

Group Stations Sample

HS Tennis Practice

11/23/2010

Time	Session	Group	Topic	Court Assignments and Staff
3:00 PM	10-20 minutes	All Groups	Start of practice meeting and group warm-up	COURT 1
3:20 PM	Switch stations every 12-20 minutes	Group #1	Tennis Fitness	FIELD / Add your players here Al C Ben P Doug D Jeff K Jim K Mark T Tate S Tim F
3:20 PM		Group #2	Match Play and Charting (Doubles Tiebreaks use H167)	COURT 1 / Add your players here
3:20 PM		Group #3	Serve/Return Drills (SRC375, SRC351)	COURT 2 / Add your players here
3:20 PM		Group #4	Approach/Volley Drills (SSC418, VC275)	COURT 3 / Add your players here
3:20 PM		Group #5	Doubles (DoCPLT564 and Doubles Play)	COURT 4 / Add your players here
4:45 PM	15 minutes	All Groups	Wrap up	COURT 1