
- For this game, the coach will be throwing or gently hitting tennis balls at the players' feet.
- When the coach calls "Skittles", the players run to the other doubles line trying to dodge the incoming balls.
- If they get tagged, they need to pick up 1-3 balls (coach's choice) and put it in the coach's basket to get back in the game.
- To make this game more challenging, various movements (skipping, side-shuffles, crossover steps, etc.) can be added.

Teaching Tips:

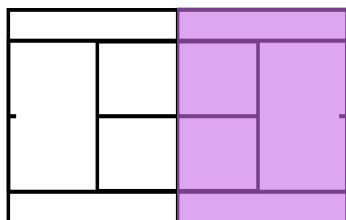
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.
- Jump when you see a ball getting close to you.

Feedback Tips:

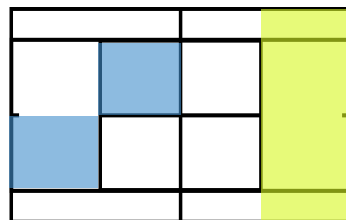
- Try to trick the players by calling out other random candy names, or other names that start with S.
- "You are so fast!"; "I cannot trick you!"

Recommended Court Dimensions:

Half of Full Court



Micro or Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement



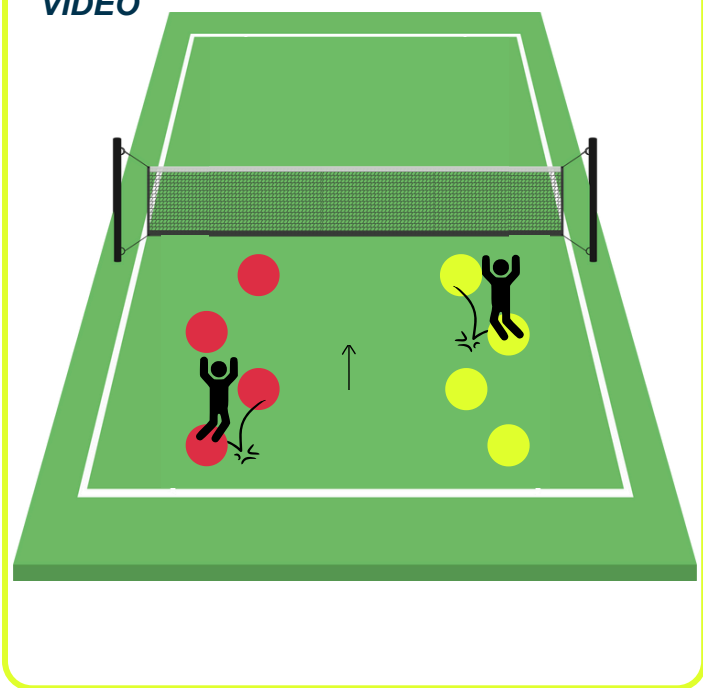
Ball Flight (As a Team)



Ball Flight (Individually)



Stones



ACTIVITY:

- Players will use round markers as stepping stones to stay off the rest of the court.
- They can hop with one foot or two feet from stone to stone.
- This game can be played individually or in a team race setting.

Teaching Tips:

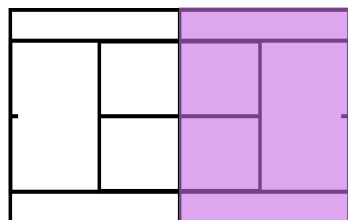
- Use your arms swing them back as you get ready to jump, and forward as you jump for better momentum!
- Use a slight bend in the knees to add to your jumping power!

Feedback Tips:

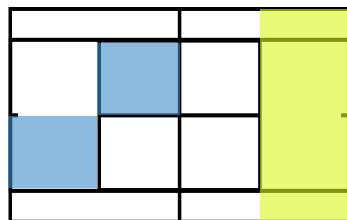
- Give feedback on their technique following the above Teaching Tips.
- Encourage players to step out of their comfort zone and jump longer distances. "Way to be brave!"

Recommended Court Dimensions:

Half of Full Court



Micro or Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes or waiting areas for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



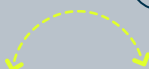
Drop Down Lines



Player Movement



Ball Flight (As a Team)

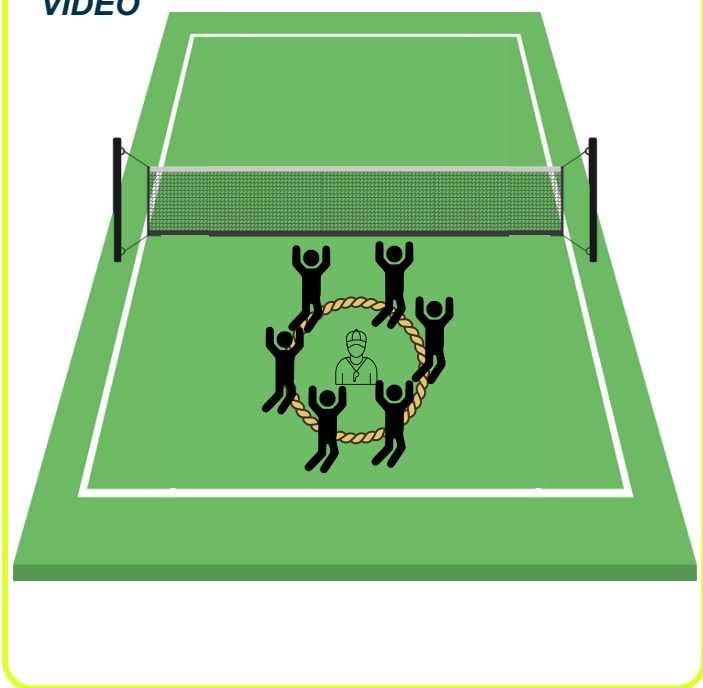


Ball Flight (Individually)





VIDEO



Merry Go Round

ACTIVITY:

- Players stand in a circle; the coach holds a rope and circles it round and round on the ground.
- The players jump over it as it reaches them.
- The coach can also use a racquet instead of the rope.
- You can use 3 lives for each player, if they lose them by getting tapped they would have to do an additional activity to stay in the game - please do not treat this as punishment, make it fun and fair!

Teaching Tips:

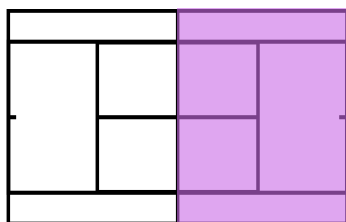
- Keep your head on the rope/racquet so you know when to jump.
- Use your arms swing them back as you get ready to jump, and forward as you jump for better momentum!
- Use a slight bend in the knees to add to your jumping power!

Feedback Tips:

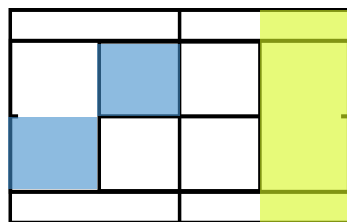
- Give feedback on their technique following the above Teaching Tips.
- As you go around faster, praise those who keep jumping and encourage those who get tapped.

Recommended Court Dimensions:

Half of Full Court



Micro or Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a spot marker in order to keep players safely spread out. Be careful with how fast you are spinning the rope; make sure it is a light rope so no player gets hurt. You can also use a racquet or a rubber band instead of a rope.

KEY:

Instructor



Player



Target



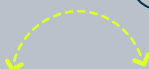
Drop Down Lines



Player Movement



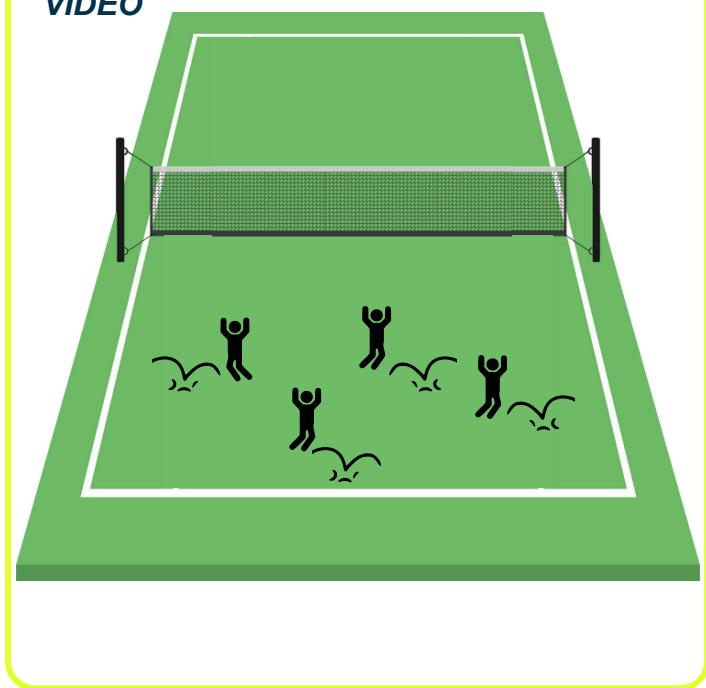
Ball Flight (As a Team)



Ball Flight (Individually)



Bounce Around



ACTIVITY:

- This is an open game, where the players jump at different speeds around the court at the coach's command.
- Some examples include: very fast, very slow, two feet together, feet apart, from one foot to another, etc.

Teaching Tips:

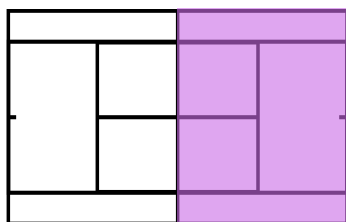
- Use your arms swing them back as you get ready to jump, and forward as you jump for better momentum!
- Use a slight bend in the knees to add to your jumping power!

Feedback Tips:

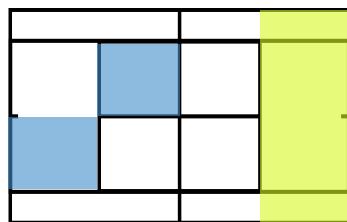
- Give feedback on their technique following the above Teaching Tips.
- Encourage players to step out of their comfort zone and jump longer distances. "Way to be brave!"

Recommended Court Dimensions:

Half of Full Court



Micro or Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Make sure there is no other equipment on the court and in the vicinity, and that players are always spread out, to ensure safety!

KEY:

Instructor



Player



Target



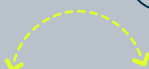
Drop Down Lines



Player Movement



Ball Flight (As a Team)



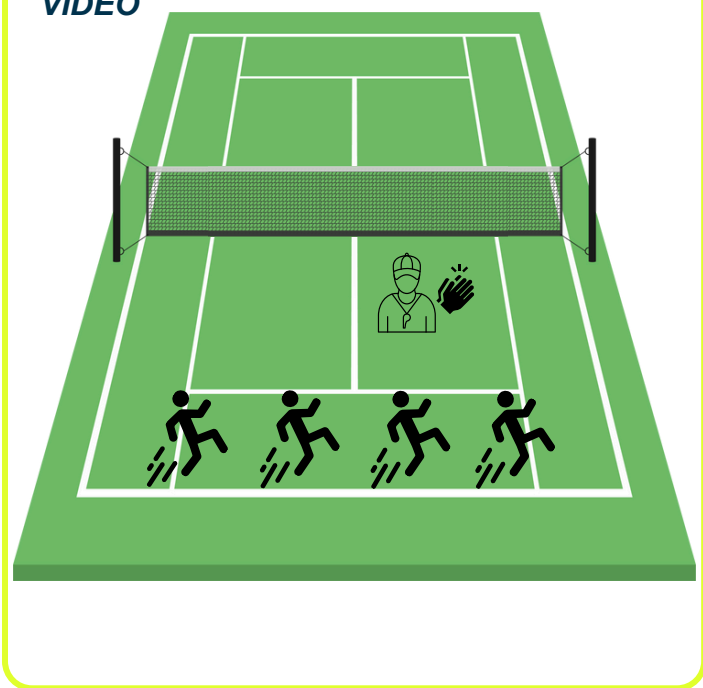
Ball Flight (Individually)



One-Clap Two-Clap



VIDEO



ACTIVITY:

- The coach claps and the players follow the different commands associated with the different claps, moving from the baseline to the net.
- Their goal is to be the first ones to make it to the net.
- For example, one clap means sprint forward and two claps mean backpedal.
- The coach can add cones, hurdles or a speed ladder and can easily turn it into an obstacle course.

Teaching Tips:

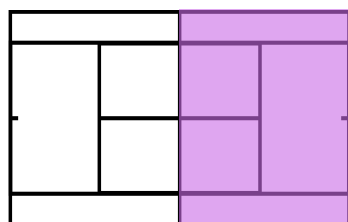
- It is important to have an athletic look at all times to be ready to change direction or activity.
- Try your best to stay focused and not necessarily copy those around you as they may not be right.

Feedback Tips:

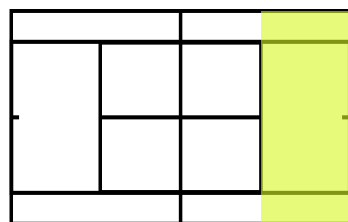
- “Great focus”; “Good athletic look!”; “I tricked you!!!”
- Try to trick the players by pretending to clap, or clapping many times / multiple commands. Make it fun!

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



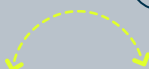
Drop Down Lines



Player Movement



Ball Flight (As a Team)

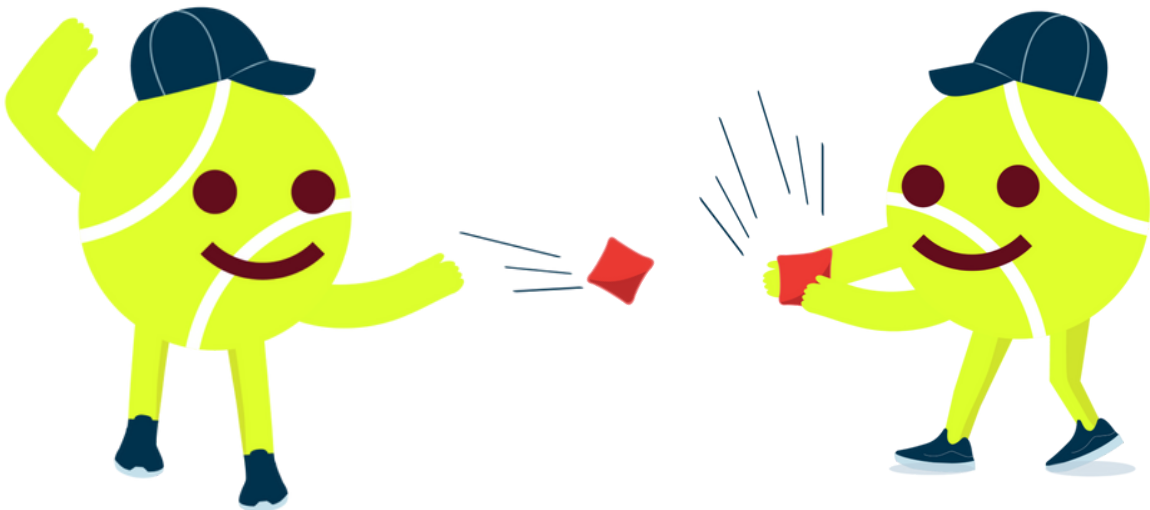


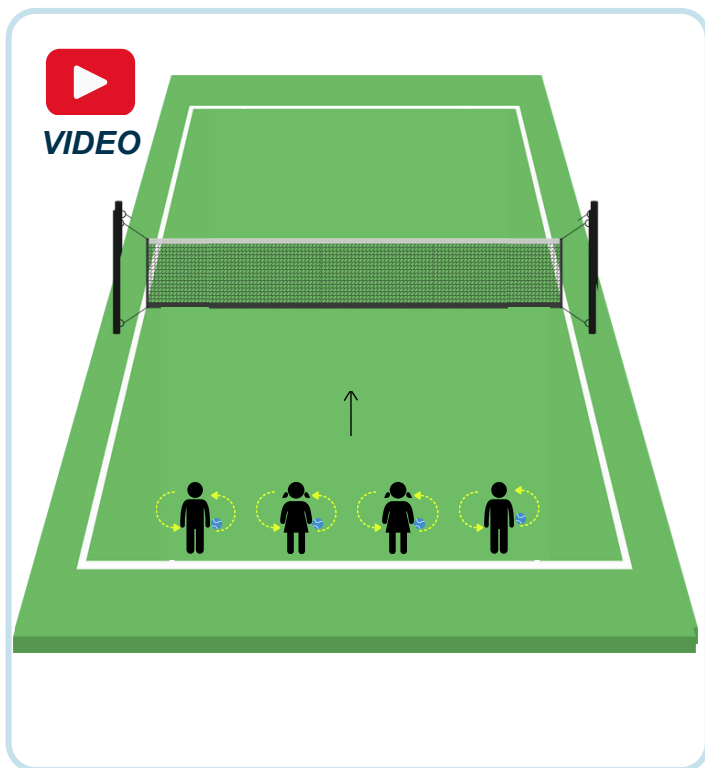
Ball Flight (Individually)



U6 TENNIS

I CAN THROW AND CATCH





Magician

ACTIVITY:

- Standing on the baseline, the players will individually pass the ball from one hand to the other around the waist.
- There are different variations and movements that can be incorporated (walking, jogging, backpedal, side shuffles, etc.).

Teaching Tips:

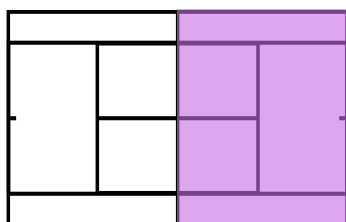
- Keep your head up when you run so you can see everything going on.
- Keep a wide stance and stay low when shuffling.

Feedback Tips:

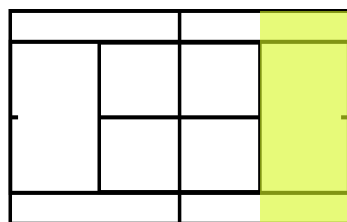
- “Great job being a good listener!”
- “You are a great multitasker!”
- “Great job staying low on the side shuffles!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

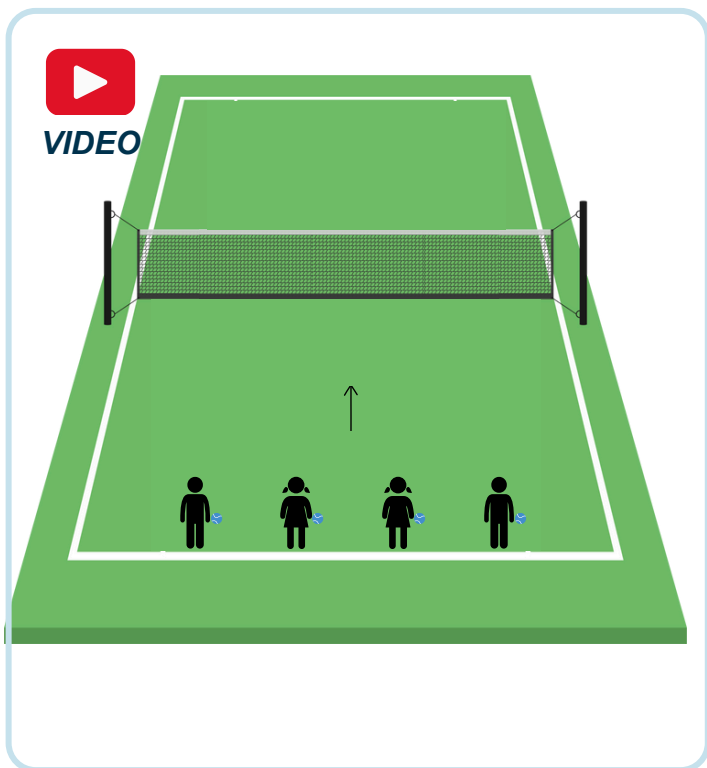


Ball Flight (As a Team)



Ball Flight (Individually)





Soldier Under the Bridge

ACTIVITY:

- Standing on the baseline, the players will individually pass the ball from one hand to the other under the knee, while lifting the knees up and keeping their back straight (like a soldier).
- There are different variations and movements that can be incorporated (walking, jogging, backpedal, side shuffles, etc.).

Teaching Tips:

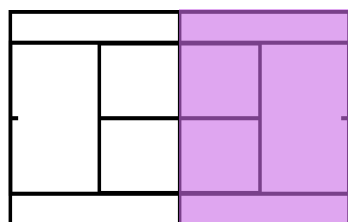
- Keep your head up when you run so you can see everything going on.
- Keep a wide stance and stay low when shuffling.
- Keep your back straight like a soldier!

Feedback Tips:

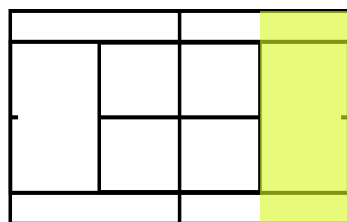
- “Great job being a good listener!”
- “You are a great multitasker!”
- “Great job staying low on the side shuffles!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



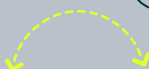
Drop Down Lines



Player Movement



Ball Flight (As a Team)

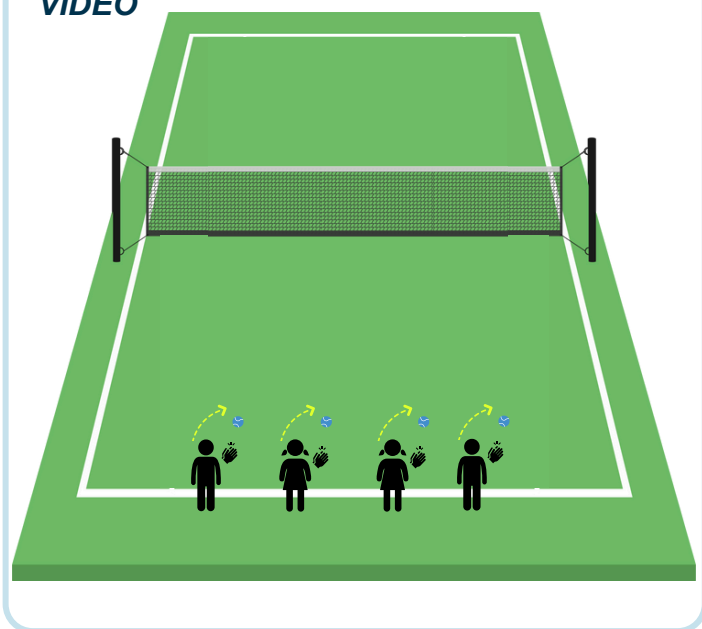


Ball Flight (Individually)





VIDEO



Clap Juggles

ACTIVITY:

- Standing on the baseline, the players will individually toss the ball underhand in front of the body, and catch after one bounce.
- There are different variations and movements that can be incorporated (walking, jogging, backpedal, side shuffles, etc.).
- For example, the players can start by throwing with both hands and catching with both hands, then just one, and then move on to clapping at the ball's peak or bounce.

Teaching Tips:

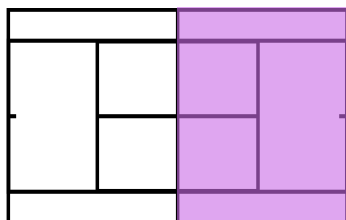
- Keep your head up when you walk/jog/run so you can see everything going on.
- Keep a wide stance and stay low when shuffling.
- Keep your back straight like a soldier!
- Toss a little higher if you need more time to clap before catching the ball.

Feedback Tips:

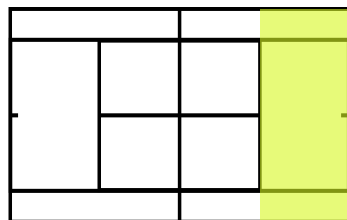
- "Great job being a good listener!"
- "You are a great multitasker!"
- "Great job staying low on the side shuffles!"

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



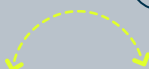
Drop Down Lines



Player Movement

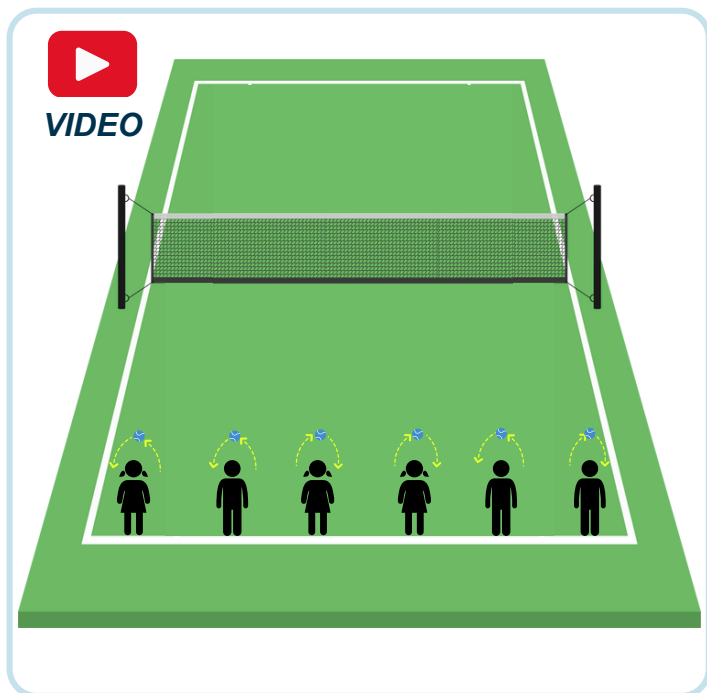


Ball Flight (As a Team)



Ball Flight (Individually)





Rainbow Tosses

ACTIVITY:

- Standing on the baseline, players toss the ball up underhand using their right hand towards their left hand, in the shape of the rainbow.
- They can catch the ball in mid-air or let it bounce.
- If doing right to left tosses, players can then switch direction.
- There are different variations and movements that can be incorporated (walking, jogging, backpedal, side shuffles, etc.).
- For example, you can add a clap at the peak or at the bounce, or change the orientation of the throw altogether to throw overhead and behind the player.

Teaching Tips:

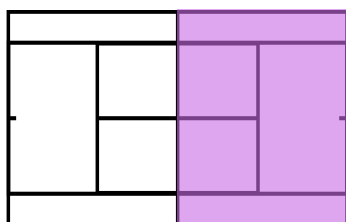
- Keep your head up when you walk/jog/run so you can see everything going on.
- Keep a wide stance and stay low when shuffling.
- Keep your back straight like a soldier!
- Toss a little higher if you need more time to clap before catching the ball.

Feedback Tips:

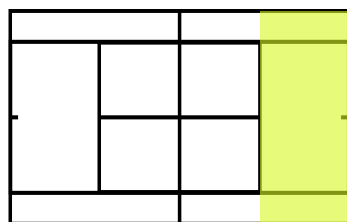
- “Great job being a good listener!”
- “You are a great multitasker!”
- “Great job tracking the ball with your eyes!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



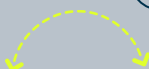
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Bowling / Knockout

ACTIVITY:

- This game involves aiming towards a target.
- Targets can include: line or coloured markers on the court, 3+1 ball towers, cones with or without tennis balls on top, racquets leaning on the net, wall or fence etc. - be creative!
- If the players use balls, roll or throw towards the target. If the players use bean bags, throw underhand or overhead towards the target.
- The coach will announce which target to be used for the specific round.
- This game can be played over the net as the players advance, and can be turned into a race. The more levels and variations of balls or bean bags and targets, the better and more fun!
- Eventually, they can use a racquet as well to catapult the ball off the racquet, and eventually self-feed to hit the target.

Teaching Tips:

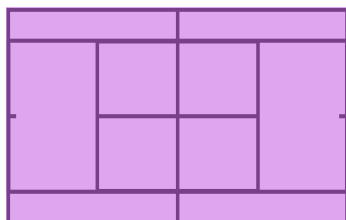
- Keep your body sideways when you throw/roll so you get more power by engaging your whole body.
- Point at your target with your hand or foot for as long as possible, so you are more accurate! (linked to hitting zone)

Feedback Tips:

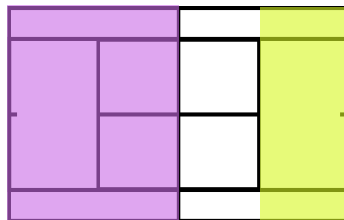
- “GOAL!!! Good job being sideways to score a powerful goal!”
- “Great job trying until you scored, never give up!”
- “Good job sharing the net and taking turns with your partner!”

Recommended Court Dimensions:

Full Court



Half of Full Court, Mini Court



Activity Set-Up Tips:

This game is usually played in stations spread on a full or half of a court, but can be smaller. Place a line or spot markers to show starting point, to allow players to move safely distanced apart as they move from station to station. Keep stations spread apart for safety.

KEY:

Instructor



Player



Target



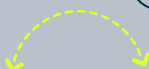
Drop Down Lines



Player Movement

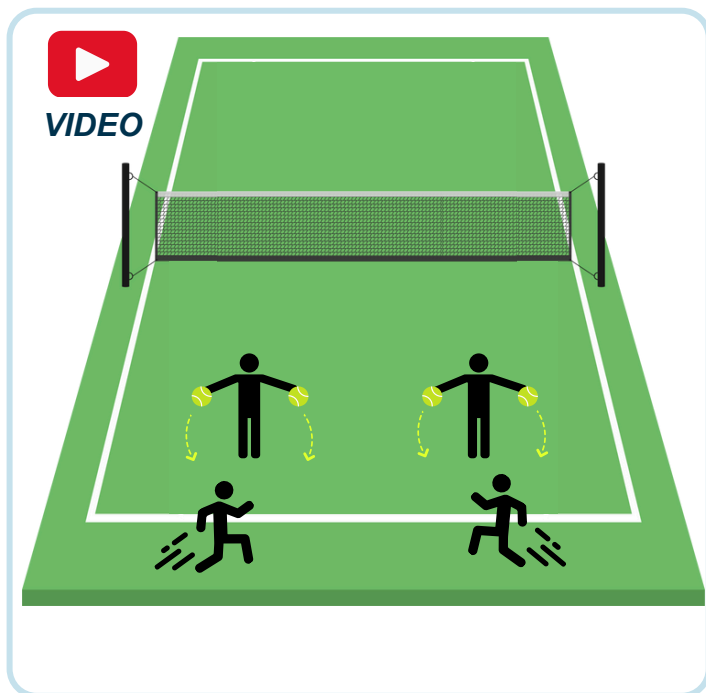


Ball Flight (As a Team)



Ball Flight (Individually)





T-Trick

ACTIVITY:

- One player stands on the baseline while the other player is 1 meter apart.
- Player A holds arms in a T-position holding a ball in each hand.
- Player A only drops one of the two balls while Player B tries to catch it after “X” number of bounces. After 3-5 rounds, switch roles.

Teaching Tips:

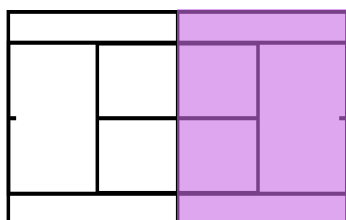
- Your first two steps are the most explosive ones (make sure you show this to your players).
- The T person should keep their hands at the same height as their shoulders; they tend to go higher or lower. Their palms should be facing down, and they are only to drop one ball.
- The runner can start in a wide, “ready” position with active feet, with their eyes focused on the balls.

Feedback Tips:

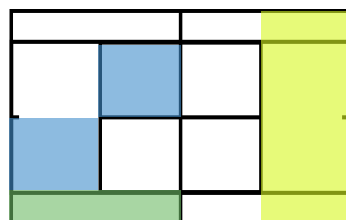
- “You are/react so fast!”
- “Oh no! You got tricked!!!”
- “Way to make it challenging for your partner!”
- “Do you want to try the next level (further back)?”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

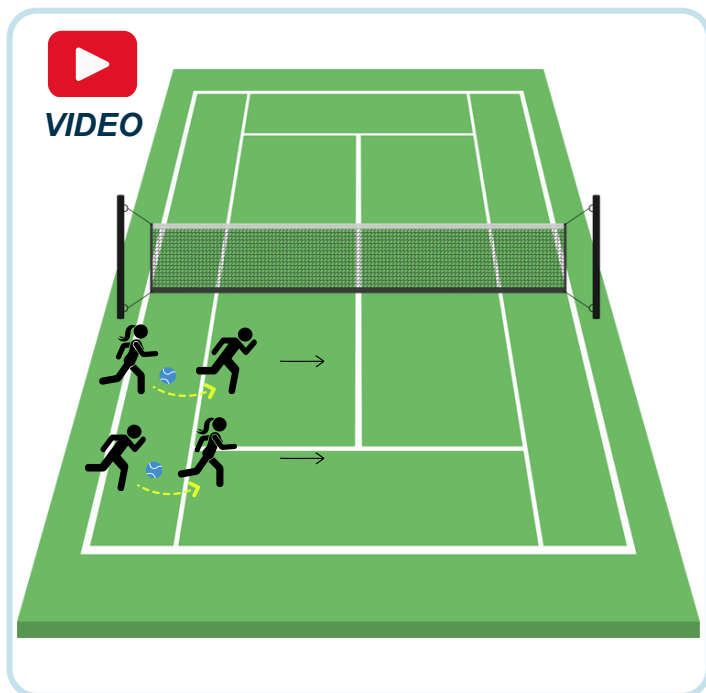


Ball Flight (As a Team)



Ball Flight (Individually)





Cat and Mouse

ACTIVITY:

- The game starts out by forming pairs.
- Standing on the baseline (or doubles line), one player will be “the cat”. The cat must stay balanced, with a low and wide stance, eyes forward, waiting for the ball to appear in front of them.
- The cat is not allowed to look back; only forward or down.
- Behind the cat is “the mouse” - the other player who has the ball.
- The mouse will roll the ball on the ground between the cat’s feet.
- The cat will chase the ball and catch it before it reaches a set target (with or without a racquet).
- Once caught, the cat can run and switch roles to become the mouse, or they can throw it overhead to the mouse from the same position where the ball was caught, and repeat.

Teaching Tips:

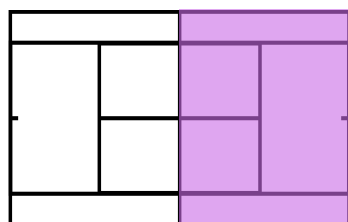
- Have a long and slow swing, keeping your hand and arm pointed to your target for as long as possible.
- Cat: keep a low, wide stance, and active feet to be ready to run for the ball once it shows up.
- Cat: use the first two steps as the fastest/most explosive steps to gain speed. Big steps = fast!

Feedback Tips:

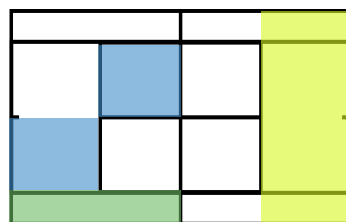
- “You are/react so fast!”
- “You are a sneaky mouse! Way to challenge the cat!”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

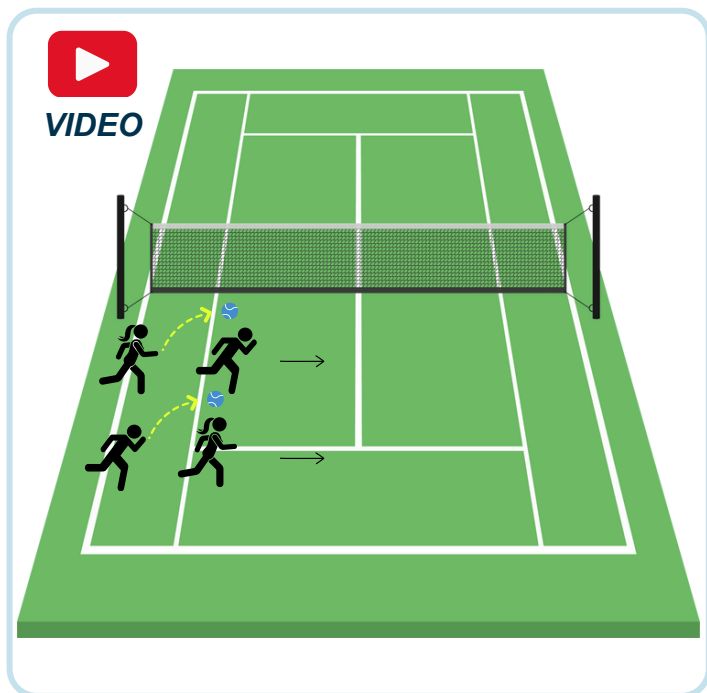


Ball Flight (As a Team)



Ball Flight (Individually)





Baby Birdie

ACTIVITY:

- The game starts out by forming pairs. Standing on the baseline, one player – “The Baby Birdie” – is balanced, standing low and wide, looking forward waiting for the ball – the bird food - to appear in front of them.
- The Baby Birdie is not allowed to look back; only forward or up. Behind The Baby Birdie is the Mama Bird - the other player who has the ball. The Mama Bird will toss the ball underhand, low-to-high, over The Baby Birdie’s head. The Baby Birdie will chase the ball and catch it before it reaches a set target.
- Once caught, The Baby Birdie can run and switch roles to become The Mama Bird, or they can throw it overhead to The Mama Bird from the same position where the ball was caught, and repeat.

Teaching Tips:

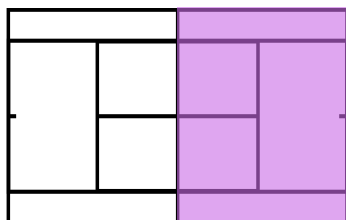
- Have a long and slow swing, keeping your hand and arm pointed to your target for as long as possible.
- Baby Birdie: keep a low, wide stance, and active feet to be ready to run for the ball once it shows up.
- Baby Birdie: use the first two steps as the fastest/most explosive steps to gain speed. Big steps = fast!

Feedback Tips:

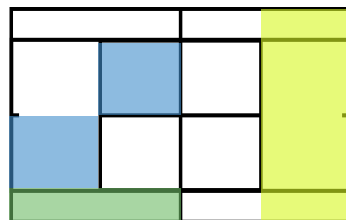
- “You are/react so fast!”
- “You are a sneaky Mama Bird! Way to challenge the Baby Birdie!”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

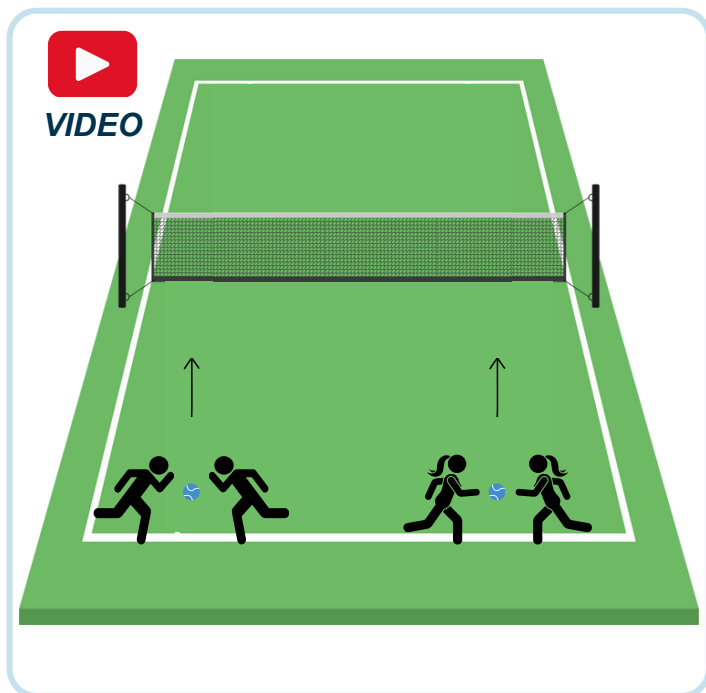


Ball Flight (As a Team)



Ball Flight (Individually)





Mirror

ACTIVITY:

- In this game, players will start out by partnering up and facing each other.
- Following the direction given by the coach, they will side shuffle and pass the ball between each other in various ways, such as mid-air, bounce, different hands, etc.
- This activity can turn into a timed race between pairs, where they score a point if they complete the activity from one point to another (e.g. baseline to net) without dropping the ball. The pair that scores the most points wins.

Teaching Tips:

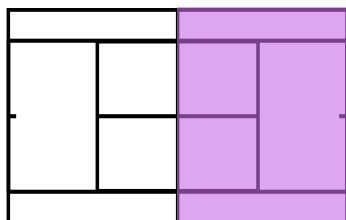
- Throw the ball underhand so it slows down and creates a rainbow shape, easy to catch!
- Have a long and slow swing, keeping your hand and arm pointed to your target for as long as possible.
- Bounce the ball half way between you and your partner, medium speed, to make it easier to catch!
- Stay wide and low when shuffling.

Feedback Tips:

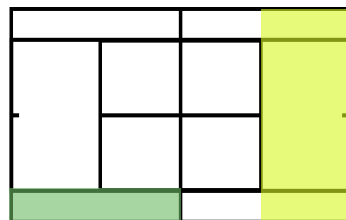
- “Great teamwork!”
- “Great focus!”
- “Good job staying on task while also staying low and side shuffling!”

Recommended Court Dimensions:

Half of Full Court



Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

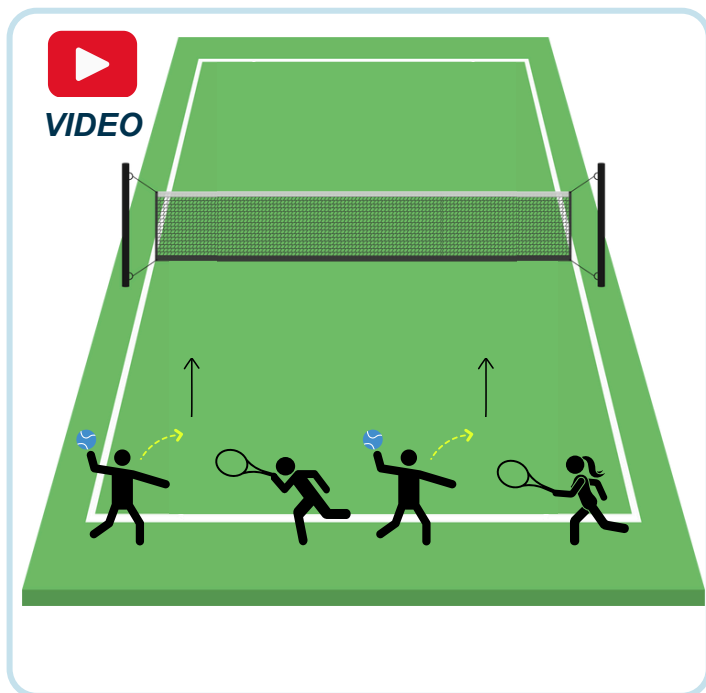


Ball Flight (As a Team)



Ball Flight (Individually)





Magnet Hands

ACTIVITY:

- Players will partner up and face each other. Optional: over the net.
- One player will be the thrower while the other is the catcher.
- The thrower will use either a ball or a bean bag.
- The catcher will use either their hand, a velcro catch game pad, a net racquet or a racquet to catch the ball or bean bag.
- The racquet catch skills can be further explored in part 3 of this curriculum. The thrower and catcher will switch roles every round.
- The thrower will be balanced, creating an arch over the net (if applicable), while the catcher will be in a ready position (ready feet and/or with racquet).

Teaching Tips:

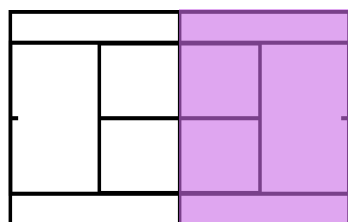
- Throw the ball underhand so it slows down and creates a rainbow shape, easy to catch or tap!
- Have a long and slow swing, keeping your hand and arm pointed to your target for as long as possible.
- Keep 2 racquet lengths distance from your partner so you both have enough space to move.
- When holding the racquet, keep your palm facing up; the racquet is your new palm, and you catch!
- Stay wide and low when shuffling.

Feedback Tips:

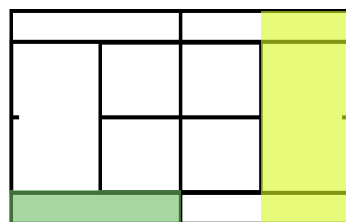
- “Great teamwork!”
- “Great focus!”
- “Good job staying on task while also staying low and side shuffling!”

Recommended Court Dimensions:

Half of Full Court



Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

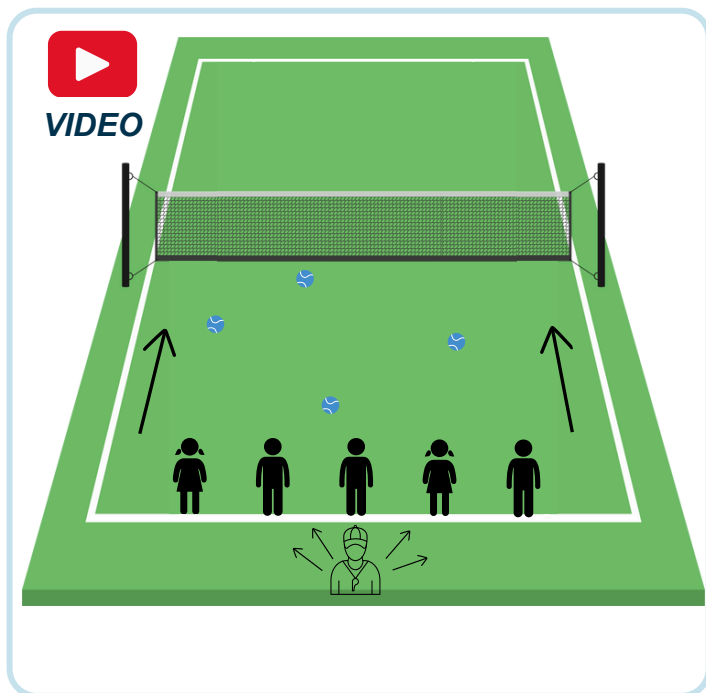


Ball Flight (As a Team)



Ball Flight (Individually)





Popcorn

ACTIVITY:

- For this game, use 1 fewer balls than there are players.
- All players start on the baseline, facing the net.
- The general rule is that they cannot look back to see the coach throwing the balls.
- After the coach throws the ball (without giving them a “GO”), all players will run and try to catch one for themselves.
- Whoever is left without a ball is eliminated and becomes the coach’s helper when throwing.
- The next round of throwing will have one less ball each time there is one less player.

Teaching Tips:

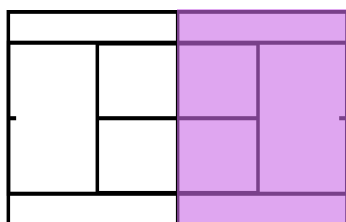
- Be ready with a wide stance and happy feet, and eyes focused on the ball for a quick reaction!
- Use the first two steps as the most “explosive” steps to be faster!
- Pump your arms when running for better momentum.
- Reach your hand out in front as soon as possible for a higher chance to catch the ball.
- The person that is eliminated can become the coach’s helper to throw; make it tricky!

Feedback Tips:

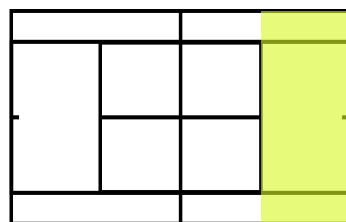
- “You are/react so fast!”
- “Oh no! You got tricked!!!”
- “Way to be focused!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

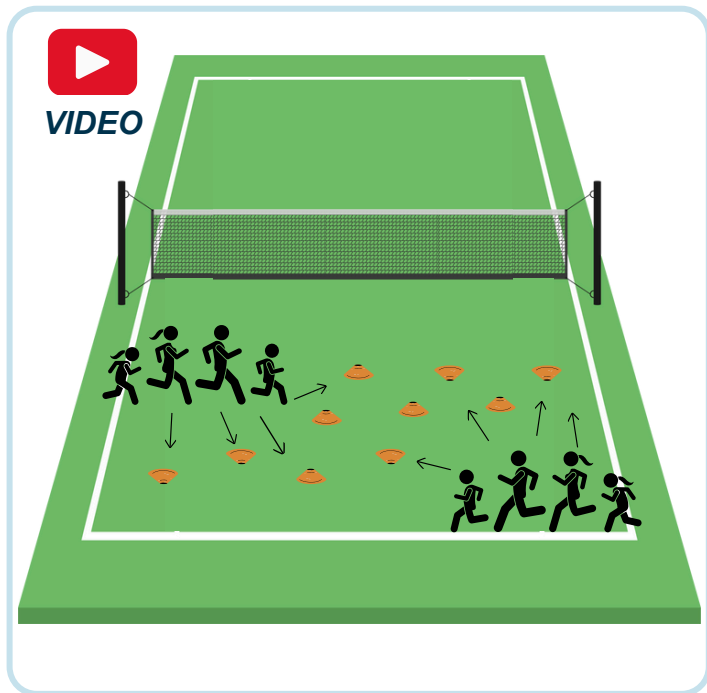


Ball Flight (As a Team)



Ball Flight (Individually)





Tidy Up

ACTIVITY:

- Two teams will compete against who gets the cones “messy” = upside down, or “tidy” = correct position.
- The coach will time them, and the team with the most cones in a certain way wins.

Another version of this game:

- Two teams will compete against who gets the most balls thrown on the opposing team’s side of the net
- The throws must be done overhead, from a designated line at a reasonable distance away from the net; only one ball at a time can be thrown.
- The team with the least balls on their court wins.

Teaching Tips:

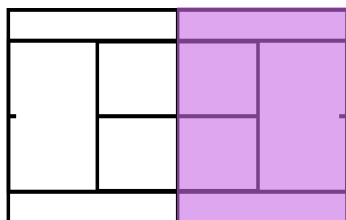
- Keep your head up when you run so you can see everything going on.
- Pump your arms when you run to go faster.
- If playing the throwing version, throw from a sideways position to have a more powerful throw.

Feedback Tips:

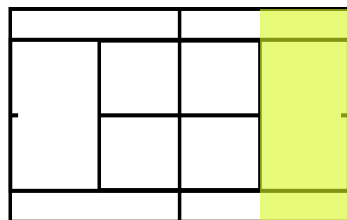
- “Way to be a team player!”
- “You are so fast/tidy!”
- “Great focus!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

For safety, ensure there is enough space between each player or pair of players. Line or circle spot markers could be useful to avoid players bumping into each other. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



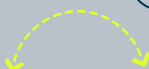
Drop Down Lines



Player Movement

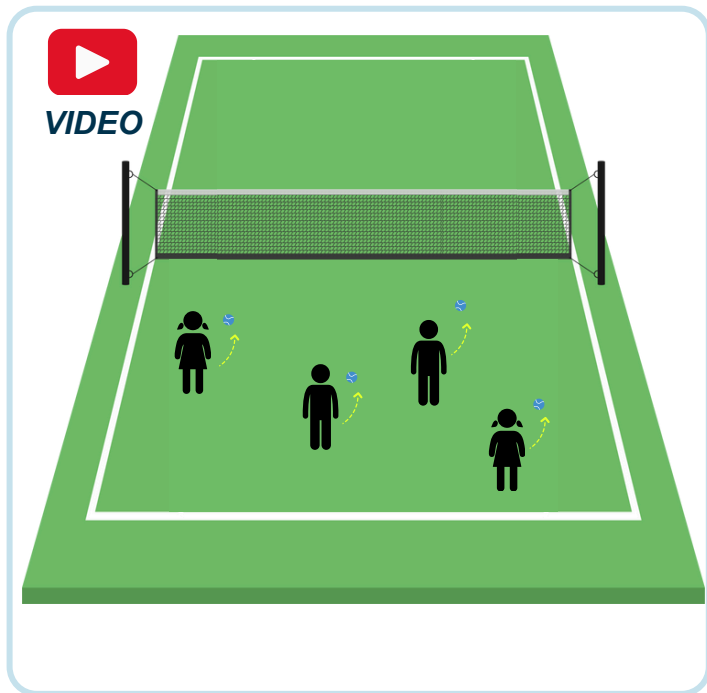


Ball Flight (As a Team)



Ball Flight (Individually)





Bounce

ACTIVITY:

- Players hold on to a small ball. They will toss it up to themselves and try to catch it after one bounce.
- They must shout “BOUNCE” every time the ball hits the ground and shout “CATCH” when they catch it.
- This can advance to using a racquet and trying to toss the ball up, let it BOUNCE, and then tap the ball up, by calling “TAP” at contact (use the word “tap” instead of “hit”, so the kids don’t hit too hard).

Teaching Tips:

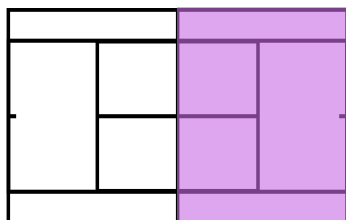
- Throw the ball underhand so it slows down and creates a rainbow shape, easy to catch or tap!
- Have a long and slow swing, keeping your hand and arm pointed up for as long as possible.
- Keep 2 racquet lengths distance from others so you have enough space to move.
- When holding the racquet, keep your palm facing up; the racquet is your new palm, and you catch!
- Hold your racquet strings facing the sky so the ball goes straight up and you don’t have to chase it!

Feedback Tips:

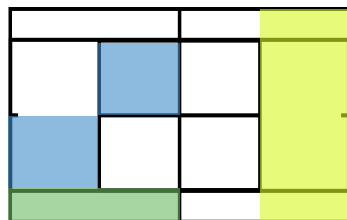
- “Great rainbow shape ball!”
- “Great focus!”
- “Good job saying BOUNCE and TAP out loud!”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player. Line or circle spot markers could be useful to avoid players bumping into each other, especially when using their racquets. It is advised to create areas for the players to move safely distanced apart if doing this drill moving up and down.

KEY:

Instructor



Player



Target



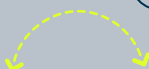
Drop Down Lines



Player Movement

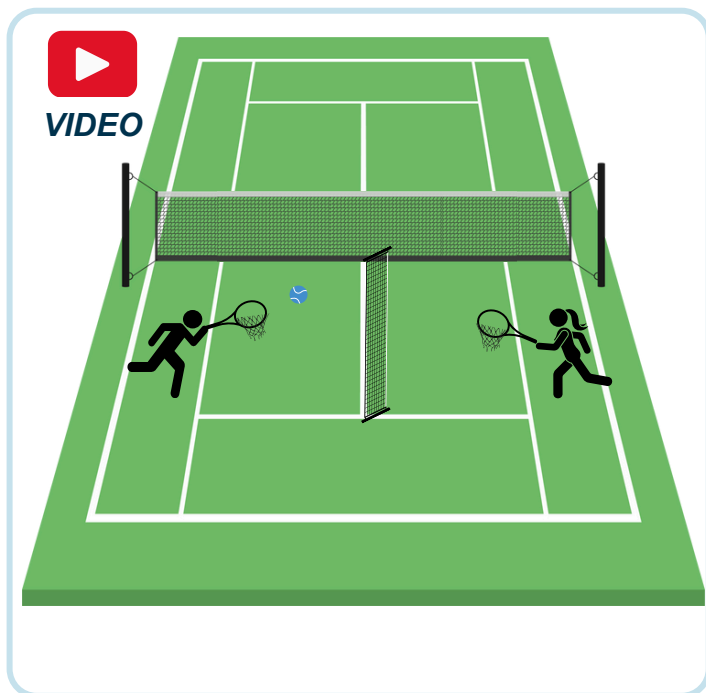


Ball Flight (As a Team)



Ball Flight (Individually)





Net-Racquets

ACTIVITY:

- Players start in the ready position using the net-racquet.
- The coach throws the ball away from the players or side-to-side.
- The players must catch the ball in the net-racquet after one bounce.
- This game can be played in pairs as well to mimic rallying, where one player throws the ball either with their hand or using the net-racquet, and their partner catches the ball directly into their net-racquet.

Teaching Tips:

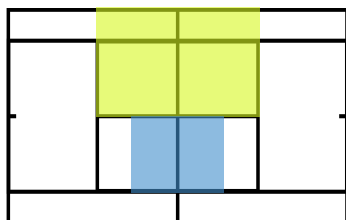
- Keep the net-racquet face up facing the sky, as if you're using your own palm to catch.
- Pass the ball slowly so you can control it better.
- Try to create a rainbow shape with your ball, so your partner can easily catch it.
- After passing the ball, recover to a central home-base to be ready for the next incoming ball!

Feedback Tips:

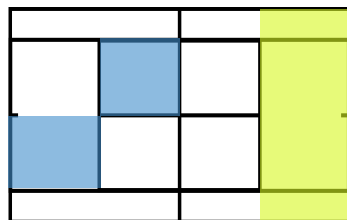
- "Great teamwork!"
- "Good control of your ball!"
- "Great rainbow shape of your ball!"
- "Good job throwing the ball slowly!"
- "Way to keep a stable net-racquet!"

Recommended Court Dimensions:

Mini & micro court
lengthwise



Micro, Mini Court
widthwise



Activity Set-Up Tips:

Depending on how this game is played, it is important that participants have a clear understanding on how to use the equipment. As well, have set line markers as their "home base", especially if playing on a smaller court in partners, to avoid bumping into each other.

KEY:

Instructor



Player



Target



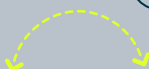
Drop Down Lines



Player Movement

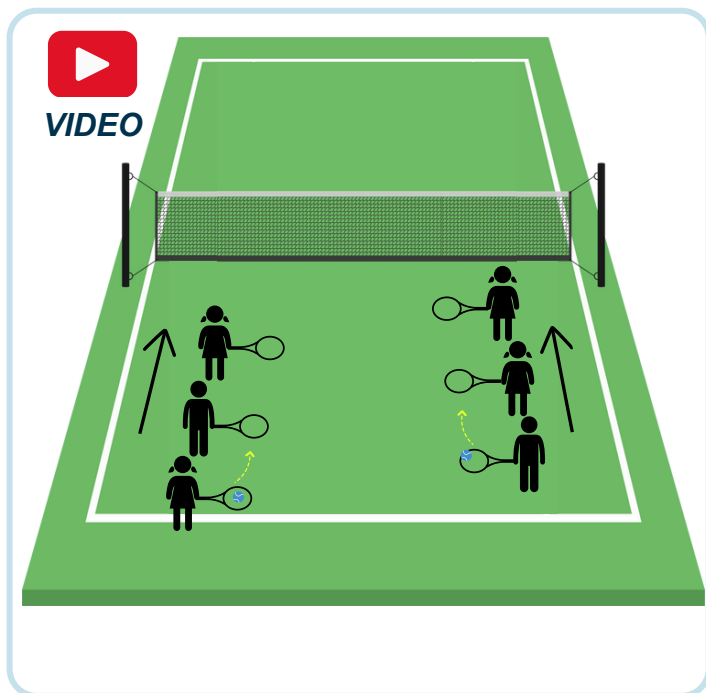


Ball Flight (As a Team)



Ball Flight (Individually)





Broken Telephone

ACTIVITY:

- Players will make a line or a circle and pass a ball or bean bag from one another without dropping it. This can be done with racquets, cones, or no equipment at all.
- If using a line format, after passing the ball or bean bag, the player must run behind the line and go to the end of it, wait to receive and pass it again.
- This can turn into a relay race.

Teaching Tips:

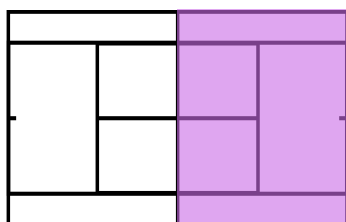
- Keep the racquet face up facing the sky, as if you're using your own palm.
- Pass the ball slowly so you can control it better.
- After passing the ball, move behind your teammates to avoid bumping into their racquet/ball!

Feedback Tips:

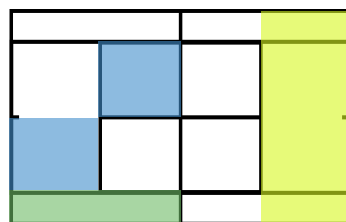
- "Great teamwork!"
- "Good control of your ball!"
- "Way to keep a stable racquet!"

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

For safety, ensure there is enough space between each player. Line or circle spot markers could be useful to avoid players bumping into each other, especially when using their racquets. It is advised to create areas for the players to move safely distanced apart if doing this game moving up and down.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

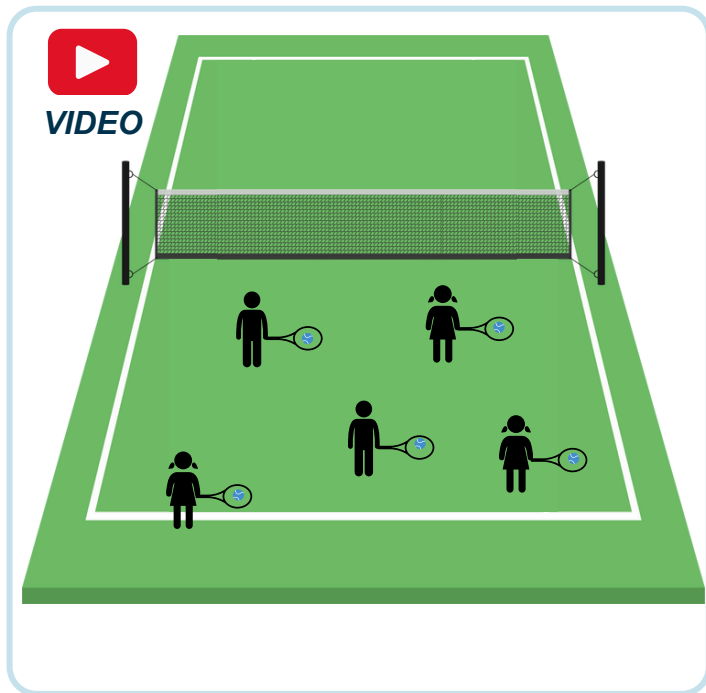


Ball Flight (As a Team)



Ball Flight (Individually)





Disaster

ACTIVITY:

- Players must balance the ball on their racquet while following the commands:
 - “SHAKE” for earthquake
 - fast feet / running
 - “SPIN” for hurricane
 - going around the circle on the spot
 - “LAY DOWN” for flood
 - quick duck
 - “JUMP” for fire
 - up and down on their toes
- For this game, you can add many “lives” so the players aren’t upset if they drop their ball right away. This will ensure active participation and avoid elimination.

Teaching Tips:

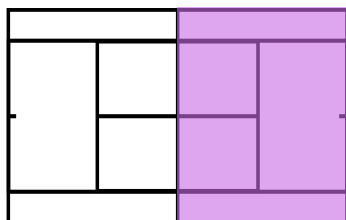
- Keep your racquet face looking up to the sky to avoid the ball falling off.
- Move slowly at first to get used to multi-tasking with different movements!

Feedback Tips:

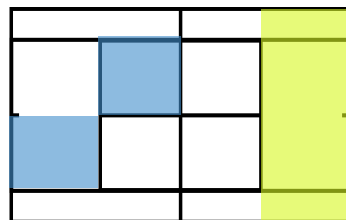
- “Great job controlling your ball!”
- “Good job trying again, it’s okay if your ball drops!”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court



Activity Set-Up Tips:

For safety, ensure there is enough space between each player. Line or circle spot markers could be useful to avoid players bumping into each other, especially when using their racquets. It is advised to create areas or lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement



Ball Flight (As a Team)



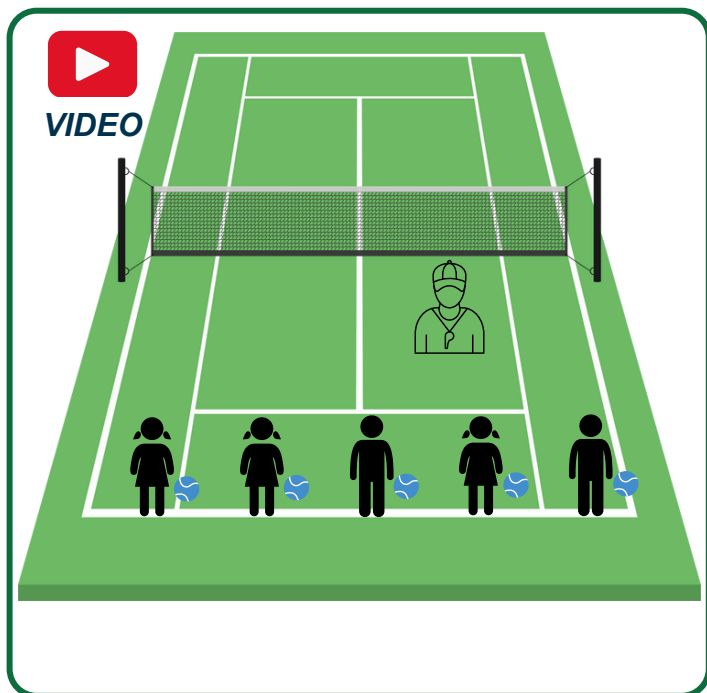
Ball Flight (Individually)



U6 TENNIS

I CAN KICK AND STRIKE





Foot Tennis

ACTIVITY:

- On the spot, players will tap the ball with their right foot and then their left foot. Alternate.
- Players can then roll the ball with the bottom of their shoes towards the direction provided by the coach. They can progress to using the inside of their foot to control the ball.
- The coach can turn this into a game, by having different commands for moving UP and DOWN (clap, key words, numbers, names, etc.)
- To make it more challenging, add lateral movements as well.
- The game [Traffic Light](#) can also be played using Foot Tennis.

Teaching Tips:

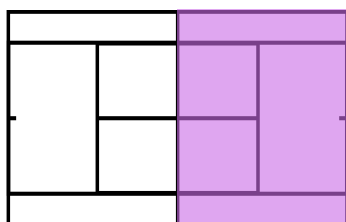
- Use the bottom of your shoe, slowly, to control the ball.
- Keep your head up so you know where you are headed; avoid only looking down at the ball.
- Take small to medium steps; large steps will make it more challenging to control the ball.

Feedback Tips:

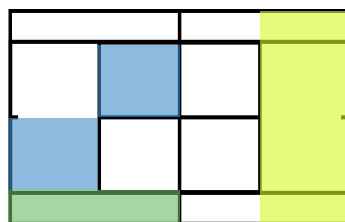
- “Great job being patient and controlling the ball!”
- “Way to keep your head up and stay in your lane while controlling the ball!”
- “Great job alternating feet, so you can be good with both!”
- “You are so resilient, you didn’t give up when you lost the ball. Keep going!”

Recommended Court Dimensions:

Half of Full Court



Micro, Mini Court, Alley



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Goal!

ACTIVITY:

- This game can be played either by foot or using a racquet, keeping the ball on the ground.
- Players will kick or strike the ball into a number of goals made by two of the same-coloured cones, or a net, using their feet or racquets.
- Every time a goal is scored, they move on to the next goal.
- This could easily be turned into a race.

Teaching Tips:

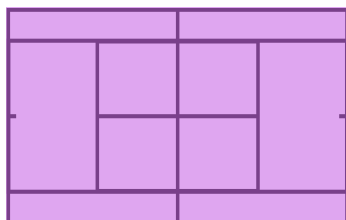
- Keep your body sideways when you kick/hit so you get more power by engaging your whole body.
- Point at your target with your racquet face or foot for as long as possible, so you are more accurate! (linked to hitting zone)

Feedback Tips:

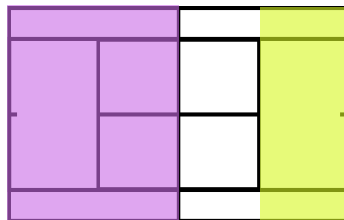
- “GOAL!!! Good job being sideways to score a powerful goal!”
- “Great job trying until you scored, never give up!”
- “Good job sharing the net and taking turns with your partner!”

Recommended Court Dimensions:

Full Court



Half of Full Court, Mini Court



Activity Set-Up Tips:

This game is usually played in stations spread on a full or half of a court, but can be smaller. Place a line or spot markers to show starting point, to allow players to move safely distanced apart as they move from station to station. Keep stations spread apart for safety.

KEY:

Instructor



Player



Target



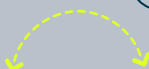
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Walking Ball

ACTIVITY:

- This game can be played either by foot or using a racquet, keeping the ball on the ground. It mimics taking a dog for a walk, except it's with a ball instead! Bonus: Name your ball!
- Players will follow 3 simple commands from the coach: "STOP" means to stop the ball; "GOOD BALL" means to pat the ball on its head; "WALK ON" = take it for a walk using both sides of the racquet or feet.
- The coach can use different footwork and orientations to advance this game.
 - moving up and back, or laterally
 - skipping, shuffle steps, crossover, etc.
- To make this more advanced, the [Court Parts](#) game can be played while players walk their ball.

Teaching Tips:

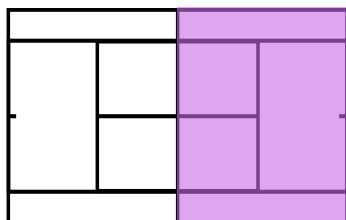
- Keep your racquet strings behind and on the ball for as long as possible (this links to hitting zone).
- Change the face of the racquet slightly to a side whenever you need to (this links to racquet angle).
- Be gentle with your ball! Start slowly and then when you are comfortable, you can move faster.

Feedback Tips:

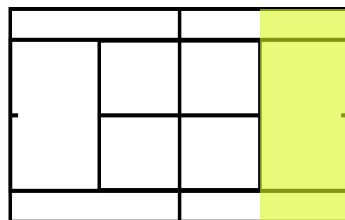
- "Great job being patient and controlling the ball!"
- "Way to keep your head up and stay in your lane while controlling the ball!"
- "Great job being gentle with the ball!"
- "You are so resilient, you didn't give up when you lost the ball. Keep going!"

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

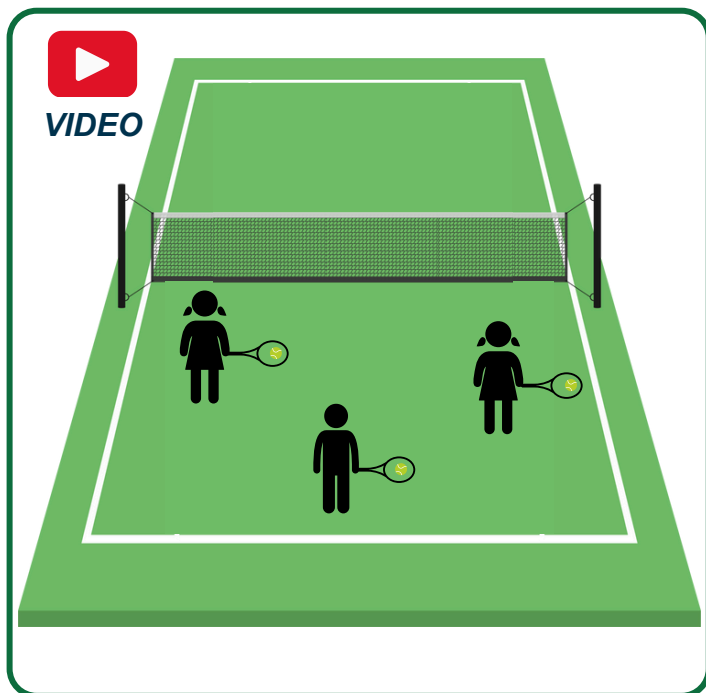


Ball Flight (As a Team)



Ball Flight (Individually)





Egg on the Pan

ACTIVITY:

- From a balanced position, sideways, players will try to keep the ball on the racquet, balancing it in place on the strings for 10 seconds.
- Players can walk around, jog, or even race.
- The coach can use different footwork and orientations to advance this game.
 - moving up and back, or laterally
 - skipping, shuffle steps, crossover, etc.
- To make this more advanced, the [Court Parts](#) game can be played while players balance the ball on their strings.

Teaching Tips:

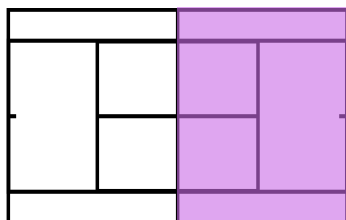
- Keep your racquet strings facing up to the sky to keep your racquet straight and the ball balanced.
- Keep your head up so you know where you are headed; avoid only looking down at the ball.
- Be gentle with your ball! Start slowly and then when you are comfortable, you can move faster.

Feedback Tips:

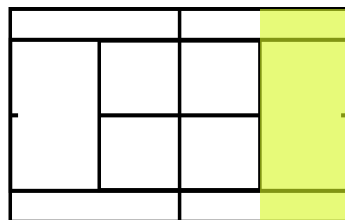
- “Great job being patient and controlling the ball!”
- “Way to keep your head up and stay in your lane while balancing the ball!”
- “Great job being gentle with the ball!”
- “You are so resilient, you didn’t give up when you dropped the ball. Keep going!”

Recommended Court Dimensions:

Half of Full Court



Mini Court



Activity Set-Up Tips:

This game is usually played on one side of the net of a full court but can be smaller. Place a line marker to have a start and end point for players, in order to keep them safely spread out. It is advised to create lanes for the players to move safely distanced apart.

KEY:

Instructor



Player



Target



Drop Down Lines



Player Movement

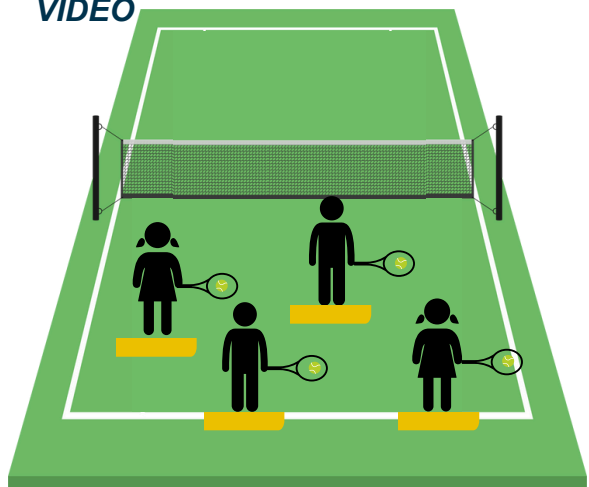


Ball Flight (As a Team)



Ball Flight (Individually)





Around the World

ACTIVITY:

- From a balanced position, sideways, keeping the eye on the ball, players will balance the ball on the strings to create circles around the racquet frame.
- Circles will go clockwise, and then counterclockwise.
- To make this activity more challenging, players can walk around, jog, or even race while creating circles around their racquet frame.

Teaching Tips:

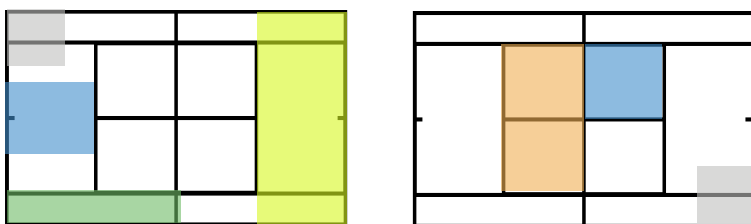
- Keep your racquet strings facing up to the sky to keep your racquet straight and the ball balanced.
- Rotate your racquet slowly, ever so slightly, in order to create the circles and keep the ball on.
- Keep your head up so you know where you are headed; avoid only looking down at the ball.
- Be gentle with your ball! Start slowly and then when you are comfortable, you can move faster.

Feedback Tips:

- “Great job being patient and controlling the ball!”
- “Way to keep your head up and stay in your lane while balancing the ball!”
- “Great job being gentle with the ball!”
- “You are so resilient, you didn’t give up when you dropped the ball. Keep going!”

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe and keep in mind they will be dropping their ball so they will move around to retrieve it.

KEY:

Instructor



Player



Target



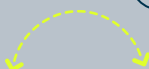
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Traps

ACTIVITY:

- From a balanced position, sideways, players will hold the racquet with one hand and the ball with the other.
- Players will toss the ball around their head height, then let it bounce and trap it on the floor using the racquet.
- This activity can be done with partners as well, by having one partner throw the ball, and the other “trap” it. Net is optional.

Teaching Tips:

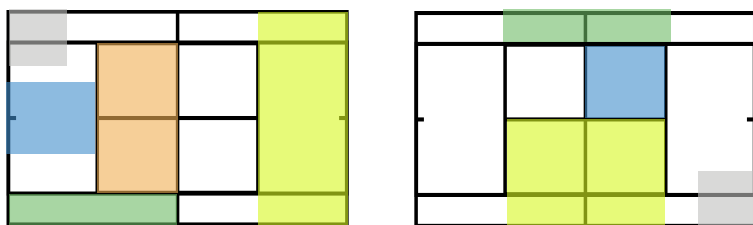
- Toss the ball slightly above head height so you have enough time to trap the ball.
- Have a long and slow arm when tossing up, so the ball doesn't fly around like crazy!
- Trap using the centre of your strings so you can have the best control of the ball.

Feedback Tips:

- “Great job controlling time by tossing the ball up high slowly.”
- “Great job keeping your eyes on the ball!” / “Way to be focused!”
- “Good job trapping the ball with the centre of your strings!”

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe. If done as a pair, ensure there is enough space between the players not to swing at each other.

KEY:

Instructor



Player



Target



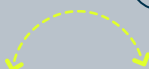
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Alligator Sandwich

ACTIVITY:

- From a balanced position, sideways, players will hold the racquet with one hand and the ball with the other.
- Players will toss the ball up, underhand, and catch it with the racquet under the ball and the tossing hand on top of the ball.
- Other catching options:
 - catch the ball with the racquet and tossing hand both horizontal
 - catch the ball with the racquet on top of the ball and the tossing hand under the ball
- This activity can be done with partners as well, by having one partner throw the ball, and the other “sandwich” it. Net is optional.

Teaching Tips:

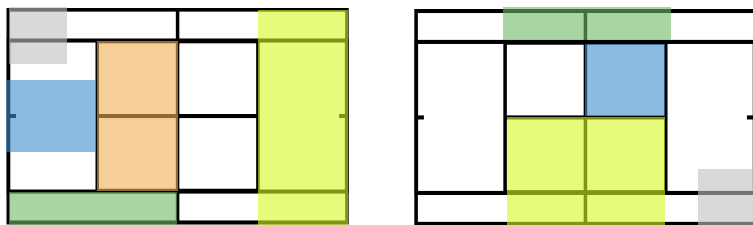
- Toss the ball slightly above head height so you have enough time to sandwich the ball.
- Have a long and slow arm when tossing up, so the ball doesn't fly around like crazy!
- Sandwich using the centre of your strings so you can have the best control of the ball.

Feedback Tips:

- “Great job controlling time by tossing the ball up high slowly.”
- “Great job keeping your eyes on the ball!” / “Way to be focused!”
- “Good job sandwiching the ball with the centre of your strings!”

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe. If done as a pair, ensure there is enough space between the players not to swing at each other.

KEY:

Instructor



Player



Target



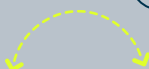
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Sticky Strings

ACTIVITY:

- From a balanced position, sideways, players will hold the racquet with one hand and the ball with the other.
- Players will toss the ball up, underhand, let it bounce in front of their feet and catch it with the racquet. The throw can also be done with the racquet. There can also be no bounce in-between.
- When catching the ball try to make it stop on the racquet as if the strings are sticky. This will help them work on their dexterity.
- This activity can be done with partners as well, by having one partner throw the ball, and the other “sticky string” it. Net is optional.

Teaching Tips:

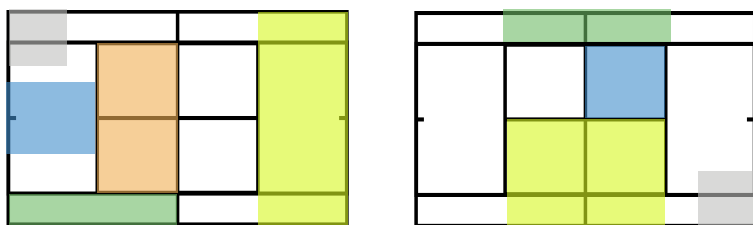
- Toss the ball slightly above head height so you have enough time to sticky string the ball.
- Have a long and slow arm when tossing up, so the ball doesn't fly around like crazy!
- Stricky string using the centre of your strings so you can have the best control of the ball.
- Keep a relaxed grip, and lower the racquet as the ball gets close to the racquet; try not to bounce!

Feedback Tips:

- “Great job controlling time by tossing the ball up high slowly.”
- “Great job keeping your eyes on the ball!” / “Way to be focused!”
- “Good job sticky stringing the ball with the centre of your strings!”

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe. If done as a pair, ensure there is enough space between the players not to swing at each other.

KEY:

Instructor



Player



Target



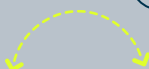
Drop Down Lines



Player Movement

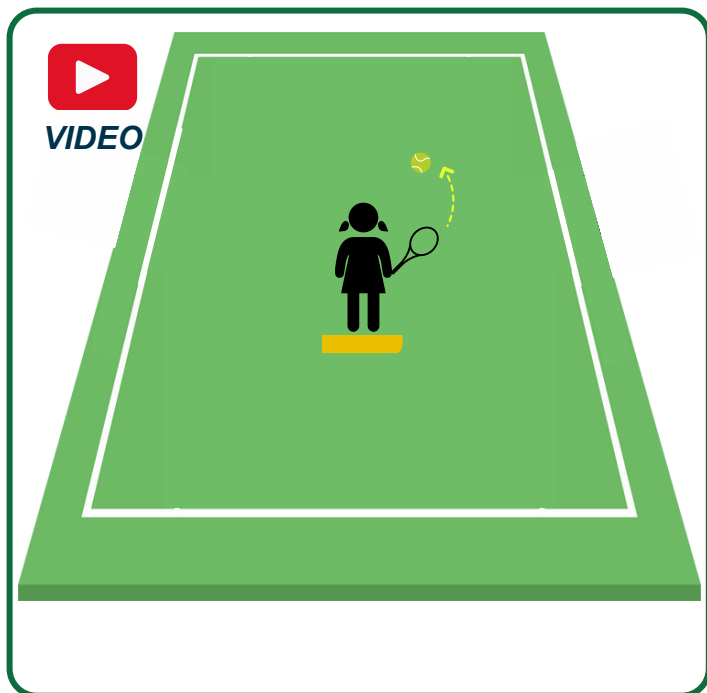


Ball Flight (As a Team)



Ball Flight (Individually)





Pops Graduation

ACTIVITY:

- From a balanced position, sideways, players will hold the racquet with one hand and their ball with the other.
- Players will toss the ball up, underhand, let it bounce in front of their body and pop it back up with the racquet. This can also be done without a bounce.
- Once it bounces again, “trap” it down or “sticky string” it on the racquet. This is Grade 1.
- To graduate Grade 2, repeat the same exercise, but the ball must be popped up 2 times (with a bounce in between) before trapping it down or sticky stringing it. Bonus: no bounces at all!
- This makes a great individual competition!

Teaching Tips:

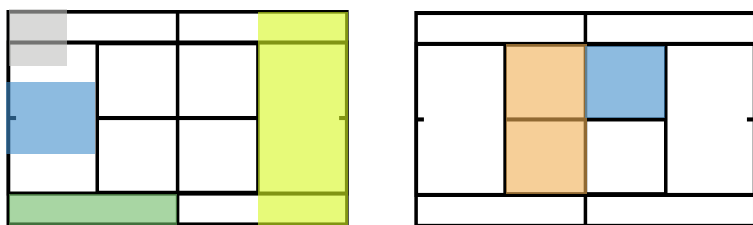
- Toss or pop the ball slightly above head height so you have enough time to pop the ball again.
- Have a long and slow arm when tossing/popping up, so the ball doesn't fly around like crazy!
- Pop the ball up using the centre of your strings so you can have the best control of the ball.

Feedback Tips:

- “Great job controlling time by tossing the ball up high slowly.”
- “Great job keeping your eyes on the ball!” / “Way to be focused!”
- “Good job popping the ball up with the centre of your strings!”

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe and keep in mind they will be dropping their ball so they will move around to retrieve it.

KEY:

Instructor



Player



Target



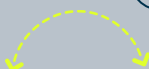
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)





Ninja Chops

ACTIVITY:

- *NOTE: This is a more advanced exercise and it may not be suitable for 3- and 4-year-olds.
- From a balanced position, players will toss the ball up, underhand, and try to hit it down using the frame of the racquet as many times as possible, in a row.
- Try up and down for a bonus challenge!

Teaching Tips:

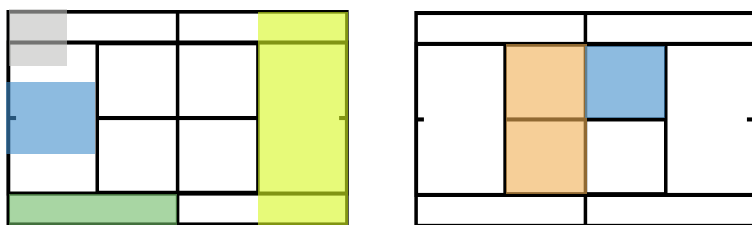
- Toss the ball slightly above head height so you have enough time to ninja chop the ball.
- Have a long and slow arm when tossing up, so the ball doesn't fly around like crazy!
- Ninja chop using the straight part of your racquet frame so you can have the best control of the ball.
- Keep a steady chopping pace so the ball always comes up at a consistent speed and height.
- Try to chop the ball at its peak, before the ball starts to fall towards a second bounce.

Feedback Tips:

- "Great job controlling time by tossing the ball up high slowly."
- "Great job keeping your eyes on the ball!" / "Way to be focused!"
- "Good job chopping the ball at a good speed!"

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

Choose court dimensions depending on the size of the group. This activity is designed to be done individually, therefore the size of their station ranges from group to group. Ensure there is enough space for players to be safe and keep in mind they will be dropping their ball so they will move around to retrieve it.

KEY:

Instructor



Player



Target



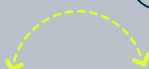
Drop Down Lines



Player Movement

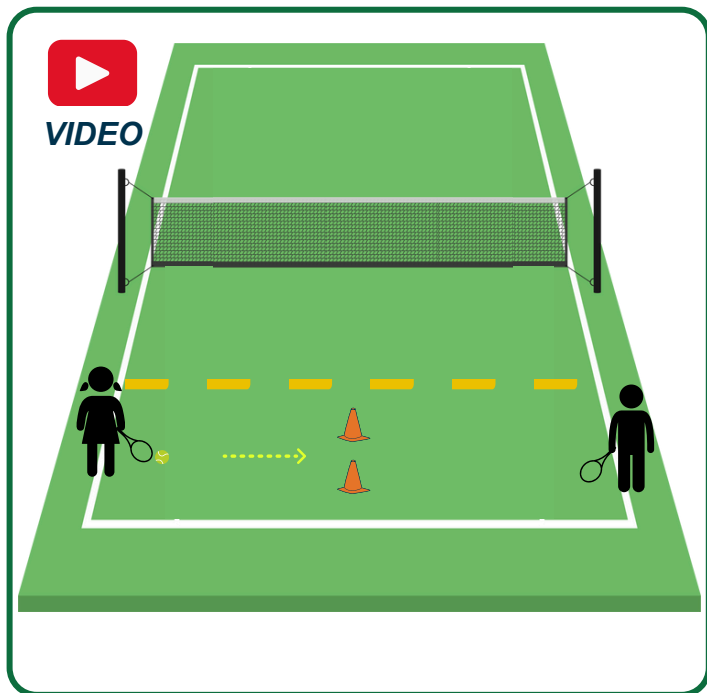


Ball Flight (As a Team)



Ball Flight (Individually)





Floor Tennis / Rolling Rally

ACTIVITY:

- Players will roll the ball using their racquets to specific targets, like coloured markers, called by the coach or their partner.
- Once they get to the desired score, they can move on to a different colour/target.
- This activity is best done in partners, but can be done individually as well.
- To make it more challenging, narrow the target area through which the ball must travel in order to score a point.

Teaching Tips:

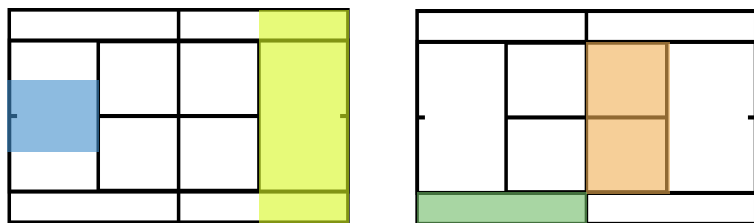
- If done in partners: Stay low and recover to a ready position after sending the ball.
- Stop the ball sideways and at a comfortable distance from your body as much as possible.
- Keep your racquet strings facing the target for as long as possible, as if the ball is going through a tunnel, so you can control direction and accuracy well.

Feedback Tips:

- “Way to keep your eye on the ball!”
- “Good job working together!”
- “You are a really good problem solver!”
- “You are so consistent/precise!”

Recommended Court Dimensions:

Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

The size of the play area should match the players' age, skill, and desired challenge level. For safety, ensure players are spread out using spot markers, whether working individually in stations, or as pairs on court. Be creative with the targets used to increase engagement and FUN!

KEY:

Instructor



Player



Target



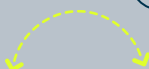
Drop Down Lines



Player Movement

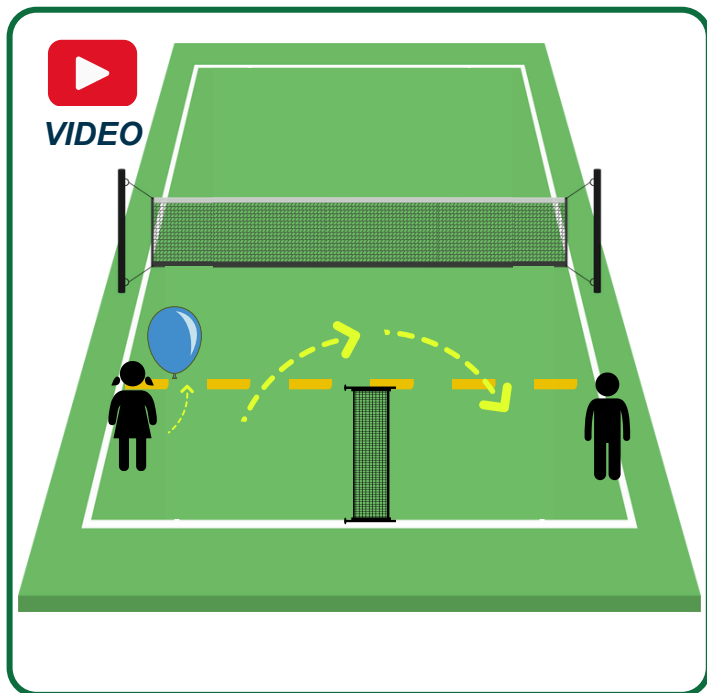


Ball Flight (As a Team)



Ball Flight (Individually)





Balloon Bob (indoor)

ACTIVITY:

- Players will keep a balloon up in the air using a hand or a racquet.
- This game can be played with or without a net.
- Some variations include using both hands, alternating, working with a partner, or turning it into a Hot Potato game.

Teaching Tips:

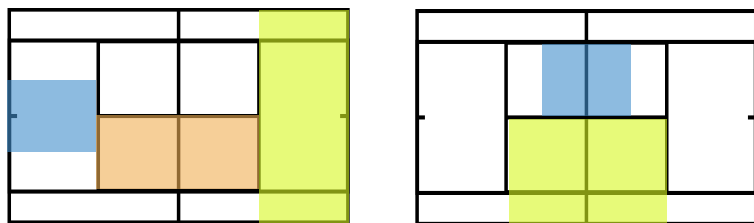
- Use a low-to-high arm path to get the balloon farther over the net.
- Try to get close to the balloon before it starts to go down!
- Be ready to receive the balloon with active feet, racquet in ready position, and eyes on the ball!

Feedback Tips:

- “Good job extending your arm up and towards your partner!”
- “Look at that rainbow shape you created with the balloon!!!”
- “Way to be consistent and work together!”

Recommended Court Dimensions:

Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

This activity can be played with or without a net, though it is encouraged to eventually use one. The size of the play area should match the players' age, skill, and desired challenge level, whether played individually or in pairs. For safety, ensure players are spread out using spot markers.

KEY:

Instructor



Player



Target



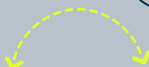
Drop Down Lines



Player Movement

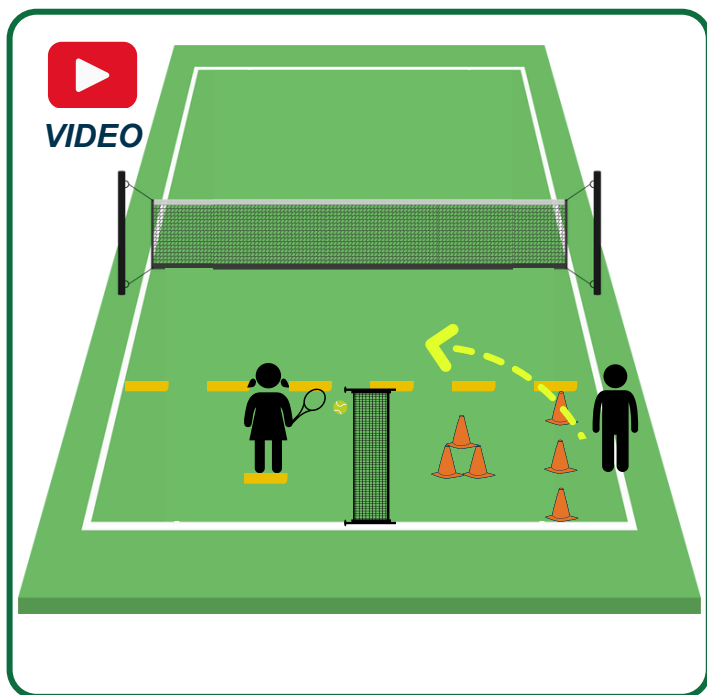


Ball Flight (As a Team)



Ball Flight (Individually)





Block

ACTIVITY:

- Standing at the net, players will use a racquet to block a ball tossed to them.
- This can be achieved by either using a “catching” or “punching” feel based on the height of the incoming ball.
- They will aim towards targets close to the net (short) or baseline (deep).
- Players can partner up and take turns: one hitter and one thrower.
- Alternatively, players can use mini bean bags to throw, block and catch.

Teaching Tips:

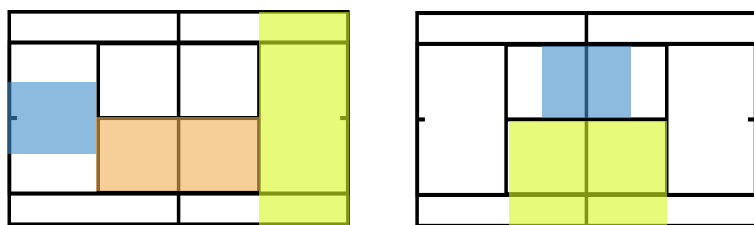
- Be ready to receive the ball with active feet, racquet in ready position, and eyes on the ball!
- If the ball is low (below chest height), get the racquet under it to “catch-block” it before it gets too low!
- If the ball is high (above head height), get the racquet slightly over it to “punch-block” the ball before it starts to drop.

Feedback Tips:

- “Way to be consistent and work together!”
- “Good job pointing your racquet face towards your target!”
- “Great athletic look! Awesome focus!”

Recommended Court Dimensions:

Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

This activity can be played with or without a net, though it is encouraged to eventually use one. The size of the play area should match the players' age, skill, and desired challenge level, whether played individually or in pairs. For safety, ensure players are spread out using spot markers.

KEY:

Instructor



Player



Target



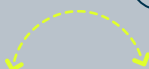
Drop Down Lines



Player Movement

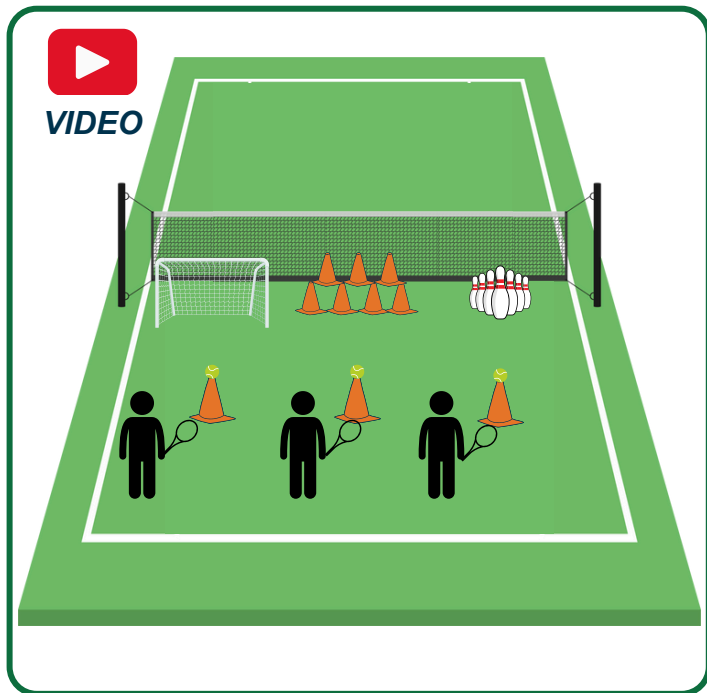


Ball Flight (As a Team)



Ball Flight (Individually)





Teeball

ACTIVITY:

- The coach will place a ball on a cone, and have the players hit off a cone towards a wall target.
- This game can use different-sized balls and can be turned into a race.

Teaching Tips:

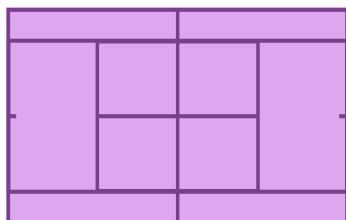
- Keep your body sideways when you hit so you get more power by engaging your whole body.
- Point at your target with your racquet face for as long as possible, so you are more accurate! (linked to hitting zone)
- A slower but longer swing will allow you to control the ball better.

Feedback Tips:

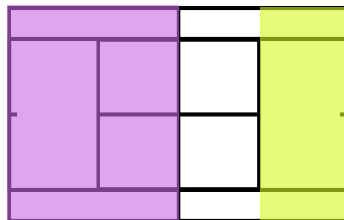
- “GOAL!!! Good job being sideways to score a powerful goal!”
- “Great job trying until you scored, never give up!”
- “Good job sharing the net and taking turns with your partner!”

Recommended Court Dimensions:

Full Court



Half of Full Court, Mini Court



Activity Set-Up Tips:

This game is usually played in stations spread on a full or half of a court, but can be smaller. Place a line or spot markers to show starting point, to allow players to move safely distanced apart as they move from station to station. Keep stations spread apart for safety.

KEY:

Instructor



Player



Target



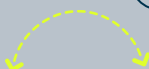
Drop Down Lines



Player Movement



Ball Flight (As a Team)



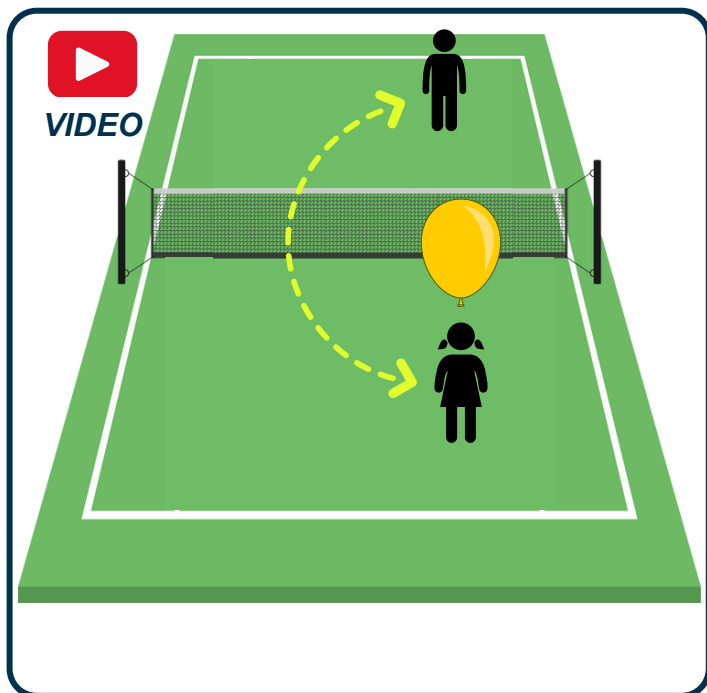
Ball Flight (Individually)



U6 TENNIS

I CAN COMPETE





Balloon Battle

ACTIVITY:

- Players will tap a balloon back and forth over a line to each other. Eventually the net will be used.
- If outdoors, this game can also be played with a light beach ball or water balloons.
- The point is over when:
 - The balloon touches the ground.
 - The balloon goes out of the designated play area or in the net.
 - The player is unable to catch/tap the balloon at all.

Teaching Tips:

- Point your palm/racquet towards your target so you can have a better aim (linked to angle).
- Keep your palm/racquet behind the balloon and swing your arm towards your target for as long as possible to have better direction control (linked to hitting zone).

Feedback Tips:

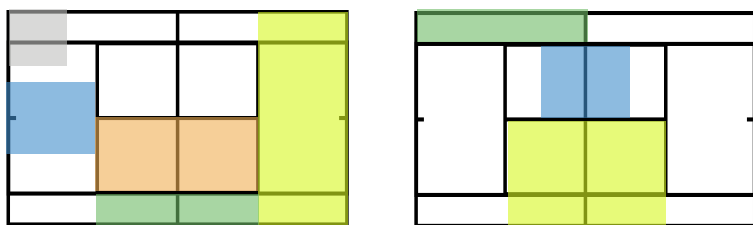
- “Way to keep your eye on the balloon!”
- “Good job moving each other around”
- “You are a really good problem solver!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



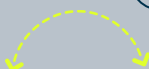
Drop Down Lines



Player Movement

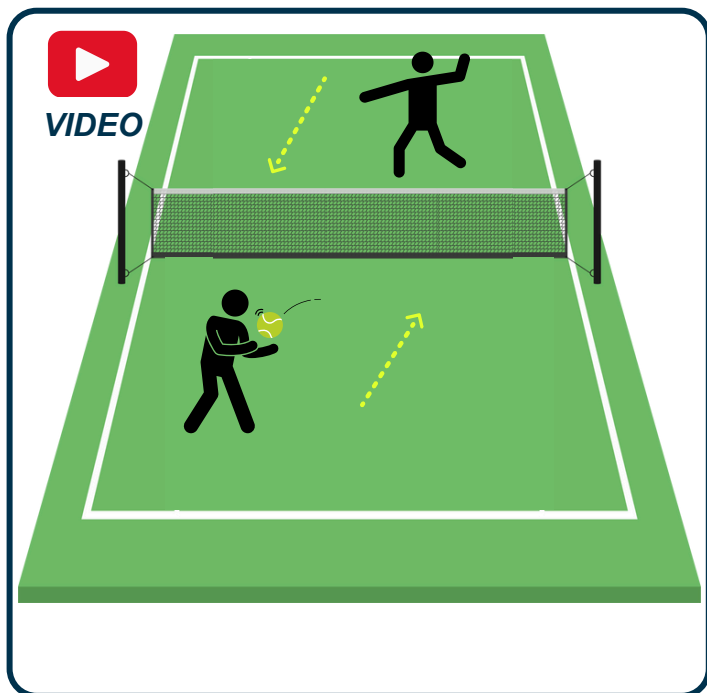


Ball Flight (As a Team)



Ball Flight (Individually)





Throw Battle

ACTIVITY:

- Players will work in pairs trying to throw the ball over the line with their hand (eventually over the net) and catching it with their hand (one or two).
- They can start with a line in-between them, and progress to a net.
- The point is over when:
 - The ball bounces twice.
 - The ball goes out of the designated play area or in the net.
 - The player is unable to catch the ball at all.

Teaching Tips:

- Stay low and recover to a ready position after sending the ball.
- Throw the ball from a sideways position to use your body as much as possible, and get more power.
- Overhead: keep your non-dominant arm facing your target, and swing your arm facing the target for as long as possible, so you can control the direction well. Underhand: step in with opposite foot.
- Keep your hands/arms out in front of you so you can catch the ball easily.

Feedback Tips:

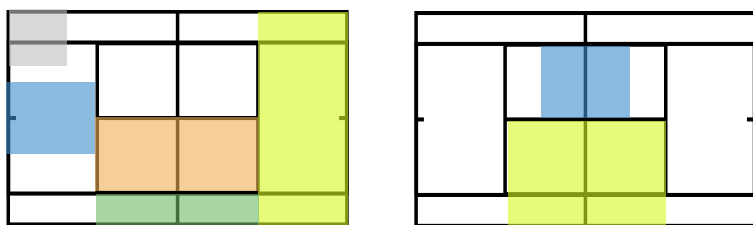
- “Way to keep your eye on the ball!”
- “Good job moving each other around”
- “You are a really good problem solver!”
- “You are so consistent!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



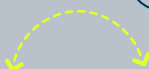
Drop Down Lines



Player Movement

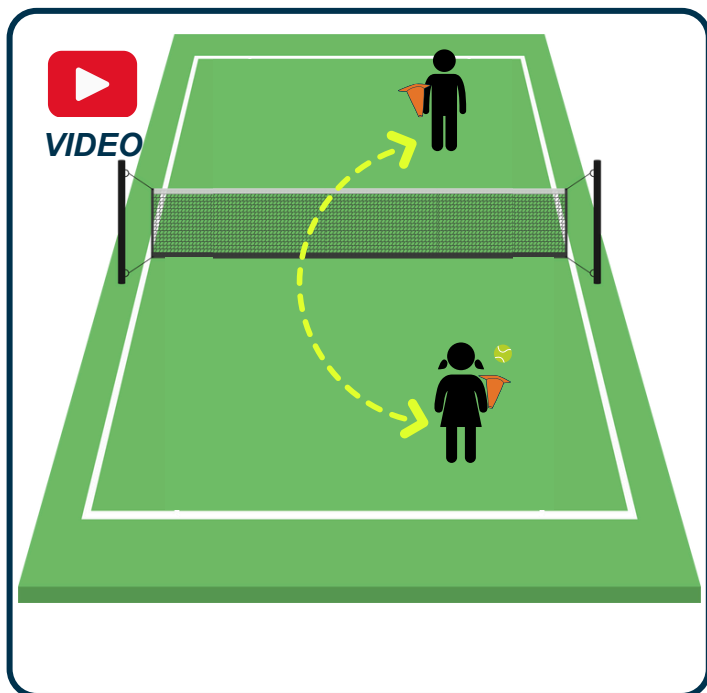


Ball Flight (As a Team)



Ball Flight (Individually)





Ice Cream Cone Battle

ACTIVITY:

- Players will work in pairs trying to throw the ball over the line with their hand (eventually over the net) and catching it in their cones or net-racquets.
- They can start with a line in-between them, and progress to a net.
- The point is over when:
 - The ball bounces twice.
 - The ball goes out of the designated play area or in the net.
 - The player is unable to catch the ball at all.

Teaching Tips:

- Stay low and recover to a ready position after sending the ball.
- Throw the ball from a sideways position to use your body as much as possible, and get more power.
- Overhead: keep your non-dominant arm facing your target, and swing your arm facing the target for as long as possible, so you can control the direction well. Underhand: step in with opposite foot.
- Keep your cone out in front of you so you can catch the ball easily.

Feedback Tips:

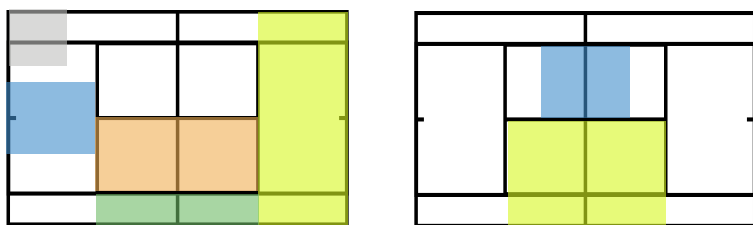
- “Way to keep your eye on the ball!”
- “Good job moving each other around”
- “You are a really good problem solver!”
- “You are so consistent!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



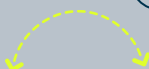
Drop Down Lines



Player Movement

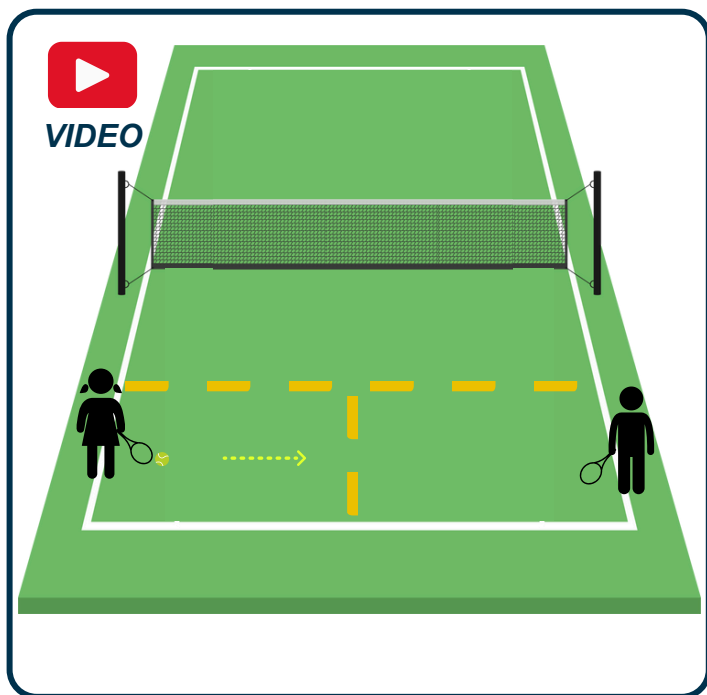


Ball Flight (As a Team)



Ball Flight (Individually)





Floor Battle

ACTIVITY:

- Players will roll the ball back and forth using their racquets, trying to make each other run.
- The ball can be stopped with a racquet before passing it back, or it can be hit back right away.
- The point is over when:
 - The ball bounces off the ground.
 - The ball goes out of the playing area.
 - The ball goes past the other player without them stopping it.

Teaching Tips:

- Stay low and recover to a ready position after sending the ball.
- Stop the ball sideways and at a comfortable distance from your body as much as possible.
- Keep your racquet strings facing the target for as long as possible, as if the ball is going through a tunnel, so you can control direction well.

Feedback Tips:

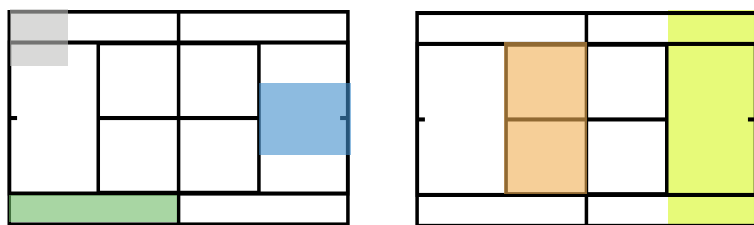
- “Way to keep your eye on the ball!”
- “Good job moving each other around”
- “You are a really good problem solver!”
- “You are so consistent!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



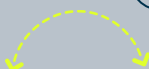
Drop Down Lines



Player Movement

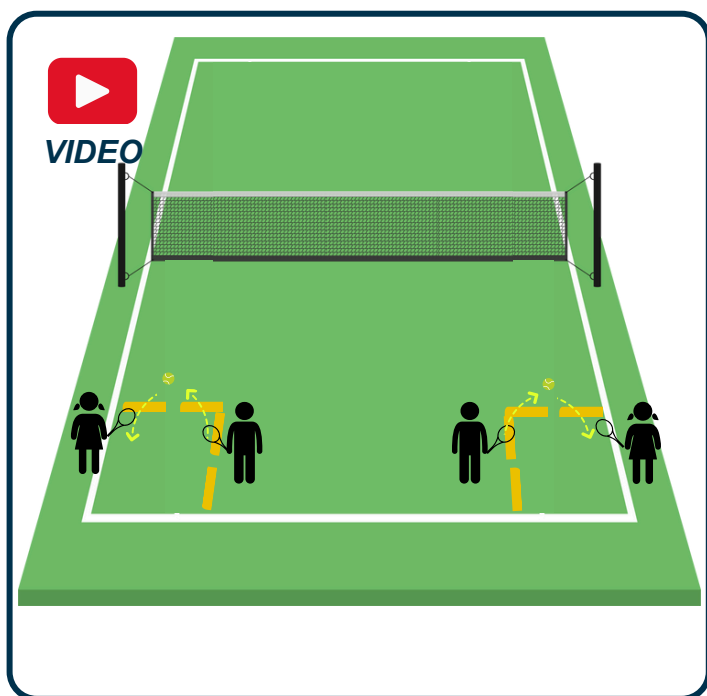


Ball Flight (As a Team)



Ball Flight (Individually)





Puddle Battle

ACTIVITY:

- The coach will create a big circle or square using line markers or cones, as the puddle.
- Two players will be on opposite sides of the puddle; there is no net in between the players.
- Using one ball, each player will try to bounce the ball in the puddle, with or without a racquet.
- The players will alternate popping the ball up in the puddle as if they are rallying, and will try to make each other run or miss.
- If the ball is out of the puddle, it is considered out, and the other player wins the point.

Teaching Tips:

- Stay low and recover to a ready position after sending the ball.
- Impact/Throw the ball at waist level and a comfortable distance from your body as much as possible.
- Keep your racquet strings/palm facing the sky when popping the ball to keep it close to the puddle.

Feedback Tips:

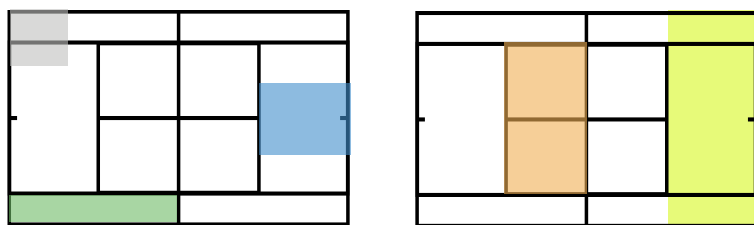
- “Way to keep your eye on the ball!”
- “Good job moving each other around”
- “You are a really good problem solver!”
- “You are so consistent!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



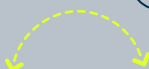
Drop Down Lines



Player Movement

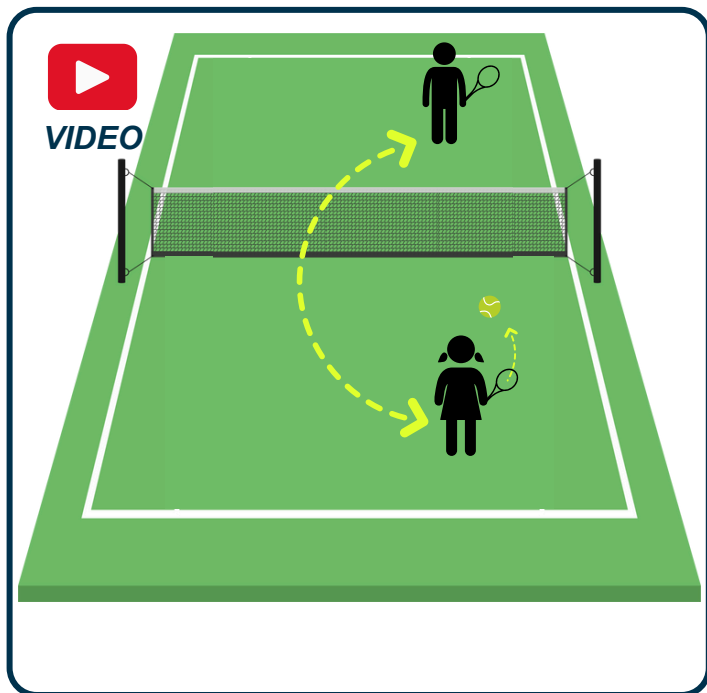


Ball Flight (As a Team)



Ball Flight (Individually)





Pop Battle

ACTIVITY:

- A progression from Puddle Battle, this game can be played over a net.
- Two players on each side will pop-rally and try to make each other run and win the point.
- The point is over when:
 - The ball bounces twice.
 - The ball goes out of the designated play area or in the net.
 - Player does not tap the ball upwards above waist height

Teaching Tips:

- Stay low and recover to a ready position after sending the ball.
- Impact the ball at waist level and a comfortable distance from your body as much as possible.
- Keep your racquet strings facing the sky when popping the ball to keep it close to you.

Feedback Tips:

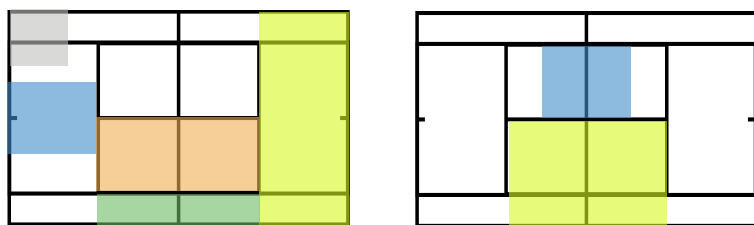
- “Way to keep your eye on the ball!”
- “Good job moving each other around”
- “You are a really good problem solver!”
- “You are so consistent!”

TACTIC:

Outlast the Opponent/Move the Opponent

Recommended Court Dimensions:

Micro Square, Micro Court, Mini Court, Service Boxes, Alleys



Activity Set-Up Tips:

- Choose court dimensions dependent on the level of the group.
- Can rotate after a specified number of points scored or play for a specific duration of time.
- Ensure safety at all times, players at this age are only learning to compete.

KEY:

Instructor



Player



Target



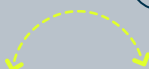
Drop Down Lines



Player Movement



Ball Flight (As a Team)



Ball Flight (Individually)

