

Agape 4-week lesson themes

*Every 4 weeks will have the same weekly theme. If a month has 5 weeks, the coach chooses the theme.



2025 Winter/Summer Example

January	February	March	April	May
Wk 1: Baseline Play	Wk 1: Baseline Play	Wk 1: Baseline Play	Wk 1: Baseline Play	Wk 1: Baseline Play **Heart assessments**
Wk 2: Starting a point serving and/or toss	Wk 2: Starting a point serving and/or toss	Wk 2: Starting a point serving and/or toss	Wk 2: Starting a point serving and/or toss	Wk 2: Starting a point serving and/or toss
Wk 3: Net play	Wk 3: Net play	Wk 3: Net Play **RED BALL MATCH_PLAY**	Wk 3: Net play	Wk 3: Net play
Wk 4: Point-play and score keeping	Wk 4: *Heart assessments** Point-play and score keeping	Wk 4: Point-play and score keeping	Wk 4: Point-play and score keeping	Wk 4: Point-play and score keeping
			Wk5: Coaches Choice	

Kinetic Skills	Hand Skills	Put it into "Play"
<ul style="list-style-type: none"> • Think of the type of movements in tennis needed to perform the skill. <p>•ex. recovery/shuffle steps</p>	<ul style="list-style-type: none"> • Choose 2 to three technical skills that is easy and can be taught in a group setting. Very important to teach no more than 2 to three things. <p>•ex. Red ball impact or contact point with forehands and backhands</p>	<ul style="list-style-type: none"> • Most important part is having the student take the skill and put it into a real "play" situation. To encourage application, make it into a competition. <p>•ex. with a partner or without a partner. Who can send the ball over 4 times with their partner while performing the technical skill.</p>

Agapa-Rally

All students within designated groups need to have a specific rally goal with a partner or coach.

Red Ball – 10 balls

Orange Ball – 20 balls with topspin

Green/ Yellow Ball – 30 balls with topspin

Performance 2 – 40 balls with topspin

Performance 1 – 50 balls with Topspin

HP – Coach decides