



Fundamentals TennisCamp Lesson Plans

The objective of the Fundamentals Tenniscamp is to teach tennis fundamentals in ground strokes, serves, volleys and more, while teaching tennis conditioning. Through this program, juniors are expected to acquire tennis skills more quickly than other methods, providing strong motivation to progress.

This guidelines document identifies key tennis fundamentals and incorporates them into the 15 hours of bootcamp instruction. Throughout this time, students will learn each aspect of tennis fundamentals including:

- Forehand,
- Backhand,
- Serve/Serve Return,
- Volley,
- Overhead.

Water breaks are at the discretion of the coaches. After water breaks, it is suggested coaches do a mini-warmup and footwork drills to emphasize the conditioning aspect of tennis.

Students are given the day's checklist sheet(s) to take home and review. This advertises TennisCambridge and the club, advertises the program, builds reputation, and assures parents we are delivering the goods.

Monday

Activity	Forehand	Refer to Forehand Checklist
Tennis Warmup	5-10 mins	Suggested: Tennis Mentor Warmup 5 Minute Full Body Tennis Warm Up (No Equipment) - YouTube
Grip	5 mins	Players place racquets on ground and pick them up. Coaches check grips.
Contact Point	15 mins	Form 2 lines. Coaches feed balls to players. See Forehand checklist.
Mini Tennis	15 mins	Players pair off. Refer to Forehand checklist
Follow Through	15 mins	Coach explains importance of follow through. Students practice shadow swings of catching racquet over shoulder with non-hitting arm (engage shoulders}
Split Step	10 mins	Coach explains the split step. 2 coaches feed balls to students on each sides. No racquet. Players learn to react and importance of timing.
Footwork	15 mins	Coach explains Open and Closed stances. 2 coaches feed balls to students in open and closed stances.
Preparation to strike	15 mins	Students stand 2 yards inside baseline. Coach explains how to hit harder by just turning the body to rotate shoulders and swinging. Coaches feed balls in 2 lines.
Baseline Play	30 mins	Students stand behind baseline. Aim for a target, e.g. a cone. Hit the ball well above net.
Breaks	2 x 10-15 min breaks	At discretion of coaches.
Finish	-	Hand out day's checklist for home review

Tuesday

Activity	Backhand	Refer to Backhand Checklist
Tennis Warmup	5-10 mins	Suggested: Tennis Mentor Warmup 5 Minute Full Body Tennis Warm Up (No Equipment) - YouTube
Grip	5 mins	Players hold racquets straight out by throat with left hand, then grasp handle in continental grip. Coaches check grips & demo 2H BH
Contact Point	15 mins	2 lines. Coaches feed balls to players. See checklist.
Mini Tennis	15 mins	Refer to checklist. No swing, hit out in front.
Follow Through	15 mins	Coach explains importance of follow through. Students practice, per checklist. Different for 2H BH
Split Step	10 mins	Coach explains the split step. 2 coaches feed balls to students to their left and right. Players learn to react and importance of timing.
Footwork	15 mins	Coach explains backhand stance. 2 coaches feed balls to students in closed stances.
Preparation to strike	15 mins	Students stand 2 yards inside baseline. Coach explains how to hit harder by just turning the body to rotate shoulders and swinging backhand.
Biomechanics break	10 mins	10 pushups, 10 star jumps, 10 burpees. Run 1 or 2 laps around court or 30 – 60 seconds skipping. Practice The Leg Drive . Refer to Forehand Biomechanics checklist but <i>adapt to backhand</i> .
Baseline Play	30 mins	Students stand behind baseline. Aim for a target, e.g. a cone. Hit the ball well above net using technique in Preparation to Strike above.
Breaks	2 x 10-15 min breaks	At discretion of coaches.
Finish	-	Hand out day's checklist for home review

Wednesday

Activity	Serve/Return of Serve	Refer to Serve and Serve Return checklists
ROLL CALL	3 mins	Refer to Roll Call suggestion sheet
Warmup	5-10 mins	EG Tennis Mentor Warmup 5 Minute Full Body Tennis Warm Up (No Equipment) - YouTube
Footwork Drills	10-15 mins	Tennis Footwork Workout At Home (No Equipment) - YouTube Do 3 sets. Note: Players should work up a sweat, emphasizing the physical aspect of tennis.
Serve		
Stance, Grip, and Slice	10 mins	Coach demonstrates serve initial stance. Players use continental grip. Refer to Serve Checklist
Serve Follow-Through	5-10 mins	Coach demonstrates model serve with follow through. Players do shadow swings.
Racquet Drop	5 mins	Coach demonstrates correct racquet drop for serve. Players practice racquet drop position. Use 2 balls in a sock to shadow swing. Refer to Serve checklist.
Biomechanics break	10 mins	10 pushups, 10 star jumps, 10 burpees. Run 1 or 2 laps around court or 30 – 60 seconds skipping. Practice The Slap , See Biomechanics checklist. This teaches that racquet does all the work, as in a serve. Hold racquet lightly.
Serve Return		
Returning Position	5 mins	Coach explains where player should be positioned to receive a serve. Players demonstrate bouncing on feet in readiness.
Split Step	10 mins	Coach explains the need to split step after moving forward. See Serve Return checklist.
Placement	5 mins	Coach explains how to return deep and down the middle of the court.
Biomechanics break	10 mins	10 pushups, 10 star jumps, 10 burpees. Run 1 or 2 laps around court or 30 – 60 seconds skipping. Practice Shoulder Axis . See Biomechanics checklist. This teaches how shoulders work together in a serve.
Serve/return of serve Practice	30 mins	Students practice serves and returns first on mini-tennis court then move back to baseline.
Finish	-	Hand out day's checklist for home review

Thursday

Activity	Volley / Overhead	Refer to Volley and Overhead checklists
ROLL CALL	3 mins	Refer to Roll Call suggestion sheet
Warmup	5-10 mins	Tennis Mentor Warmup 5 Minute Full Body Tennis Warm Up (No Equipment) - YouTube
Footwork Drills	10-15 mins	Tennis Footwork Workout At Home (No Equipment) - YouTube Do 2 sets Note: Players should work up a sweat, emphasizing the physical aspect of tennis.
Volley		
Movement & Reactions	10 mins	Coach demonstrates activity of passing balls to 2 players without racquet. Refer to Volley checklist.
Contact Point	10 mins	Now using a racquet held at throat, punch through the ball with no swing. Refer to Volley checklist.
Prepare and follow through	5 - 10 mins	From ready position, simply turn body with racquet head at same level as shoulders. Same for backhand. No swing. Racquet ends up with head horizontal.
Footwork	5 10-mins	Keep feet moving while at net. Move through the volley. Practice stepping left leg forward for forehand and right leg forward for backhand.
Placement & Practice	5 - 10 mins	Play at the net to finish points with volley. Practice hitting instinctively into the open court.
Biomechanics break	15 mins	10 pushups, 10 star jumps, 10 burpees. Run 1 lap around court or 30 – 60 seconds skipping. Practice. Shoulder Axis as it applies to the volley. This teaches that shoulder rotation produces power and control. See Biomechanics checklist.
Overhead		
Ball Judgement/ Footwork	10 mins	Practice with partner feeding high lobs (mini court) without a racquet. Move under the ball and catch it in hitting hand in a sideways stance.
Grip, Preparation, Contact Point	10 mins	Now use a racquet - continental grip at top of handle. Turn sideways to move under the ball. Catch the ball at contact point. Move grip down when ready. See Overhead checklist.

Follow Through and Play	10 mins	Hit ball without catching. Drop racquet back behind back, point elbow straight out front. After strike, racquet head falls in front as follow through
Biomechanics break	10 mins	10 pushups, 10 star jumps, 10 burpees. Run 1 or 2 laps around court or 30 – 60 seconds skipping. Practice The Leg Drive . Refer to Forehand Biomechanics checklist.
Volley/Overhead Practice	30 mins	Students practice volleys and overheads first on mini-tennis court then move back to baseline. Coaches feed balls where necessary using 2 lines.
Finish	-	Hand out day's checklist for home review

Friday

Activity	Review	Refer to all Checklists
ROLL CALL	3 mins	Refer to Roll Call suggestion sheet
Warmup	5-10 mins	Tennis Mentor Warmup 5 Minute Full Body Tennis Warm Up (No Equipment) - YouTube
Footwork Drills	10-15 mins	Tennis Footwork Workout At Home (No Equipment) - YouTube Do 1 set. Note: Players should work up a sweat, emphasizing the physical aspect of tennis.
Forehand	20 mins	Players practice forehands
Backhand	20 mins	Players practice backhands
Serve/Serve Return	20 mins	Players practice serves and serve returns
Volley	20 mins	Players practice volleys
Overhead	20 mins	Players practice overheads.
Matches	Remaining time.	Players team up and play matches at discretion of coaches
Report Card		Players are graded A, B, or C on what they have learned during the week.
Finish.	-	Hand out report cards.