



**EARLY DEVELOPMENT  
CAMP**

**GREEN BALL**

**CAMP 1**

**Changing Defense to Offensive**

**FINAL VERSION**

**5.1.2016**

# Changing Defense to Offense Practice Plan – Session 1



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Theme of this camp: Coping with Pressure

| Drill             | Objective  | Time          |
|-------------------|--|---------------|
| LEAD COACH        | <ol style="list-style-type: none"><li>1. Introduce camp objective and theme to players and parents.</li><li>2. Introduce Coaches.</li><li>3. Organize Players into groups of 4's of same gender.</li></ol>   | 5 min         |
| ALL COACHES       | <ol style="list-style-type: none"><li>1. Take their group to the court.</li><li>2. Discuss PRESSURE AND HOW TO COPE WITH IT: what it is and how players can deal with it when they feel it. (ex. Exaggerate moving feet, deep breaths, routines, etc.)</li><li>3. Help players complete their notebooks of what they want to achieve during this camp.</li></ol> | 10 min        |
| <b>Total Time</b> |  | <b>15 min</b> |

# Changing Defense to Offense Athletic Skill Warm-Up



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| Drill/Activity  | Objective   | Coaches Observe   | Time           |
|---|---|---|----------------|
| 1. <b>Dynamic Warm Up:</b> Refer to Dynamic Warm Up Document  | To teach the players how to conduct a dynamic warm up before training | Overall agility, balance and coordination   | 10 min         |
| 2. <b>Tempo Run:</b> Changing speeds, 3 x 5 steps slow, 5 fast, 5 medium pace   | To develop the ability to change speed quickly.                       | Ability to change rhythm, posture, control of body  | 5 min          |
| 3. <b>Multi-Jumps:</b> Progress across the court: 2 feet to left foot to 2 feet to right foot, jumping as far as possible each time. Use arms to gain elevation and distance. Repeat x 2. | Lower body strength.<br>Coordination.                                 | Players land softly and with 'give' in the lower body. The jump is an 'explosive' action. Movement of legs and arms is coordinated. |                |
| <b>Total Time</b>   |   |   | <b>15 min.</b> |

# Changing Defense to Offense Racquet Warm-Up



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(Players in Pairs)

| Drill/Activity   | Objective  | Coaches Observe   | Time                 |
|--|--|---|----------------------|
| <p><b>1. Continental Grip Skills:</b><br/>Playing in service boxes, moving opponent around, not winning with pace, no volleys yet. Begin with one on one, each standing in service box across the net from each other. Progress to two on two, using all 4 service boxes, and players have ping pong rotation, alternating hitting and moving all around service boxes</p>   | <p>To get the players racquet skills ready to play.</p> <p>To get players moving around court and warmed up for on court training</p>                  | <p>Ability to execute proper use of the continental grip</p>  | <p>5 min</p>         |
| <p><b>2. Tempo Drill:</b> Using only one ball, players hit as many balls back and forth with partner across the net in one minute. If they miss ball, they hustle to pick that ball up and get rally going again – continuing their score. Goal is 30+. Coach times for one minute. Need to take ball early to increase tempo, finding ball in their strike zone. Complete three one minute intervals. Competing against other courts.</p> | <p>To work on ball recognition skills and taking time away from opponent</p>   | <p>The player’s ability to recognize ball and give ground/take ground when appropriate</p> <p>The player’s ability to hit aggressive with good margin for error</p> | <p>5 min</p>         |
| <p><b>3. Up and Down the River:</b><br/>Players compete with opponent on half court, playing groundstroke game to 7. First player done yells “Bump Up” to the group, and everybody moves: with winner moving up the river, loser moving down.</p>  | <p>For coaches to see players compete and how they are constructing points. Observe how well they defend and how offensive mindset of the players.</p> | <p>The players:</p> <ol style="list-style-type: none"> <li>1. Competitive skills</li> <li>2. Use of the court</li> <li>3. Variety of shot.</li> </ol>               | <p>15 min</p>        |
| <p>Break</p>   | <p>Players go back to their original court with coach. Make note for match play in afternoon</p>   |   | <p>5 Min</p>         |
| <p><b>Total Time</b></p>   |  |   | <p><b>30 min</b></p> |

# Changing Defense to Offense Technical/Tactical Development



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(Gender Groups of 4 with Main Coach for the Day)

| Drill/Activity   | Objective   | Coaches Observe  | Time          |
|--|---|--|---------------|
| <p><b>Anticipation and Reaction:</b> Players in pairs facing each other 1 yard apart, with one ball between them.</p> <ol style="list-style-type: none"> <li>Each player throws ball for partner to catch after 1 bounce and toss back.</li> <li>Progress to 1 thrower/"batter" and 1 catcher. Thrower throws ball randomly. Catcher catches it, tosses it back and the thrower 'bats' it back quickly to a different place and then continues to 'bat' the ball back each time to a different place until catcher misses.</li> <li>Receiver has back to thrower. Thrower bounces ball and yells out "ball" and catcher turns and tries to track and catch ball off of the bounce</li> </ol>                               | <p>To anticipate and change direction quickly.<br/>To react quickly to the ball direction and speed.</p>  | <p>Players stay in an athletic position and can regain / maintain their balance while reacting and moving quickly.<br/>Players can anticipate the position of the ball quickly.</p>  | 5 min         |
| <p><b>Groundstrokes:</b> rally tolerance drills</p> <ol style="list-style-type: none"> <li>Longest rally - shot tolerance 2 on 1 drill with one waiting to play in on one side (quality balls/not pushing). Rotate.</li> <li>Two players at a time playing singles groundstroke points (instead of starting point with groundstroke, start point out with serve, alternating which side initiates point) trying to win rally in first 6 balls struck, then 5, then 4 shots. Winner stays in, loser pops out. Games to 7 as teams, then switch up teams.</li> </ol>   | <p>To be able to rally consistently and then find opportunity to produce offense.</p>   | <p>Player stays in the rally and is trying to change defense or neutral into offense, looking for opportunities to take control of the rally.</p>  |               |
| <p><b>Lob and Passing shot drills:</b><br/>(Players in 2's in ½ courts, to develop lobs and passing shots)</p> <ol style="list-style-type: none"> <li>Rally half court, one player approaches net on appropriate ball, defender has to either lob and look to come in, or pass down the line. Alleys are good. Only one side of court plays at a time for safety. Game to 7. Then winner plays winner, loser plays loser.</li> <li>Alternate playing full court singles points with 2 players. Groundstroke rally (initiate point with serve) until one player receives short ball to transition on and play out point from there. Keep score as a team, play to 7, then switch team that initiates with serve.</li> </ol> | <p>To develop skills to win the point against player transitioning to net.</p>  | <p>Player understands how and when to change defense into offense by either winning the rally with a lob, moving to the net to volley if executing lob over opponent's head, or playing "two to pass", forcing opponent to execute one volley and then attempting to pass.</p> | 55 min        |
| <p><b>2<sup>nd</sup> serve (+ 1) drills</b></p> <ol style="list-style-type: none"> <li>Serve with spin and speed. (emphasize same amount of effort put into second serve as first serve, but with heavier spin for consistency)</li> <li>Serve with location in mind to target areas (ex. 3 x 2 ft. square zones in center, either corner, both courts).</li> <li>Recover and position for 3<sup>rd</sup> shot.</li> <li>Add returners and play serve plus one, returner plus one and end point. Next two players go. Attempt 10 points, then rotate servers to returners – returners to servers.</li> </ol>   | <p>To improve the reliability of the 2<sup>nd</sup> serve and turn defense to offense.<br/><br/>To increase preparedness for the next shot.<br/><br/>To execute return of serve, plus one</p> | <p>Players service grip is continental<br/><br/>Player is accelerating, not decelerating on second serve<br/><br/>Player has the correct footwork to recover and reposition for the 3<sup>rd</sup> shot.</p>   |               |
| <b>Total Time</b>  |   |  | <b>60 min</b> |

# Changing Defense to Offense

## Review of Practice Plan



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| Drill/Activity  | Objective  | Coaches Observe   | Time          |
|---|--|---|---------------|
| Discuss the players' perception of how their level of athletic, technical and tactical abilities affects their ability to cope with pressure and what they can do to reduce pressure on themselves. | To assess the players' understanding of their own ability to deal with pressure.                             | Players discuss how improving their performance to be the best they can be helps them deal with pressure.<br>Coaches outline where they think the players did well. | 15 min        |
| Players review and update notebooks.  | To ensure players understand the importance of making notes that will help them develop their tennis skills. | Check that players have made notes on the things that are new to them and what they have done well.   |               |
| Break   |  |   | 45 min        |
| <b>Total Time</b>   |  |   | <b>60 min</b> |

# Changing Defense to Offense

## Practice Plan- Session 2



Theme of this camp: Coping with Pressure

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| Activity  | Coach Responsibility  | Time           |
|---|---|----------------|
| Team Organization                                     | <ol style="list-style-type: none"> <li>1. Organize players into teams.</li> <li>2. Players sort name and 'battle cry'.</li> <li>3. Coaches explain format of competition and scoring process.(Every game counts for your team)</li> <li>4. Coaches announce doubles match ups, 5 minute warm up with opponents, 20 minutes of doubles, followed by singles match ups (can be 2 x 30 minute singles matches for each player, or 1 x 60 minute match up).</li> </ol>  | 15 min         |
| Junior Team Tennis Match Play.<br>Singles and Doubles | <ol style="list-style-type: none"> <li>1. Coaches help players with doubles tactics.</li> <li>2. Highlight "coping with pressure" in competitive situations throughout competition without disrupting play</li> <li>3. In singles competition, reinforce the drills that were executed earlier (solid second serves, turning defense to offense, "two to pass", etc.)</li> <li>4. Have option to finish with 'fun' team game(s) at end of singles.</li> <li>5. Coaches tally games one by each team and announce winning team.</li> </ol> | 80 min         |
| Cool down   | Players lead on court slow jog and cool down. (reference dynamic warm up / cool down document)  | 25 min         |
| Review Camp Theme.                                    | Players review camp theme and discuss how they tried to cope with pressure and what they have learned during the day that could help in the future.   |                |
| Review Notebooks.                                     | Review their note books with the coach on the court, what they achieved in this camp AND the important things to practice in the next few months.   |                |
| <i>LEAD COACH</i>                                     | Lead Coach review the camp and the objectives + outline future training possibilities. Emphasize the importance of parents support.   |                |
| <i>ALL COACHES</i>                                    | After a short break, all coaches finalize thoughts and notes on Camp, and fill out jot form evaluation for each player. Coaches and Section Staff complete Green Camp 1 report for each player.   | 45 – 60 min    |
| <b>Total Time</b>                                     |   | <b>3 hours</b> |