



Basic Junior Program Components

Level I – Red Ball

PROGRESSION OF MECHANICS:

Bouncing, catching, throwing, moving, balance, racquet and court orientation, RQT head control, rules and definitions.

---progress to---

Forehand, backhand, serve, volleys, using safe abbreviated motions, hitting under the ball while it is dropping, basic footwork.

STRATEGY PROGRESSION:

Consistency (stroke patterns, movement, coordination skills)

PROGRESSION OF INCENTIVES:

Praise
Goal setting (achievement board)
Ribbons (cheap to buy, kids love them)
Tokens
Progression to the next level

PROGRESSION OF SUPPLEMENTAL ACTIVITIES:

Fitness, Variable games (pitch/hit/catch) using tennis equipment or rules. Ex. Jailbreak, baseball, professor, king of court...etc...

Level II – Green Ball

PROGRESSION OF MECHANICS:

Volley, forehand, backhand, serve with controlled longer motions, hitting zones. Stress height over the net, stance, footwork progression (run—hit—shuffle), hitting under slightly dropping ball. Knowledge of singles and doubles (basic positioning). Scoring.

STRATEGY PROGRESSION:

Consistency and a high safe net clearance, shot placement

PROGRESSION OF INCENTIVES:

Praise
Goal setting (achievement board)
Ribbons (cheap to buy, kids love them)
Tokens
Parent/Child tournament
Travel matches (group related)
Progression to next level

PROGRESSION OF SUPPLEMENTAL ACTIVITIES:

Fitness, Advanced games. Target area games, champs and challengers (singles and doubles) jump rope drills...etc...

Level III - Green

PROGRESSION OF MECHANICS:

Hitting ball at peak of the bounce with height and starting to stress depth (past service line). Learn basics of lob, overhead and specialty shots with safe abbreviated motions.

STRATEGY PROGRESSION:

Understanding approach shot zones (approach net only when drawn in on a short ball). Medium and safe net clearance with emphasis on depth. Singles and doubles movement strategy.

PROGRESSION OF INCENTIVES:

Praise
Goal Setting
Travel matches
Progression to next level

PROGRESSION OF SUPPLEMENTAL ACTIVITIES:

Fitness, Advanced games, target area games, olympic doubles, champs and chumps...etc...inter-club league, YMCA challenge match, parent/child doubles tournament

Level IV – Yellow Ball

PROGRESSION OF MECHANICS:

Longer and controlled motions of overheads and specialty shots. Introduction to spin with swing and pace variation. Passing shot techniques. Different volley techniques introduction (angle, snap, low, half, drop...) Advanced footwork.

STRATEGY PROGRESSION:

Approach net whenever percentages permit. Basic Serve and volley attempts.

PROGRESSION OF INCENTIVES:

Praise
Goal setting
Travel matches
Tournament playing with pro watching
Progression to next level

PROGRESSION OF SUPPLEMENTAL ACTIVITIES:

Fitness testing, Advanced games, target area games, Olympic doubles, champs and challengers...etc... Inter-Club league, challenge matches, parent/child doubles tournaments, district level tournaments, club championships, group meetings (films, strategy sessions...etc...).
Watching pro matches.

Level V

PROGRESSION OF MECHANICS:

Proper mechanics of all strokes. Eliminating unforced errors. Using variations of spin, pace swing, net clearance and shot patterns.

STRATEGY PROGRESSION:

Understanding advanced tactics to control the pace of a match. Control the net positions. Advanced footwork. Complete knowledge of singles and doubles strategies.

PROGRESSION OF INCENTIVES:

Praise
Goal Setting
Travel matches
Tournament playing without watching
Rankings
Progression to next level

PROGRESSION OF SUPPLEMENTAL ACTIVITIES:

(Same as above, but at a higher level)

Regular Fitness schedule, Advanced games, target area games, Olympic doubles, challengers and chumps...etc... Inter-Club league, challenge matches, parent/child doubles tournaments, district level tournaments, club championships, group meetings (films, strategy sessions...etc...).
Watching pro matches

LESSON PLANS SHOULD BE DERIVED FROM THIS