



# **Summer Player Curriculum**

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### MIT ACADEMY HAWKS Twin City Tennis Camps The Blake School Overview-Daily Schedule-Syllabus Curriculum- More Ideas for Practice

#### Overview:

#### **LARGE THEMES** - Important themes each Month

*JUNE - Singles Play- Serves, Forehands & Backhands - Managing Emotions*

*JULY- Double Play- Returns, Volleys and OverHeads -Mentally Tough Focus*

*AUGUST - Pressure Play- Serves, Slice & Drop Shop - Character Building*

**Games We Play - Sets, Tiebreakers, Sixes, Two Ball Three Ball, GVS, Go Lob, Drop Shot Game, Offense Defense, Up and Down the River Games.**

#### **DAILY SCHEDULE - MIT ACADEMY**

Daily Schedule Breakdown of Activities from 830-4:00pm

**MORNING 830am- 1230 pm- Blake School (arrive between 8am- 825 am)**

**AFTERNOON- 12:30-4pm- Blake School (arrive between 12:15-12:30pm)**

**8:00 - 8:30 am- Wake Up & Warm Up - Free Hit with Coaches and Teammates**

**8:30 - 9:30 am-** More Warm Up and Rally/Play/ Cooperative & Competitive Consistency and Point Play- Games - Cross-court and Down The Line - Rallies and Points use Serve Feed Motion and one or two courts of small semi private lessons- w/ 2 players & 1 coach teaching technique that is much needed instead of just rally/play. Take advantage of private lessons when you have an odd number or a kid w/a big deficiency that needs help and 1 extra coach available to work with a player.

**8:45 -9:30 am-** Off Court Rotations with Strength Coach

Discuss setting the intention of the individual for the day, and also the intention for the group. Goal Setting for the day and theme of the day, and mention appreciation for playing tennis, supportive parents, teammates and coaches all here to help everyone have a great time and enjoy the sport of tennis, stay healthy. Stretching Discussing Plan for the Day, Find out Tourney Results and Who is Playing What Tournament Soon- to help plan a players practice for coming days. Find out who has injuries, what schedule is for the rest of their day.

**9:30 - 10:00 Am-** ALL COURTS Serving and Returning- Daily Practice of Serving/Returning Points Cross Court- emphasis in on serve and return and either staying back or coming in for both or one of the server or the returner. Always working on something w/ type of serve, serve placement, returning distance from net, returning late/early/stances and slice.

**10:00 -11:30** – Skill Development and Competitive Hitting Games, Teach and Practice Skill- Theme Incorporating Game into the Weekly Skills Lessons.

**10:00- 11:30 am-** OFF COURT CONDITIONING ROTATIONS - off court conditioning- jump ropes, medicine balls, balet, yoga, speed, endurance work, flexibility, plyometrics & agility workouts.

**11:30-1230-pm** - SINGLES & DOUBLES MATCH PLAY & INDIVIDUAL PRIVATE LESSON TIME WITH COACHES Court Rotation Time- w/ on court cone drill coach feeding drill, Serving Technique Court or Serving Target Game Time, Football Throwing for Serving Motion, Soccer On Court or Off Court-

**12:00- 12:30 pm** - Fun Games, More 6's and 2 ball 3 ball, Match Play, Private Lesson Time, Video analysis. Field Games- fun games in field- soccer, football, capture the flag  
Rain Day- Options- Video Analysis, Conditioning Under Shelters,

**12:30-1:00pm** - Rest Picnic Lunch With Coaches at Facility -  
Afternoon Reset and Warm Up with Coaches-  
New Afternoon Only players arrive and Warm Up

### **1:00-1:30 pm-SERVING W/ TARGETS**

Afternoon Serving and Returning- Serving Target Practice- Serve Technique  
Supervised Afternoon Match Play- Singles or Doubles Match Play  
Or Individual Private Lesson Time Afternoon  
Attention Technique Time with Coaches  
Or Serving and Returning- Serving Target Practice- Serve Technique

### **1:30 - 3:00pm-**

Supervised Afternoon Match Play- Singles or Doubles Match Play  
Or Individual Private Lesson Time Afternoon -Attention Technique Time with Coaches

**3:00- 3:30-** Afternoon Strategy Lesson - Singles or Doubles - Talk / Learn Strategy with Coaches-  
Review your match Play- and Play more Tiebreakers

**3:30-4:00** – or 6's/2-3Ball - FUN GAMES - Singles, .Doubles & Fun Games

## **Syllabus:**

### **WEEKLY SCHEDULE - 12 week Curriculum**

Each week's curriculum we will have a technical, strategic, conditioning and mental theme, and each day we will have a specific focus of each of these as well.

#### Week 1

### **GETTING YOUR BASE at the BASELINE PART ONE**

Baseline Grooving, Split Stepping, Loading, Balance, Organization, Footwork Patterns, Adjustment steps, Learn to move like Ballet Dancer, Two Player Ping Pong

#### Week 2

**GETTING YOUR BASE at the BASELINE PART TWO-** Split Stepping, Adjustments Steps, Tracking Ball, Recovery Steps Baseline Grooving Loading,

Balance, Organization, Footwork Patterns- Learning to Move like a Boxer, Two Player Ping Pong , Recovering to a ready position

Week 3

### **THE FOUR SINGLES STARTING POSITIONS & THE FOUR MOST IMPORTANT SHOTS IN A SINGLES POINT**

- a. Standing and Preparing for Serving & Returning Serve- Executing SERVE
- b. Practicing Repetition of The Deuce side and Ad side Points- Serve & Return
- c. Practice The 2nd shots hit after the serve and the return of serve.

How to practice the 2nd shot after the serve, and how to practice the second shot after the return. Planning and Preparing for your 2nd shot while in the resting/ready position during your serve and your return of serve

Week 4

### **THE POWER TOPSPIN “FOREHAND” - PART ONE**

Feet, Legs, Body - loading, exploding, racket acceleration, Differences between - Rolling the Ball & Driving the ball Singles Strategy Offense and Defense, The follow throughs and finishes Swinging Around and across the ball versus low to high swinging. Making more racket speed, accelerating the racket on the ball at contact

Week 5

### **THE POWER TOPSPIN “BACKHAND” - PART TWO**

Feet, Legs, Body - loading, exploding, racket acceleration, Racket- Rolling and Driving the ball Strategy- 7 situational ideas to COMPUTE before you hit a shot Singles Strategy Offense and Defense, The follow throughs and finishes Swinging Around and across the ball versus low to high swinging all of the time. Making more racket speed, accelerating the racket on the ball at contact

Week 6

### **THE SERVE- STRIPPING IT DOWN & REFINING IT**

THE FEET, JUMPING, THE BODY SWINGING, THE RACKET PRONATING , THE SPINS - SLICE, FLAT, TOPSPIN, KICK SERVE THE PLACEMENT- DEUCE AD- WIDE, BODY, MIDDLE and

**THE RETURN OF SERVE- STRIPPING IT DOWN & REFINING IT**  
THE READY POSITION, SPLIT STEP, THE FEET OPEN & CLOSED,  
MOVING FORWARD, JUMPING, THE BODY SWINGING, ROLLING OR  
DRIVING THE BALL, COURT POSITIONING  
THE PLACEMENT- DEUCE AD- WIDE, AND MIDDLE

Week 7

**Review**

**THE FOUR SINGLES STARTING POSITIONS &  
THE FOUR MOST IMPORTANT SHOTS IN A SINGLES POINT**

- a. Standing and Preparing for Serving & Returning Serve- Executing SERVE
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Week 8

**SINGLES STRATEGY WEEK- PLAYING PERCENTAGES & OPPONENT  
& DOUBLE STRATEGY WEEK- PLAYING WITH YOUR PARTNER**

More SERVING AND RETURNING

JTT Sectional Championships Week -

Week 9

**VOLLEYS - GETTING YOUR BASE AT THE NET &  
DOUBLES STRATEGY WEEK-**

Volley from inside the service Line with a BASE and BALANCE

Transitioning to the Net using

No Man's Land Swinging Volleys.

Service Line Volleys - Driving Leg Inside

Inside Service box - Stepping and reaching volleys

At the Net- Goalie reflex volley

Week 10

**THE SLICE BACKHAND- STRIPPING IT DOWN & REFINING IT**  
LEARNING THE EDGE OF THE RACKET- SPIN, CONTROL  
INSIDE OUT AND OUTSIDE IN ANGLES OF THE BALL AND THE EDGE  
OF THE RACKET FOR SLICE

**GIRLS HIGH SCHOOL PREPARATION WEEK**

Week 11 at **Wesley Park** -TCTC / GVTC Tournament Week

**SPECIALTY SHOTS- THE DROP SHOT, TOPSPIN LOB, and The  
“TWEENER”- fun shots for special situations.**

**MIT- TOURNAMENT- MATCH PLAY WEEK** - Singles & Doubles

Tournament Week Preparation- Match Play and Mini Tournaments during the Day

Week 12 at **Wesley Park** - The Final Week-

**FUN GAMES WEEK and Review Assessments-Make Goals for Winter & Play  
lot of competitive Tennis Games & have a lot of Fun at Practice.**

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**MORE SPECIFIC Individual practice ideas to incorporate into weekly syllabus . These are  
Items we want to cover throughout the summer and incorporate into the weekly Syllabus  
above.**

- 1) On Court Singles Games- 6's, Team Singles, Scoring like a set, Tiebreakers 7/10
- 2) On Court Doubles Games- 2 Ball 3 ball, Doubles, Tiebreakers to 7 and 10
- 3) Tennis Fun Games- Drop Shot Game (king of court style), 5's, GVS, Go Lob,
- 4) Serving Target Practice Contest
- 5) Feeding Drills On Court- Cone Drill- Hand Feeding for Footwork, Technique, Cardio and Organization – Figure 8 Cone Drill Captain and Team Game
- 6) Off Court Activities- Using the Parks at Wesley and Brookview
- 7) Conditioning On Court- Drills, Jump Ropes, line touches, net touches back peddling, cones, hexagon ball drills, alley plyometric drills,
- 8) Conditioning Off Court- hill climbing, sprints, jogging soccer field, jogging parkway
- 9) Using the Grass Courts/Quick Start Nets for Individual or Group Teaching
- 10) Using the GREEN DOT Transition Balls- Green-grass court, volleys on hard court w/green
- 11) Conditioning Coaches Assignments- Lori Fhima - come up w/ curriculum
- 12) Mental Strategy Coaches- Lori Fhima- come up w/ curriculum
- 13) Body Language, Behavior on Court and Sportsmanship, Preparation of Court for Practice and Competition/Tournaments- All Coaches
- 14) Being a Good Doubles Partner- supporting and staying w/ your partner every point and on the changeovers- communicating and high fives
- 15) Pressure Points for Conditioning- 1 on 1 w/ players waiting or 2/2 doubles point- NEW
- 16) Learning the most from your coaches and peers too. You are not the only one on the court and are responsible for making/helping and encouraging teammates to get better as well. Your play affects the people around you practicing and competing, and coaching with you.
- 17) Yoga Coaches- Lori Fhima- Meditation ,Stretching, Focus

- 18) Usta JTT & Tournament Play at TCTC and Other Locations
- 19) Using Video to Improve Performance- Coaches on the courts
- 20) Themes- Controlling Center of Court, 4 Starting Positions and the Center of the Court
- 21) Daily Serving and Returning Warm UP- Cross Court Points/Rallies with Serve Feed.
- 22) Daily Serving Technique Practice and Target Practice Game
- 23) Organization- Ready Position during Rally, Ready Position for Return of Serve
- 24) Serving and 2<sup>nd</sup> Shot Forehand Activity- Serving & controlling center of court w/ Forehand
- 25) Inside Out forehand and Inside In forehands- Inside in approach shot- Federer
- 26) Serving and 2<sup>nd</sup> Shot Volley- Serving and Volley
- 27) Practicing Deuce Side Points- Serving and Returning
- 28) Practicing Ad Side Points- Serving and Returning
- 29) Rally Practice with - One stroke at a time- have to move your feet a lot to run around strokes
- 30) ONE BALL PRACTICES- Using Only One Ball at Practice- making consistency emphasis
- 31) Shot Tolerance- Offensive Balls, Defensive Balls, Neutral Balls, Challenge Ball
- 32) Court Diagonals and Directional Path- Changing the direction on of the point
- 33) Slicing the Ball from the Baseline on forehand and backhand
- 34) Owning the dropshot- defending the drop shot-redrop, volley lob,
- 35) Sliding on hard court into short/wide balls
- 36) Baseline Footwork Patterns- how to teach movement- open and neutral
- 37) Transition Footwork Patterns- approach shot and transition volley movement
- 38) Net Game Footwork Patterns- Service Line Volley, On top of Net Volleys
- 39) Using the Edge on Forehand and Backhand Volleys, On Slice Groundstrokes.
- 40) Learning Outside In and Inside Out on the ball w/ the Edge of Racket Face
- 41) Return of Serve Organization- returning ready position and where to stand  
To hit returns- make them hit to your strength,
- 42) Pre-set to a forehand at the net and at the baseline too.
- 43) 7 Major Concepts Ideas to think about before hitting every ball when playing a point.
- 44) Starting Positions in Singles-Server on Center Line Hash- Returner on Singles Sideline  
Server- Offense in Center of the Court- Returner- Defense in Corner of the Courts
- 45) Starting Position in Doubles- 4 spots on a court to learn to move from in doubles.
- 46) Different Variations on Starting Positions in Doubles and where to go to.
- 47) Passing Shots and Lobs- defense drills – where on is at the net in singles
- 48) Overhead Drills- taking ball on the bounce/ in the air, where to hit and preparation
- 49) Serving- Where to Stand to create an effective angle for ball to come back so you get a 2<sup>nd</sup>  
ball forehand or 2<sup>nd</sup> ball forehand Volley as much as possible in Singles & Doubles-
- 50) Self Feeding Movement Drills around 2-3 court w/ running and conditioning too and  
incorporating stances, finishes, target practicing
- 51) Serving and Volley Grip Activities- playing full day w/ this grip
- 52) Non Dominant hand activities- focusing on Non Dom hand everywhere.
- 53) Playing Points from inside the baseline only- taking early staying low
- 54) Absorbing the ball and then holding it longer and hitting through the ball.
- 55) Balance- staying down, sitting in chair through the stroke, kinetic chain coming up when  
hitting the ball from energy from the ground up pushing legs down and then hips turning  
and firing the engine, coiling and uncoiling of unit turn, loading and unloading of legs
- 56) Tracking the ball – finding proper movement tracking ball w/ outside leg
- 57) Footwork Patterns and Organization of the feel when moving to the ball, recovering and  
Planning for the next shot to be a forehand whenever possible or forehand volley.
- 58) Swinging Volleys when transitioning to the net.

- 59) Rituals When Serving and Returning- watching eyes and body on the server.
- 60) Two Serving Stances- choice preference and simplicity of motion.
- 61) Serving ball toss, Extension of arm- pounding down on ball, climbing the ladder and the Tomahawk Motion on Top- Flipping the Racket Head Face Angle at the ball. Pro Nating, Snapping, Arm/Hand/Shoulder Rotation. Watch Pete Sampras's Racket Tip Come Through, Watch Federer's too, have to find a great serving girl to watch as well.
- 62) Games-
  - Singles Games Drilling Games on Half Court using the doubles alleys too.
    - a) Rush and Crush- 2 people both come to net on feed
    - b) Mcenroe game- 1 Up and 1 Back- scored like volleyball only win point when at net
    - c) Volley Wars- Both Players up at net- volleying hard at each other
    - d) Cross court points played out using doubles alleys
    - e) Alley rally game- who can hit in between alleys longer – cooperative game against Other people trying to make 10/20 alley shots in a row
    - f) Short Ball Down the Line- Both back- one person comes in- loser feeds next point
    - g) Team singles or ping pong- Bump Style- upto 7 winners move up.
    - h) Catch Ball and Re Hit back Game- for Touch
    - i) Both Back- Singles Half Court- Down Line or Cross Court- Variation- 1 stroke only
    - j) Singles TieBreaks – up to 7 points CC w/ Serve-  
Doubles Games on Full Court
    - k) Doubles rush and crush
    - l) Dingles – 2 balls and down 2 one ball
    - m) Run and Gun- One up and One back – self feed or coach feed.
    - n) 5's Self Feed or coach feed
    - o) Doubles passing ball to partner before hitting over Game- for touch