



3 WEEK SAMPLE JUNIOR GROUP COACHING LESSON PLAN

*Please click on a blue link below to view a video

Group Type:	Red Ball	Orange Ball	Green Ball	Development Yellow Ball	Performance Yellow Ball
Week 1:	1 hour	1 hour	1 hour	1.5 hours	2 hours
Lesson Topic:	Forehand (FH) Basics	Ready Position & Split Step	Ready Position & Split Step	Ready Position & Split Step	Footwork & Intensity
Tactical Intention:	Keep Ball in Play	Consistency	Consistency	Consistency	Move Opponent
Physical Warm Up:	*Pacman!	Pacman!	Sharks & Fishes!	Split Over Hurdle & Jog	Skipping Exercises
ABC'S:	Coordination - Catching	Agility - Reaction Ball	Agility - Reaction Ball	Ladder Exercises	Speed - Ball Drop
Technical Warm Up:	FH - Self Rally Skill Part 1	Control & Hit Over Line	Control & Hit Over Net	Rally in Boxes Calling 'Split'	Rally in Boxes - Tip Cone after Each Shot
Main Session Part 1:	FH - Roll Ball with Racquet Part 1	Rally in Boxes Calling 'Split'	Rally in Boxes Calling 'Split'	Rally at Baseline Calling 'Split'	Alternate FHs & BHs in Boxes
Main Session Part 2:	FH - Throw to Partner & Catch	Orange Points in Boxes with Split Step	Green Points in Boxes with Split Step	Yellow Points Straight from Baseline (FH & BH Feed)	3 & Over Points Up to 21 Full Court
Fun Tennis Game:	Snowballs!	Circle Racquet Catch!	Flip The Hoop!	The Racquet Game!	Around the World!
Performance Main Session Part 3:					30 Mins Match Practice
Mental Focus or Task from Task Cards:					Perform Ready Steps & a Split Step
Performance Weekend Main Session Part 1:					Points from Baseline Straight
Performance Weekend Main Session Part 2:					1 Hour Match Practice

Group Type:	Red Ball	Orange Ball	Green Ball	Development Yellow Ball	Performance Yellow Ball
Week 2:	1 hour	1 hour	1 hour	1.5 hours	2 hours
Lesson Topic:	Forehand Basics	Forehand Technique	Forehand Technique	Neutral Stance Forehand	Step into Forehand where possible
Tactical Intention:	Keep Ball in Play	Consistency	Consistency	Consistency	Recover quicker than Opponent
Physical Warm Up:	Lines of the Court!	Sharks & Fishes!	Pacman!	Mountain Climbers / High 5	Ladder Exercises
ABC'S:	Coordination - Rolling Exercise 1	Coordination - Catching	Coordination - Catching	Skipping Exercises	Speed & Agility - Spider Drill
Technical Warm Up:	FH - Self Rally Skill Part 2	FH Feed - From Service Line	FH Footwork w/ Topspin Pro	FH Footwork w/ the net	FH - Rally in Service Boxes
Main Session Part 1:	FH - Roll Ball with Racquet Part 2	FH Rally Straight - in Boxes w/ Racquet Back	FH Footwork Practice & Hit	FH - Step Out Step In Rally	FH - Hip Around w/ ladders Part 2
Main Session Part 2:	FH - Throw to Partner & Catch	Orange Points Straight in Boxes	FH - Step Out Step in Rally - Straight in Boxes	FH - Step Out Step In Points	Play Points Crosscourt from Baseline
Fun Tennis Game:	Snatch the Bacon!	React!	Eggs in the Basket!	Play to 21!	The Racquet Game!
Performance Main Session Part 3:					30 Mins Match Practice
Mental Focus or Task from Task Cards:					Chase Down Every Ball
Performance Weekend Main Session Part 1:					Play Points Crosscourt from Baseline
Performance Weekend Main Session Part 2:					1 Hour Match Practice

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Week 3:	1 hour	1 hour	1 hour	1.5 hours	2 hours
Lesson Topic:	Forehand	Neutral Stance Forehand	Neutral Stance Forehand	Forehand Accuracy	Forehand Recovery
Tactical Intention:	Keep Ball in Play	Consistency	Consistency	Consistency	Limit Unforced Errors
Physical Warm Up:	Sharks and Fishes!	Lines of the Court!	Snatch the Bacon!	Dynamic Warm Up Exercises	Dynamic Warm Up Exercises
ABC'S:	Coordination - Rolling Exercise 2	Agility Circuit	Agility Circuit	Ladder Exercises	Basketball Groundstroke Footwork
Technical Warm Up:	FH - Self Rally Skill Part 3	FH Self Rally Challenge	FH - Control & Hit Rally	FH - One Feed Target Practice in Boxes	Tip Sideline after Shot in Boxes
Main Session Part 1:	FH - Control & Hit Over Line	FH Footwork w/ Practice Trainer	FH - Step Out Step in Rally	FH - Rally Target Practice in Boxes	FH - Rally Target Practice from Baseline
Main Session Part 2:	FH - Target Practice Self Feed	FH Footwork Practice & Hit	FH - Step Out Step In Points	FH - Rally Target Practice from Baseline	Crosscourt FH Points - Recover to Disc
Fun Tennis Game:	Statues!	Around the World	Play to 21!	Touch Boxes Version 1	Touch Boxes Version 2
Performance Main Session Part 3:					30 Mins Match Practice
Mental Focus or Task from Task Cards:					Fight for Every Point
Performance Weekend Main Session Part 1:					Crosscourt FH Points - Recover to Disc
Performance Weekend Main Session Part 2:					1 Hour Match Practice