



**EARLY DEVELOPMENT
CAMP**

GREEN BALL

CAMP 2

**Becoming an Offensive
Player**

FINAL 2016

4.26.16

To Become an Offensive Player Practice Plan – Session 1



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Theme of this camp: Achieving Excellence

Drill	Objective	Time
LEAD COACH	<ol style="list-style-type: none">1. Introduce camp objective and theme to players and parents.2. Introduce Coaches.3. Organize Players into groups of 4's of same gender.	5 min
ALL COACHES	<ol style="list-style-type: none">1. Take their group to the court.2. Discuss HOW THE PLAYERS WILL RECOGNIZE AND MEASURE EXCELLENCE: quality effort, never give up, always fair, show respect3. Help players complete their notebooks of what they want to achieve during this camp.	10 min
Total Time		15 min

To Become an Offensive Player Athletic Skill Warm-Up



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Objective: Achieving Excellence

Drill/Activity	Objective	Coaches Observe	Time
1. Dynamic Warm Up: 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. Tempo Run: 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	10 min
3. Lunges with Twists: Arms and upper body straight. 2 x across the court with at least 6 lunges each time.	To increase lower body and core strength	Head still and level. Eyes forward, back straight, maintain balance.	
4. Multi-Jumps: Twice across the court starting on side line in a ready position: 2 feet to 1 foot to 2 feet jumping as far as possible each time. Use arms to increase distance. Count how many jumps are taken to reach other side line.	To increase lower body strength and coordination between upper and lower body	Good ready position to start. Soft landing, explosive action, coordination of legs and arms. Ability to control body for different types of jump. Ability to control momentum.	
Total Time			20 min.

To Become an Offensive Player Racquet Warm-Up



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Objective: Achieving Excellence
(Players in Pairs)

Drill/Activity	Objective	Coaches Observe Player's Ability to:	Time
<p>1. Continental Grip Skills: 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>2. Up and Down the River 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 putting points together; observe how offensive minded they are</p>	<p>1. Competitive skills 2. Use of the court 3. Variety of shot.</p>	<p>15 min.</p>
<p>3. "Call the Bounce": hitting with partner (as determined by up and down the river), as player receives ball, they call out "forward", "hold", or "back" depending on where they should be moving to get in best position. If they have "forward" ball, they can follow that ball into the net, finish rally and then move back. Start out down the line and progress to cross court with match like recovery</p>	<p>To work on ball recognition skills</p> <p>To work on proper recovery</p>	<p>1. Ability of player to call the bounce as ball is crossing the net, and calling it accurately</p> <p>2. Is player moving in forward on "forward" balls, holding on "hold", etc.</p>	<p>5 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>Total Time</p>			<p>30 min</p>

To Become an Offensive Player

Tactical Development



Objective: Remind players about excellent pe

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Drill/Activity	Objective	Coaches Observe	Time
<p>1. Athletic Skill Development - Reaction Catch: Player A holds a ball in each hand at shoulder height and drops one randomly. Player B is 6 ft. away and sprints forward to catch ball after one bounce. Player B moves back after each successful try OR Player A lowers arms nearer to the ground.</p> <p>2. Tempo Drill: Hitting with partner on half court, see how many balls can be hit in one minute. Using only one ball. Run three times.</p> <p>3. Depth Drill: Hitting with partner on half court, see how many balls can be hit in one minute that are rising as it is crossing the baseline. Run two times.</p> <p>4. Width Drill: Hitting with partner on half the court, see how many balls can be hit in one minute crossing the side line. Run two times.</p> <p>5. Team Singles: Two players rallying cross court at a time, one team now calls “Change” on the right ball with player changing direction, then playing the point out full court. Player who wins point stays on – maximum of two points in a row. Games to 7.</p>	<ol style="list-style-type: none"> To improve low athletic position, then split and explosive first step. Will help reaction time and anticipation skills Looking for opportunities to take ground and take time away from opponent Understanding how to open up the court with deep, shorter angle point patterns To build understanding of when to change direction and take offense To increase the pressure on the opponent with different tactical options and offensive play. <p>Progression: Back Behind Drill: 4 Players working cross-court ball, the sequence they are trying to achieve is to hit the ball into deep area, then short angle area. Players must recover like they would in a match playing full court. – 5 minutes</p>	<p>Check and discuss with the players waiting that they can recognize (decision making) when the two players have made the right decision in each of the drills.</p>	35 min
Break			5 min
Total Time			40 min

To Become an Offensive Player Review of Practice Plan



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Drill/Activity	Objective	Coaches Observe	Time
Coach/players discuss athletic, technical and tactical progress so far in terms of achieving excellence in the being an offensive player.	To assess the players' understanding of the technique / tactics that increase their ability to attack the opponent.	Coaches remind players about excellent performance Coaches outline where they think the players did well.	10 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 for Lunch			40 min
Total Time			50 Min

To Become an Offensive Player

Technical and Tactical

Development

Objective: Achieving Excellence

(Players in Pairs)



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Drill/Activity	Objective	Coaches Observe	Time
<p>1st Serve (+1), Return (+1) Drills:</p> <p>1. <u>Athletic Skill Development-Reaching Back on Serve and Loading on Back Leg:</u> Player lines up to serve without a racquet, leans back (keeping front foot on ground, transfers weight on back foot) and picks up ball off the ground that is placed behind and to right of back foot for right handed players. Player picks up ball and throws up high (not necessarily over the net but more up) in one continuous motion. 6-8 throws per player.</p> <p>2. <u>Slice Serve Location:</u> Increasing racquet head speed plus spin (slice only) – players hit wide to the deuce and T to the add for righties- working on hitting targets.</p> <p>3. <u>Add returner:</u> If server executes both serve and +1, cooperative team gets a point. Returner is being cooperative. Server should try to serve wide to deuce court and wide to add court, returner returns up the middle, server hits to open court.. To add side, serve will be more flat or a little bit of topspin out wide, then first ball to open court. When server gets to 5 points of execution of serve plus one with returning partner, rotate.</p> <p>4. <u>2nd Serves and Returner has offensive mindset:</u> Server only gets one second serve. Returner looks to take advantage. Returner works on offensive return plus one. Play game to 5 and rotate.</p> <p>5. <u>Team Competition:</u> 2 against 2 on court. Singles points with winner staying in maximum 3 points. Serving team gets 3 serves (2 firsts and 1 second). If server serves wide to deuce or wide to the add, then hits to open court, earns a bonus point, regardless if they win point. Returner looking to take advantage with offensive second serve returns. Play points out – games to 7, rotate servers/returners</p>	<ol style="list-style-type: none"> 1) To improve loading and weight transfer to back leg 2) To improve the ability to execute slice serve, control placement, and build awareness of setting up point with serve to run a serve plus one pattern to increase pressure on the opponent. Also working on solid return of serve with big margin for error to start out points well. 3) To develop the effectiveness of the ROS and the 4th shot. 4) Returner working on positioning and footwork for return 5) Recover and reposition for next shot for both server and returner 	<ul style="list-style-type: none"> • Players are increasing the use of the kinetic chain. • Stance and grips are correct. • Players have the correct footwork to recover and reposition for the 3rd shot. • If the increased length of the court from baseline to net causes a serve breakdown, move the players to the 60' line and then play full court. • Players are in 'offensive' mode, ready and able to take return early. • Check swing path and grip. Use of split step to increase forward momentum and ball speed. • Ability to change the direction of the ball. 	40 min
Break	Short break and continue to Groundstrokes/Rally Drills on next page		5 min
Total Time			45 min

Becoming an Offensive Player

Practice Plan- Session 2



Theme of this camp: Achieving Excellence

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Activity	Coach Responsibility	Time
Team Organization	<ol style="list-style-type: none"> 1. Organize players into teams. 2. Players come up with team name based on US Players 3. Coaches explain format of competition/scoring – each game won in doubles and in singles counts toward team score. 4. Send doubles teams to courts 	15 min
DAVIS / FED CUP Match Play. Singles and Doubles	<ol style="list-style-type: none"> 1. 20 minutes of doubles – must serve and volley first and second serve or they lose the point. Doubles Alleys are out. 2. Discuss doubles tactics with players while they are on court with opponents 3. 40 minutes of singles – can be two timed 20 minute sets so each player plays two different opponents 4. Coaches add scores and announce winning team. 	70 min
Cool down.	<ol style="list-style-type: none"> 1. Ensure the players know how to cool down – refer to dynamic warm up / cool down document - coach leads 2. Slow jog and static stretching. 	15 min
Homework.	<p>Watch and understand homework for Camp 2</p> <p>a) Jump rope: 20 continuous of alternate feet and then double footed on the spot. 1 minute break. Then 10 x moving forwards, then backwards and then to both sides jump rope in a continuous sequence, all double footed.</p> <p>b) Kinetic chain drill 1. Hold ball on chest with both hands, pass ball x 10 each with a partner, extending knees before arms.</p>	
Review Camp Theme. Review Notebooks.	<ol style="list-style-type: none"> 1. Players discuss in what ways they have tried to Achieved/succeeded in Excellence during the camp. Coach make sure players list behavior as well as tennis skills. 2. Players review notebooks with the coach: what they have achieved in this camp AND the important things to practice before Camp 2. 	
<i>LEAD COACH</i>	Review the day with the parents and outline Camp 2.	
<i>Total Time of Camp for Players</i>		5 hours
All Coaches	Coaches Meeting to review Camp and prepare evaluation reports on Jot Form.	45-60 min.