



Coaches Training Guide to Sports Camp

Equipment Needed:

- To make an indoor tennis ball - 4 pieces of 8 by 11 1/2 inches & a rubber band
- Tennis racquet or frying pan
- Painters tape
- Wall

Tennis

- Skill 1 – Layout of the court lines
 - Service Line
 - Serving box
 - Single and double lines
- Skill 2 – Scoring
 - Love = 0
 - 15, 30, 45 Game
 - Named for the hands of a clock! 12:00 is Love, 3:00 is 15, 6:00 is 30 and so on.
- Skill 3 – Grip
 - Forehand
 - Lay the racquet on the ground
 - Pick it up like you pick up a frying pan at the handle
 - Backhand
 - Hold the racquet horizontally
 - Grip the racquet like you grip your bicycle or motorcycle handles
- Skill 4 – Stance
 - Ready Position
 - Feet shoulder width apart
 - Hold the racquet in forehand position
 - Slight bend in the knees
 - Practice side stepping, stay on your toes so you are ready to move left or right whichever side the ball comes to you
- Skill 5 – Forehand Drill
 - Standing sideways, racquet in forehand position
 - Pull the racquet back and swing forward connecting with the ball
 - Remember to follow through with the racquet in an upwards motion
 - Practice this skill 10 times

Tennis

- Skill 6 – Backhand Drill
 - Switch sides, racquet in backhand position
 - As you bounce the ball or someone tosses the ball to you
 - Pull the racquet back with two hands and swing forward connecting with the ball
 - Remember to follow through with the racquet in an upwards motion
 - Practice this skill 10 times
- Skill 7 – Volley
 - When the ball is hit to you
 - Approach the net
 - Holding the racquet in the forearm position,
 - Reach up and give the ball a small quick punch with the racquet at the incoming ball
 - Do not swing the racquet
 - When you punch the ball with the racquet there should be no follow through.
 - The idea is to give the ball a quick short punch to take the ball over the net and drop on the other side before your opponent can return it.
 - Practice the volley 5 times to the right of the court and 5 times to the left of the court
- Skill 9 – Serve
 - Standing at the service line, one leg in front of the other
 - Holding the racquet in forearm grip, pull your arm back (elbow bent)
 - Use the other hand to toss the ball up into the air
 - Swing the racquet over your head trying to connect with the ball before it hits the ground
 - The ball should be hit up and out so it goes over the net and bounces in the service box of your opponent
 - Keep your eyes on the ball
 - Practice this 10 times
- Skill 10 – Contact Drills
 - Dribble - Bounce the ball on the ground like you are dribbling a basketball except you are using the racquet
 - Remember to control the dribble so you are not chasing the ball+
 - Perform this skill for 30 seconds
 - Popcorn – Place the ball on the racquet and bounce the ball into the air 15 to 20 inches into the air, continue to bounce the ball up and down.
 - Remember to control the height so you can stand in one place to do this

Quick note - A volley is when you hit the ball in the air and a rally is when you hit back and forth