



**EARLY DEVELOPMENT  
CAMP**

**GREEN BALL**

**Camp 3:  
Becoming an Offensive  
Player**

**2017 FINAL**

# Taking Control of the Point Practice Plan – Session



Theme of this camp: **TOUGH – Dealing with challenging circumstances**

## Athletic Skill Warm-up

### Welcome and Introductions

Drill/Activity	Objective	Time
LEAD COACH	<ol style="list-style-type: none"> <li>Welcome Players and Parents to the USTA Player Development EDC.</li> <li>Introduce self, working coaches and section staff responsible for the set-up and execution of the camp.</li> <li>Organize players into groups of 4 of the same gender for Athletic Development Exercises</li> </ol>	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. Line-Hops	Lower body strength. Balance and Coordination	2 min
3. Battle Plank	to develop strength and balance in upper body and core.	5 min
4. Tic-Tac-Toe	To develop Speed Reaction and Coordination simultaneously.	10 min
BREAK	Players go into their groups of 4 players	
Total Time		20 min

# Taking Control of the Point Practice Plan - Session 1



**Theme of this camp:  
TOUGH – Dealing with  
challenging circumstances**

**Technical/Game Development**  
(Players in Groups of 4 with Assigned Coach for Day)

Drill/Activity	Objective	Time
<b>LEAD COACH</b>  Equipment: - Make sure you have the correct equipment to be able to do Tic-Tac-Toe and Battle Plank	1. Discuss with players what TOUGH means (Go through “During Warm-up“ Questions on Character Theme Talking Points on last page)  2. Ask the players situations where they have to be TOUGH in tennis.  3. Organize players into groups of 4 of the same gender for Athletic Development Exercises	15 min
<b>LEAD AND CAMP COACHES</b>	1. With your group of 4 players, have players write down their ‘TOUGH’ PROCESS Goals for the Camp. e.g. “to try my best even if I feel I am not playing well” or “to listen to my coaches and try to do what they ask even if I am not comfortable doing it”.	
<b>Total Time</b>		15 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 overhands.	5 min
2. Pressure Tennis – Short Ball Attack	Players must approach on balls landing in the service box – Ball Recognition	20 min
<b>BREAK</b>	Players go into groups	5 mins
3. 3-way Forehand Using the FH to take offense	To recognize how to take offense using the forehand with change of direction.	20 min
4. How’s your drop shot!	To understand how to use hands and when is the appropriate time to hit a drop-shot.	20 min
5. Serve and Return (+1)	Servers and find FH off 1 <sup>st</sup> serve. Returners find FH off 2 <sup>nd</sup> serve return.	20 min
<b>Break</b>	<b>SEE NEXT PAGE</b>	15 mins
<b>Total Time</b>		1hr 45

# Changing Offense to Defense Practice Plan - Session 1



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Theme of this camp: **TOUGH – Dealing with challenging circumstances**

## 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 TOUGH goals.</p> <p>To assess the players' understanding of TOUGHNESS 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



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Theme of this camp: **TOUGH – Dealing with challenging circumstances**

## Practice Plan – Session 2 – TEAM TENNIS

Drill	Objective	Time
1. Team Organization	<ol style="list-style-type: none"> <li>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.</li> <li>2. LEAD COACH announces doubles match-ups in college style announcement.</li> <li>3. FORMAT: 15 minutes of doubles drill followed by 20 minutes of doubles followed by singles match-ups (either 1x55 mins match or 2x25 mins matches)</li> <li>4. SINGLES TOUGH STIPULATION: Each player gets 2 FREE points to use whenever they want during the match e.g. Player 1 is up 40-30 and chooses to use their FREE point, they automatically win the point, and game. Then they have 1 left. Coach can reward a BONUS FREE point to any player at any time for displaying their routine consistently.</li> </ol>	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. have their routines written down.	10 min
3. Junior Team Tennis – Doubles followed by Singles	Players head to their assigned court for their doubles match with an assigned coach. Coach will execute the doubles drill with those players for 15 minutes then players start a 20 minute doubles match. 55 minutes of singles to follow. REMEMBER: Singles stipulation applies. (see #4 in Team Organization)	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

# Athletic Skill Warm-up

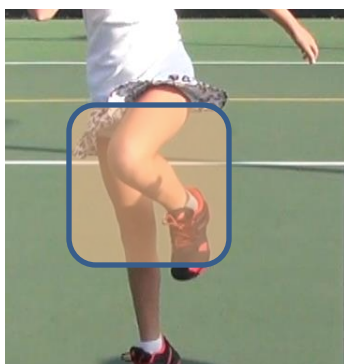
## Line-Hops



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

### Execution

1. Line the players up on the doubles side line to the LEFT facing the net.
2. Starting on left leg, hop over the line and back, keeping head still.
3. When coach CLAPS, players cross-over side shuffle, cross-over, side shuffle to other doubles side line.
4. Repeat with right leg from RIGHT Doubles side line.



### 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 Skill Development

## Battle Plank

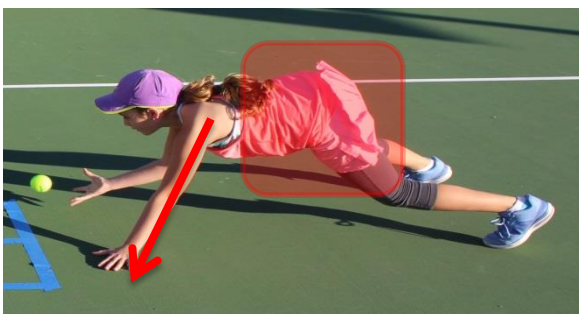


**Objective: to develop upper body, coordination and core strength**



### Execution:

1. Players in pairs, facing each other about 3 ft. apart with a 2x2 squared box in the middle of them. One player has a tennis ball.
2. Players kneeling with both hands on the ground in all fours position with back straight
3. When players are ready to start the point, the player without the ball gets into press-up plank position.
4. Player with ball then gets into same position and tosses ball into one of the 2 squares closest to opponent. Opponent holds plank position and tries to catch with the same hand as the box the ball landed in (either left or right).
5. Opponent then tosses back into one of the boxes closest to the player, who catches with same hand as the box the ball landed in.
6. Repeat until one player tosses the ball outside one of the boxes, tosses in their own boxes or collapses out of press-up plank position.
7. Play first to 5 points.
8. Rest as required!



Observation	Athletic Skill
<ul style="list-style-type: none"> <li>• Balance: Ability to balance keeping good plank position when receiving ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body Strength</li> <li>• Dynamic Balance</li> <li>• Core Strength</li> </ul>
<ul style="list-style-type: none"> <li>• Strength: Head up, eyes forward, back straight</li> </ul>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Strength</li> </ul>

# Athletic Development Tic-Tac-Toe



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## Execution:

1. Put players in teams of 3, like above.
2. Each team has 3 cones or items, each team must have the same 3 items e.g. team 1 has hats and team 2 has wrist bands, but different color or item than their opposing team.
3. When coach says "GO", the first player on each team places their cone in one of the 9 boxes. When the first player returns back to the baseline, the 2<sup>nd</sup> player on the team can take their cone and place in one of the segments. Returns, then Player 3 goes.
4. If 3 cones have not been placed in a row, Player 1 goes back and places one of their team cones in a different box.
5. Keep repeating until one team has achieved 3 in a row for tic-tac-toe.
6. Play first team to 3 points. Winners and runners-up of Team 1 vs. 2 plays Team 3 vs. 4

**NOTE:** To increase speed of decision making, you can limit the time it takes for the player to change an item.

Observation	Athletic Skill	Observation	Athletic Skill
Can the player maintain good athletic posture and still head while sprinting?	<ul style="list-style-type: none"> <li>• Balance</li> </ul>	Does the player stay controlled and focused or panic?	<ul style="list-style-type: none"> <li>• Engaged and Focus</li> </ul>
Does the player recognize opportunities for tic-tac-toe?	<ul style="list-style-type: none"> <li>• Coordination</li> </ul>		



# Technical/Game Development

## Continental Grip Skills Warm-up



**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"> <li>• Coordination</li> <li>• Upper/Core/Lower Body Strength</li> </ul>
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	

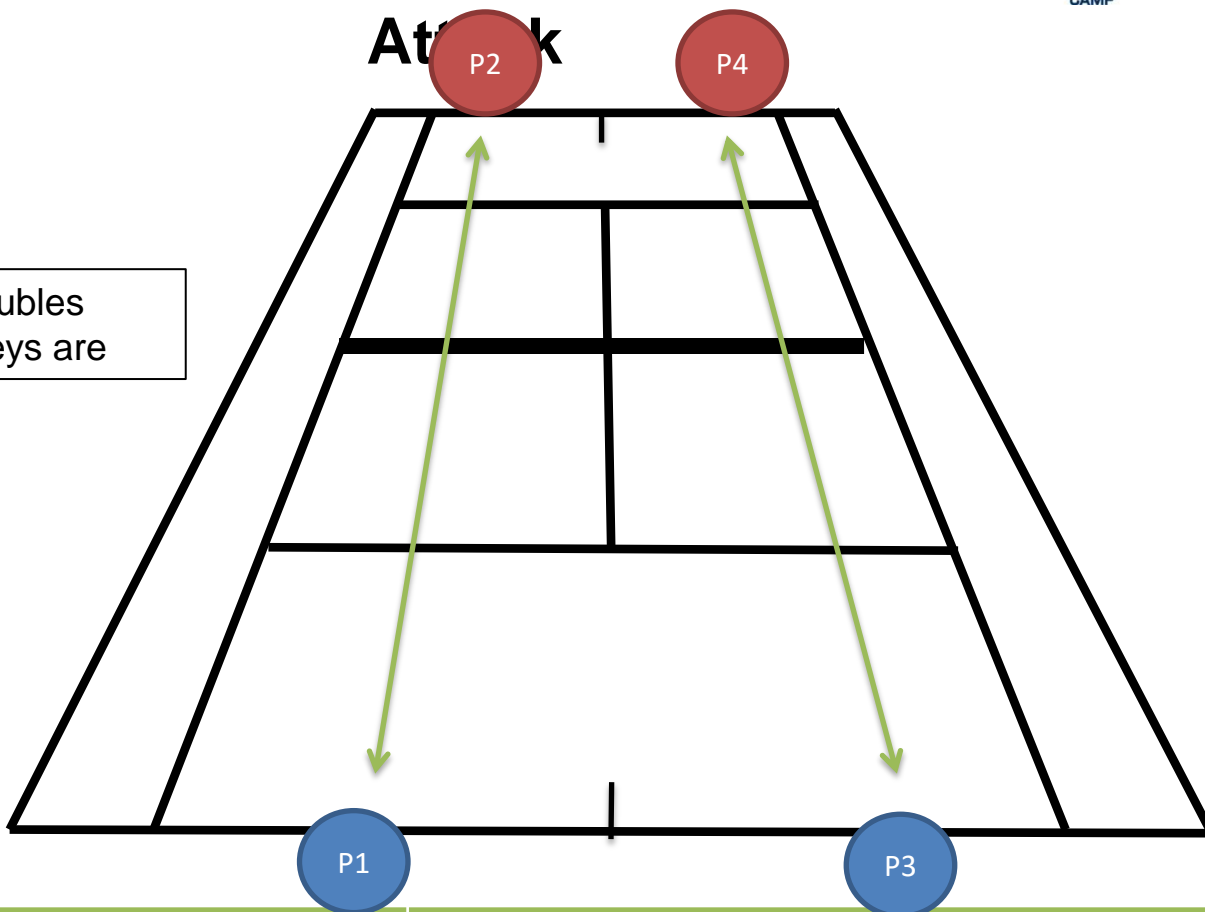
Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Maintains Continental Grip?				
HANDS: Head of racquet above hand?				

# Development

## Pressure Tennis – Short Ball



Attack



Doubles alleys are out

Drill	Observation	Skill
<p>Players are 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 count how many points they win then switch roles. Whoever won most pts as attacker moves up. Repeat for 3 rounds.</p>	<p>FEET: Does the player get a balanced split-step at net?</p> <p>HANDS: Does the player maintain continental grip with racquet head above the wrist?</p> <p>EYES/FEET: Does the player Take Ground on short ball and at net?</p>	<ul style="list-style-type: none"> <li>Complex Coordination</li> <li>Balance</li> <li>Competitiveness</li> <li>Toughness</li> </ul>

Observation / Player	P1 -	P2 -	P3 -	P4 -
FEET: Balanced Split-Step?				
HANDS: Maintain Cont. Grip?				
EYES/FEET: Take Ground?				

# Technical/Game Development

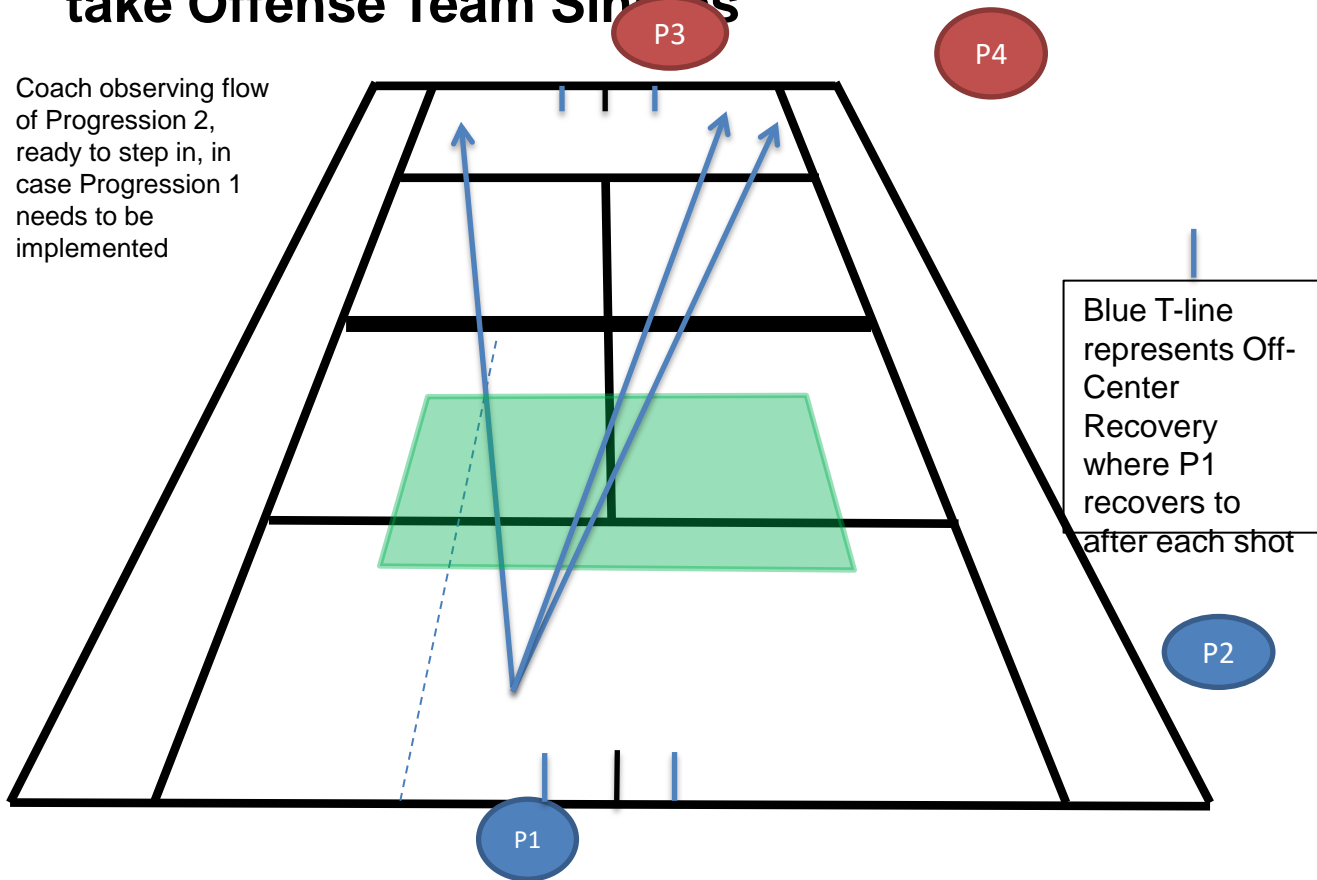


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## 3-Way Forehand – Using the FH to take Offense Team Singles

C

Coach observing flow of Progression 2, ready to step in, in case Progression 1 needs to be implemented

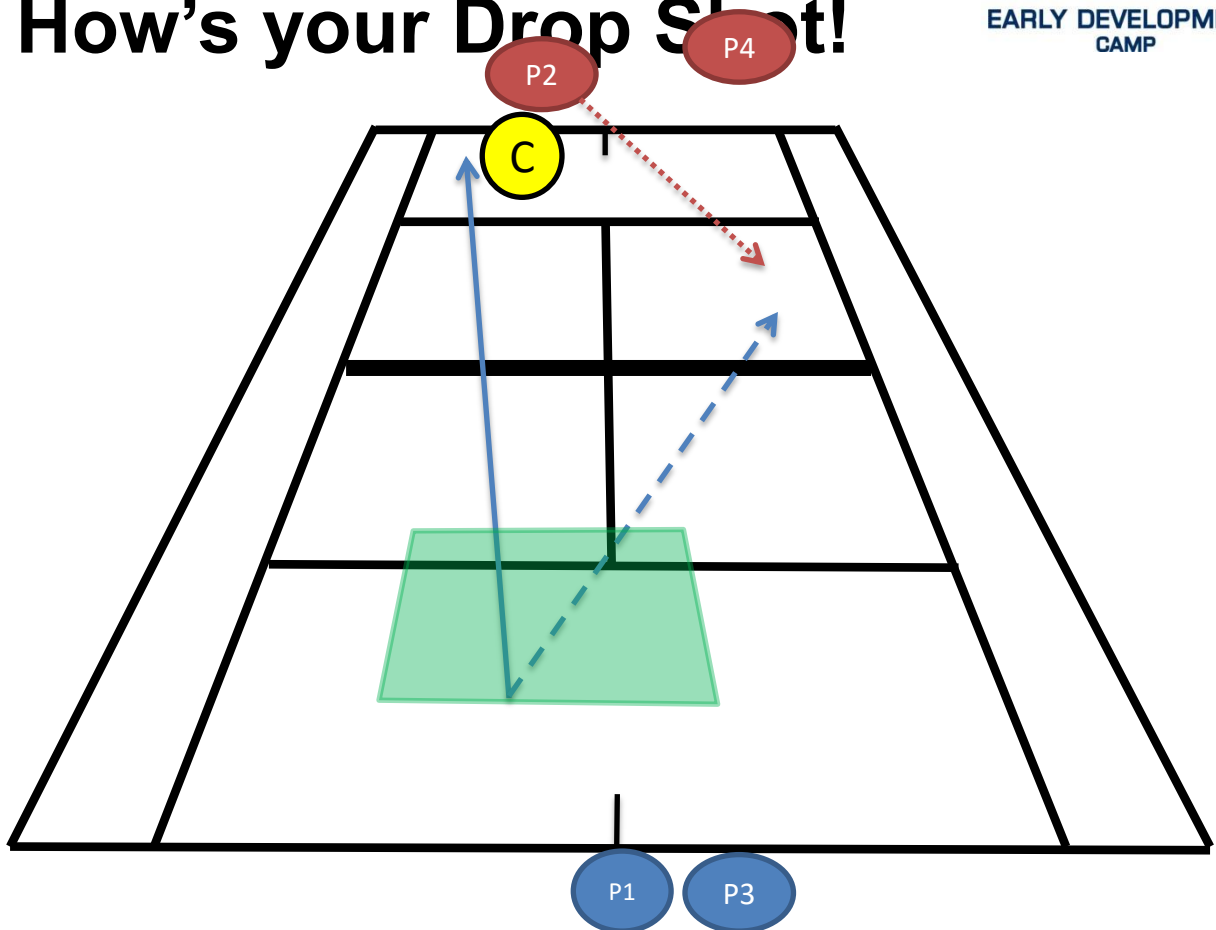


Drill	Observation	Skill
<ol style="list-style-type: none"> <li>Progression 1: Coach Fed Drill – Coach feeds from the Ad-side baseline, P1 must hit 2 Inside-out then 1 Inside-in FH's. Rotate with next players.</li> <li>Progression 2: P1 hits 2 Inside out, then 1 inside in FH approach. P3 hits through the middle (use throw down lines/tape to mark court like above). Play out point.</li> <li>First to 7 then switch roles. Stay on for maximum of 2 pts.</li> </ol>	<p>FEET: Player is able to create space around the ball?</p> <p>HANDS: Player is able to generate depth?</p> <p>EYES/MIND: Player able to hold and take offense?</p>	<ul style="list-style-type: none"> <li>Ball Recognition</li> <li>Balance</li> <li>Strength</li> <li>Engaged/Focus</li> <li>Toughness</li> </ul>

Observation / Player	P1 -	P2 -	P3 -	P4 -
FEET: Create Space?				
HANDS: Depth?				
EYES/MIND: Take Offense?				

# Technical/Game Development

## How's your Drop Shot!



Drill	Observation	Skill
<ol style="list-style-type: none"> <li>1. Coach Fed Drill: C feeds 2 balls in the green zone, P1 hits first ball deep into the deuce court, recovers, then second ball drop shot and follows it forward to net. P2 chases the ball down. Play out point. Then switch with P3 and 4. First team to 7 points.</li> <li>2. Switch roles</li> <li>3. Repeat with open choice, hit first ball into either side of the court and drop shot into either side of the court. Coach ready for teaching points on correct shot selection.</li> </ol>	<p>FEET: Player is able to execute an efficient drop-step to create space around the ball?</p> <p>HANDS: Player able to use slice for drop shot?</p> <p>EYES/MIND: Player able to make smart choices to take offense?</p>	<ul style="list-style-type: none"> <li>• Ball Recognition</li> <li>• Balance</li> <li>• Coordination</li> <li>• Decision Making</li> <li>• Toughness</li> </ul>

Observation / Player	P1 -	P2 -	P3 -	P4 -
FEET: Drop-Step?				
HANDS: Slice for drop shot?				
EYES/MIND: Decision making?				

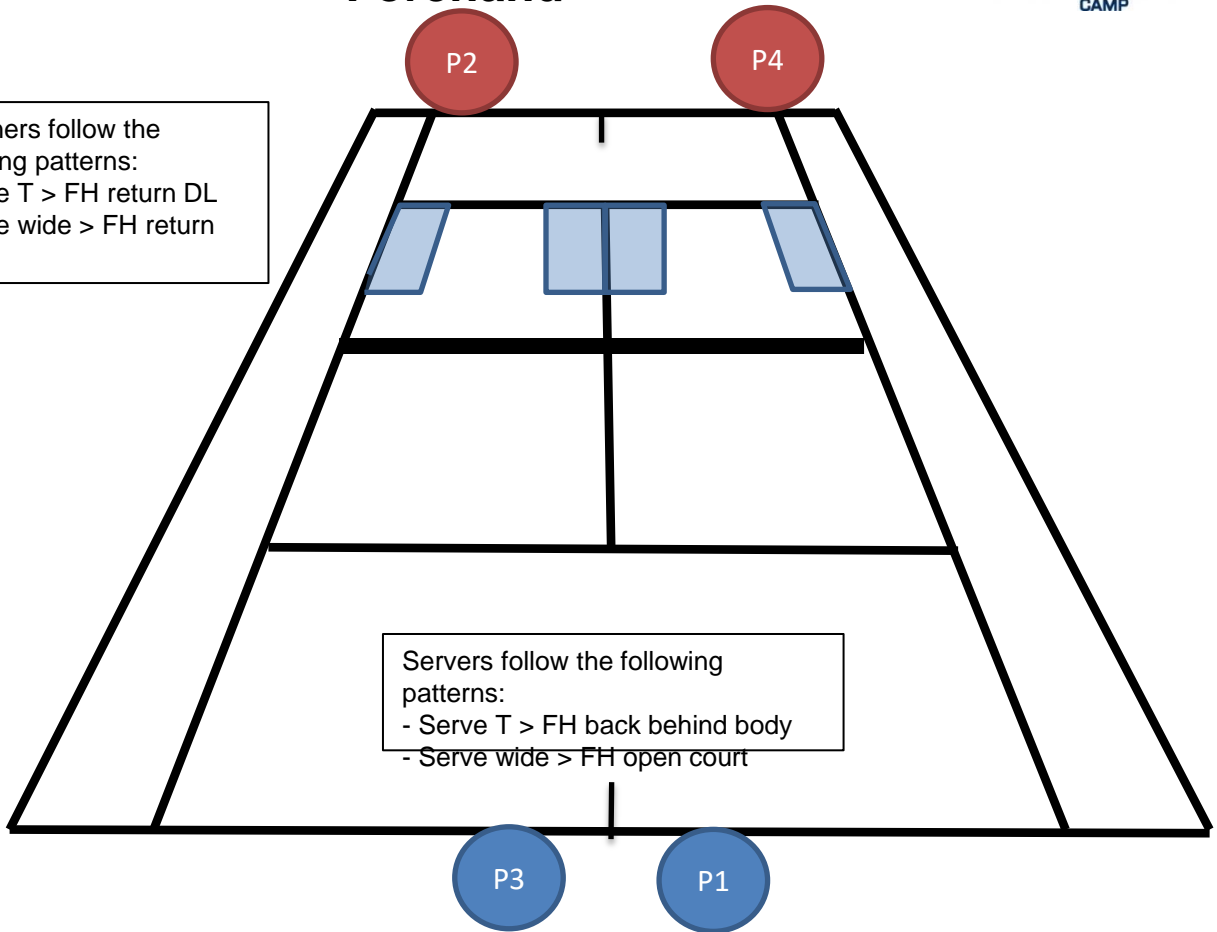
# Tactical/Game Development



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## Serve and Return +1 – Looking for the Forehand

Returners follow the following patterns:  
- Serve T > FH return DL  
- Serve wide > FH return CC



Servers follow the following patterns:  
- Serve T > FH back behind body  
- Serve wide > FH open court

Drill	Observation	Skill
<ol style="list-style-type: none"> <li>All players warm-up serves and returns – 2 mins</li> <li>P1/3 (Servers) vs. P2/4 (Returners). Team Singles stay on maximum for 2 points.</li> <li>Servers to find FH off 1<sup>st</sup> serve. Returners looking to find FH off 2<sup>nd</sup> serve return. Whoever wins the point with their play gets a bonus point. First to 10 then</li> </ol>	<p>HANDS: Is the server able to hit intended locations?</p> <p>FEET: Player able to find the FH?</p> <p>EYES/MIND: Player able to stay in offense off the FH?</p>	<ul style="list-style-type: none"> <li>Anticipation</li> <li>Balance</li> <li>Competitiveness</li> <li>Toughness</li> </ul>

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Able to hit location?				
FEET: Able to find FH?				
MIND: Able to stay in offense?				



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## Character Theme Talking Points

### **DURING WARM UP:**

1. This is a good time to emphasize why we warm-up, ask the players WHY? And then if no-one has come up with “its part of my routine”, then use this as a teaching moment to emphasize it’s a preparation routine.
2. Ask the players if they have any match routines? Ask what routines some professional players do? Ask if they know what sort of routines they do? E.g. in-between points, change of ends etc.
3. Why is it important to have routines? – It helps us stay calm, and feel comfortable as it is something we are used to.

### **DURING DRILLS/MATCHES:**

1. After the drilling portion ask the players to write down their Match Routines in their journals, there could be 1 or several routines they use.
2. Ask them, “Have you ever become frustrated after losing a point, and you stayed frustrated for the next point or game?” If some say yes, then ask, “how do you get ready for the next point”, “how would you like to get ready for the next point?”
3. After responses, you might want to encourage using “BREATHE and BELIEVE in themselves” as part of their routine.

### **DURING TEAM COMPETITION SESSION:**

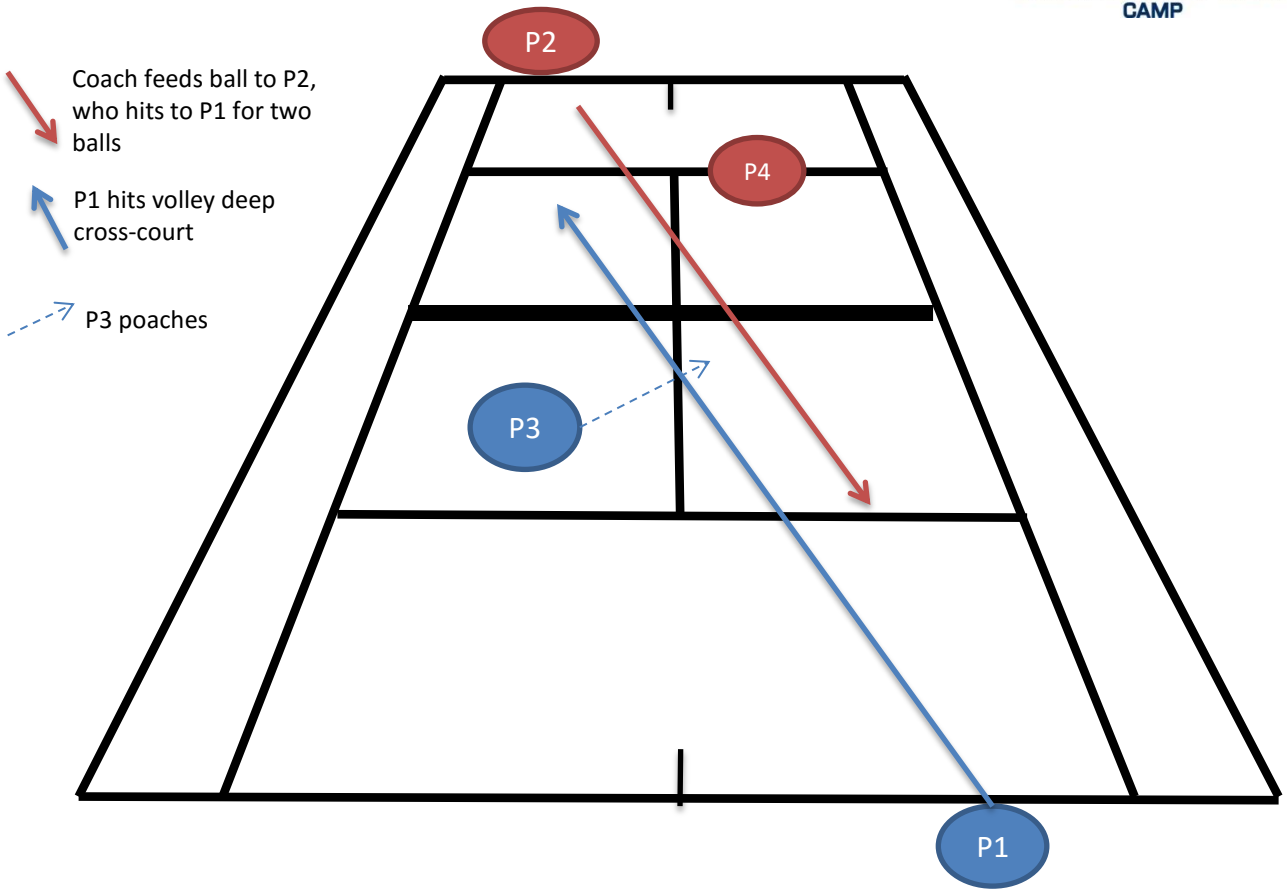
1. Are you working on your routine?
2. Do you think its important to work on your routine when your winning also? Why?

# Tactical/Game Development

## Doubles Drill Before Match-Play 1<sup>st</sup> Volley Approach and Poach



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Drill	Observation	Skill
<ol style="list-style-type: none"> <li>P1 is serve and volleying off first serve, P3 is able to poach off the return, but must communicate with P1 before doing so.</li> <li>P2 returns cross-court, tries to find FH on 2<sup>nd</sup> serve and comes forward. P4 can also look to poach.</li> <li>Player plays 2 points from each position.</li> <li>Repeat but from Advantage side of the court.</li> </ol>	<p>HANDS: Continental grip and control?</p> <p>FEET: Speed Reaction to the net?</p> <p>ETES/MIND: Players able to cover each other?</p>	<ul style="list-style-type: none"> <li>Anticipation</li> <li>Balance</li> <li>Speed Reaction</li> <li>Spatial Awareness</li> <li>Competitiveness</li> <li>Toughness</li> </ul>

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Continental grip and Control?				
FEET: Speed Reaction to the net?				
MIND: Cover each other?				



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## 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.