

Methodologies

Our goal for the Enrichment Program is to offer the children a chance to learn this incredible lifetime sport of tennis. We will teach them the proper grips, fundamentals and strokes in a fun environment. We do hand-eye coordination and footwork drills that will help them in all sports. When they complete the semester, they will know how to keep score, start a rally, all 5 basic strokes and most importantly, love the sport of tennis.

After School Enrichment Program:

Safety comes first. Quick Start nets will be set up on the black top (inside the gym for inclement weather) using 36 foot courts to ensure kids are getting the most touches with the ball. There will be “dots” used for all drills to make sure the kids are safe from other players’ rackets. Most drills done will be partner based. The basic fundamentals for the forehand, backhand, volleys & serves will be taught. For 8 and under, the under-hand serve will be emphasized for easier rallies. A lot of partner games will take place. Actual match-play will be introduced as early as the second week of the session.

Teaching Equipment Used:

- Quick Start nets and flags
- 8 & under Red Balls & Foam Balls and 10 & under Orange Balls
- Throw down lines and cones to mark off the courts and have targets set up
- Extra rackets for kids who do not have rackets

Top Certified Professionals:

- All Professionals have or are reaching the highest level of the USPTA (United States Professional Tennis Association).
- Background checks are conducted on all pros prior to coming on board with STA.
- STA professionals hold a \$9 Million Court liability insurance policy to protect homeowners.
- Professionals attend continuing education conventions and seminars to stay on top of the most innovative ways to teach their students.
- Seasonal evaluations of our pros will be conducted and weekly communication with the parents will take place.

Methodologies cont'd

Junior Clinics Grades K-5TH:

Junior Clinics are STA's introductory level classes. Our goal is to develop these players with strong fundamentals, improve hand-eye coordination and prepare them for league team tennis. All of this is done in a fun environment so they will continue to love this amazing life-time sport.

Junior Clinics are:

- Geared toward developing more advanced hand-eye coordination and tennis movement
- Focus on developing the 5 basic strokes: forehand, backhand, volleys, return, and the self-feed
- All play is on a 36 foot or 60 foot court with standard USTA guidelines
- Increased focus on proper strokes with proper grips
- Introduce topspin ground strokes
- Introduce 6 serve steps with continental grip and
- Sportsmanship, Etiquette & Scoring using USTA 10 & U guidelines

Junior Clinics Staple Teaching:

Staples:

- Weekly core values, nike bucks & team format
- Week one thorough evaluation, week two-six on-going evaluations
- Intro: welcome, homework, introduce core value and demo of weekly focus
- Rotations: whistle 2 min: pick up, group closure & coaches rotate
- One minute group closure: review core value; focus review & hi "5"!
- Court markers for all on-deck players
- Have players say "bounce-hit" in all drills
- Front hand grip on bump-ups/don't specify grip on ball pick-up
- Keeping players warm: ending with hot chocolate & freeze-tag pac-man games & have players dress in layers
- Homework: 5 minute bump ups= 10 nike bucks (parents signature 20 nike bucks) homework mentioned at check-in, intro & closure
- Empty buckets for each court
- Calling balls out- when, where & how
- Shake hands after matches

Methodologies cont'd

Rules:

- Safety is first!
- No talking while coach is
- Pick up balls on racket face
- Don't go in anyone else's court

Lesson Plan Format:

- 2:30-2:35 & 2:35-2:40 partner rally/catch & partner serve & return
- 2:40-2:42 bump ups as a group on home court
- 2:42-2:47 introduction: welcome, homework, core value, demo
- 2:50-3:10 station #1 (home court)
- 3:10-3:25 station #2 (rotation changes each week)
- 3:25-3:30 game & closure

Weekly Core Values:

- WEEK #1 Character:** How you define yourself
- WEEK # 2 Commitment:** Dedicating yourself to something completely
- WEEK #3 Courage:** Being scared but doing it anyway
- WEEK #4 Honesty:** Consistently telling the truth
- WEEK #5 Humility:** Being humble and not bragging
- WEEK #6 Integrity:** Doing the right thing when nobody is looking
- WEEK #7 Sportsmanship:** Being nice no matter if you win or lose
- WEEK # 8Excellence:** Being the best that you can be at all times
- WEEK #9 Fun:** I have the choice to make any situation fun

Methodologies cont'd

Tennis Sportsmanship & Etiquette:

<p>0 pt.=Love 1 pt.=15 2 pts.=30 3 pts.=40 40-40=Deuce Add-In=Serving Team Winning Add-Out=Receiving Team Winning *Always say servers score first</p>
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score	Points played	Even or Odd	or Add
0-15	1	Odd	Add
15-15	2	Even	Deuce
15-30	3	Odd	Add
0-30	2	Even	Deuce
40-0	3	Odd	Add
40-15	4	Even	Deuce
30-30	4	Even	Deuce
40-30	5	Odd	Add

Deuce Side of the Court

Right Side
 Returner called "Dinosaur"
 Even Side

Add Side of the Court

Left Side
 Returner called "Alligator"
 Odd Side

Tennis Etiquette

Always serve with two balls
 Always move a ball off the court before serving
 Call the Score Loud before each toss
 If server needs a ball, hit it directly to them
 Hustle in between points (25 sec.)
 Let 1st serve go if missed
 Use hand signals for calling balls when necessary
 Don't be afraid to change your call
 Don't walk across the court next to you

Things to know about Partner

Their Name.
 Who is a Dinosaur & who is an Alligator?
 Who serves 1st?

Sportsmanship

Introduce yourself
 Partner is your Best Friend
 Reward Nice Shots and Nice Trys
 Change Score board on change-overs
 Say good-luck before 1st point of match
 Positive comments to partner and opponent
 Always use "please" and "thank-you"
 Use your opponents name
 Shake hands after the last point.

Tennis Golden Rules:

110% sure the ball is out before calling it.
 Always be Nice and Polite!
 Make sure you have Fun!