



**EARLY DEVELOPMENT
CAMP**

GREEN BALL

**CAMP 1:
Defending the Court
2018 FINAL**

Defending The Court

Practice Plan - Session 1



Theme: COMMITMENT (Goal Setting and Journaling)

Welcome and Introductions

Athletic Skill Warm-up

Drill/Activity	Objective	Time
LEAD COACH	<ol style="list-style-type: none"> Welcome Players and Parents to the USTA Player Development EDC. Introduce self, working coaches and section staff responsible for the set-up and execution of the camp. 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. Hopscotch	Lower body strength. Coordination	2 min
4. Anticipation and Reaction	To anticipate and change direction quickly. To react quickly to the ball direction and speed.	5 min
3. Full Spider Drill Team Race.	to develop lateral movement with good balance, strength and posture.	10 min
Total Time		20 min

Defending the Court

Practice Plan - Session 1



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Theme: COMMITMENT (Goal Setting and Journaling)

Preview Theme of the Camp: COMMITMENT

Technical/Game Development

Drill/Activity	Objective	Time
LEAD COACH	<ol style="list-style-type: none"> Discuss with players what Commitment means, both on and off the court. Organize players into on-court groups of 4 for the TECHNICAL/GAME DEVELOPMENT (being conscious that the groups may change after up and down the river, if your camp is doing it to establish groups). 	10 min
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. Groundstroke Warm-up (Ball Recognition)	to work on ball recognition skills giving ground and taking ground with defense and offense (Continue for 10 more mins if not doing #2 – Up and Down the River)	5 min (15 mins)
BREAK	Players go into groups	5 mins
4. Rally Tolerance Drill	To be able to rally consistently working on giving ground in defense and taking ground in offense.	15 min
5. Defending the Open Court	Understand how to create time when defending	25 min
6. 2nd Serve and Return (+1 Drills)	Work on serve locations, while 2 nd serve returners look to take offense.	20 min
Break	SEE NEXT PAGE	15 mins
Total Time		1hr 30

Defending the Court

Practice Plan - Session 1



Theme: COMMITMENT (Goal Setting and Journaling)

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 COMMITMENT goals.</p> <p>To assess the players' understanding of Commitment 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>	
Break/Snacks/Lunch	LEAD COACH arranges players into 2 equal teams.	45-60 min
Total Time		60 min

Defending the Court

Practice Plan - Session 1



Theme: COMMITMENT (Goal Setting and Journaling)

Practice Plan – Session 2 – TEAM TENNIS

Drill	Objective	Time
1. Team Organization	<ol style="list-style-type: none"> 1. Players announced and 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. 20 minutes of doubles followed by singles match-ups (either 1x60 mins match or 2x30 mins matches) 	10 min
2. Dynamic Warm-up	Each team warms-up together, coach asks 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)	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

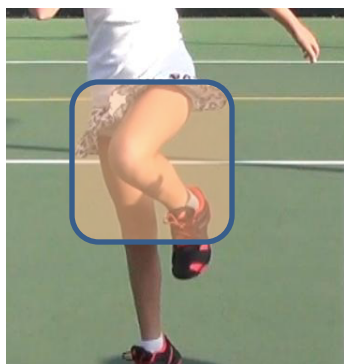
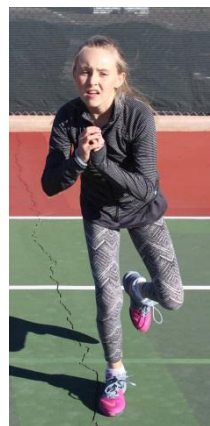
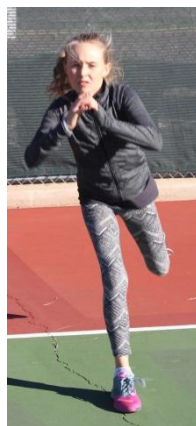
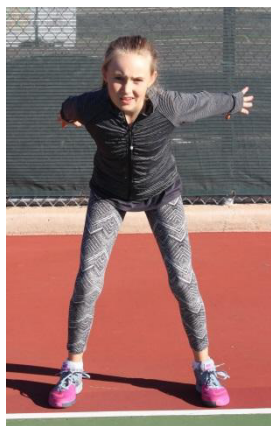
Hopscotch



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.

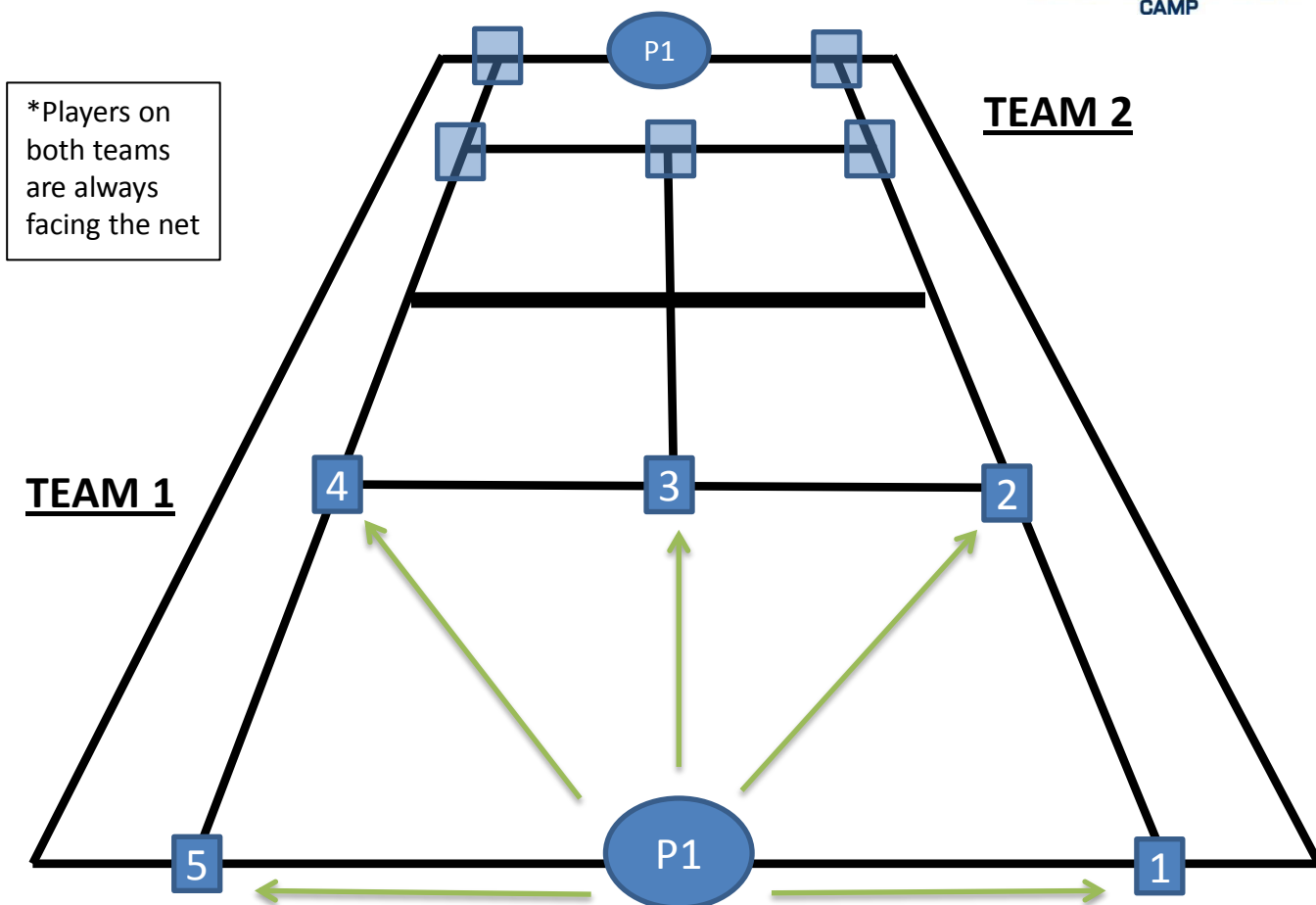
Athletic Skill

- Coordination
- Dynamic Balance
- Lower Body Strength

Athletic Development Full Spider Team Race



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Execution:

1. Players to be placed in teams of 3 of same gender if 12 boys and 12 girls. If different place in equal teams.
2. Team 1 vs. Team 2
Team 3 vs. Team 4 (2 courts)
3. Player 1 shuffles to #1 picks up ball and shuffles back to the T. Sprints to 2, 3 and 4 and back, then shuffles to 5 and back to the T after each one.
4. Player 2 then places all the balls back out in the same order.
5. Player 3 then repeats bringing all the balls back in the same order.
6. Winners of each court race each other, runners-up race each other

NOTE: Coach can trade players out from Rd to Rd to even the teams.

Observation	Athletic Skill
<p>Can the player maintain good athletic posture through the drill?</p> <p>Can the player stay low through change of direction?</p>	<ul style="list-style-type: none"> • Lateral Movement • Speed
Observation	Athletic Skill
<p>Feet: Are the players able to change direction with the cross over step for recovery?</p>	<ul style="list-style-type: none"> • Coordination

Athletic Skill Development

Anticipation and Reaction



Objective: to develop the player's ability to respond quickly to the incoming ball. This will help in the technical and tactical development of the groundstrokes

Execution:



1. Players in pairs facing each other 1 yard apart, with one ball between them.
2. Each player tosses ball for partner to catch after 1 bounce and toss back

3. Progress to 1 tosser/"batter" and 1 catcher. Toss is random. 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

4. 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



Observation	Athletic Skill
<p>Reaction speed: The players should learn to react very quickly to the incoming ball and then catch it on one bounce on either side of the body, or in front with one hand.</p>	<ul style="list-style-type: none"> • Reaction Speed • Coordination
Observation	Athletic Skill
<p>Receiving the Ball: the player should be in a good position with one foot and the hand behind the ball when catching it . The head should be level and still with the eyes on the ball</p>	<ul style="list-style-type: none"> • Balance

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
HANDS: Control of the Ball to a Target - players should learn how to use 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	<ul style="list-style-type: none"> Upper/Core/ Lower Body Strength

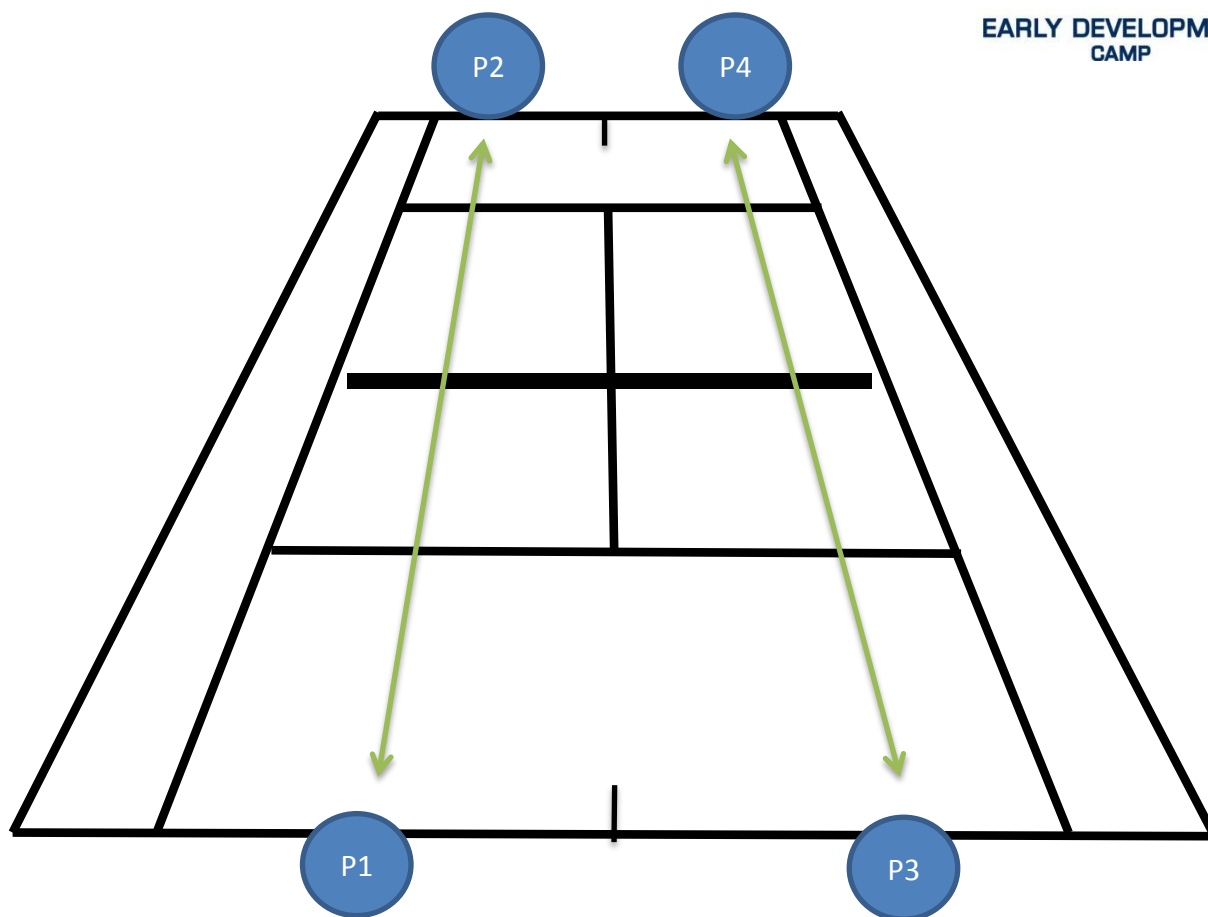
Observation / Player	P1 -	P2 -	P3 -	P4 -
Maintains Continental Grip?				
Head of racquet above hand?				

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.</p> <p>4 rounds of 3 minutes each.</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: Is the player holding on the correct neutral ball?</p>	<ul style="list-style-type: none"> Competitiveness Commitment Depth Height

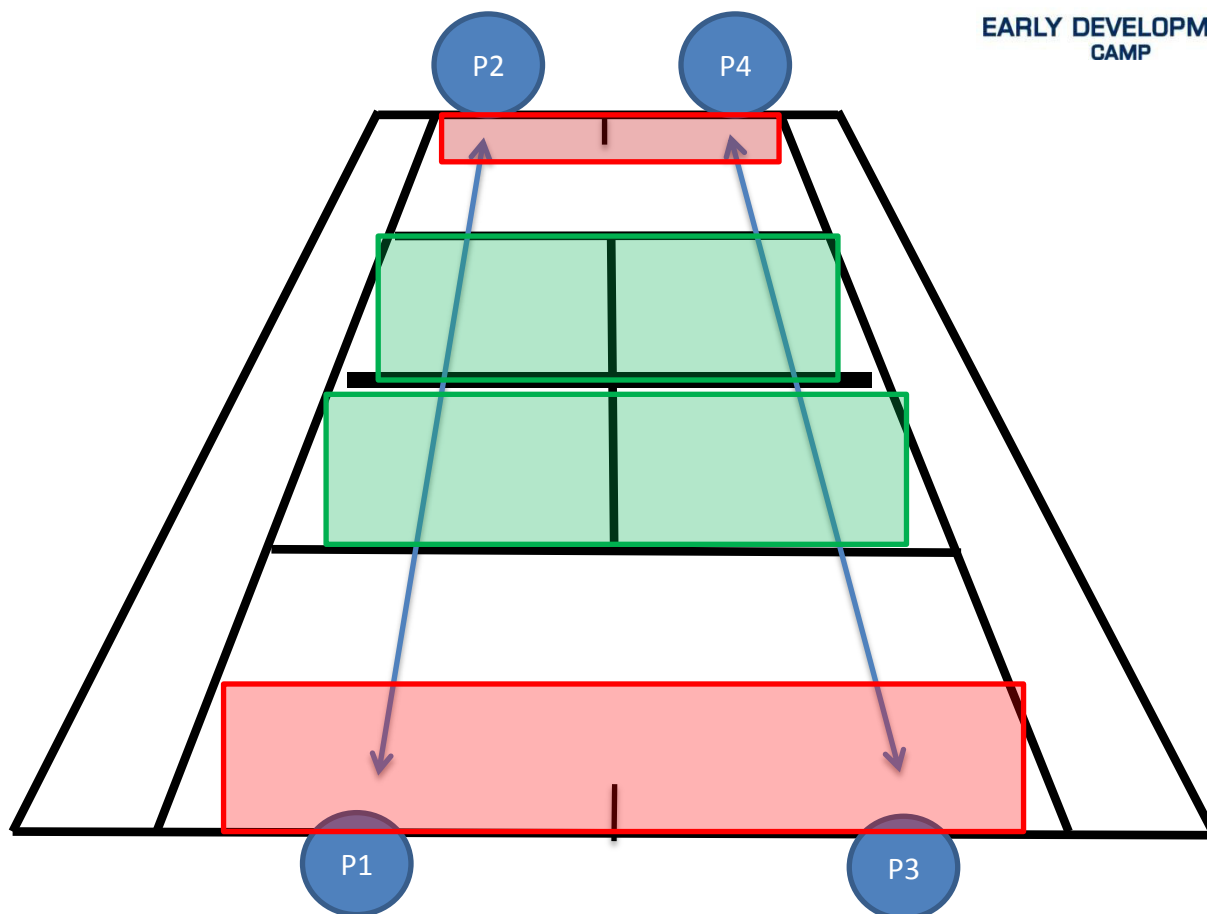
Observation / Player	P1 -	P2 -	P3 -	P4 -
EYES/FEET: Deep Balls – Giving Ground?				
EYES/FEET: Neutral Balls – Holding Ground?				
EYES/FEET: Short Balls – Taking Ground?				

Game Development

Warm-up - Ball Recognition



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Drill	Observation	Skill
<p>LEVEL 2: Players are working collaboratively. P1 with 2 and P3 with 4. Player calls "UP" when ball lands short, and calls "BACK" when the incoming ball lands deep, calls "STAY" on neutral balls. Players hits OUTSIDE SHOTS only.</p> <p>LEVEL 1: Players call the height of the ball to connect movement to height of the ball.</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"> • Movement Patterns • Commitment • Focused – Recognition • Depth • Height • Spin

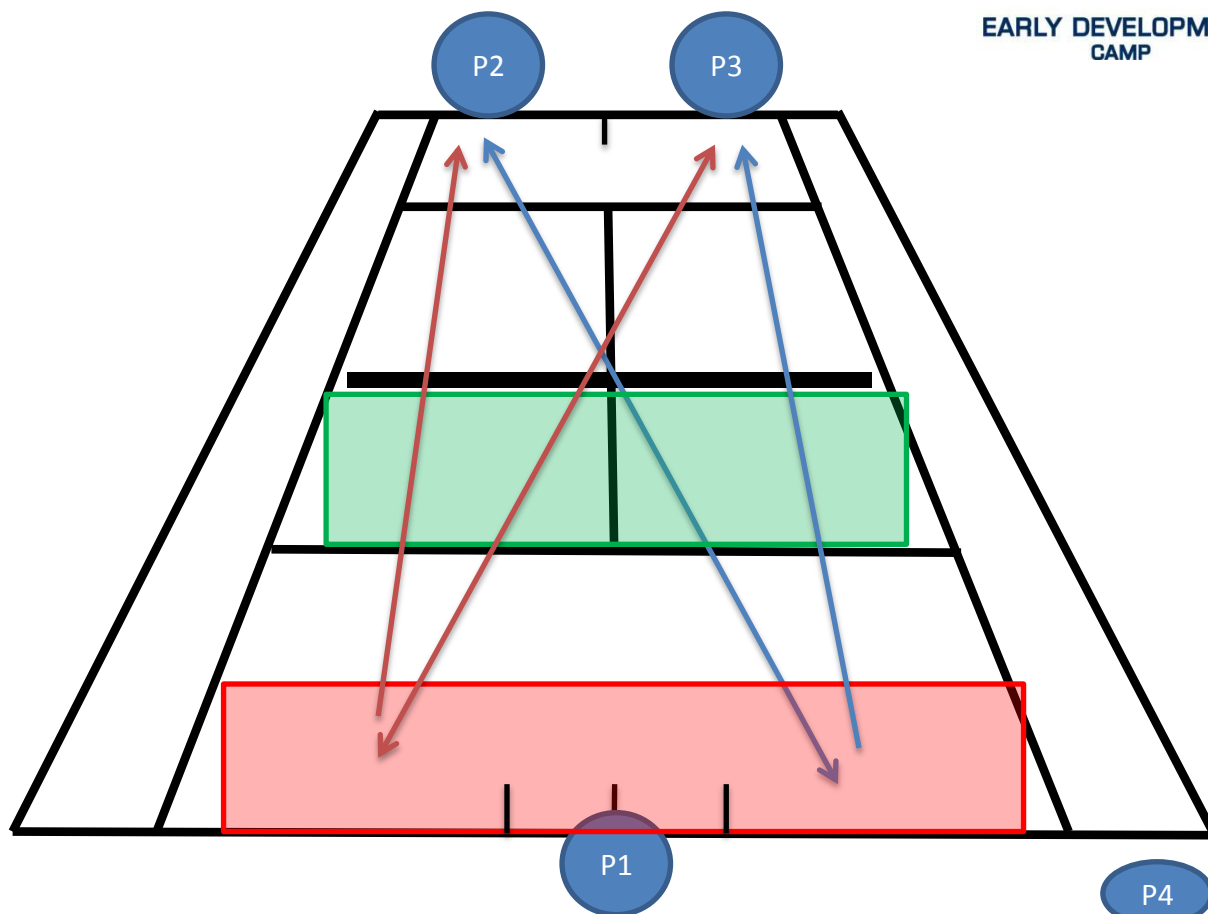
Observation / Player	P1 -	P2 -	P3 -	P4 -
EYES/FEET: Deep Balls – Giving Ground?				
EYES/FEET: Neutral Balls – Holding Ground?				
EYES/FEET: Short Balls – Taking Ground?				

Technical/Game Development

Rally Tolerance Drill



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Drill	Observation	Skill
<p>To be able to rally consistently working on giving ground in defense and taking ground in offense.</p> <ul style="list-style-type: none"> - P1 is being worked for 3 minutes, 2 XC -> 1 DL. P1 focusing on OFF-CENTER recovery after each shot. - Rotate every 3 minutes so everyone gets a turn and Player on deck counts total balls in. Player with the most wins. 	<ol style="list-style-type: none"> 1. EYES/FEET: Is the player Taking Ground on short Ball? 2. EYES/FEET: Is the player Giving Ground on deep balls? 3. EYES/FEET: Is the player holding on the correct Neutral balls. 	<ul style="list-style-type: none"> • Competitiveness • Commitment • Focused – Recognition • Change of Direction

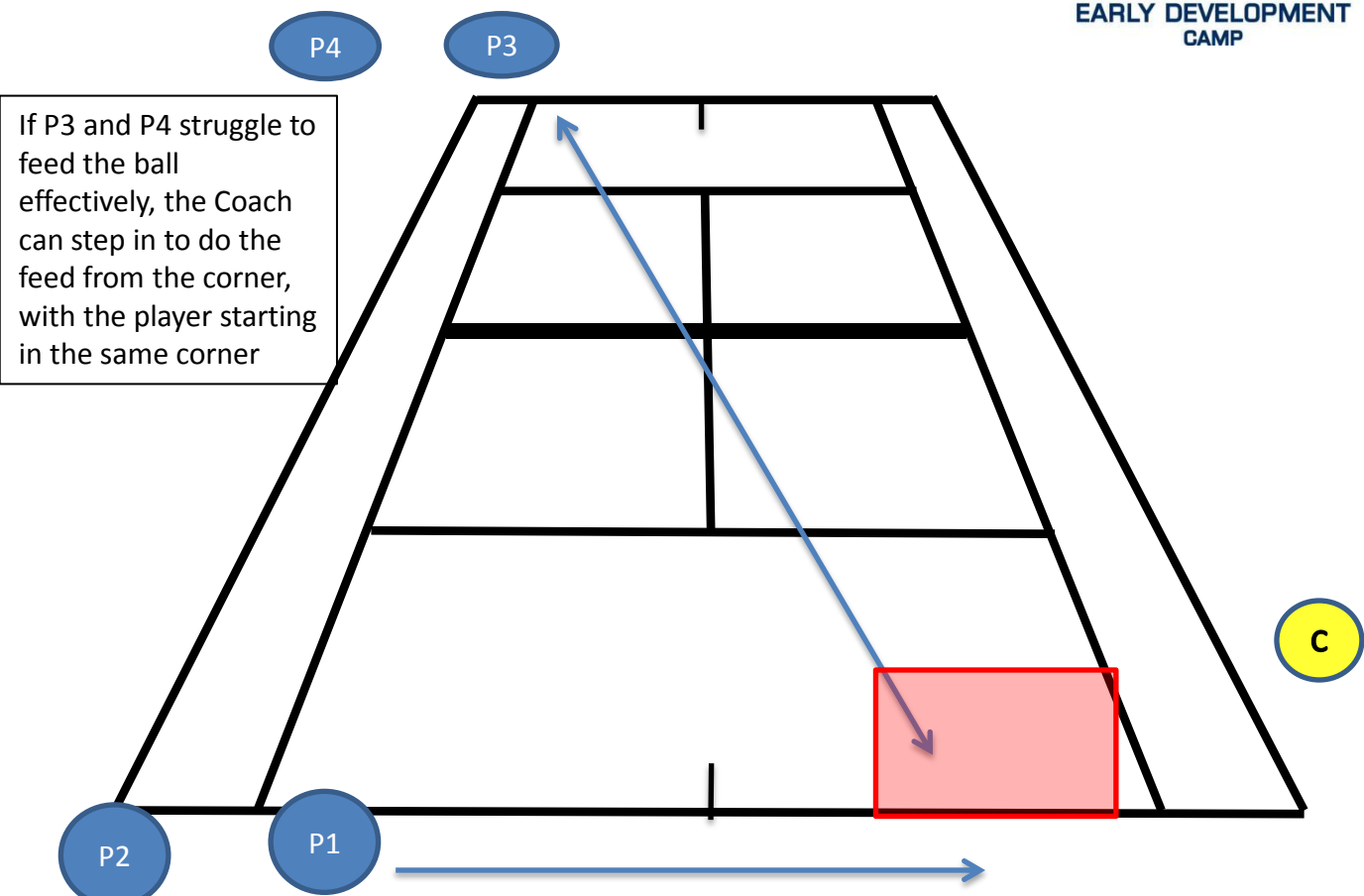
Observation / Player	P1 -	P2 -	P3 -	P4 -
EYES/FEET: Deep Balls – Giving Ground?				
EYES/FEET: Neutral Balls – Holding Ground?				
EYES/FEET: Short Balls – Taking Ground?				

Tactical/Game Development

Defending the Open Court



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If P3 and P4 struggle to feed the ball effectively, the Coach can step in to do the feed from the corner, with the player starting in the same corner

Drill	Observation	Skill
<ol style="list-style-type: none"> P1 and 2 are defenders in the Ad corner. P3 and 4 are attackers in the Deuce corner. P1 plays P3 first with P2 and P4 on deck ready to switch. P3 feeds the ball, recovers to middle. After 3-5 turns each, play points to 10. P3 and P4 get 1 pt for winning and P1 and P2 get 2 pts only if they can turn the point around from defense to offense. C on side of P1 and P2. Repeat Drill but with P3 and 4 in defense and P1 and 2 in offense. 	<ol style="list-style-type: none"> FEET: Is the player defending the ball with efficient movement and able to get balanced? HANDS: Is the player able to defend the ball back Deep and/or Cross-Court to neutralize the point. 	<ul style="list-style-type: none"> Reaction Speed Balance Competitiveness Commitment

Observation / Player	P1 -	P2 -	P3 -	P4 -
FEET: Reaction Speed?				
FEET: Balance on hit?				
HANDS: Able to defend deep XC?				

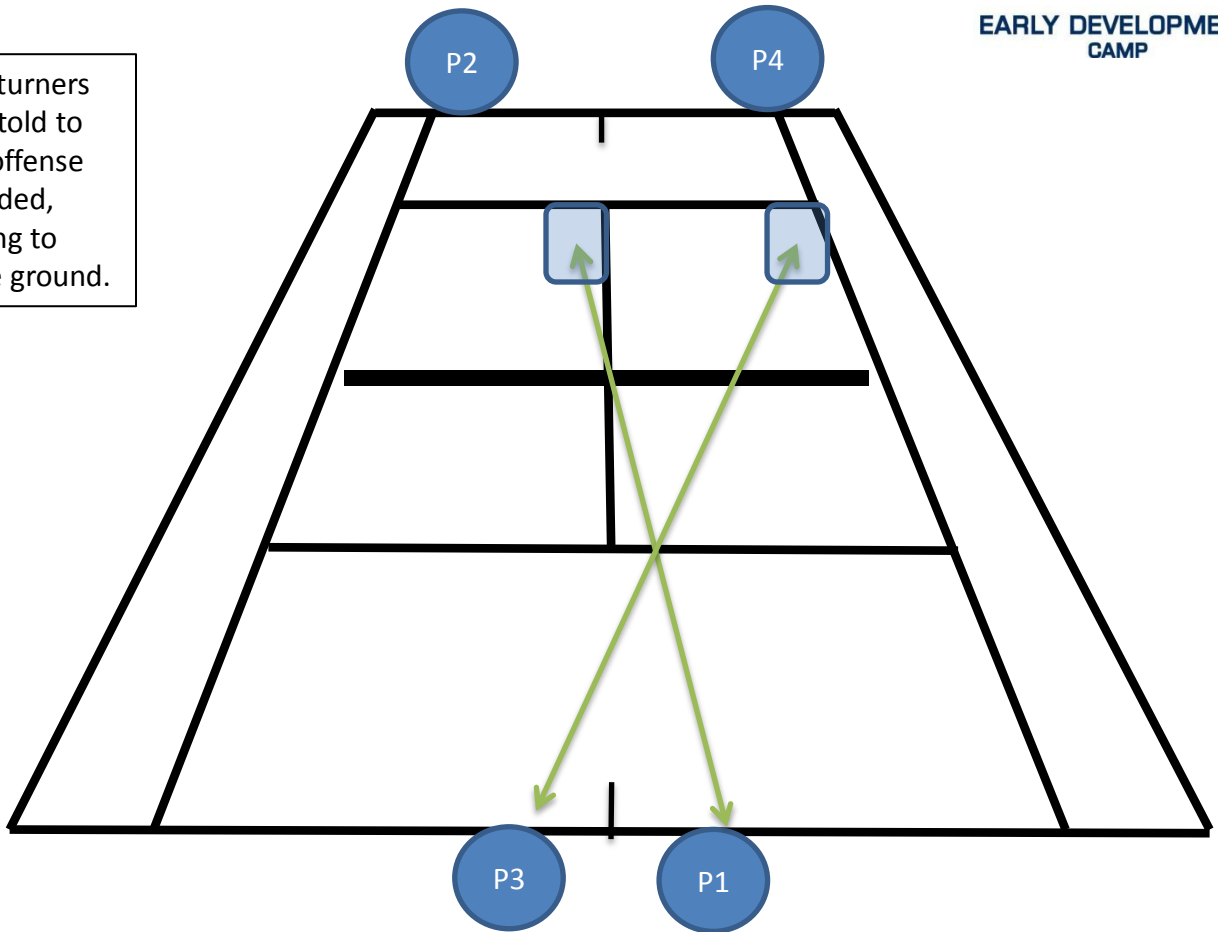
Tactical/Game Development

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"> P1/3 are practicing 2nd serves and absorbing the return cross court for their +1 shot. Players play out points in team singles format sticking to the tactic above and receive bonus point for completing serve +1 tactic. 	<ol style="list-style-type: none"> HANDS: Is the server able to hit intended locations? FEET: Is the server able to absorb incoming return Cross-Court. MIND: Is the player able to stay focused and committed in their role? 	<ul style="list-style-type: none"> Anticipation Balance Competitiveness Commitment

Observation / Player	P1 -	P2 -	P3 -	P4 -
HANDS: Server able to hit locations?				
HANDS: Absorbing return into XC.				
MIND: Staying focused on task?				



Character Theme Talking Points

DURING WARM UP:

1. What does commitment mean when preparing for practice or matches?
2. How does that commitment change when getting ready for practice vs. a match? (Hopefully the players respond, “it doesn’t”)
3. How can we show commitment on-court?
4. How can we show commitment off-court before the warm-up?

PRE AND POST DRILLS/MATCH:

1. Have you filled out your goals and journal before and after practice/matches?
2. You finish your match and go for something to eat. When you get back to the facility you have 15 minutes until you play again. How do you spend this time before you go on-court?
3. After you finish your match, it is helpful in getting better to journal how the match went. Are you more likely to journal after a win or a loss?
4. After a loss is harder to WANT to journal, but you will improve more if you are able to figure out why you lost and what you will do better next time. Who thinks this is true?

DURING TEAM COMPETITION SESSION:

1. You are representing your team in competition, if you don’t try your hardest every point, does this show commitment to your team?
2. When you play on a team do you think it is more important to your team mates that you won, or that you did everything you could to try to win?



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.