

American Express Fan Experience court - Jorge's lesson plan

Intro: Court layout - Tots area

Instant Tennis Progressions

Balance ball on strings / add movement

Drop ball from strings catch back on **same** side of strings

Drop ball from strings catch back on **other** side of strings

Intro Thumb side / Knuckle side

Drop ball / tap up / catch on strings

Drop ball / tap up **on edge** / catch on strings

Self rally - thumb only

Self rally - Knuckle side only

Self rally - alternating thumb/knuckle

Self rally - alternating thumb/ **edge**/ knuckle

Self rally - alternating thumb/ **edge**/ knuckle - add movement

Self rally - edges only

Hand / Eye Coordination series

Drop and catch 2 balls (basket catch)

Drop and catch 2 balls (snatch catch)

Drop and catch 2 balls (snatch catch) **to a partner**

Drop and catch 3 balls (snatch catch 2 balls / basket catch last ball)

Drop and catch 3 balls (snatch catch 2 balls / basket catch last ball) **to a partner**

Hot Lava middle ball - Lift, bounce, and squeeze between two balls

Hot Lava **rally with partner** - Lift, bounce, and squeeze between two balls

Drop and catch 3 balls (snatch catch 2 balls / squeeze the last ball)

Drop and catch 3 balls (snatch catch 2 balls / squeeze the last ball) **to a partner**

Racket skill Series

Elevator with 1 ball on strings

Pizza Drill (Dot on their racket face)

Lift catch 1 ball from strings (no bounce on strings) same side of racket

Lift catch 1 ball from strings (no bounce on strings) **opposite** side of racket

Lift catch **2** balls from strings (no bounce on strings) **opposite** side of racket

Lift catch **3** balls from strings (no bounce on strings) **opposite** side of racket

Lift catch **4** balls from strings (no bounce on strings) **opposite** side of racket

Games

Trap Rally (using cones as hand)

Juggle rally 3-2-1

Juggle rally 3-2-2 (thumb / knuckle)

Cooperative rally - short court (4 rallies to get a point) (coaches hit in with less experienced players)

Cooperative rally - short court (alternating FH / BH)

Cooperative rally - **full** court (alternating FH / BH)

Absorb & Rip (cooperative)

Absorb & Rip (partners)

Competitions

Smash your face (two players at net vs pros)

Beat the pro - 2 balls from baseline

Beat the pro - 1 ball baseline, 1 ball from net (use dots)

Sidewinder style

Beat the Pro - Doubles

Overhead game

Speed tournament

Speed tournament **with Dice**

Speed tournament **vs Pros**

Tennis Anywhere

Juggle rally first!!

then short partner rally

Constant movement and new partners

Give them tasks for 2 minutes - **use countdown**