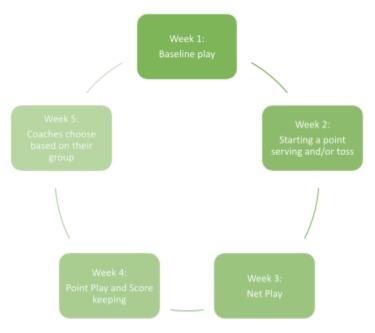
Agape 4-week lesson themes

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

Kinetic Skills

 Think of the type of movements in tennis needed to perform the skill.

•ex. recovery/shuffle steps

Hand Skills

 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.

 ex. Red ball impact or contact point with forehands and backhands

Put it into "Play"

 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.

 ex. with a partner or without a partner. Who can send the ball over 4 times with their partner while performing the technical skill.

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