



**EARLY DEVELOPMENT
CAMP**

GREEN BALL

**Camp 2:
Taking Control of the Point**

2017 FINAL

Taking Control of the Point Practice Plan – Session 1



Theme of this camp: **RESILIENCY – Developing Growth Mindset**

Welcome and Introductions

Athletic Skill Warm-up

Drill/Activity	Objective	Time
LEAD COACH	<ol style="list-style-type: none"> 1. Welcome Players and Parents to the USTA Player Development EDC. 2. Introduce self, working coaches and section staff responsible for the set-up and execution of the camp. 3. Organize players into groups of 4 of the same gender for Athletic Development Exercises 	5 min
TIME		5 min

Drill	Objective	Time
1. Dynamic Warm up	To teach the players how to conduct a dynamic warm-up before training	5 min
2. Multi-Jumps	Lower body strength. Coordination	2 min
3. Balance Speed Reaction Race	to develop strength and balance on one leg, with speed reaction to coaches command.	10 min
4. Reaction Chase	To react quickly to the ball direction and speed.	5 min
Total Time		20 mins

Taking Control of the Point

Practice Plan - Session 1



EARLY DEVELOPMENT
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Theme of this camp:
**RESILIENCY – Developing
Growth Mindset**

Technical/Game Development

(Players in Groups of 4 with Assigned Coach for Day)

Drill/Activity	Objective	Time
LEAD COACH	1. Discuss with players what RESILIENCY means (Questions on Character Theme Talking Points on last page)	10 min
	2. Organize players into groups of 4 of the same gender for Athletic Development Exercises	
LEAD AND CAMP COACHES	Have players write down their PROCESS Goals for the Camp. e.g. “to try my best from start to finish” “to listen to my coaches and try to do what they ask me to”	
Total Time		10 min

Drill	Objective	Time
1. Continental Grip Skills Warm-up	to establish quality continental grip skills that will help in developing the slice BH, serve, volleys, and overheads.	5 min
2. Up & Down River (optional)	For coaches to evaluate playing level for arranging groups if not already in groups	15 min
3. Ball Recognition Cross-Court with recovery	Ball recognition giving ground and taking ground (Continue for 10 more mins if not doing #3, progress to points after training both sides.	5 min (15 mins)
BREAK	Players go into groups	5 mins
4. Tempo Drill Up and Down the River Style	To be able to use spin, height and speed to rally consistently for a minute.	10 min
5. Creating Width – Teaching it	Understanding how to create width and open up the court from a neutral position. Start with Progression 2, and go to Progression 1 players are struggling.	15 min
6. Creating Width – Team Singles	Situational based play, once a player has hit a width zone target they must change direction.	15 min
7. 1st Serve and Return (+1)	Servers working on wide serve with +1 in open court tactic.	20 min
Break	SEE NEXT PAGE	15 mins
Total Time		1hr 45

Changing Offense to Defense

Practice Plan - Session 1

Theme of this camp: **RESILIENCY – Developing Growth Mindset**



Review of Practice Plan - Session 1

Drill/Activity	Objective	Time
CAMP COACHES	<p>Coaches facilitate a discussion between the players of their group, allowing each player to have their turn reflecting on their RESILIENCY goals.</p> <p>To assess the players' understanding of RESILIENCY to their goals in training on-court and off-court.</p>	15 min
PLAYERS - JOURNAL	<p>To ensure players understand the importance of goal setting and reflecting on their PROCESS driven goals.</p> <p>Coaches make sure each player has FIRST written down what they did well, and then second what they can work on</p>	
LEAD COACH Break/Snacks/Lunch	Arrange players into 2 equal teams.	45-60 min
Total Time		60 min

Taking Control of the Point

Practice Plan - Session 1



Theme of this camp: **RESILIENCY – Developing Growth Mindset**

Practice Plan – Session 2 – TEAM TENNIS

Drill	Objective	Time
1. Team Organization	<ol style="list-style-type: none">1. Players announced in teams assigned. Each team has 2 coaches. Coaches get with players to decide on team name. MUST be past/present/future AMERICAN tennis player.2. LEAD COACH announces doubles match-ups in college style announcement. 5 min warm-up after the Dynamic Warm-up with team. FORMAT: 20 minutes of doubles followed by singles match-ups (either 1x60 mins match or 2x30 mins matches)3. SINGLES RESILIENCY STIPULATION: The Server always starts 0-30. Each player scores a point for their team if they win a game, but they get a BOUNS POINT for winning a game from 0-30.	10 min
2. Dynamic Warm-up	Each team warms-up together, coach may ask a player to LEAD the warm-up. Coaches are making sure their commitment to preparation for their match is high i.e. focused, engaged etc.	10 min
3. Junior Team Tennis – Doubles followed by Singles	Players head to their assigned courts for a 5 mins warm-up with opponents followed by 20 minutes of doubles. Followed by 60 minutes of singles (format decided by lead coach) REMEMBER: Singles stipulation applies. (see #3 above)	90 min
4. Cool down	During the cool-down the team that won the most games will be announced to a solid drum roll.	10 min
5. Review Camp and Goals. Present Home work to players	LEAD COACH reviews camp, gives the coaches an opportunity to highlight positives from the camp. Presents Homework assignment to players and parents (see last sheet)	10 min
6. Coaches meeting	Coaches gather to reflect on camp and evaluations. Player Evaluations must be completed and submitted by the following day.	15 min
Total camp		2hrs Players 2h15m coaches

Dynamic Warm-Up



EARLY DEVELOPMENT



Dynamic Warm-Up

Jogging w/ Progressive Arm Circles
(Jog-Back pedal)

Carioca
(Shoulders square, rotate from hips down)

Knee-to Chest Tuck (Maintain proper posture)

Lunge w/ Reach Back (focus on balance)

Side Shuffle
(Push off inside leg, swing arms across body)

High Step w/ Trunk Rotation (Same side)

3 Way Jumping Jack x 10 Each

Inverted Hamstring (Flat back, Hips square)

Lateral Lunge (Push hips back)

Walking Spiderman w/ Rotation
(Eyes follow hand)

Leg Swings (F/B/S) x10 Each

High Knees (Knees up toes up)

Butt Kicks (Knees down, slight forward lean)

Inchworms (Hips up, Knees straight)

A Skips (Aggressive march w/ rhythm)

Reverse Skip w/ Hip Rotation (Knee up & out)

Sprint 50/75/100% (Proper running form)

Perform ALL exercises in a controlled manner with abs engaged – focus on deep breathing

Athletic Skill Warm-up

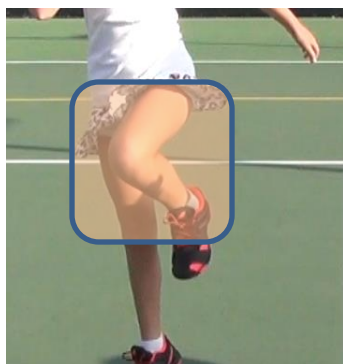
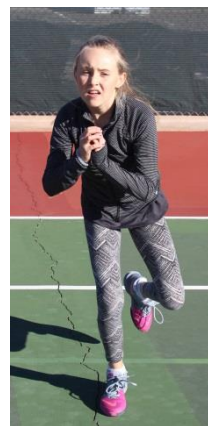
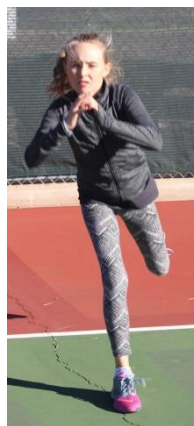
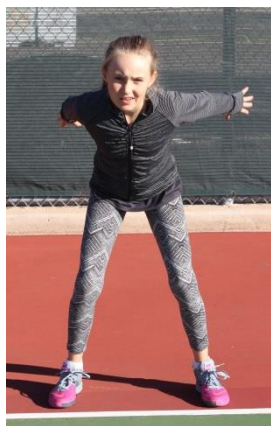
Hopscotch



Objective: To focus on lower body strength in conjunction with coordination.

Execution

1. Line the players up on the baseline
2. Start in wide athletic stance on both legs
3. Jump onto left leg then hop forwards to left leg again, then land on 2 feet.
4. Repeat going from 2 footed jump to right leg, hop forwards back to 2 feet. (Hop Scotch)



Observation

Athletic position:

- Head and shoulders level and eyes forward
- Back straight
- 'Quiet' feet, with strong push off the ground
- Can players perform correct movement

Lower Body Strength:

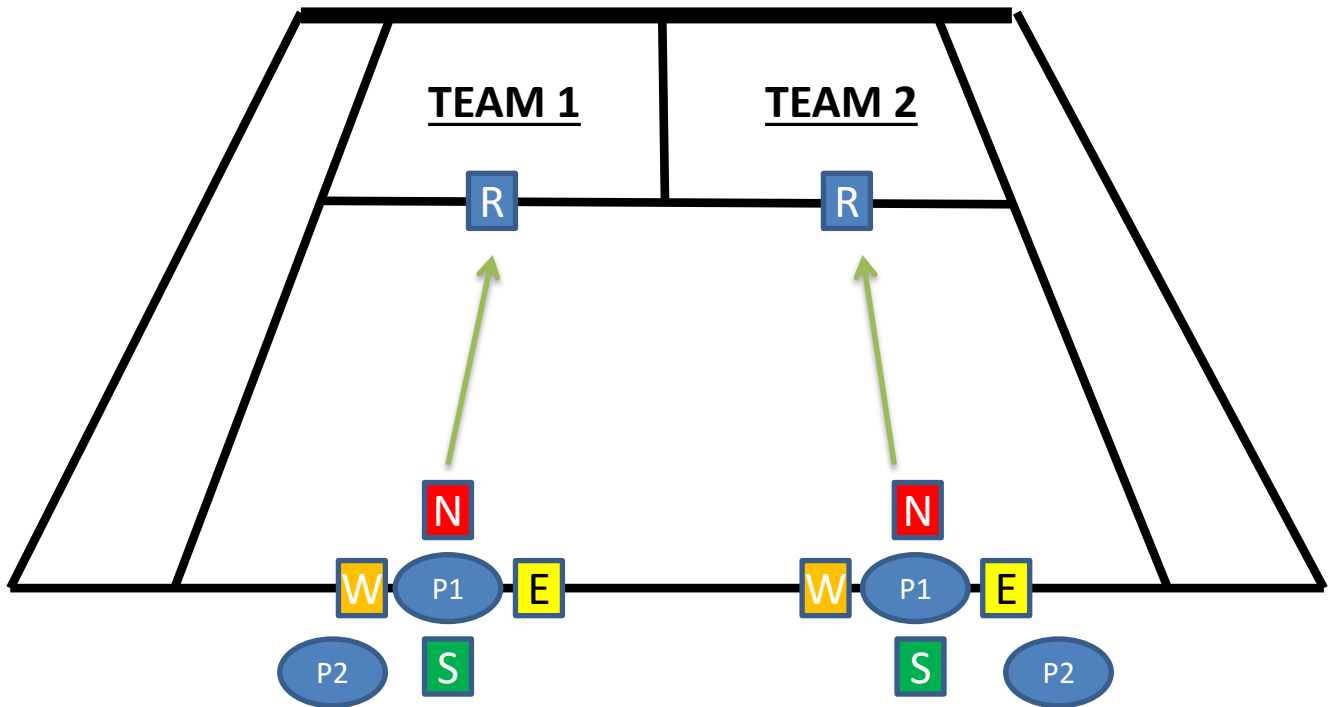
- Arms and the legs do not cross the midline of the body (Note that the picture shows the player's knee crossing the midline).
- Knees and elbows are at 90 degrees to the body.

Athletic Skill

- Coordination
- Dynamic Balance
- Lower Body Strength

Athletic Development

Balance Speed Reaction Race



Execution:

1. Players to be placed in teams of 2 of same gender if 12 boys and 12 girls. If uneven, place in equal teams.
2. Team 1 vs. Team 2
Team 3 vs. Team 4 on opposite side of the court.
4 Teams (8 players) to 1 court.
3. Player 1 starts between the colored cones or Compass directions (can use baseline and throw down lines to make a NSEW directions) with a tennis ball in Athletic ready position.

NOTE: you are using either colors or directions.

Execution:

4. Coach calls out a color/direction and player must hop onto 1 foot to the opposite color/direction (e.g. Coach calls Red/North, player moves to Green/South).
5. When Coach calls the same color/direction twice in a row, player must speed react and sprint to put the ball down on R (Racquet) on the service line. First player to place ball down wins (ball must stay on racquet).

NOTE: Players do first round on left leg and then second round on right leg. Keep Repeating.

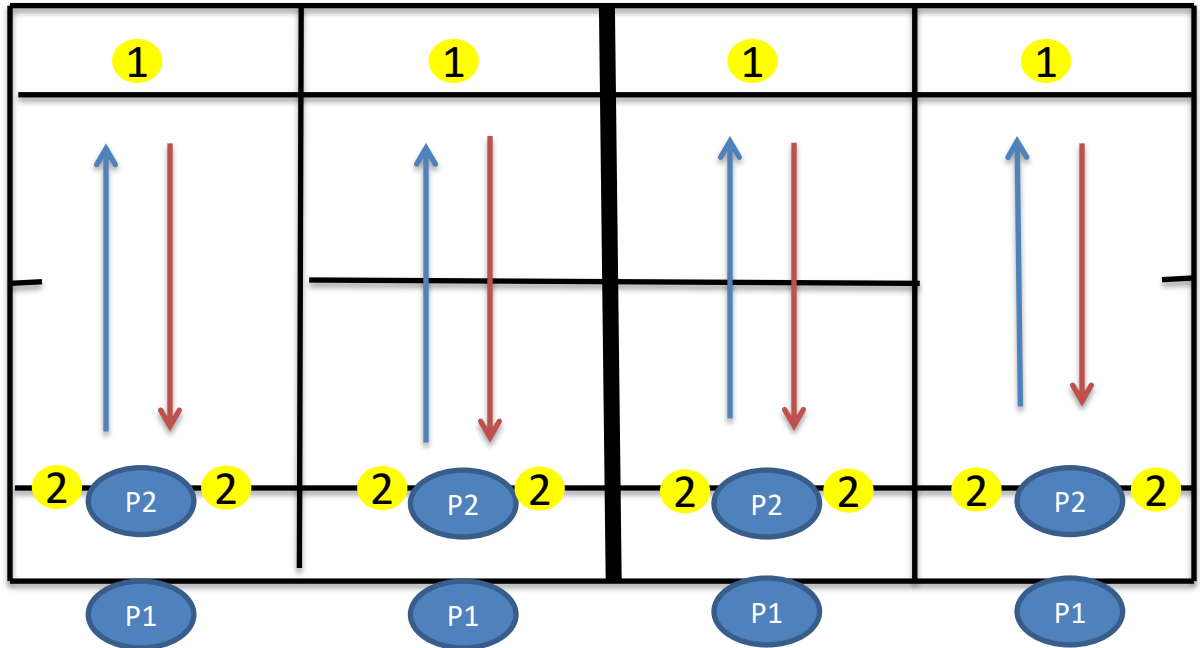
6. First Team to 5 points. Winners play winners if needed.

Observation	Athletic Skill	Observation	Athletic Skill
Can the player maintain good athletic posture and balance through the drill?	<ul style="list-style-type: none"> • Balance 	Does the player react quickly to the same direction being called twice?	<ul style="list-style-type: none"> • Speed Reaction
Does the player go to the correct direction (opposite)?	<ul style="list-style-type: none"> • Coordination 		<ul style="list-style-type: none"> • Engaged and Focus

Athletic Development

Reaction Chase

“Catch me if you can”



Execution:

1. Players are placed with a partner (different to previous drill). P1 starting on the doubles side line facing forwards and P2 starting on singles side line also facing forwards.
2. P2 must start in Athletic ready position. P1 stays with 2 balls, one in each hand.
3. P1 tosses first ball either over P2's head or lightly tosses the ball through P2's legs. The Ball P1 tosses must not go further than the opposite singles side line.

1

Execution:

4. P2 hustles to collect the 1st ball, and as P2 collects ball, P1 tosses the second ball very lightly to either the left or right of P2's original starting position.
5. Players switch roles and each player attempts 5 times each. Player collects a point for successfully catching both balls with 1 hand.

NOTE: Players must catch one ball with the right hand and one ball with the left hand.

NOTE: If P1 throw over P2's head, P2 must catch after 1 bounce.

Observation	Athletic Skill
Does the player react quickly to the ball?	• Speed Reaction
Can the player catch both balls with 1 hand?	• Coordination

Observation	Athletic Skill
Does the player keep a balanced head while sprinting to both balls?	• Balance
Does the player change direction quickly to retrieve the second ball?	• Reaction Speed

Technical/Game Development

Continental Grip Skills Warm-up



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Objective: For coaches to observe continental grip skills and for players to warm up making contact with the ball using a continental grip.

Execution:



1. Playing in the service box, half a court 1 vs. 1 first to 5 points. Moving opponent around with touch and finesse, no volleys or winners with pace.



2. Progress to 2 vs. 2 ping pong style, first to 7 points. Using all 4 service boxes, players alternating hitting and moving each other around all boxes. Still no volleys allowed.

Observation	Athletic Skill
HANDS: Continental Grip - are the players able to control the head of the racquet above the hand while having a continental grip?	<ul style="list-style-type: none"> • Coordination • Upper/Core/ Lower Body Strength
HANDS: Control of the Ball to a Target - players should learn how to generate pace using their legs and core, not by increasing the size of the swing. Work with the players to set the racquet out in front of their body and transfer their weight through the shot using their legs to send the ball back to the other side	

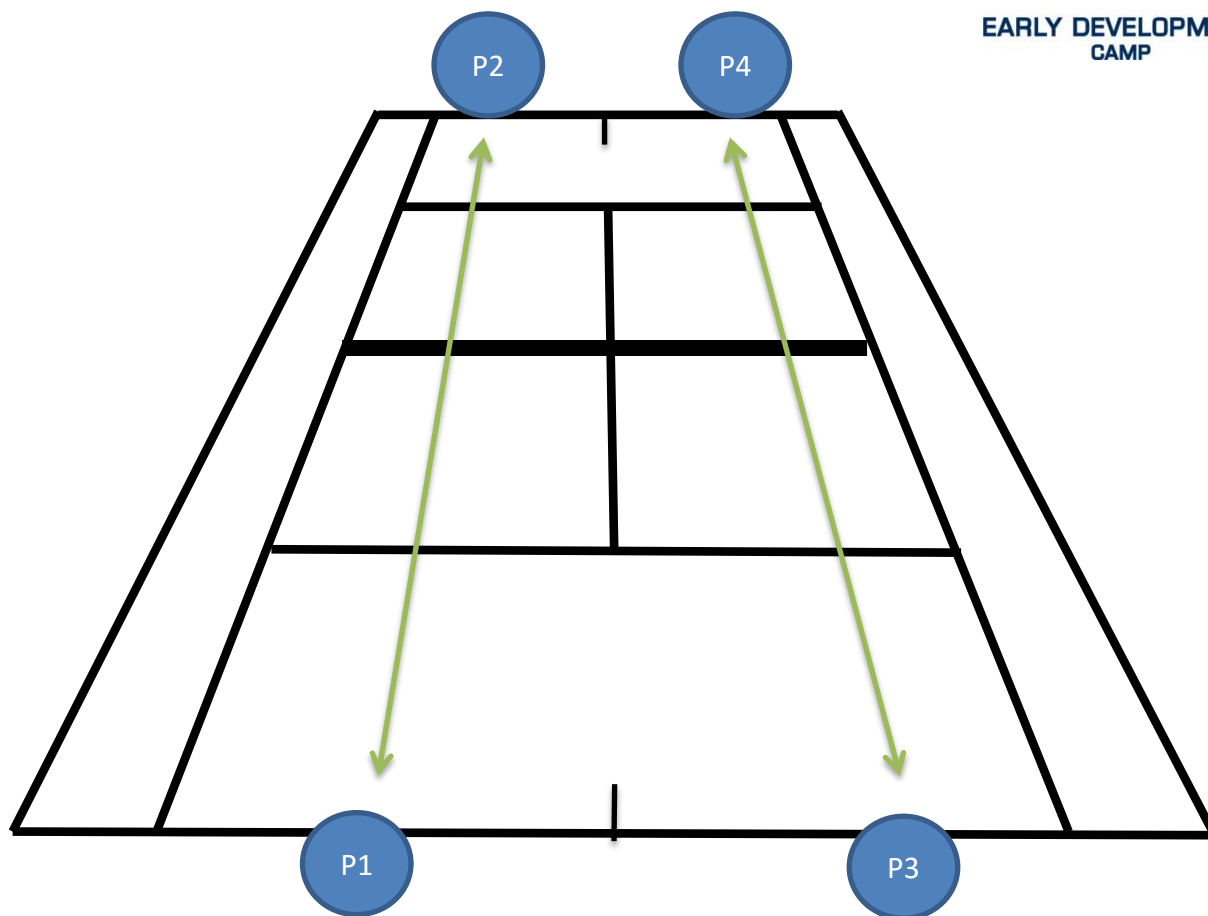
Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Maintains Continental Grip?				
HANDS: Head of racquet above hand?				

Technical/Game Development

Up and Down the River



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Drill	Observation	Skill
<p>Players are now competing against each other in up and down the river format. P1 and 3 are feeders and must feed the ball in the service box. P2 and 4 are attackers and must take on approach to the net. Play for 2 minutes, attackers how many points they win then switch roles. Whoever won most pts as attacker moves up.</p>	<p>EYES/FEET: Is the player Taking Ground on short Ball?</p> <p>EYES/FEET: Is the player Giving Ground on deep balls?</p> <p>EYES/FEET: Is the player holding on the correct neutral ball?</p>	<ul style="list-style-type: none"> Competitiveness Commitment Depth Height

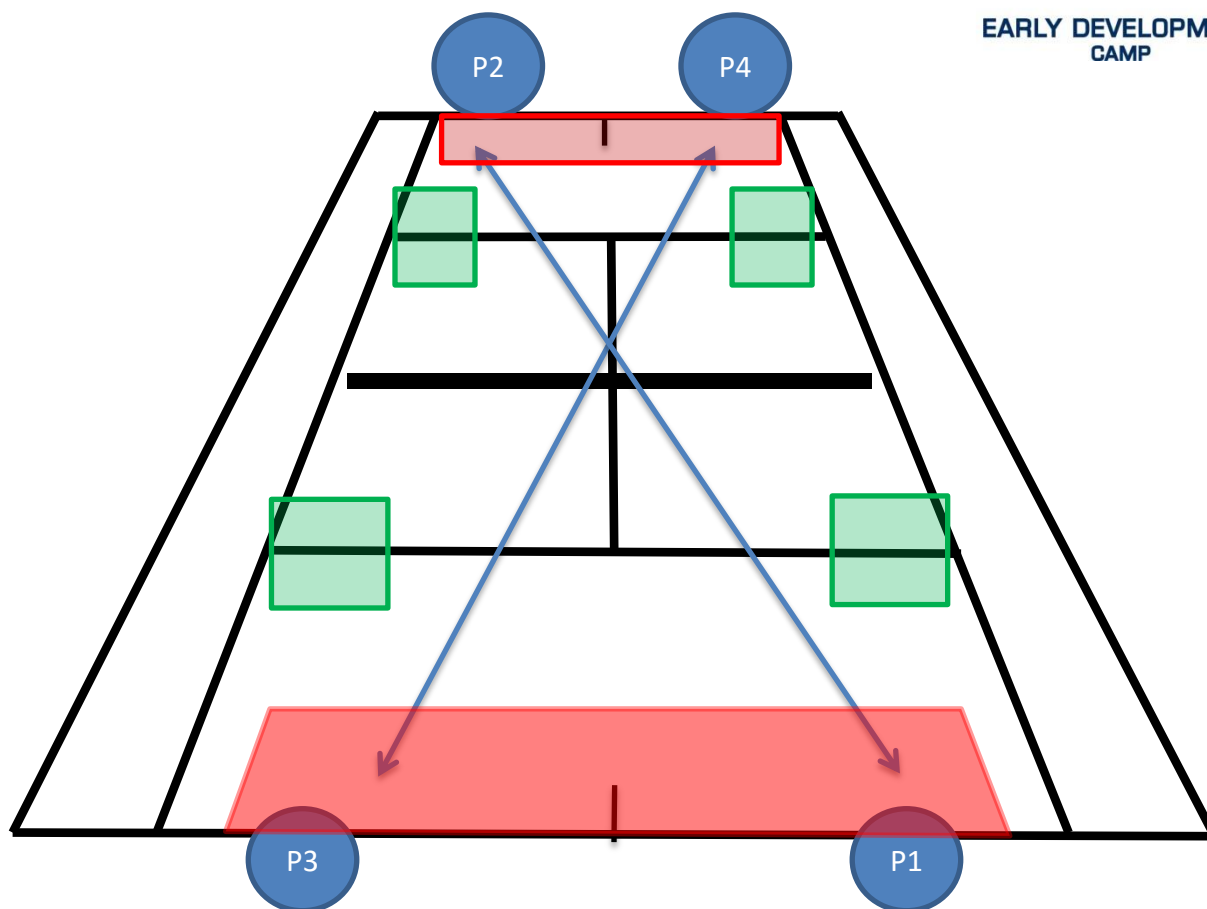
Observation / Player	P1 -	P2 -	P3 -	P4 -
EYES/FEET: Deep Balls – Giving Ground?				
EYES/FEET: Neutral Balls – Holding Ground?				
EYES/FEET: Short Balls – Taking Ground?				

Game Development

Warm-up - Ball Recognition



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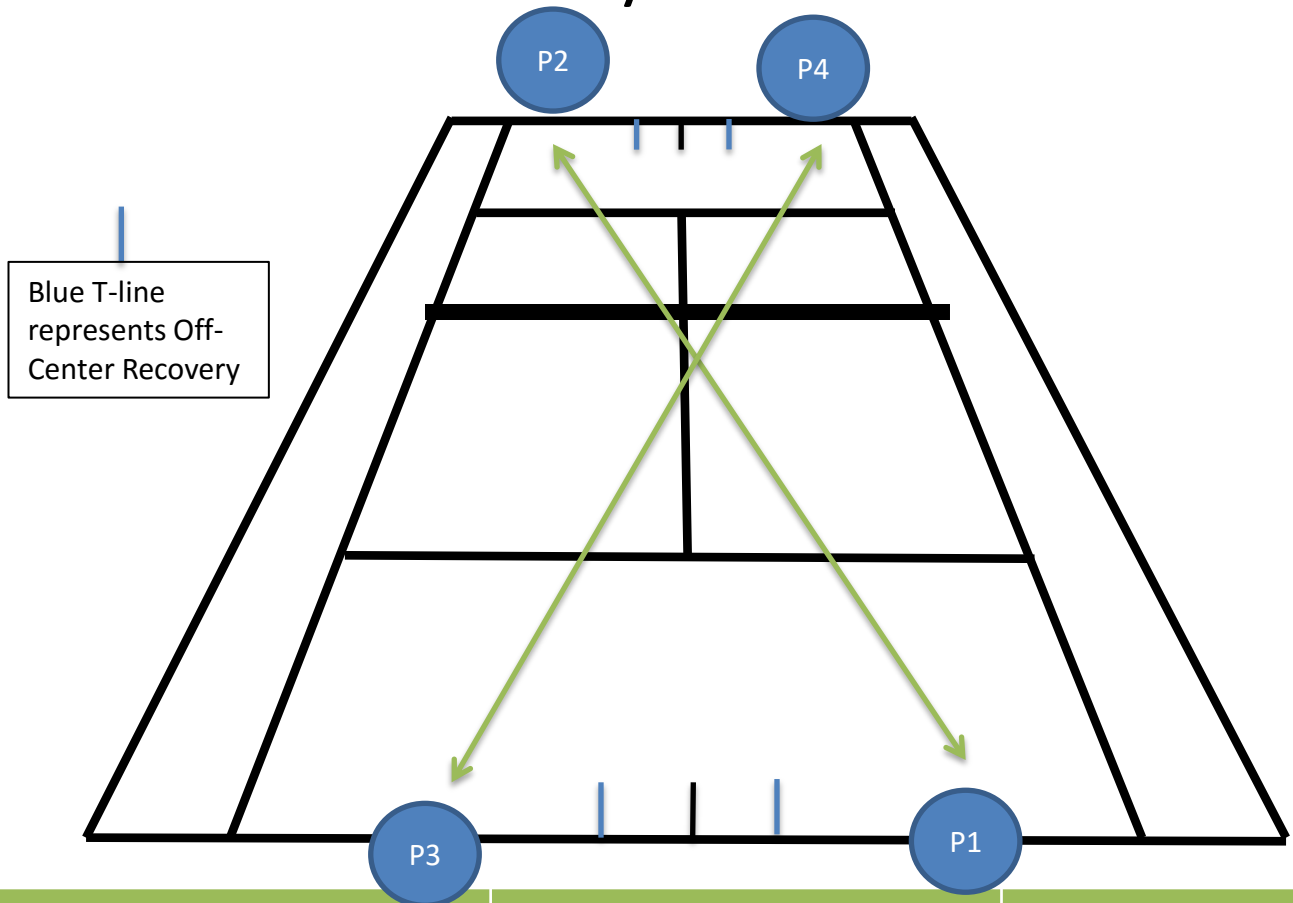


Drill	Observation	Skill
<p>LEVEL 2: Players are working at hitting depth (red area) and width (green area). P1 and 2 working together and P3 and 4.</p> <p>Players calling their movement to the ball and then their intention e.g. “back and deep” or “up and wide”.</p> <p>LEVEL 1: Players call “up” if partner hits wide ball and “back” if coming deep.</p> <p>NOTE: do from both sides of the court.</p>	<p>FEET: Is the player Giving Ground on deep balls?</p> <p>FEET: Is the player Taking Ground on short wide Ball?</p> <p>MIND: Is the player making smart decisions with shot selection based off position in the court?</p>	<ul style="list-style-type: none"> Decision Making Movement Patterns Focused Resilient

Observation / Player	P1 -	P2 -	P3 -	P4 -
FEET: Deep Balls – Giving Ground?				
FEET: Short Wide Balls – Taking Ground?				
MIND: Decision Making – Shot Selection?				

Technical/Game Development

Tempo Drill – Up and Down the River Style

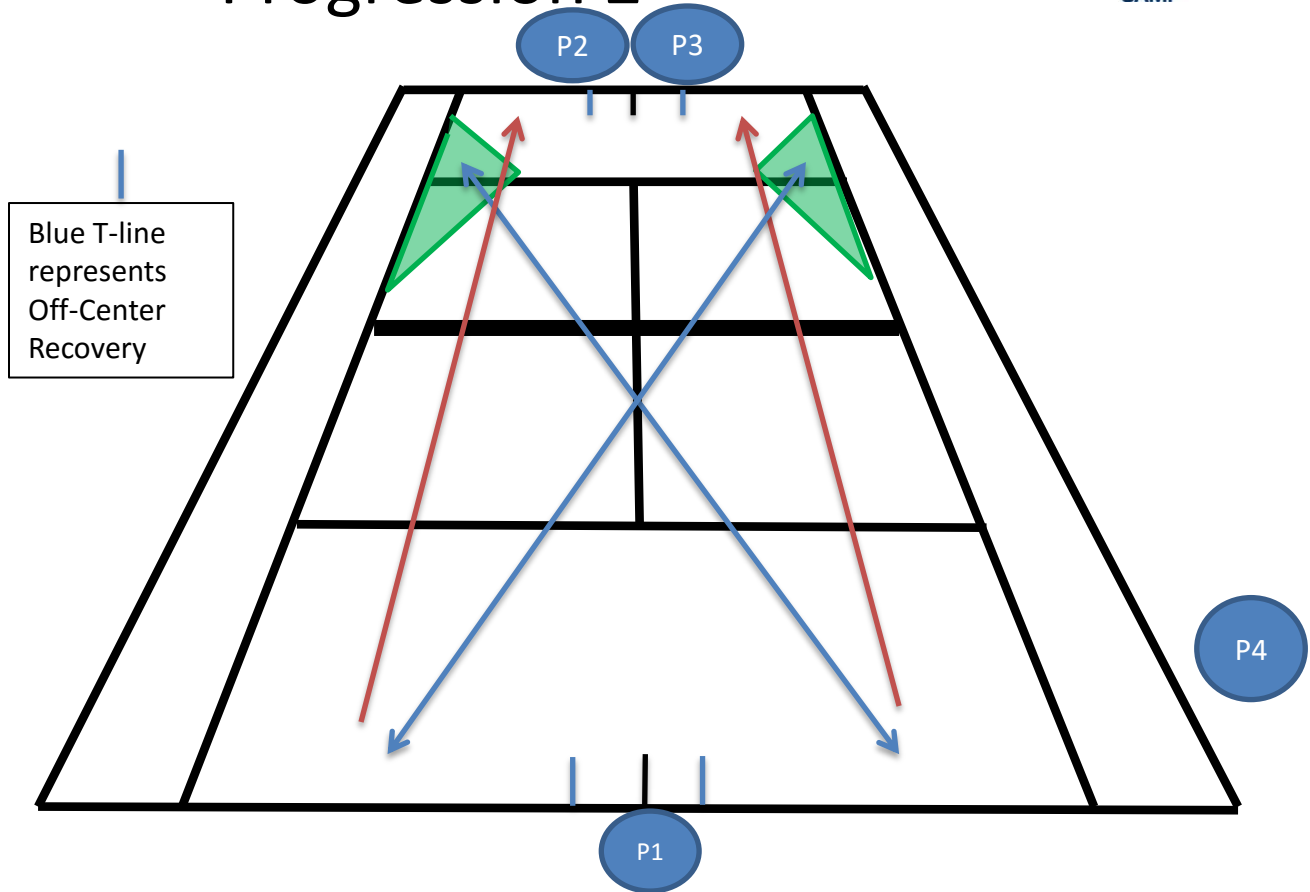


Drill	Observation	Skill
<p>In half a court, players hitting cooperatively. Using a combination of spin, height and speed, see how many balls the players can rally in 1 minute.</p> <p>Winning pair from each court bumps up half a court and losing pair bumps down. Drill can be executed across all courts for 5-6 Rounds. Ad Court is top/higher court.</p>	<p>HANDS: Is the player able to maintain a rally with spin, height and speed for 1 minute?</p> <p>EYES/FEET: Does the player give/hold/take ground on appropriate balls?</p>	<ul style="list-style-type: none"> Competitiveness Commitment Focused Movement Patterns Tempo

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Ability to maintain rally?				
EYES/FEET: Movement?				
Highest Rally #?				

Technical/Game Development

Tempo Creating Width – Progression 2



Drill	Observation	Skill
<ol style="list-style-type: none"> 2 on 1's – P1 going 2 XC then 1DL. P2 and 3 only hitting XC. P1 does for 2.5 minutes then rotate positions. P4 on deck is counting # of width balls. TEAM SINGLES: 1 Team calling "Change" whenever they want to go DL for the 1st time then play out point. Play to 7 then switch roles. 	<p>HANDS: Is the player able to successfully able to hit width?</p> <p>FEET: is the player able to get balanced with time before hitting the width shot?</p> <p>EYES: Does the player recognize when is the right ball to change direction?</p>	<ul style="list-style-type: none"> Ball Recognition Balance Engaged/Focus Toughness Change of Direction Width

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Ability to maintain rally?				
FEET: Balance?				
HANDS: Change Direction?				

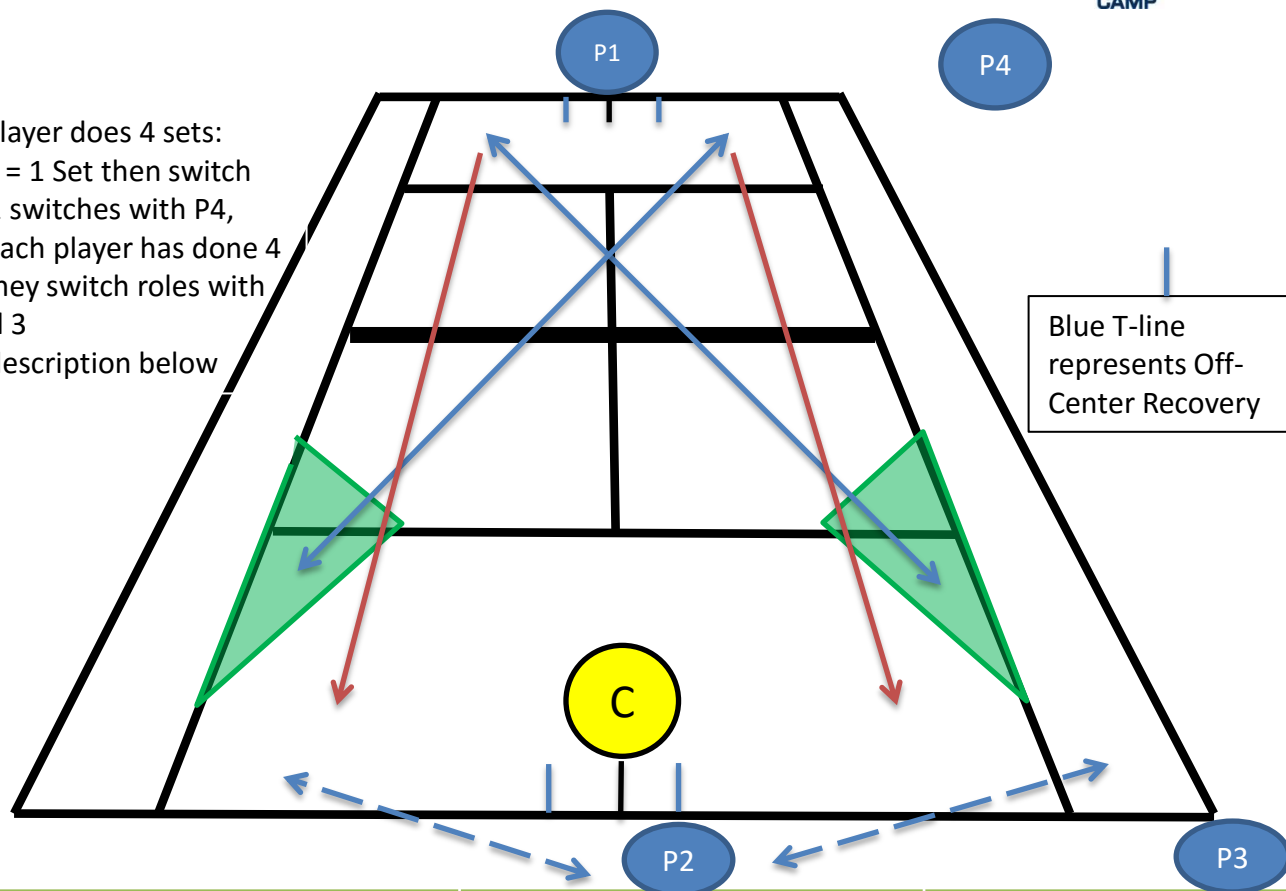
Technical/Game Development

Creating Width – Progression 1



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Each player does 4 sets:
6 Balls = 1 Set then switch
e.g. P1 switches with P4,
after each player has done 4
sets, they switch roles with
P2 and 3
- See description below



Blue T-line
represents Off-
Center Recovery

Drill	Observation	Skill
<ol style="list-style-type: none"> Racquet Fed Drill - Coach (C) feeds 3 balls to the deuce court then 3 balls to the advantage court. P1 hits 2 cross-court then 1 down the line. After each shot P1 recovers to the off center recovery blue T. P2 is retrieving and hitting every ball cross-court, with off-center recovery. P2 and 4 are on deck ready to come in after 6 balls. 	<p>HANDS: Is the player able to successfully able to hit width?</p> <p>FEET: is the player able to get balanced with time before hitting the width shot?</p> <p>EYES: Does the player recognize when is the right ball to change direction?</p>	<ul style="list-style-type: none"> Ball Recognition Balance Engaged/Focus Toughness Width

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Ability to maintain rally?				
EYES/FEET: Movement?				
Highest Rally #?				

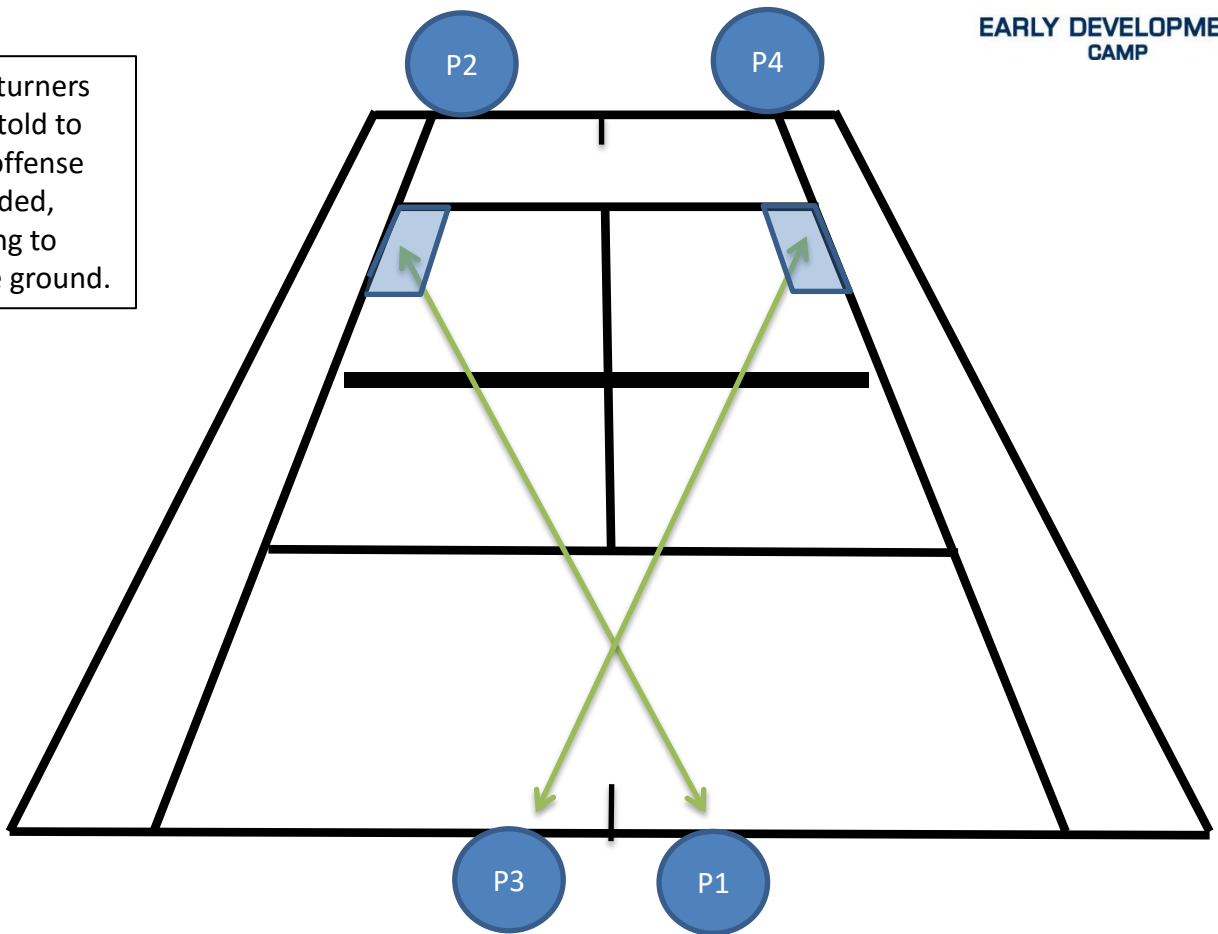
Tactical/Game Development

Serve and Return +1



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*Returners are told to be offense minded, trying to take ground.



Drill	Observation	Skill
<ol style="list-style-type: none"> 1. Server out wide, +1 into open court tactic. P1 and 2 go first, followed by P3 and 4. Repeat 5 times from each side in both serve and return roles (total of 20). 2. Team Singles points first to 10 switching servers every 4 points. Returner goes cross-court with the return. 	<ol style="list-style-type: none"> 1. HANDS: Is the server able to hit intended locations? 2. HANDS: Does the server get balanced to hit +1 in open court 3. MIND: Is the player able to stay focused and committed in their role? 	<ul style="list-style-type: none"> • Anticipation • Balance • Competitiveness • Commitment • Focused • Resilient

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Server able to hit locations?				
HANDS: Balanced to hit +1 in open Court.				
MIND: Staying focused on task?				



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Character Theme Talking Points

DURING WARM UP:

1. Who packed your bag and got all your water bottles and snacks ready?
2. If you don't have a tennis court for a warm-up, where and how do you do your warm-up?
3. If there was a racquet missing from your bag, or water bottle, or favorite cap, whose fault is it and why?

DURING DRILLS/MATCHES:

1. During an exercise, you are finding it hard and difficult, how do you cope with a tough situation?
2. During a match, your opponent is shouting, banging racquet and saying things to you from the other side of the net, how do you deal with this?
3. You are waiting to go on court for your match, you have completed your warm-up and ready to go, all of a sudden it starts raining and you are delayed, does this frustrate you? How do you deal with this?
4. You're playing a match and you are frustrated, you behaved in a way that you know was a mistake, and your parents get upset with the way you behaved, How do you deal with this?

DURING TEAM COMPETITION SESSION:

1. You are starting 0-30 down in every service game, how are you going to deal with being down? Do you expect to lose the game? Do you think you have a chance? Do you know if you apply your tactic/process you can win the game?
2. How would you help or encourage a team mate that may be playing next to you?



HOMEWORK

ATHLETIC DEVELOPMENT

Each player will be receiving a Player/Coach Feedback Form. On that Feedback form it states:

“Area of Focus – Activities from camp”

Please show this to your coach to help develop the Athletic Development Areas of Focus.

TENNIS SKILL DEVELOPMENT

On the same Player/Coach Feedback Form, under HOMEWORK, there are 2 Areas of Focus listed by the camp coach, that the coach feels the player needs to work on based off the camp.

Please show this to your coach to help you improve in these areas before the next camp.

JOURNAL

The EDC Green Ball Camps have added a small element of Goal Setting and Journaling. Journaling is a very important learning tool that can help players improve mentally and emotionally.

Continue to practice your journaling after practices and matches.