



# 3 WEEK SAMPLE RED BALL GROUP COACHING LESSON PLAN

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

## Lesson Plan:

## Red Ball

Week 1:

[1 hour - Click here to see a sample breakdown](#)

Lesson Topic:

Forehand (FH) Basics

Tactical Intention:

Keep Ball in Play

Physical Warm Up:

[\\*Pacman!](#)

ABC'S:

[Coordination - Catching](#)

Technical Warm Up:

[FH - Self Rally Skill Part 1](#)

Main Session Part 1:

[FH - Roll Ball with Racquet Part 1](#)

Main Session Part 2:

[FH - Throw to Partner & Catch](#)

Fun Tennis Game:

[Snowballs!](#)

<b>Group Type:</b>	<b>Red Ball</b>
Week 2:	1 hour
Lesson Topic:	Forehand Basics
Tactical Intention:	Keep Ball in Play
Physical Warm Up:	<a href="#">Lines of the Court!</a>
ABC'S:	<a href="#">Coordination - Rolling Exercise 1</a>
Technical Warm Up:	<a href="#">FH - Self Rally Skill Part 2</a>
Main Session Part 1:	<a href="#">FH - Roll Ball with Racquet Part 2</a>
Main Session Part 2:	<a href="#">FH - Throw to Partner &amp; Catch</a>
Fun Tennis Game:	<a href="#">Snatch the Bacon!</a>

<b>Group Type:</b>	<b>Red Ball</b>
Week 3:	1 hour
Lesson Topic:	Forehand
Tactical Intention:	Keep Ball in Play
Physical Warm Up:	<a href="#">Sharks and Fishes!</a>
ABC'S:	<a href="#">Coordination - Rolling Exercise 2</a>
Technical Warm Up:	<a href="#">FH - Self Rally Skill Part 3</a>
More Self Rally Skills for Sessions:	<a href="#">Self Rally Skills 1 - 8</a>
	<a href="#">Self Rally Skills 9 to 16</a>
	<a href="#">Self Rally Skills 17 to 21</a>
Main Session Part 1:	<a href="#">FH - Control &amp; Hit Over Line</a>
Main Session Part 2:	<a href="#">FH - Target Practice Self Feed</a>
Fun Tennis Game:	<a href="#">Statues!</a>