

# SUMMER CAMP PLAY PLANS



**What:** The Net Generation team, in consultation with some leaders in coaching circles, has done a review of its Summer Camp Play Plans and have made some changes to allow for the USTA's Playing Tennis Safely recommendations.

Before you continue, please make sure you have sourced all the relevant information on how to safely offer Summer Camp. Here are two documents to guide you. [CDC Youth Programs and Camps during COVID-19 Pandemic](#) and [Guidelines for Playing Tennis Safely: Facilities](#) Make sure to reference state and local guidelines as well.

**How to use:** Naturally, there are numerous ways to organize a summer camp. This guide gives you a turnkey program or the option to take it piece by piece. The times associated with the activities are suggestions and, if followed, should give you a well-rounded slate of activities for a 9:00 a.m. – 12:00 p.m. morning session and a 1:00 p.m.–3:00 p.m. afternoon session. It is recommended to start with a safe player to coach ratio. For group coaching, we recommend no more than a 4:1 player to coach ratio to allow for physical distancing. After gaining experience with the 4:1 ratio, a phased and gradual increase in numbers may be attempted provided local guidelines for safe play are followed. It is also important for outdoor sites to have a comprehensive rain plan in place.

**Supporting resources:** Many of the activities that are listed in the summer camp plans can be found within the Community Curriculum. You can head to the Curriculum Center on NetGeneration.com or the mobile app to find the Community Plans! The activities chosen have been done so that the player does not touch the balls and physical distancing is adhered to. Knowing kids will be kids, extend the distance they are apart to 8-10 feet so they have a small buffer and are practicing safety guidelines. A few adaptations are needed to execute the following activities (\*) in the plans at the glance.

- **Make 'em Move & Tunnel Ball**— Instead of player hand feeding, players can use their feet to send the ball (soccer), or send the ball with their racquet along the ground.
- **Jump Rope**— Jumping rope is an awesome athletic development activity for tennis. Players need to bring their own jump rope. If players forget or don't have one, a player can do Jumping Jacks.
- **Card Shark**— The Coach is the only one that pulls a card from the deck. The number drawn is the number of rallies the players need to reach. A red card can be backhands, and black card can be forehands.
- **Battle Spots**— In order to avoid players handling the ball by trapping the ball on the strings of the racquet, it is recommended that the players start with progression 3 which is a rally. Chalk can be used as targets to prevent the use of physical targets.
- **Orange Gladiator**— Ensure physical distancing by using the singles option.

To start each activity there are two options. The first is for the coach to enter the court (ensuring physical distance) and throw in the ball for the players to start play. The second option is to allow the kids to show their creativity in picking up the ball with their racket (no hands) while controlling the ball and then perform a bounce and hit to start the rally. For kids that struggle to do option 2, option 1 might be a best practice.

To prevent the need to handle the ball with trapping; bumping/juggling the ball up is another tactic, the number of bumps depends on the ability of the player to keep control and send it back to their partner. If successful rallies are not feasible by the players, change the size of the ball or length of the court, or as a final option, encourage the players to roll the ball along the ground.

Also included in the plans is a word of the day for each day of the summer camp. By using the suggested words, it will give you the opportunity to introduce or reinforce character development that will allow your campers to grow as players and people.

	TIME (MIN)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>						
<b>WARM-UP</b>	15	Quick Feet	Obstacle Course	Rock Paper Scissors to Target	*Make 'em Move	Players Choice
<b>CHARACTER DEVELOPMENT</b>	5	Listen	Respect	Effort	Teamwork	Sportsmanship
<b>ATHLETIC DEVELOPMENT</b>	15	Fire Ants	*Jump Rope-Jumping Jacks	Obstacle Course	*Jump Rope-Jumping Jacks	Players Choice
		Copy Cat	Copy Cat	Crossover Shuffle	Serpentine Shuffle	
		*Tunnell Ball	*Make 'em Move	*Make 'em Move	*Tunnell Ball	
<b>TENNIS SKILLS</b>	30	Bungee Jumps	Bungee Flips	*Card Shark	*Card Shark	Olympics
		Touchdown	Keep it Moving	*Battle Spots	*Battle Spots	
<b>GAME SKILLS</b>	30	Endless Bounce	Team Rally	Team Singles	Team Rally	Olympics
		Keep it Moving	Team Singles	Team Challenge	Up and Down the River Singles	
<b>FREE PLAY</b>	20	Free!	Free!	Free!	Free!	Free!
<b>GROUP GAMES</b>	20	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator
<b>WRAP UP</b>	10	Bungee Jumps at home	Bungee Flips at home	Keep it Moving at home	Drop and Play at home	Favorite activity
<b>AFTERNOON</b>						
<b>WARM-UP</b>	15	Quick Feet	Obstacle Course	Rock Paper Scissors to Target	*Make 'em Move	Players Choice
<b>GROUP GAMES</b>	20	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator
<b>SNACK or SHADE BREAK</b>	15	Snack or shade break	Snack or shade break			
<b>COMPETITION (Three 25 min rounds)</b>	75	Round Robin	Round Robin	Round Robin	Round Robin	Round Robin
<b>WRAP UP</b>	10	Review the day, How did you listen?	Review the day, Did you see respect	Review the day, Did you see effort?	Review the day, Did you see teamwork?	Review the day, Did you see sportsmanship?

**Schedule:** The camp plans include four days of practice and play, with Friday as a team Olympic day. This is an opportunity to group your campers together into even teams and have them compete in a variety of tennis or non-tennis games with a focus on team camaraderie, sportsmanship — and safety.