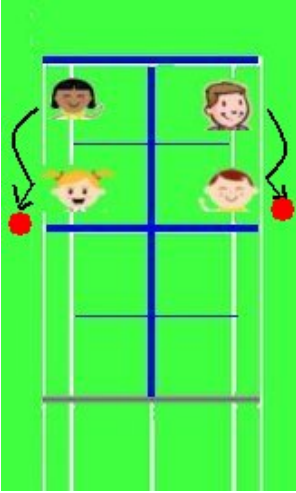


QT301 - Tap Ups to a Partner (catcher)

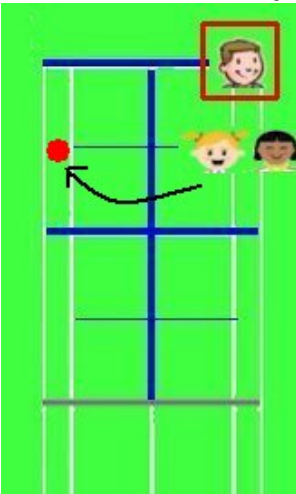


Here's another of a series of progression drills for the groundstrokes for young kids using small rackets and foam or low compression tennis balls. Start by pairing your players and having them stand facing each other about two meters apart. One player starts with a self-hit about head high tapping it to her partner who catches it. That player then hands the ball back to the hitter and the sequence is continued. You can place lines down for the players to stand behind before the sequence is started and eventually players switch positions.

QN404 - U10 Goals and Ideas (5-6 year olds)

In U10 Tennis our main goal is for your child to learn basic skills and the ideas of tennis as quickly as possible. We want children to experience the rally concept of hitting balls back and forth. We also want this first tennis experience for your child to be fun! You will notice a variety of games and skill building exercises designed to help accomplish these goals. You as a parent play a very important role with U10 Tennis. We will also provide tips and practice drills you and your child can participate in at home to help their tennis. Of course, we also encourage you to come out to the courts and play and practice with your child.

QT304 - Knockout Tap Over

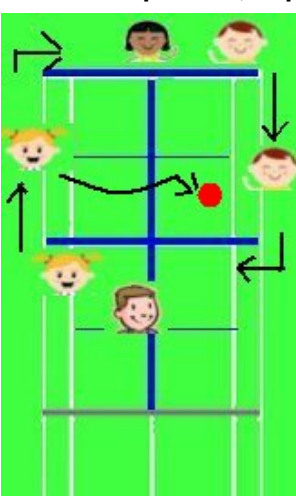


Start with your players in a line a short distance from the net or a line (to tap over). The first player tries to bounce and tap the ball over the net. If she does, she goes to the end of the line. If she does not, she is on the hot seat and can be knocked out if the next player has a successful tap over. However, if the second player also misses, the first player goes to the back of the line and the second player is on the hot seat. Proceed in this manner until there is only one player left in the game. This is a great drill to close practice.

MTT7-706 - Is it Fun?

It's easier to motivate kids when fun is involved. If you take fun out of tennis or your court you will most likely either lose kids or lose the chance to motivate them. Use a variety of drills, games and activities!

QT307 - Tap Down, Tap Up Relay



Here's a cooperative drill to develop a variety of skills in young players. Start by dividing your players into two groups with each group starting at opposite net posts. Each player in one line will have a ball. The first player in line with a ball will start "tap downs" as he walks along the outside of the court to the baseline and then to the slash mark. At the same time a player in the other line starts to "shuffle" along the outside of the court going to the opposite baseline. The player with the ball then bounces and hits it over the net to the other player who stops the ball against her racket. Both players then run to the opposite line they started in and two new players start the sequence.

GTT9-916 - Ball Toss (class attention)

Toss a ball in the air, while the ball is in the air, everyone screams. When the ball is in the person's hands everyone is quiet. You can make the scream/quiet transition fun; fake throw, drop the ball, etc.