

TEAM CANADA TEAM TENNIS

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Dear Tennis Leaders, Volunteers, Club and Community Champions:

Thank you for considering Team Tennis for your club or community program. The concept of Team Tennis is built on giving children the tools to play tennis in a team environment. By encouraging healthy competition and building friendships, we feel that this concept will help make tennis “the sport of a lifetime”.

This implementation guide will walk you through each step involved in implementing Team Tennis at your club or community. The appendixes at the back of the manual will provide you with the necessary resources to get started right away. Team Tennis is made up of the following three leagues:

1. Tyke: 6-9 years old
2. Pee Wee: 10-12 years old
3. Bantam: 13+ years old

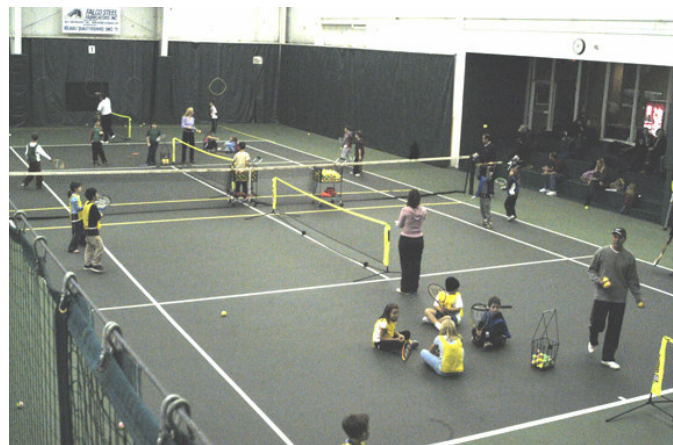
This program is a guide and may need to be adapted to meet the requirements of your club or community. Match schedules and court set-ups can be easily modified to accommodate the constant changing numbers that can often make it challenging for a volunteer or coach to organize.

Good Luck and congratulations on being one of the innovators in our sport!

SECTION 1



Using targets at the Tyke League “practice”



Tyke League match in progress



“Game” in progress in the Bantam League

The Concept

This concept was designed to provide a fun, turn key league program that can be implemented by clubs and communities across the country. Team Tennis allows children to make a rapid and seamless transition from practice to play. "Playing" will help motivate youngsters to continue participating in the game and potentially enjoying the benefits of tennis for life.

Team Tennis was developed to adopt many of the positive aspects of other successful "minor sports" in Canada including:

1. Developing a team concept versus individual play
2. Playing shortly after learning basic skills
3. A format that includes one practice and one game per week
4. The use of parents/volunteers and coaches
5. Using modified scoring, playing field and equipment
6. Providing a competitive format with weekly winners, a season ending banquet, awards and champion.

Benefits

Get kids to be more competitive...the structure of the Team Tennis league provides children with the opportunity to compete each day with players of similar skill level.

Fun...these programs increase fun play by eliminating long lessons and implementing more games, prizes and a team format.

Communities and clubs become reoriented to play formats... as with adults the structure of the tennis lesson has shifted from feeds and repetitive strokes to a game-based approach. This concept embraces game based learning and may influence other programs within your community/club to become more game based.

To teach with a purpose, and a plan...children will benefit from programs that have specific goals and structure.

Profitable for communities and clubs...each program will be financially equivalent to standard junior programs.

Growth of the sport... this concept will increase the health of the game through increased participation and retention of players.

Key Components

Many aspects of the Team Tennis concept can be altered to meet the specific needs of your club or community. The following components make up the foundation of the Team Tennis concept and are essential in successful implementation.

1. Modified court sizes for all groups
2. Use of alternative equipment, including junior sized tennis racquets, decompressed tennis balls, court markers and temporary lines
3. Use of parents, volunteers and coaches
4. Uniform or "pinnies" for team members to identify them as a team during play
5. Use of qualified individuals on court to ensure program integrity
6. Each weekly session would have a "practice component" as well as a "game component"

Equipment

The following is a list of equipment that is needed to run the Team Tennis League Program. Volunteers, parents, coaches and community tennis leaders are encouraged to be creative if they don't have access to all the equipment. For instance tape can be used as a substitute for throw down lines and targets can be made with a variety of items.

1. **Racquets:** Although players should be encouraged to purchase their own racquet, sufficient racquets should be made available to players who do not have the correct type of racquet for their age and size. Racquets in the length of 21 inches, 23 inches and 25 inches should be available.
2. **Tennis Balls:** The Tyke and Pee Wee Divisions use the Wilson Winners Ball. This low compression ball allows players to play on a shorter court while still maintaining control of their shots. The Bantam group use regular tennis balls.
3. **Mini-Nets:** The Tyke and Pee Wee groups use modified courts for play. The Tyke Group has two mini-nets on each side of the court aligned with the centre service line. One net should be situated close to the net and the other close to the fence/windscreen/curtain at the back of the court. The space in between is designated a "no racquets" zone in which players not playing would safely wait.

The Pee Wee Group plays mini-tennis across the regular net (on half of the court) using the service line as the base line and has a mini-net against the back curtain just as the Tyke Group utilized.

Both Pee Wee and Tyke Groups have the equivalent of four playing courts laid out on a single full-sized tennis court.

4. **Lines:** The use of "throw-down" lines is used to show court boundaries along with the permanent lines where possible. Wide masking tape is also an option where "throw-down" lines are not available or practical.
5. **Timers:** Watches with "count-down timers" are used to ensure schedules are maintained. The timer-reset function ensures that upon completion of one timed round, the next one would begin automatically.
6. **Pinnies:** Coloured "pinnies" or "bibs" are an option to designate the different teams. Each player and volunteer/coach would wear the pinnie just as players in other sports would wear their uniform.
7. **Floor Spots:** Spots were are used for safety (as place markers) and as targets for rallying.
8. **Wall Targets:** Hoola Hoops are a terrific option for targets, they should be hung from the end curtains to provide targets for the Tyke Group's practice portion of their sessions.
9. **Prizes:** All players should receive a participation medallion or a trophy (1st and 2nd). Volunteer/coaches should be rewarded with a club t-shirt for assisting.

The Format

Team Tennis is divided into three league formats. Proper age groupings will ensure that children within a group are at a similar stage of development and that the competitive structure allows players to blossom.

1. TYKE LEAGUE

(Ages 6 to 9 years)

These players use the lowest compression ball and play in a mini-tennis environment to minimize the difficulty of playing over a full sized net and onto a large playing surface. Using junior sized racquets and the softer ball allows players to properly develop their skills necessary to maximize their success and ultimately enjoyment of the sport. Participating juniors play both singles and doubles (alternate hit) while developing the techniques and tactics necessary to graduate to full-court play. Each team will have a maximum of 5 players.

② Pee Wee (ages 10 to 12 years):

Players in this league graduate to an intermediate compression tennis ball and will play using a regular tennis net as well as the mini-tennis net. Participating juniors play both singles and doubles (alternate hit) while developing the techniques and tactics necessary to graduate to full-court play. Each team has a maximum of 4 players.

③ Bantam (ages 13 and up):

The oldest group plays with regular tennis balls and compete on a full length tennis court. The court is divided in half allowing two matches to be played concurrently on a regular court for singles play. Doubles play occurs on the full court. Each team has a maximum of 4 players.

Note: The above are guidelines that may be easily adapted to allow modifications to the court set-up, practice/competition format, scoring system and game length.

League Components

1. Boys and Girls compete on the same teams and against each other
2. 8 week sessions:
 - (a) First two weeks week are exhibition, practice and preparation for match play and allows for minor reorganization of team make up to ensure the teams are evenly matched
 - (b) There is a four week regular season with a two week final play off weeks: i.e. First week play-off: 1 vs 4, 2 vs 3. Week two of the play-offs has winners and losers play-off for each position.
3. Each week includes a “practice” and a “game” like other sports. In this case, they play on the same day.
 - (a) First 30 minutes of the program = warm-up and “practice”
 - (b) Last 50 minutes of the program = the “game”
 - (c) 10 minutes = set-up for next group
4. Practice and games are at the same time each week. This allows parents to schedule other family activities.
5. Players will rotate from playing to waiting and cheering their team-mates (consistent with other sports). A rotation will be provided to the volunteers/coaches/parents to ensure proper organization and equal play for all players.

Keys to Success: Prepare, Prepare, Prepare!

The following list provides some of the essentials of proper preparation for implementing Team Tennis:

- (a) Understand the Concept: Take the necessary time to clearly understand the 3 different programs and specifically the different organizational structures each program requires.

Keep in mind, the Team Tennis concept works best when the number of teams is even (4, 6 or 8 teams). This way the club/community can make efficient use of court bookings as well as the number of volunteers/coaches required. An uneven number of teams makes it difficult to schedule competitions and may result in wasted court space. Before registration begins it is essential that you have an idea of how many teams you wish to have and the number of participants you wish to have on each team. This will be based on both court availability and estimated demand for the program.

- (b) Marketing of Program: the primary purpose of marketing is to ensure adequate participation. Focus on selling the concept and format through the use of promotional flyers, newsletters and most importantly, word of mouth and phone calls.
- (c) Order T-shirts and Court Equipment: team uniforms for take home or team pinnies as loaners should be ordered long before the start of the program. Equipment needs must also be ordered so that all is in place on the first day of the program. See equipment list for further details.
- (d) Book the Courts: court booking requirements will depend on the program that you run and the number of teams you have registered:
- Tyke Team Tennis requires 1 court for 4 teams
 - Pee Wee and Bantam Team Tennis require 2 courts for the minimum required 4 teams.

Book the courts in advance for the entire duration of your program; for example: the following is a sample of a 9 week program for 4 teams:

- 1 week: orientation/evaluation
 - 6 weeks: regular season (each team plays one another 2 times)
 - 2 weeks: playoffs
- (e) Registration of players: all player registration should occur prior to the start date of the program (not on the first day of the program). This will ensure that you can optimally use the first session (evaluation and/or orientation day) for evaluation of participants, training of parents/coaches/volunteers, and overall coordination of the on-court program.
- (f) Make the Teams: It is essential that teams are even and for this reason we recommend one or two evaluation days or practice sessions prior to making the teams. This will ensure fair and even competition which will lead to greater enjoyment by participants. Consider the following:
- A minimum of 4 teams are required for all three Team Tennis programs
 - Teams should be evenly matched to ensure fun by all participants
 - Each team will consist of the following number of players:
 - Tyke Team Tennis, 5 players per team
 - Pee Wee Team Tennis, 4 players per team
 - Bantam Team Tennis, 4 players per team
 - Whenever possible teams should consist of the same number of participants (for schedule variations see Appendix B)
 - Outstanding players (proper age, but too strong level) should play up an age bracket

(g) Designate Responsibilities: handouts should be prepared outlining specific duties of volunteers, coaches and parents (see volunteer/coach/parent responsibilities). Your staffing needs should not exceed:

- 1 volunteer or paid coach per court
- 1 volunteer Parent Captain/Coach per team (i.e. 4 per court)
- 1 Junior volunteer from the club/community per team can be used for scoring and demonstrations

Volunteer / Coach / Parent Responsibilities

1. Arrive 10 minutes early to pick up your teams "pinnies" (coloured pullover) and distribute to your players upon arrival to wear for the practice and game. Ensure each player has an appropriately sized tennis racquet. Borrowed Racquets should be available if needed.
2. When the Volunteer/coach/parent calls everyone onto the court, take your team to the assigned area (will be on your schedule) and take your team through the physical warm-up phase of the practice.
3. Organize your team's activities in the practice session as laid out in the practice handouts. Have players organized on your court based on their order outlined on the team roster (starting from the net to baseline).
4. Ensure safety for all players and they stay focused on the tasks.
5. Using the match form provided, fill in names of players for the day's matches (should be filled in during practice once you know who has shown up from your team). Please ensure that players get equal playing time (where possible).
6. Keep track of scores on the match form and return to a Volunteer/coach upon completion of the game.
7. Have players ready for next match on court once Volunteer/coach calls time to change. Matches are based on time so please ensure players are ready to compete as fast as possible.
8. Manage your team while they are watching their team-mates. There is a designated no play zone in which they should wait.
9. Assist your players while they are competing with regard to scoring, rules, etiquette, etc. All players should shake hands at the end of each match.
10. At the end of the last match, please collect all "pinnies" and return to Volunteer/coach.

Sample Budget

The following sample budget is for the Tyke Team Tennis program and will include the following assumptions:

- 20 participants have registered
- Using 1 court
- 9 week program
- This program will be offered on 4 consecutive sessions during the summer or indoor season

Note : *This budget has flexibility to match your current economic conditions.*

REVENUE:

- 20 participants @ \$125 each \$2,500

EXPENSES:

- Courts (1.5 hours for 9 weeks @ \$20 /hour) \$ 270
- Coach, (1.5 hours for 9 weeks @ \$50 /hour) \$ 675
- Coach, (administration 1 hour per week \$25/hour) \$ 225
- Tennis Balls (1 case of low compression balls) \$ 80
- Team Uniforms (T-Shirts for 20 players @ \$5 /shirt) \$ 100
- Coach Uniforms (T-Shirts for 5 parent coaches) \$ 20

Total Expenses: \$1,300

Net Profit / Session \$1,200

Net Profit for 4 sessions \$4,800

START-UP COSTS (one-time fee for equipment):

- Mini Nets (6 required nets at \$90/net) \$ 540
- Lay down Lines (4 x 36ft; 4 x 16ft 5in lines) \$ 210
- Markers (20 total markers) \$ 50
- Racquets (20 loaner racquets at \$12 each) \$ 240

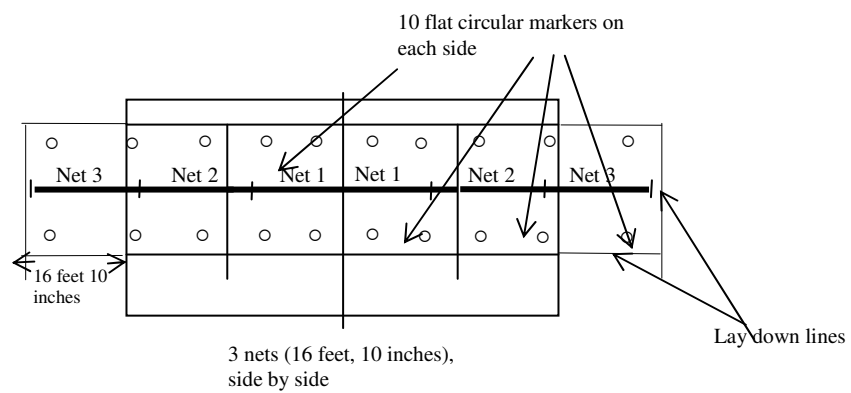
Total Start-Up Costs: \$1,040

TYKE TEAM TENNIS

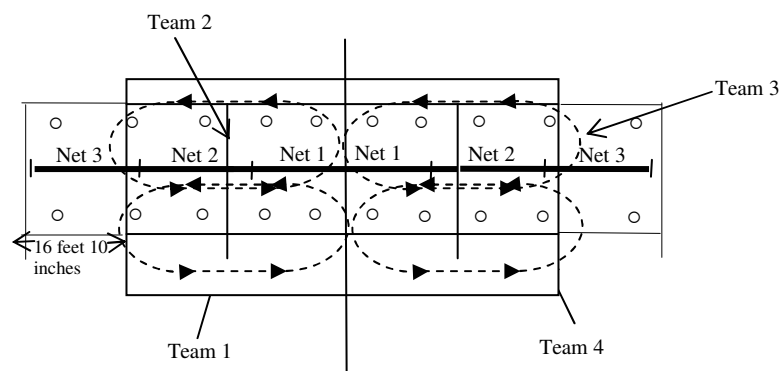
(Ages 6 to 9 years)

Court and Equipment Set-Up

Initial Set-Up: Court(s) should be set-up as follows in anticipation of participants' arrival.

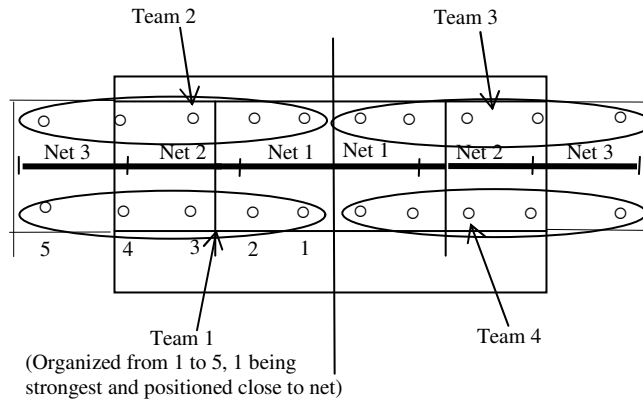


Organization for Physical Warm-Up: Run and Mobility Exercise



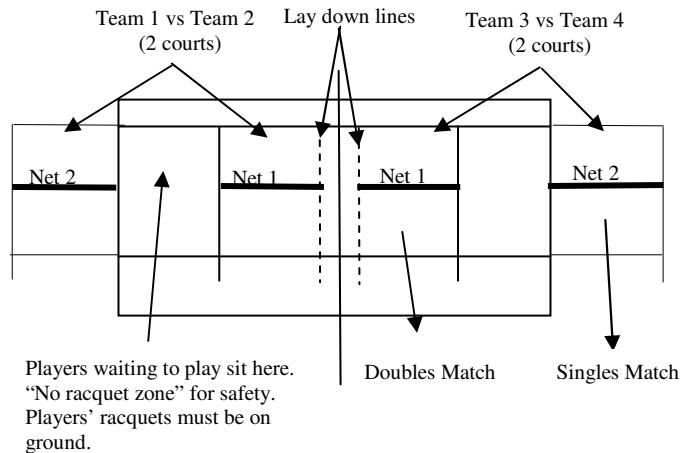
Practice: Location of 4 Teams for Practice

Note: Each team will organize their players based on their level from strongest to weakest with strongest at the net and weakest behind baseline)



Competitive League Match

The following set-up will be used for the actual league match play.



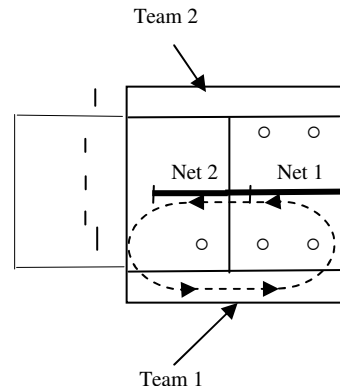
PRACTICE CONTENT

1. Physical Warm-Up (3 minutes)

DRILLS

Note: Racquets are on the ground at this point.

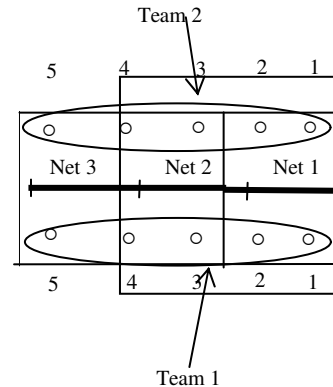
- (1) 1.5 minutes running around within their area
- (2) 1.5 minutes of mobility



2. Court Practice (27 minutes)

DRILLS:

1. Self Rally:
 - (a) Self Rally: Forehand
 - (b) Self Rally Forehand with movement forward to net then back
 - (c) Self rally backhand
2. Forehand Exchange:
 - (a) Forehand drop hit to partner who catches with hand and drop hits back
 - (b) Forehand drop hit, return using Forehand... stop continue (2 ball exchange)
 - (c) Forehand exchange... get to 4 score a point, or longest rally
3. Serve Practice:
 - (a) Serve-serve
 - (b) Serve-return
 - (c) Serve-return and exchange
4. Volleys:
 - (a) Self rally volleys
 - (b) Volley-volley, Forehand only
6. Volley-volley, backhand only
7. Volley-volley, Forehand and backhands:
 - (a) Gs-volley exchange; switch roles



FORMAT OF COMPETITIVE TEAM PLAY

Format of Competitive Matches for Tyke Team Tennis:

- The court will be divided into 4 playing areas defined by portable nets. Between the two playing areas on each side of the court will be a “No Racquet Zone” for teammates waiting for their match.
- There is one singles match and one doubles match played simultaneously. The 4 non-playing members will be resting in the “No Racquet Zone” and cheering on their teammates and/or acting as ball persons on each court.
- Each member of the team will play at least one singles and 2 doubles matches for a total of 5 matches that need to be scheduled on each court.
- Every match would be timed for 10 minutes.
- Each team member would be ranked from 1 to 5 according to ability and for singles scheduled to play against their same number from the opposing team (assuming 5 per side or 4 per side).
- There is a minimum of 4 players required per match (if a team has less than 4 players they can borrow (the #5 player) from a team that has 5 players present, however they will default the matches which the player participates).
- There are 3 schedules which might be followed. The schedule depends on the number of players present on each team. The 3 possibilities are: (Note: *It is imperative that you choose the correct score sheet*).
 - (1) Score sheet and match ‘Schedule 1’: 5 Players vs 5 players
 - (2) Score sheet and match ‘Schedule 2’: 4 players vs 5 players or 5 vs 4 (Note: *Team with 4 players is listed 1st in schedule*)
 - (3) Score sheet and match ‘Schedule 3’: 4 players vs 4 players

Note: *These Schedules can be found in Appendix A.*

Match Rules

- All matches will be 10 minutes and the player (team) with the most points will be deemed the winner.
- All balls must be hit with an arch

Singles

- Alternate services every point
- Two service chances per point, the 1st serve must be over-the-head and the 2nd serve can either be over-the-head or a forehand groundstroke.

Doubles

- Doubles will consist of alternating shots (if a player hits 2 shots in a row their team loses the point).
- Doubles Serving: the serving team will serve 2 pts in a row; each player serving one point. (2 serve chances per point, the 1st serve must be over-the-head and the 2nd serve can either be over-the-head or a forehand groundstroke).
- The serve must land in front of singles sideline

Recording of Scores

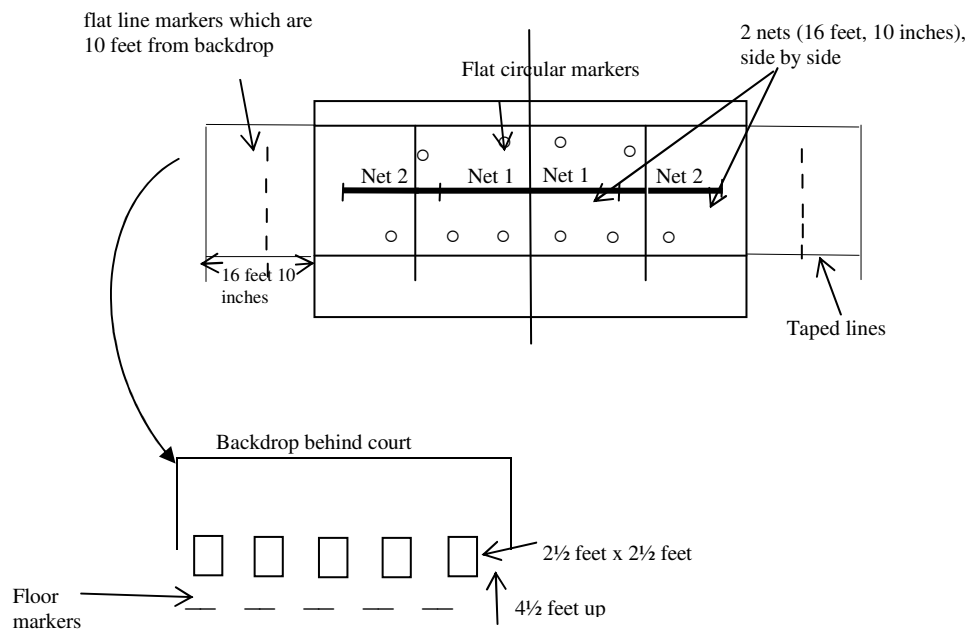
- Two white boards are required to record the cumulative match scores.
- One will be placed in each “No Racquet Zone” so players and parents could readily be made aware of team scores. Points during the matches will be tabulated by a Parent-Coach, who will also be responsible for recording the game scores on the “scoreboard” after each match. The Head Coach/volunteer will be responsible for timing each match

PRACTICE ALTERNATIVES

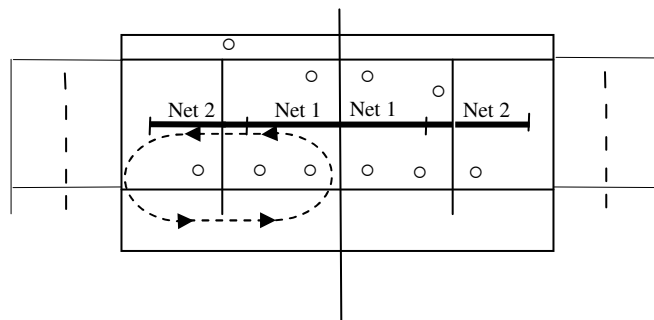
As an alternative to regular practice set-up, the practice session can be divided into two sections, on 1 half of the court the lesson is as usual, on the other half, the instructor can set up targets. This set-up is shown as follows:

Court and Equipment Set-Up

Initial Set-Up: Court(s) should be set-up as follows in anticipation of participants’ arrival.

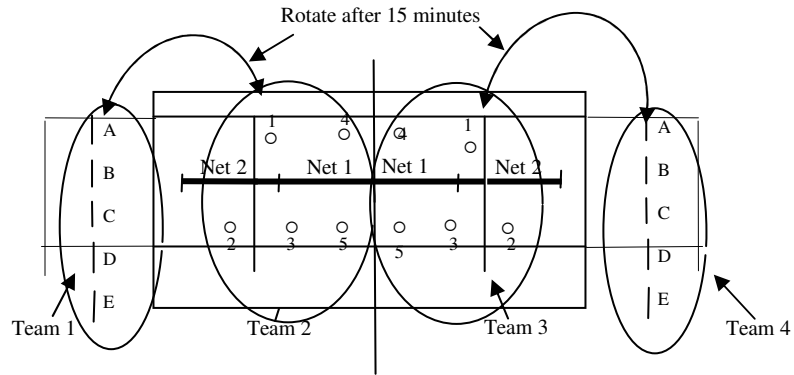


Organization for Physical Warm-Up: Run and Mobility Exercise

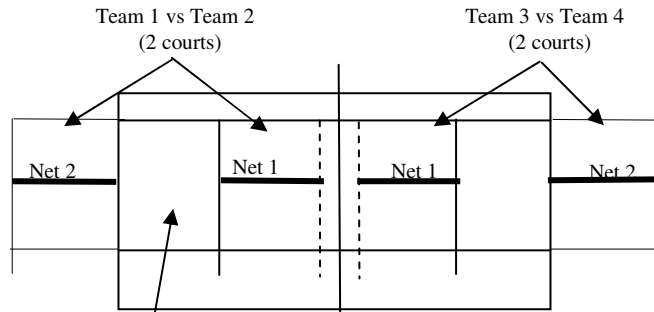


Practice: Location of 4 teams for wall target practice and court practice

Note: *Team 1 & 2 and 3 & 4 will switch locations with one another after 15 minutes.*



Competitive League Match: The following set-up will be used for the actual league match play.



Players waiting to play sit here.
 "No racquet zone" for safety.
 Players' racquets must be on ground.

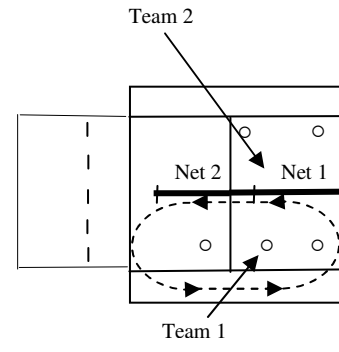
PRACTICE CONTENT

1. Physical Warm-Up (3 minutes)

DRILLS

Note: Racquets are on the ground at this point.

- (1) 1.5 minutes running around within their area
- (2) 1.5 minutes of mobility

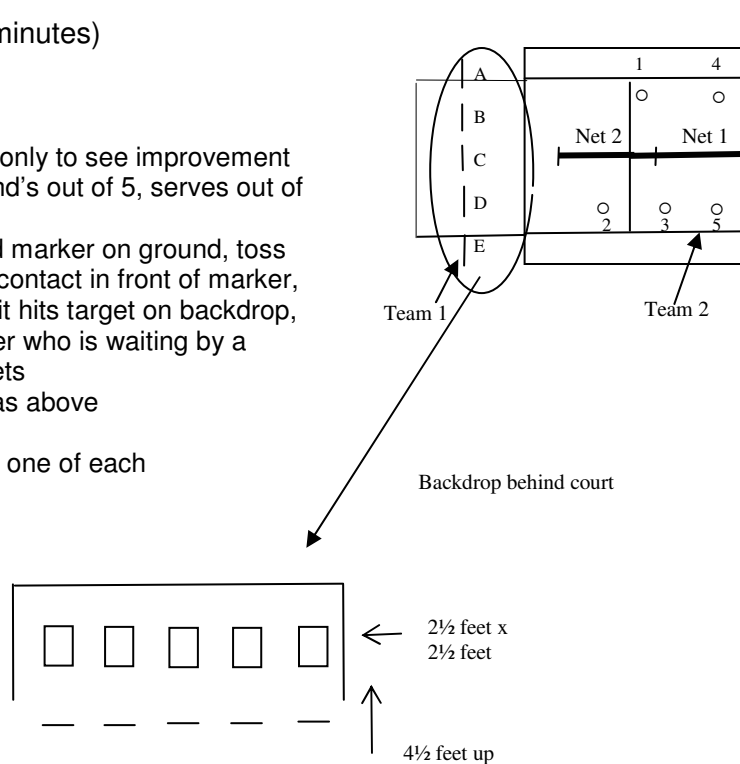


2. Court Practice (30 minutes)

A. Wall Target Practice (15 minutes)

DRILLS: TEAM 1

- (1) Target Test: week 1, 5 and 8 only to see improvement
- (2) Forehand's out of 5, backhand's out of 5, serves out of 5
- (3) Forehand's only, start behind marker on ground, toss in front of marker and make contact in front of marker, ball must be declining when it hits target on backdrop, 3 hits then, rotate with partner who is waiting by a safety zone; count total targets
- (4) Backhand's only, same drill as above
- (5) Serve only,
- (6) Forehand, Backhand, Serve, one of each

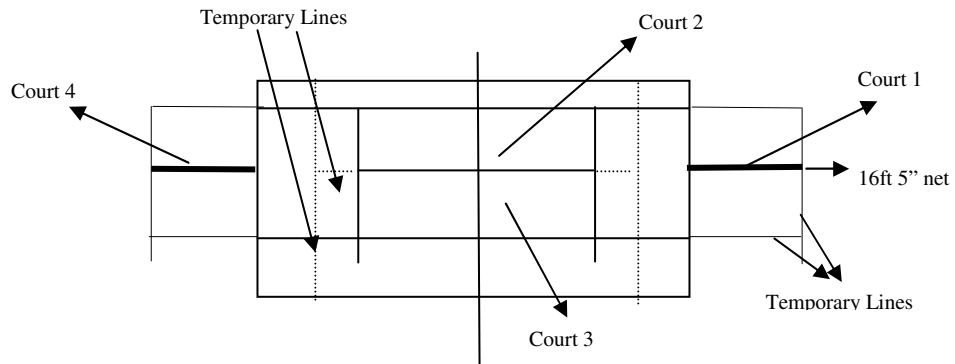


PEE-WEE TEAM TENNIS

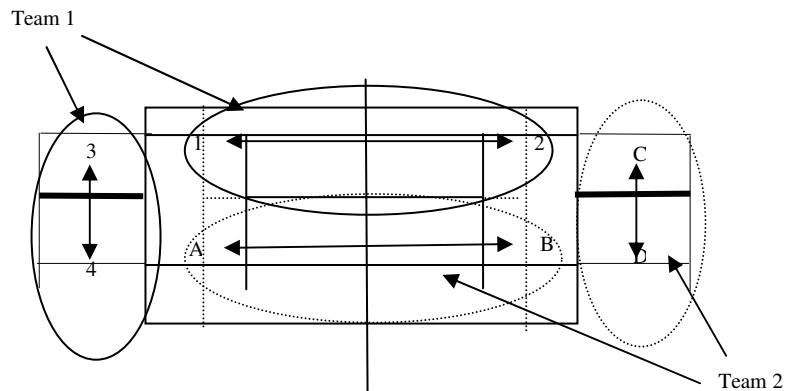
(Ages 10 to 12 years)

Court and Equipment Set-Up

Initial Set-Up: Court(s) should be set-up as follows in anticipation of participants' arrival.

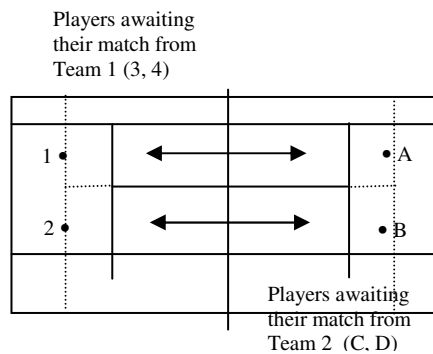


Organization of Teams for Practice:

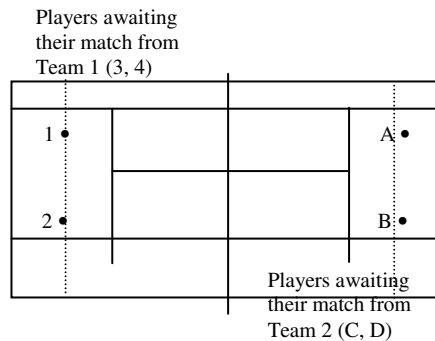


Competitive League Match: The following set-up will be used for the actual league match play. In Pee Wee Team Tennis two single matches can be played simultaneously, but only one doubles match can be played at a time.

Singles Match Court Set-Up



Doubles Match Court Set-Up



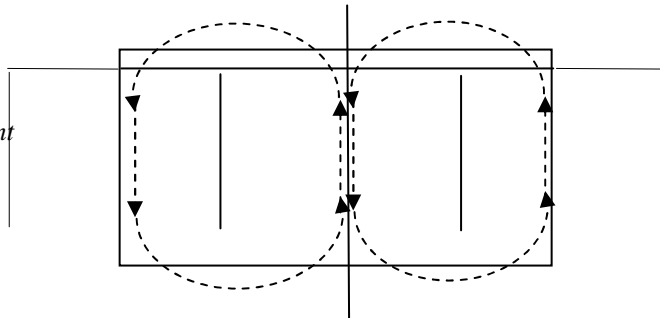
PRACTICE CONTENT

1. Physical Warm-Up (3 minutes)

DRILLS

Note: Racquets are on the ground at this point

- (1) 1.5 minutes running around within their area
- (2) 1.5 minutes of mobility



2. Court Practice (27 minutes)

DRILLS

1. Self Rally (2 minutes):
 - (a) Self rally: forehands
 - (b) Self rally: forehands with movement forward to net then back
 - (c) Self rally: backhands
 - (d) Self rally: backhand with movement towards the net
2. Forehand Exchange (5 minutes):
 - (a) Forehand drop hit to partner who catches with hand and drop hits back
 - (b) Forehand drop hit, return using forehand... stop continue (2 ball exchange)
 - (c) Forehand exchange... get to 4 score a point, or longest rally
3. Backhand Exchange (5 minutes):
 - (a) Backhand drop hit to partner who catches with hand and drop hits back
 - (b) Backhand drop hit, return using Backhand... stop continue (2 ball exchange)
 - (c) Backhand exchange...get to 4 score a point, or longest rally
4. Groundstroke Exchange: Moving one another while maintaining consistency (5 mins)
 - (a) Organization: one player on each side, alternate turns with partner who is waiting on deck
 - (b) Players attempt to exchange 5 balls in a row to get a point, while moving their partner; rotate after each attempt
5. Serve Practice (5 minutes):
 - (a) Serve-serve
 - (b) Serve-return
 - (c) Serve-return and exchange
6. Volleys (5 minutes):
 - (a) Self rally volleys
 - (b) Volley-volley, Forehand only
 - (c) Volley-volley, backhand only
 - (d) Volley-volley, Forehand and backhands
 - (e) Gs-volley exchange; switch roles

FORMAT OF COMPETITIVE TEAM PLAY

Format of competitive matches for Pee Wee Team Tennis

- There is a minimum of 4 teams required for Pee Wee Team Tennis.
- Teams are comprised of a maximum of 4 players (minimum of 3 players must be present for competition) per team.
- Players should be ranked from 1 to 4 (best players at #1) so matches are compatible.
- 1 court is required for every 2 teams registered.
- Teams with only 2 players on any given week will borrow an extra player from another team or forfeit 2 of their matches.
- Teams will play a total of 10 matches each week (8 singles and 2 doubles), each match will last 6 minutes for a total of 60 minutes of matches weekly. (i.e. 1 vs A; 2 vs B; 3 vs C; 4 vs D; 1/ 2 vs A/B; 3/ 4 vs C/D; 1 vs B; 2 vs A; 3 vs D; 4 vs C).
- Each player will play a minimum of 2 singles matches and 1 doubles matches/wk
- Matches must be started immediately after each other without delay.
- When the Coach/volunteer calls "time", players may complete the point they are playing but should not start a new point
- Two match courts will be used for singles competition by dividing the 3/4 tennis court into a "left court" and a "right court". Doubles sidelines, the centre service line (extended) and the temporary baseline will determine the outside boundaries. Doubles play will use the full ¾ doubles court.
- There are 3 schedules which might be followed. The schedule depends on the number of players present on each team. The 3 possibilities are: (Note : *It is imperative that you choose the correct score sheet*)
 - Score sheet and match 'Schedule 1': 4 players vs 4 players
 - Score sheet and match 'Schedule 2': 4 players vs 3 players (Note : *Team with 4 players is listed 1st in schedule*)
 - Score sheet and match 'Schedule 3': 3 players vs 3 players

Note: *Please see Sample Schedule - Appendix A.*

Match Rules

- All matches will be 6 minutes and the player (team) with the most points will be deemed the winner.
- The HOME team will serve first in all matches played
- Total points won will determine the winner of each match (ties are possible)
- The head coach/volunteer will be responsible for timing each match

Singles

- Alternate services every point
- Players will alternate serving and players will have two opportunities to get his/her serve into the service box. All serves are overhead.

Doubles

- All regular doubles rules are in effect
- Doubles Serving: the serving team will serve 2 points in a row; each player serving once each (2 serve chances per point).
- The serve must land in the service box

Recording of Scores

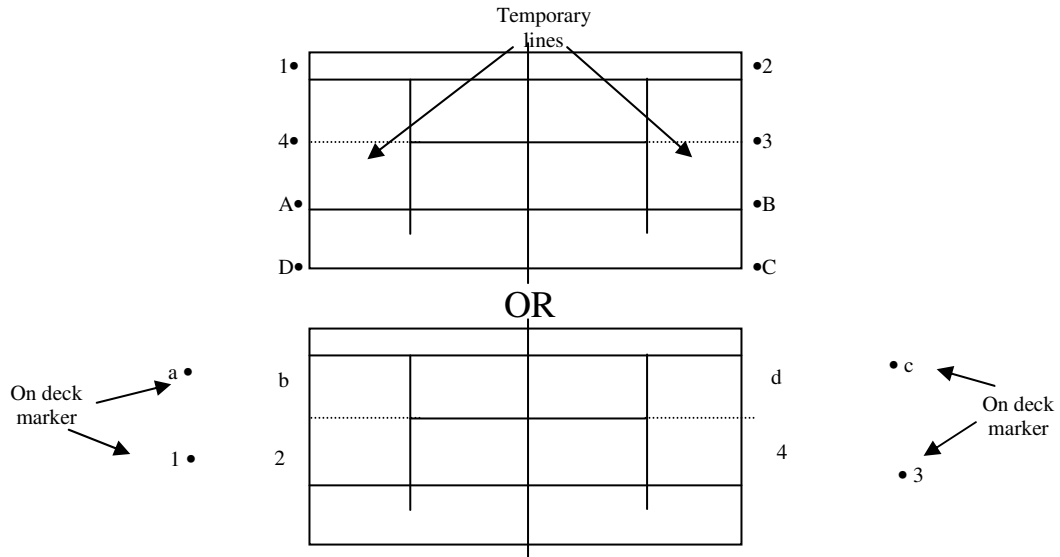
- Two white boards are required to record the cumulative match scores.
- Each will be placed on the sideline so players and parents could readily be made aware of team scores.
- Points during the matches will be tabulated by a Parent-Coach, who will also be responsible for recording the game scores on the “scoreboard” after each match.
- 2 points are awarded for a win, 1 point for a tie and 0 points for a loss

BANTAM TEAM TENNIS

(Ages 13 +)

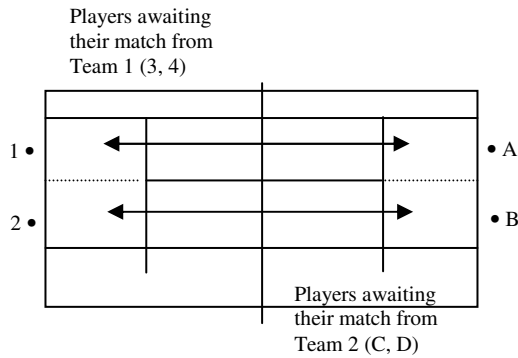
Court and Equipment Set-Up

Initial Set-Up: Court(s) should be set-up as follows in anticipation of participants' arrival.

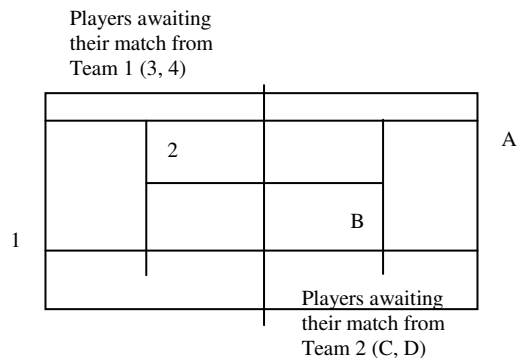


Competitive League Match: The following set-up will be used for the actual league match play. This League will consist of 2 Singles Matches occurring simultaneously followed by 1 Doubles Match using the full court.

Singles Match Court Set-Up



Doubles Match Court Set-Up



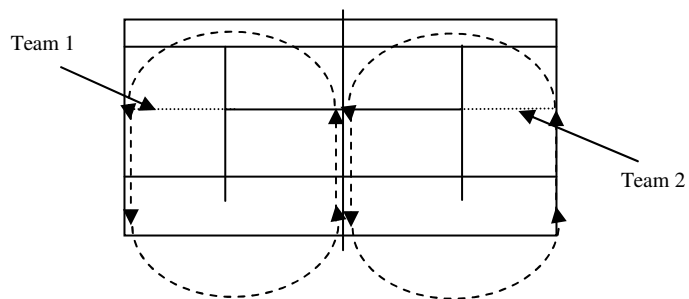
PRACTICE CONTENT

Physical Warm-Up (3 minutes)

DRILLS

Note: Racquets are on the ground at this point.

- (1) 1.5 minutes running around within their area
- (2) 0.5 minutes of mobility

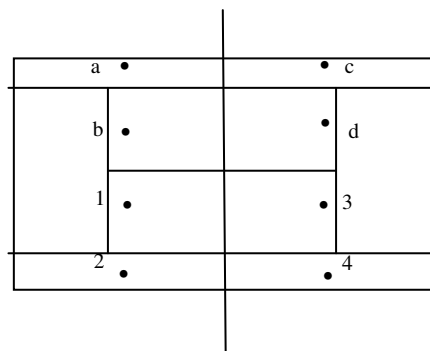


Court Practice (27 minutes)

DRILLS:

From Service Line to Service Line (11 minutes):

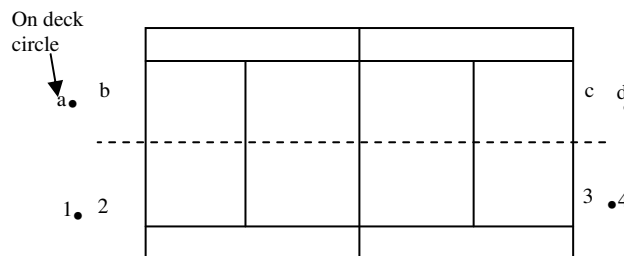
1. Volleys (6 minutes)
 - a) Volley-volley, forehand only, 6 in a row for a point, most points win
 - b) Volley-volley, backhand only
 - c) Volley-volley, forehand and backhands
2. Groundstrokes (5 minutes)
 - (1) Forehand exchange (3 minutes)
 - a) Forehand drop hit to partner who catches with hand and drop hits back
 - b) Forehand exchange.. get to 6 to score a point, or longest rally
 - (2) Backhand exchange (2 minutes)
 - a) Backhand drop hit to partner who catches with hand and drop hits back
 - b) Backhand exchange.. get to 6 score a point, or longest rally



From Baseline to Baseline (16 minutes)

3. Groundstroke Warm-Up Competition: Refer to Practice Organization A (6 minutes)
 - (1) Forehand Exchange Competition: 3 minutes
 - Teams of 2: players attempt to out-rally one another, forehands only, 3 hits per player, then rotate; team ahead at the end of 3 minutes wins
 - (2) Backhand Exchange Competition (same as above, except backhands only): 3 minutes

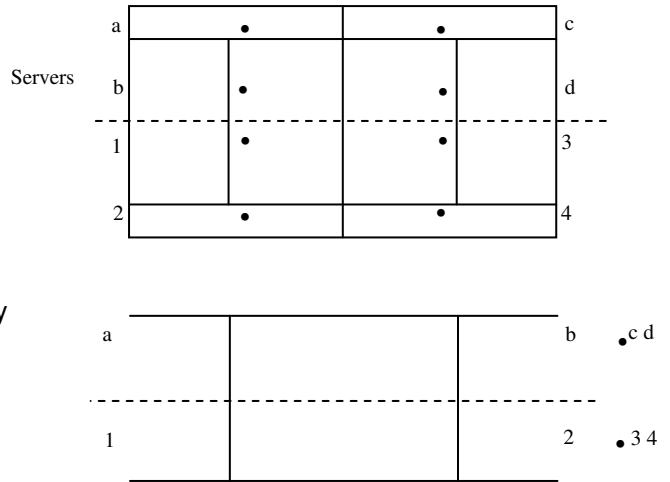
Full Court



From Baseline to Baseline (con't)

4. Serve-Return-Rally Competition: King of the Court (10 minutes)

- (a) Serve-serve Practice: 3 mins, pairs activity, practice organization B; players serve back and forth towards target in service box
- (b) Competition: 3 servers-1 returner; servers rotate after each point; when server achieves 3 pts they switch with the returner (become King of their court); 1 serve attempt only, attempt to win point by being more consistent than opponent;



FORMAT OF COMPETITIVE TEAM PLAY

Format of Competitive Matches for Bantam Team Tennis

- There is a minimum of 4 teams required for Bantam Team Tennis.
- Teams are comprised of a maximum of 4 players (minimum of 3 players must be present for competition) per team.
- Players should be ranked from 1 to 4 (best players at #1) so matches are compatible.
- 1 court is required for every 2 teams registered.
- Teams with only 2 players on any given week will borrow an extra player from another team or forfeit 2 of their matches.
- Teams will play a total of 10 matches each week (8 singles and 2 doubles), each match will last 6 minutes for a total of 60 minutes of matches weekly, i.e. 1 vs A, 2 vs B, 3 vs C, 4 vs D, 1/ 2 vs A/B, 3/ 4 vs C/D, 1 vs B, 2 vs A, 3 vs D, 4 vs C).
- Each player will play a minimum of 2 singles matches and 1 doubles matches per week
- Matches must be started immediately after each other without delay.
- When the Head Coach/volunteer calls “time”, players may complete the point they are playing but should not start a new point
- Two match courts will be used for singles competition by dividing the 3/4 tennis court into a “left court” and a “right court”. Doubles sidelines, the centre service line (extended to the baseline) and the temporary baseline will determine the outside boundaries. Doubles play will use the full doubles court.
- There are 3 schedules which might be followed. The schedule depends on the number of players present on each team. The 3 possibilities are: (*Note: It is imperative that you choose the correct score sheet*)
 - Score sheet and match ‘Schedule 1’: 4 players vs 4 players
 - Score sheet and match ‘Schedule 2’: 4 players vs 3 players (*Note: Team with 4 players is listed 1st in schedule*)
 - Score sheet and match ‘Schedule 3’: 3 players vs 3 players

Note: Please see Sample Schedule - Appendix A.

Match Rules

- All matches will be 6 minutes and the player (team) with the most points will be deemed the winner.
- The HOME team will serve first in all matches played
- Total points won will determine the winner of each match (ties are possible)
- The head coach/volunteer will be responsible for timing each match

Singles

- Alternate services every point
- Players will alternate serving and players will have two opportunities to get his/her serve into the service box. All serves are overhead.

Doubles

- All regular doubles rules are in effect
- Doubles Serving: the serving team will serve 2 points in a row; each player serving one point. (2 serve chances per point).
- The serve must land in the service box

Recording of Scores

- Two white boards are required to record the cumulative match scores.
- Each will be placed on the sideline so players/parents could readily be made aware of team scores.
- Points during the matches will be tabulated by a Parent-Coach, who will also be responsible for recording the game scores on the "scoreboard" after each match.
- 2 points are awarded for a win, 1 point for a tie and 0 points for a loss

TEAM TENNIS

(Sample roster forms for all programs)

TEAM ROSTERS

Team Federer	Team Serena	Team Nadal	Team Roddick
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.

SAMPLE SCHEDULE OF PLAY FOR A 4-TEAM, 8-WEEK PROGRAM

SCHEDULE OF PLAY			
DATE	TEAM	VS	TEAM
Session 1	<i>Practice and Preparation for Match Play</i>		
Session 2			
Session 3	Team Nadal Team Serena	vs	Team Federer Team Roddick
Session 4	Team Nadal Team Federer	vs	Team Serena Team Roddick
Session 5	Team Nadal Team Federer	vs	Team Roddick Team Serena
Session 6	Team Nadal Team Serena	vs	Team Federer Team Roddick
Session 7 Playoffs:	1 st place 2 nd place	vs	4 th place 3 rd place
Session 8 Playoffs:	Winners Runner-up	vs	Winners Runner-up

SCORE SHEET AND MATCH SCHEDULE

Tyke Team Tennis (5 vs 5)

DATE:	TEAM			TEAM	
	Name:			Name:	
	Players <i>(list in order for only those in attendance)</i>			Players <i>(list in order for only those in attendance)</i>	
	1.			1.	
	2.			2.	
	3.			3.	
	4.			4.	
	5.			5.	
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #3 vs #3					
Doubles #1 & 2 vs #1 & 2					
Singles #2 vs #2					
Doubles #4 & 5 vs #4 & 5					
Singles #1 vs #1					
Doubles #2 & 4 vs #2 & 4					
Singles #4 vs #4					
Doubles #3 & 5 vs #3 & 5					
Singles #5 vs #5					
Doubles #1 & 3 vs #1 & 3					
			← Total Pts →		

SCORE SHEET AND MATCH SCHEDULE

Tyke Team Tennis (4 vs 5)

DATE:	TEAM			TEAM	
	Name:			Name:	
	Players <i>(list in order for only those in attendance)</i>			Players <i>(list in order for only those in attendance)</i>	
	1.			1.	
	2.			2.	
	3.			3.	
	4.			4.	
	5.			5.	
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #3 vs #3					
Doubles #1 & 2 vs #1 & 2					
Singles #2 vs #2					
Doubles #3 & 4 vs #4 & 5					
Singles #1 vs #1					
Doubles #2 & 4 vs #2 & 4					
Singles #3 vs #4					
Doubles #1 & 4 vs #3 & 5					
Singles #4 vs #5					
Doubles #1 & 3 vs #1 & 3					
Note : <i>The team with 4 players is listed 1st.</i>			← Total Pts →		

SCORE SHEET AND MATCH SCHEDULE

Tyke Team Tennis (4 vs 4)

DATE:	TEAM			TEAM	
	Name:			Name:	
	Players <i>(list in order for only those in attendance)</i>			Players <i>(list in order for only those in attendance)</i>	
	1.			1.	
	2.			2.	
	3.			3.	
	4.			4.	
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #4 vs #4					
Doubles #1 & 2 vs #1 & 2					
Singles #2 vs #2					
Doubles #3 & 4 vs #3 & 4					
Singles #1 vs #1					
Doubles #2 & 4 vs #2 & 4					
Singles #3 vs #3					
Doubles #1 & 4 vs #1 & 4					
Singles #2 vs #2 (re-match)					
Doubles #1 & 3 vs #1 & 3					
			← Total Pts →		

SCORE SHEET AND MATCH SCHEDULE
Pee Wee and Bantam Team Tennis (4 vs 4)

DATE:	TEAM			TEAM	
	Name: Players <i>(list in order for only those in attendance)</i> 1. 2. 3. 4.			Name: Players <i>(list in order for only those in attendance)</i> 1. 2. 3. 4.	
<i>All matches are 6 minutes.</i>					
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #1 vs #1					
Singles #2 vs #2					
Singles #3 vs #3					
Singles #4 vs #4					
Doubles #1 & 2 vs #1 & 2					
Doubles #3 & 4 vs #3 & 4					
Singles #1 vs #2					
Singles #2 vs #1					
Singles #3 vs #4					
Singles #4 vs #3					

	← Total Pts →	
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SCORE SHEET AND MATCH SCHEDULE

Pee Wee and Bantam Team Tennis (4 vs 3)

DATE:	TEAM			TEAM	
<i>All matches are 6 minutes.</i>	Name:			Name:	
	Players <i>(list in order for only those in attendance)</i>			Players <i>(list in order for only those in attendance)</i>	
	1.			1.	
	2.			2.	
	3.			3.	
	4.			4.	
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #1 vs #1					
Singles #2 vs #2					
Singles #3 vs #3					
Singles #4 vs #2					
Doubles #1 & 2 vs #1 & 2					
Doubles #3 & 4 vs #3 & 1					
Singles #1 vs #2					
Singles #2 vs #3					
Singles #3 vs #1					
Singles #4 vs #3					
		← Total Pts →			

SCORE SHEET AND MATCH SCHEDULE

Pee Wee and Bantam Team Tennis (3 vs 3)

DATE:	TEAM			TEAM	
<i>All matches are 6 minutes.</i>	Name:			Name:	
	Players <i>(list in order for only those in attendance)</i>			Players <i>(list in order for only those in attendance)</i>	
	1.			1.	
	2.		2.		
	3.		3.		
Schedule		Points 1 – win	Score	Points 1 – win	
Singles #1 vs #1					
Singles #2 vs #2					
Singles #3 vs #3					
Doubles #1 & 2 vs #1 & 2					
Doubles #2 & 3 vs #2 & 3					
Doubles #1 & 3 vs #1 & 3					
Singles #1 vs #3					
Singles #2 vs #1					
Singles #3 vs #2					
			← Total Pts →		

APPENDIX B

COACHING TIPS

Key Points and Micro & Mini Rally

Note: This is only for participants able to rally.

	MICRO TENNIS (½ way to Service Line)	MINI TENNIS (Service Line to Service Line)
<p>Groundstrokes:</p> <p>Task: Rally consistently with an arch, softly, at a short distance</p>	<p>Groundstrokes:</p> <ul style="list-style-type: none"> Open the racquet face in front with the hand before ball bounces Continental grip or slight eastern grip Sideways (turn towards the ball) on F.H. & B.H. Impact at waist level, slightly out front at a comfortable distance from body Stable laid back wrist Centred “touch” action <p>Red Flags:</p> <ul style="list-style-type: none"> Extreme grips (check 2 hand closely) Backswing Wrong impact point 	<p>Groundstrokes:</p> <ul style="list-style-type: none"> Ready Position Unit Turn (both arms and body) before ball bounces Grip change to eastern/semi western Balance Neutral or semi-open stance for fh; Neutral, Semi-Open, Closed for 2 hand BH; neutral or closed stance on 1 hand BH Prepare racquet with mini-loop or straight and bring the racquet to impact with a stable wrist with the palm facing forward on the fh and the knuckles going toward target on the BH Shoulder and racquet move together on FH and 2 hand BH; minimize rotation on 1 hand BH Impact at waist level, slightly out front at a comfortable distance from body Low to high “lift” action <p>Red Flags:</p> <ul style="list-style-type: none"> Wrong Impact Point Extreme Grips/Lack of changing grip Excess movement in wrist segment Arm only swings (1 hand BH exception) Lack of balance
<p>Volley:</p> <p>Task:</p> <p>Micro: Groundstrokes exchanges at slow speed with volleyer; volleyer hits with an arch</p>	<p>Note: Tennis Canada generally recommends that you do not do volley at micro tennis</p>	<p>Groundstroke - Volley</p> <p>Volleyer:</p> <ul style="list-style-type: none"> Ready Position Prepare the racquet face in front as the ball crosses net by setting hand open behind impact Continental grip or slight eastern grip Sideways (turn towards ball) stance Impact slightly out in front, comfortable distance from body Stable wrist Centred “Touch” action” <p>Red Flags:</p> <ul style="list-style-type: none"> Extreme grips (check 2 hand closely) Any swing or wrist instability Wrong impact point Lack of balance
<p>Serve:</p> <p>Task: Serve with an arch, consistently in front of partner</p> <p>Overhead: (only at mini tennis)</p> <p>Task: To return ball at medium pace with a slight downward trajectory to partner</p>	<p>Serve:</p> <ul style="list-style-type: none"> Semi open position, shoulders 45 degrees to net Start with the racquet, prepared in front (close to impact) before the toss Continental grip or Eastern Forehand grip Toss to intended Impact point Coordination of toss and hit Elbow in line with shoulder Centred “Touch” action” <p>Red Flags:</p> <ul style="list-style-type: none"> Incorrect and/or inconsistent toss/impact point Excess body movement or racquet swing Extreme Grips Elbow not in line with shoulders 	<p>Serve:</p> <p>Same points as Micro and/or</p> <ul style="list-style-type: none"> Start with racquet in slightly cocked position on side of head and slight extension up to impact Centred “Touch” action” (still a “touch”.. just a little “harder touch”) Shoulder and racquet together (turn and slight reach with elbow/shoulder together) <p>Red Flags:</p> <ul style="list-style-type: none"> See micro tennis <p>Overhead: Same point as Serve</p> <p>Red Flags: Same point as Serve</p>

COACHING TIPS FOR IMPROVING THEIR GAME

BASIC SINGLES STRATEGY AND TACTICS

SINGLES STRATEGY

The following are some basic strategies that a player can use for the game of singles:

- The Importance of “Consistency”:
 - The most basic strategy in tennis is to be more consistent than your opponent.
 - Even pros win the majority of points through opponent errors (unforced or forced).
- Hit to your Opponent's Weakness: Weakness could be a:
 - particular stroke (eg. backhand groundstroke)
 - certain types of balls (eg. high deep shots are quite often difficult)
- Make your Opponent Move: Quite often players have difficulty when they have to hit the ball after a run or while running (eg. moving your opponent from side to side).

RECOMMENDED STRATEGY WHEN SERVING AND RETURNING:

First and foremost, *put the ball into play*. One does not want to give the opponent “free points”.

If player can consistently put the ball into play, they may want to *direct the ball to the opponent's weakness*, quite often the *backhand side*.

KEYS FOR CONSISTENCY AND CONTROLLING SHOTS

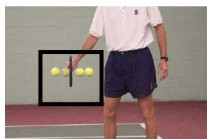
1. CONTROLLING THE HEIGHT OF YOUR SHOT:

- Hit with an **ARCHED TRAJECTORY** in order to have good clearance of the net and to allow plenty of time to get ready for the next ball. This approach will help players maintain longer rallies.
- One can hit with an **ARCHED TRAJECTORY** by having an open racquet face and a low to high swing.



2. CONTROLLING THE DIRECTION OF YOUR SHOT:

- One can control the direction of the ball by ensuring that the *strings of the racquet face are directed towards their target when making CONTACT with the ball*. A good analogy is to keep the “*eyes of the racquet face facing your target*”.



3. CONTROLLING THE SPEED OF YOUR SHOT:

The ability to control the speed of the ball that you hit is one of the most important elements in being able to become *consistent*. One of the most important elements of speed control relates to the *speed at which you swing the racquet*. The faster the swing, the faster the ball is hit; the slower the swing, the slower the ball is hit.

HINT FOR CONTROL OF SPEED:

- On groundstrokes and volleys, one should generally maintain a firm wrist when making contact with the ball. This will assist you with gauging the speed with which you swing your racquet and hence, the speed at which you send the ball.



4. CONTROLLING THE DISTANCE OF THE SHOT:

- In order to have a consistent rally is best to try to recreate the same flight of ball each turn in order for the ball to consistently land in the same target area. In other words, “*trace*” the flight of the ball.
- The distance a ball goes is mainly influenced by the speed and height at which the ball is hit.
- A 45-degree trajectory will provide the longest distance, a higher trajectory and a lower trajectory will reduce the distance a ball travels.

FUNDAMENTALS FOR CONSISTENCY

“SETTING UP” IN ORDER TO HIT THE BALL:

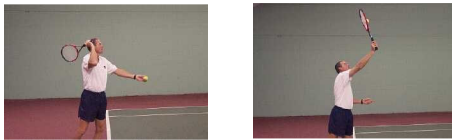
One of the most important skills to develop is the ability to be “set up” properly when getting ready to hit the ball. “Setting up” on groundstrokes entails:

- preparing the body in a sideways position before the bounce of the ball (*this will help with balance and directional control*)
- being balanced with the knees slightly bent (*this will help when you need to move to the ball*)
- having the racquet and body prepared before the ball bounces (*to ensure plenty of time to hit the ball*)
- hitting the ball at waist height, slightly in front of our body (*this is the most comfortable position to make contact*)



Serve:

- Feet positioned in neutral stance
- Hips and shoulders facing the net
- Impact in front (have their feet behind the marker on ground and have them contact in front of marker)
- Coordination of arms: toss and hit
- Racquet face slightly open, short, gentle upward hit into target area (ball should be slightly declining when it reaches target)



Forehand Groundstroke:

- Feet positioned neutral stance
- Hips and shoulders facing the net
- Impact in front (have their feet behind the marker on ground and have them contact in front of marker)
- Racquet face slightly open, short, gentle upward hit into target area (ball should be slightly declining when it reaches target)



Backhand Groundstroke:

- Feet positioned neutral stance
- Hips and shoulders facing the net
- Impact in front (have their feet behind the marker on ground and have them contact in front of marker)
- Racquet face slightly open, short, gentle upward hit into target area (ball should be slightly declining when it reaches target)
- Additional notes on backhand:
 - When starting the ball with a backhand (i.e. target practicing) have them toss the ball upward over the racquet arm with their non racquet hand



- Participants can choose one or two hand... if you have to recommend... encourage 2 hands



Volleys

- Impact Point in front, racquet ready before ball reaches net
- Adjust movement for perfect impact
- Open racquet face and short catching action

