

# Minor League Tennis (8-10yrs)

## Practice and League Play Overview

### Week 1 and 2 Practice and Preparing for League Play

- Grips, Ball Roll, Ball Balance
- Self Rally, Drop and Pop to Catch
- Throw and Catch with Partner
- Throw and Hit with Partner
- Self Rally with Partner
- League Play Scoring and Rules

### Week 3 and 4 Practice and Scrimmage Play

- Overhand Throw
- Drop and Pop Juggle
- Doubles Match with Throwing
- League Scrimmage

### Week 5 and 6 Practice and League Play

- Throw to Volley
- Rally with Partner - Forehand
- League Match Play

### Week 7 and 8 Practice and League Play

- Return of Serve
- Serve, Block and Catch
- Rally with Partner - Backhand
- League Match Play

### Week 9, 10 and 11 Practice and League Play

- Hit and Recover
- Up and Back Groundstrokes
- Beat your Coach
- League Match Play and Play Offs!

# **Week 1 and 2 Practice and Preparing for League Play**

- 1. Exploring Various Grips**
- 2. Forehand rally with Partner**
- 3. Backhand rally with Partner**
- 4. Rally with Juggle (Forehand and Backhand)**
- 5. League Play Scoring and Rules (Singles)**
- 6. Doubles Match with Throwing**

# Week 1 and 2 Practice and Preparing for League Play

## Drill 1: Exploring Various Grips

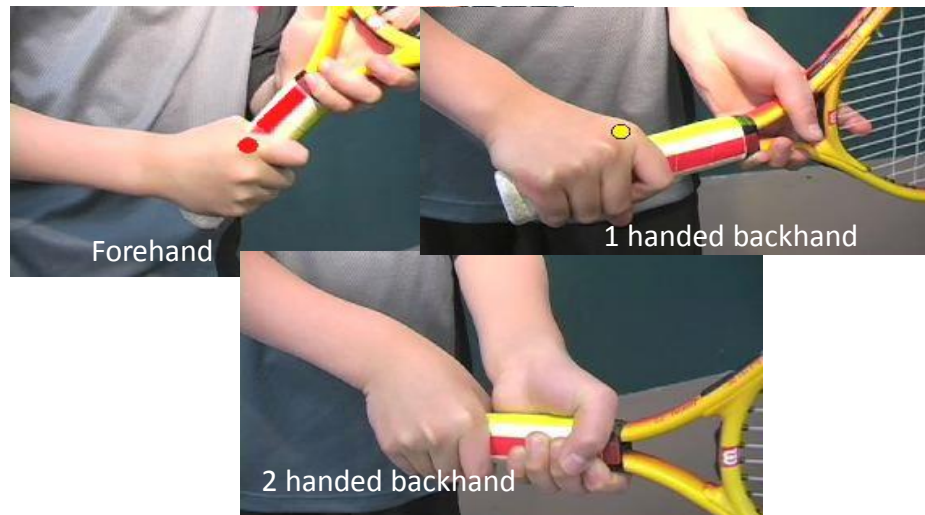
**Activity:** Ages 9-11    **Duration:** 2-3 min

**First:** Demonstrate a continental grip for all beginners to use on both the forehand and backhand sides.

**Second:** Now use both hands to demonstrate a two-handed backhand grip.

**Third:** Advanced players can use the grips shown below once they have mastered the continental grip.

**Teaching Tips:** Encourage students to always hold racquet at the correct gripping position.



# Week 1 and 2 Practice and Preparing for League Play

## Drill 2: Forehand rally with Partner

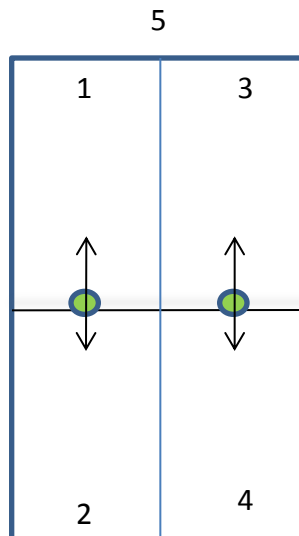
**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Players line up across the net from their partner and exchange forehands back and forth.

**Second:** Add a target on each side of the net and assign points for hitting target.

**Beginners:** The drill can be made easier by having one player feed the ball with an underhand toss to their partner 10 times and then switching roles.

**Teaching Tips:** Ensure that the players are cooperating by given the goals like count to 10 or “lets see what pair can keep the rally going longer”.



# Week 1 and 2 Practice and Preparing for League Play

## Drill 3: Backhand rally with Partner

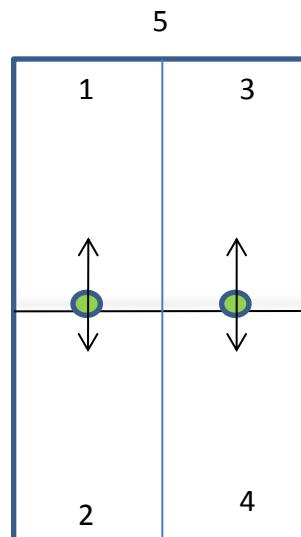
**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Players line up across the net from their partner and exchange backhands only back and forth.

**Second:** Add a target on each side of the net and assign points for hitting target.

**Beginners:** The drill can be made easier by having one player feed the ball with an underhand toss to their partner 10 times and then switching roles.

**Teaching Tips:** Ensure that the players are cooperating by given the goals like count to 10 or “lets see what pair can keep the rally going longer”.



# Week 1 and 2 Practice and Preparing for League Play

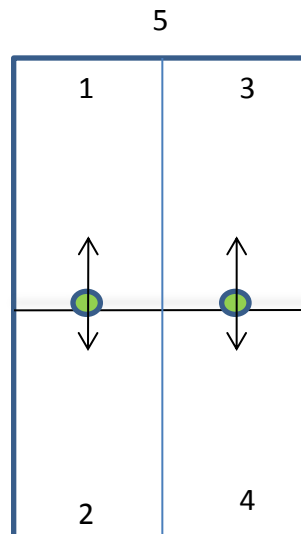
## Drill 4: Rally with Juggle (Forehand and Backhand)

**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** The player drops the ball (bounce) and hits it over the net. To their partner. The partner blocks it with their racquet, juggling it a couple of times (2-3x) and then returning it without stopping.

**Second:** Vary the task by blocking with the backhand and turning and hitting back with forehand. This will help encourage good footwork.

**Teaching Tips:** Fundamentals are key here, make sure they turn sideways to hit, they have the right grip and their contact point is in front of their body. Emphasize control.



# Week 1 and 2 Practice and Preparing for League Play

## Drill 5: League Play Scoring and Rules (Singles)

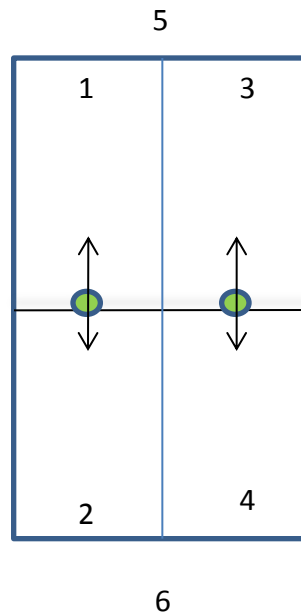
**Activity:** Ages 9-11    **Duration:** 7-15 min

**First:** Players walk along the court boundaries and are giving an understanding of what is in and out.

**Second:** Coach explains serving rules and selects two players to demonstrate by playing a few points.

**Third:** Coaches sets up practice singles matches for the team, use a half court for matches to increase participation. If necessary make sure players rotate after every point (ie player 5 and 6)

**Teaching Tips:** Make sure the players scoring are being loud and clear. They should communicate with the other player to make sure they both have the same score.



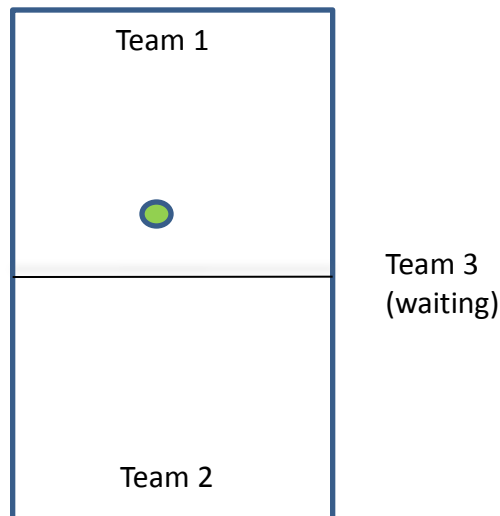
# Week 1 and 2 Practice and Preparing for League Play

## Drill 6: Doubles Match with Throwing

**Activity:** Ages 9-11    **Duration:** 7-10 min

**First:** Divide each court into teams of two. Team 1 will play against 2 and team 3 will rotate with the losing team after every point. The team that scores a total of 10 points wins.

**Teaching Tips:** Use the doubles rules (alternating shots). Encourage players to throw to open areas.





## **Week 3,4,5 Practice and Preparing for League Play**

- 1. Crosscourt Groundstrokes  
(forehand/backhand)**
- 2. Volley to Volley**
- 3. Serve/Block/Catch**
- 4. Doubles Scimmage**
- 5. League Match Play**

# Week 3,4,5 Practice and Preparing for League Play

## Drill 1: Crosscourt Groundstrokes

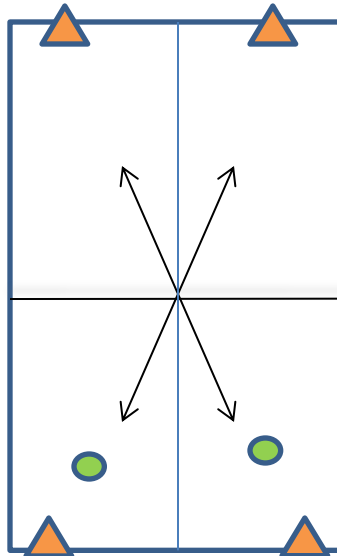
**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Players line up diagonally across the net from their partner and exchange forehands back and forth.

**Second:** Players should change position with the player next to them to ensure they are hitting both forehands and backhands.

**Beginners:** The drill can be made easier by having one player feed the ball with an underhand toss to their partner 10 times and then switching roles.

**Teaching Tips:** Ensure that the players are cooperating by given the goals like count to 10 or “lets see what pair can keep the rally going longer”.



# Week 3,4,5 Practice and Preparing for League Play

## Drill 2: Volley to Volley

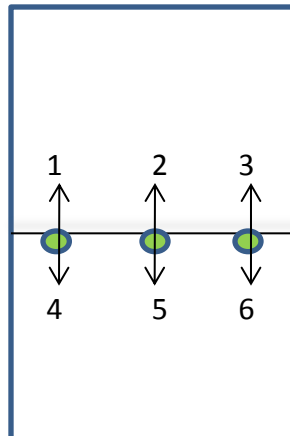
**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Each player stands one giant step back from the net and across from their partner. The objective of the drill is to hit the ball back and forth without allowing a bounce. Start with Forehands only and then move to backhands only.

**Second:** Once they have achieved success, encourage the players to alternate sides (forehand and backhand).

**Beginners:** Players can hand feed the ball underhand to the player at the net volleying.

**Teaching Tips:** Ensure the volleying players are “blocking” the ball and not “hitting” the ball using their wrist. Volleying players should have a continental grip.



# Week 3,4,5 Practice and Preparing for League Play

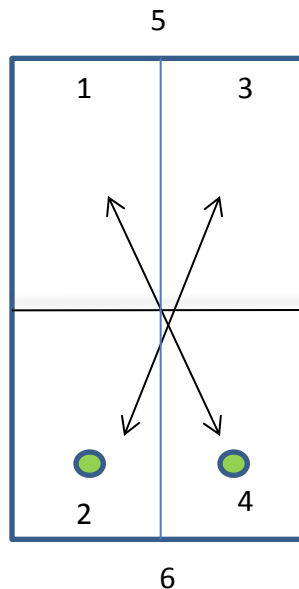
## Drill 3: Serve, Block and Catch

**Activity:** Ages 9 - 11      **Duration:** 5-7 min

**First:** One partner serves the ball overhead while the partner (across the net) blocks the ball with their racquet and tries to catch it with their free hand.

**Second:** One partner serves 10 balls while his partner attempts to return them.

**Teaching Tips:** Start the servers close to the net and as they get better, encourage them to back up to the baseline.



# Week 3,4,5 Practice and Preparing for League Play

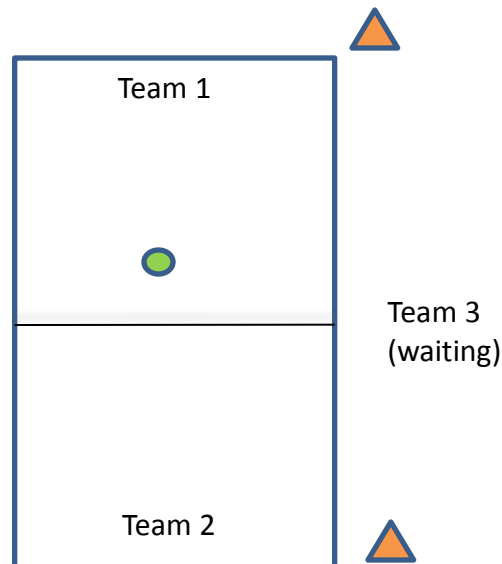
## Drill 6: Doubles Match

**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Divide your players into teams of two. Team 1 will play against 2 and team 3 will rotate with the losing team after every point. The team that scores a total of 10 points wins.

**Second:** to increase the challenge level put a cone to the side and each player has to touch the cone after their shot (while their partner is playing the ball) and hurry back into play.

**Teaching Tips:** Encourage players to move their opponents. Reinforce rules and sportsmanship.



# Week 3,4,5 Practice and Preparing for League Play

## Drill 4: League Match Play!

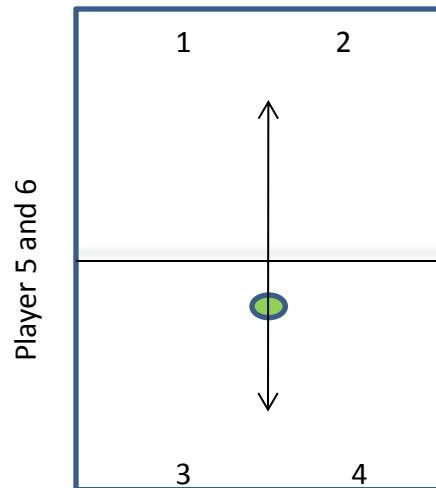
**Activity:** Ages 9-11    **Duration:** 30 min +

**First:** Volunteer coach assembles their team

**Second:** League convener and head coach will begin official league play using the score sheet found in section 8

**Third:** Rotations will occur on regular intervals as per scoring and rules section.

**Teaching Tips:** Encourage fair play, ensure they are familiar with the rules and boundaries. Each player should call out the score after every point and shake hands at the end of the match.



# **Week 6, 7, 8 Practice and League Play**

- 1. Groundstroke to Volley**
- 2. Overhead (Smash)**
- 3. Doubles Match (with volley/overheads)**
- 4. League Match Play!**

# Week 6, 7, 8 Practice and League Play

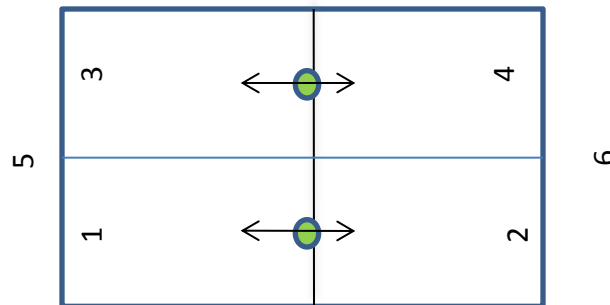
## Drill 1: Groundstroke to Volley

**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Player 1 stands one giant step back from the net and across from their partner. Player 2 feeds the ball with a groundstroke. The objective of the drill is to hit the ball back and forth with one player at the net volleying and the other hitting groundstrokes. Start with Forehand volleys only and then move to backhands only.

**Second:** Once they have achieved success, Encourage the players to alternate sides (forehand and backhand).

**Teaching Tips:** Ensure the volleying players are “blocking” the ball and not “hitting” the ball ( not using their wrist). Volleying players should have a continental grip.





# Week 6, 7, 8 Practice and League Play

## Drill 1: Overhead (Smash)

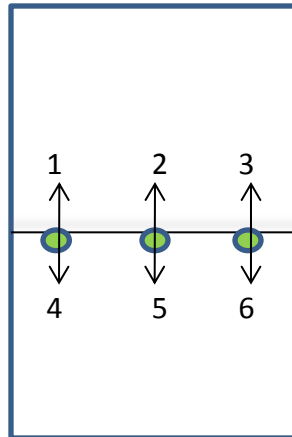
**Activity:** Ages 9-11    **Duration:** 5-7 min

**First:** Player 1 stands one giant step back from the net and across from their partner. Player 2 feeds a high arching ball that would land around mid-court (lob). The net player hits the ball with an overhead (service motion). The partner blocks and catches the hit ball and feeds another.

**Second:** the feeding player will now try to defend and keep the rally going without stopping the ball.

**Beginners:** Players/coach can hand feed the ball underhand to the player.

**Teaching Tips:** Ensure the attacking players (hitting the overhead) are using their off hand to point at the ball before contact. Attacking players should have a continental grip.



# Week 6, 7, 8 Practice and Preparing for League Play

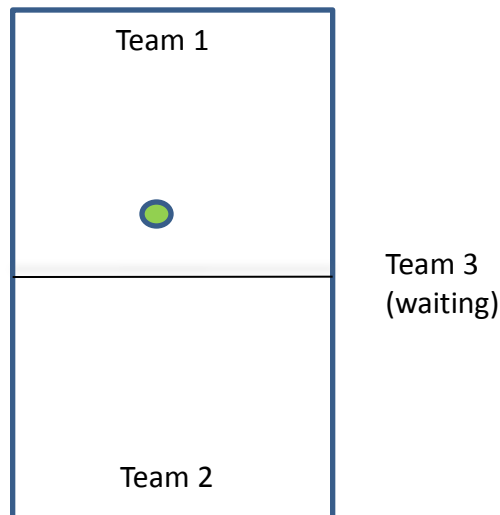
## Drill 6: Doubles Match (with Volley/Overhead)

**Activity:** Ages 9-11    **Duration:** 10-12 min

**First:** Divide each court into teams of two. Team 1 will play against 2 and team 3 will rotate with the losing team after every point. The team that scores a total of 10 points wins. If a team wins a point using either a volley or overhead they score two points.

**Second:** Play own the net...the team who wins the last point start at the net and the challenging team must start from the baseline.

**Teaching Tips:** Encourage players to move their opponents. Reinforce rules and sportsmanship.



# Week 6, 7, 8 Practice and Preparing for League Play

## Drill 4: League Match Play!

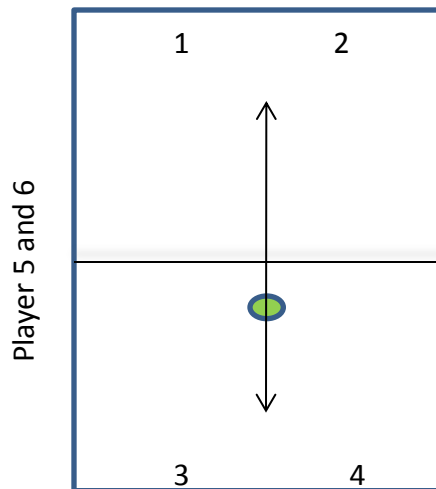
**Activity:** Ages 9-11    **Duration:** 30 min +

**First:** Volunteer coach assembles their team

**Second:** League convener and head coach will begin official league play using the score sheet found in section 8

**Third:** Rotations will occur on regular intervals as per scoring and rules section.

**Teaching Tips:** Encourage fair play, ensure they are familiar with the rules and boundaries. Each player should call out the score after every point and shake hands at the end of the match.



# **Week 9,10, 11 Practice and League Play**

- 1. Hit and Recover**
- 2. Up and Back Ground-strokes**
- 3. Serve and Volley**
- 4. League Matches and Play Offs!**

# Week 9,10, 11 Practice and League Play

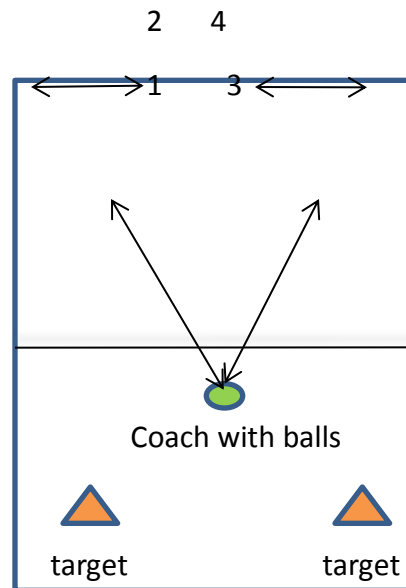
## Drill 1: Hit and Recover

**Activity:** Ages 9-11    **Duration:** 5-10 min

**First:** Players make two lines at the baseline. The coach feeds balls wide to each player. The player hit two balls each recovering to the middle between shots. After the second recovery, players go to the back of the opposite line and the next two players go.

**Second:** Make feeds more challenging to advance players.

**Teaching Tips:** Ensure that waiting players are safely off to the side or behind the court. Give players a target to aim for and keep score.



# Week 9,10, 11 Practice and League Play

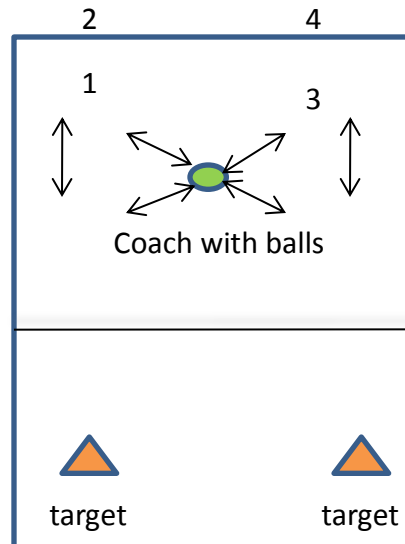
## Drill 2: Up and Back Groundstrokes

**Activity:** Ages 9-11    **Duration:** 5-10 min

**First:** Players make two lines at the baseline. One line will hit forehands and the next backhands. The coach hand-feeds balls just in front and then just behind the players. The player hit four balls each and then move to the opposite line.

**Second:** Challenge more advanced players with difficult feeds.

**Teaching Tips:** Ensure that waiting players are safely off to the side or behind the court. Be careful not to get hit, keep players hitting down the line at the targets for safety.



# Week 9,10, 11 Practice and League Play

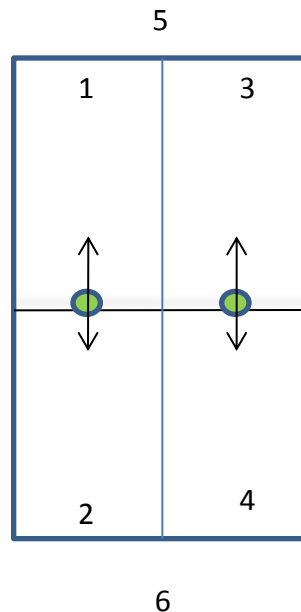
## Drill 3: Serve and Volley

**Activity:** Ages 9-11    **Duration:** 5-10 min

**First:** Player a serves the ball and in one motion approaches the net to play the next shot as a volley. Their partner cooperates and plays a return to the server.

**Second:** Once the players have gotten used to serving and volleying, let them play out the points.

**Teaching Tips:** Encourage teamwork and fair play.



# Week 9,10, 11 Practice and League Play

## Drill 4: League Match Play and Play Offs!

**Activity:** Ages 9-11    **Duration:** 30 min +

**First:** Volunteer coach assembles their team

**Second:** League convener and head coach will begin official league play using the score sheet found in section 8. The final week(s) will include play offs and team championship play.

**Third:** Rotations will occur on regular intervals as per scoring and rules section.

**Teaching Tips:** Encourage fair play, ensure they are familiar with the rules and boundaries. Each player should call out the score after every point and shake hands at the end of the match.

