**DEMO 8 YEAR OLDS**

“PROGRESSION TO THE BASELINE”

**TRAINING CONTENTS YOU WILL FIND IN THIS STAGE**

**WEEKLY CONCEPTUAL CHART**

**WEEKLY SESSION CHART**

**PROGRAM CHARACTERISTICS**

**INDEX**

### TRAINING CONTENTS YOU WILL FIND IN THIS STAGE

**Basic technical concepts for flat strokes**

- Setting the grips.
- Forehand and backhand technique.
- Technique for overhead serve
- Technique for forehand and backhand volley.

**Practicing the mentioned strokes in relation to:**

- Controlling the strength, the direction and the trajectory of the ball.
- Progression of the game, from the service line to the baseline.

**Optimization of the perceptive motor that belong to tennis.**

- Perception of the ball's bounce.
- Control of the dynamic stroke (short steps and movement).
- Position and orientation in court.

**Tactical concepts for singles**

- Consistency in baseline game.
- Getting the first serve in.

**Tactical concepts for tennis**

- Players’ positions during the game.
- Differentiating the different baseline-baseline positions.
- Court side changes.

**Notions of regulation**

- Regulation for singles and doubles.
BASIC STROKES: flat forehand technique (from the first or second progression).

Concept: stroke from the first progression, hitting forward and with crossover stance.

Basic technique:
- Grip: Eastern forehand.
- Backswing: from back to front with balance or semi-rotation.
- Stroke finish: grabbing the racket with the left hand.

Stroke trajectory: parabolic.
Precision: control of the stroke’s strength (within the boundary of the first progression).

Action to be learned: static stroke step (hit underhand) to a stroke with minimum movement in approaching the ball

Assigned work from Exercise 1 (chart 1) from the Main Part:
CONTENTS TO BE WORKED ON: BASIC STROKES (FOREHAND STROKE IN STATIC POSITION)

<table>
<thead>
<tr>
<th>SESSION TIME</th>
<th>DEVELOPMENT OF THE SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION 1 HOUR</td>
<td>WARM-UP</td>
</tr>
<tr>
<td>SESSION 2 HOURS</td>
<td></td>
</tr>
</tbody>
</table>

**INITIAL PART**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>15’</td>
<td><strong>Exercise 1:</strong> with forehand grip, bounce the ball repeatedly against the ground.</td>
</tr>
<tr>
<td>30’</td>
<td><strong>Exercise 2:</strong> same as exercise 1, but running twice around the court.</td>
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<tr>
<td></td>
<td><strong>Exercise 3:</strong> form ¾ of the court (orange line), make 5 forehand serves directed towards the first line of cones.</td>
</tr>
<tr>
<td></td>
<td><strong>Exercise 4:</strong> same as exercise 3, but directed to the second line of cones.</td>
</tr>
<tr>
<td></td>
<td><strong>Exercise 5:</strong> two players are placed at the front of each doubles alley and they do the following exercise: one throws the ball with the hand trying to get it to bounce through a hoop and the other, after the bounce, has to hit a forehand towards the thrower’s hands.</td>
</tr>
<tr>
<td></td>
<td><strong>Exercise 6:</strong> make serves from the first or second progression.</td>
</tr>
</tbody>
</table>

**MAIN PART**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>15’</td>
<td><strong>Exercise 1:</strong> rally as a trio —modified— (the couple can hit only forehand). The coach puts the ball in play and is near the net (by the individual player), and can participate in the rally with the players using volleys towards one side of the net or the other. After playing two balls, the players in waiting position (red) enter in to play and those who were playing (white) go out to wait.</td>
</tr>
<tr>
<td>30’</td>
<td><strong>Exercise 2:</strong> rally as doubles —modified— (hitting forehand only). The coach puts the ball in play and is up against the net and can participate in the rally with the players using volleys towards one side of the net or the other. The players who are waiting enter in to play when a classmate misses.</td>
</tr>
</tbody>
</table>

**“CART” TRAINING WITH COACH**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>15’</td>
<td><strong>Exercise 1:</strong> The coach throws balls from the cart, alternating, to each of the students on the court, who hit statically with forehand towards the cones.</td>
</tr>
<tr>
<td>30’</td>
<td><strong>Assigned work group:</strong> one player in one corner of the court, with the back to the backcourt fence, throws a ball by hand so that the classmate hits forehand, after the bounce, towards the thrower’s hands.</td>
</tr>
<tr>
<td></td>
<td><strong>Exercise 2:</strong> same as the previous exercise, but now there are four players and only two racquets. After each hit, the player has to pass the racquet to a classmate who repeats the same action.</td>
</tr>
</tbody>
</table>

**FINAL PART**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>15’</td>
<td><strong>GAME 1:</strong> doubles grand slam—modified— (hitting forehand only).</td>
</tr>
<tr>
<td>30’</td>
<td><strong>US Open:</strong></td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td><strong>Roland Garros:</strong></td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td><strong>GAME 2:</strong> the wheel</td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Winner .................. 6 POINTS.</td>
</tr>
</tbody>
</table>

**TOTAL TIME**

| 60’  | 120’  |
5th week
1st trimester

**BASIC STROKES:** serve (over head) technique (from the first or second progression).

Basic technique:
- Grip: Eastern forehand.
- Feet position: the tip of the front foot pointing towards the right net post and the back foot parallel to the baseline.
- Tossing the ball.
- Position: elbow at shoulder level.
- Impact: parabolic.
- Stroke finish: crossing the left arm under the right arm.

<table>
<thead>
<tr>
<th>SERVE GRIP</th>
<th>THE FLAT SERVE</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.jpg" alt="SERVE GRIP" /></td>
<td><img src="image2.jpg" alt="THE FLAT SERVE" /></td>
</tr>
</tbody>
</table>

Direction: crosscourt.
Trajectory: parabolic.
**Combining actions:** serve (overhead) and flat forehand or backhand stroke.

Exercise 2 (chart 5) from the INITIAL PART:

Exercise 3 (chart 5) from the INITIAL PART:
## CONTENTS TO BE WORKED ON: BASIC STROKES (THE FLAT SERVE)

### SESSION TIME

<table>
<thead>
<tr>
<th>INITIAL PART</th>
<th>DEVELOPMENT OF THE SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>15'</td>
<td>WARM-UP</td>
</tr>
<tr>
<td>30'</td>
<td>Exercise 1: playing alone and with an Eastern forehand grip, hit the ball down against the ground repeatedly with the interior racquet strings.</td>
</tr>
<tr>
<td></td>
<td>Exercise 2: with the feet in correct serving position, practice tossing the ball for serving.</td>
</tr>
<tr>
<td></td>
<td>Exercise 3: the player stands in front of the backcourt fence and practices the complete serving motion until the racquet cords intercept the ball at the fence.</td>
</tr>
<tr>
<td></td>
<td>Exercise 4: from ¾ of the court, and with Eastern forehand grip, practice the complete serving motion and stopping the stroke at the point of impact.</td>
</tr>
<tr>
<td></td>
<td>Exercise 5: from the second progression, practice complete serves.</td>
</tr>
<tr>
<td>15'</td>
<td>MAIN PART</td>
</tr>
<tr>
<td>30'</td>
<td>RALLY TRAINING</td>
</tr>
<tr>
<td></td>
<td>Exercise 1: on half court down-the-line, the coach, from the volley, rallies with two students (four baseline strokes for each player). The player who is waiting enters in when a classmate misses.</td>
</tr>
<tr>
<td></td>
<td>Assigned work group: two players, taking turns, from half court down-the-line, and from the doubles alley at ¾ of the court, practice complete serves to the service box and follow up rally (until finished) with the returning classmate.</td>
</tr>
<tr>
<td></td>
<td>Exercise 2: two couples hit forehand and backhand in a wheel. The player who is waiting enters in when a classmate misses.</td>
</tr>
</tbody>
</table>

### "CART" TRAINING WITH COACH

<table>
<thead>
<tr>
<th>FINAL PART</th>
<th>GAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>15'</td>
<td>GAME 1: the trio.</td>
</tr>
<tr>
<td>30'</td>
<td>Winner .................................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Finalist .................................. 3 POINTS.</td>
</tr>
<tr>
<td></td>
<td>GAME 2: the &quot;king&quot; on half court down-the-line, coach serves.</td>
</tr>
<tr>
<td></td>
<td>Winner .................................. 6 POINTS.</td>
</tr>
<tr>
<td></td>
<td>Finalist .................................. 3 POINTS.</td>
</tr>
<tr>
<td>TOTAL TIME</td>
<td>60'</td>
</tr>
<tr>
<td></td>
<td>120'</td>
</tr>
</tbody>
</table>
SINGLES COMPETITION

Concept: Using a competitive activity to review the contents studied throughout the year.

Aspects to take into account:
Technical concepts practiced in relation to the following strokes:
- Forehand and backhand flat strokes.
- Serve.
- Forehand and backhand volley.

Competition (chart 8) from the MAIN PART:

General concepts of play:
- Control of the stroke’s strength, direction and trajectory.
- Perceiving the ball’s flight and bounce: placement according to the ball’s bounce.
- Consistency in baseline play.
- The importance of getting the first serve in.
CONTENT TO BE WORKED ON: SINGLES COMPETITION

<table>
<thead>
<tr>
<th>SESSION TIME</th>
<th>DEVELOPMENT OF THE SESSION</th>
<th>CHARTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>INITIAL PART</td>
<td>TECHNICAL WARM-UP</td>
<td></td>
</tr>
<tr>
<td>15’ 30’</td>
<td>Exercise 1: technical warm-up before a game:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Baseline-baseline rally on half court.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Baseline-net rally (volley and overhead).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Baseline-net rally (other player).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Serves.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Toss for choice of the end of court and serve.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAIN PART</th>
<th>COMPETITION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>15’ 30’</td>
<td>Exercise 1: singles competition in league form and to the best of three games —modified— (2 players referee and four players hit in a wheel.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Winner ................................ 6 POINTS.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Finalist ............................ 3 POINTS.</td>
<td></td>
</tr>
</tbody>
</table>

| 15’ 30’      | Exercise 1: singles competition in league form and to the best of three tie-breaks —modified— (2 players referee and four players hit in a wheel.) | |
|              | Winner ................................ 6 POINTS. |    |
|              | Finalist ............................ 3 POINTS. |    |

<table>
<thead>
<tr>
<th>FINAL PART</th>
<th>SINGLES AND TEAM GAMES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>15’ 30’</td>
<td>GAME 1: the winner.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Winner ................................ 6 POINTS.</td>
<td></td>
</tr>
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<td></td>
<td>Winner ................................ 6 POINTS.</td>
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TOTAL TIME: 60’ 120’
Each of the STAGES consists of three trimesters, each trimester composed of 12 weeks. In each week a different TECHNICAL – TACTICAL CONTENT, or the progression of a previous CONTENT, is worked on.

In each STAGE you will find:

As the title, the main contents to be practiced.

A listing of all objectives and work content for the entire year.

Three trimesters of 12 weeks, with a complete explanation of the content to be worked on in each weekly unit.

All the TECHNICAL AND TACTICAL CONTENTS are explained in full detail with easily understood descriptions, graphs and photos, also accompanied by exercise drill sessions.

In each WEEK you will find:

The definition of the content to be worked on.

A detailed explanation of the content:

- Conceptual definition
- Descriptive development
- Explanatory graphs and photos

A structured class session:

- Warm up exercises
- Exercises for the main part of the session
- Exercises and games for the final part of the session
1- TECHNICAL-TACTICAL OBJECTIVES

- **To achieve from the 1st to 4th week.**
  Assimilate, from the first or second progression*, the basic technical concepts relative to the following flat strokes:
  - Flat forehand.
  - Flat backhand.
  Strengthen the practice of play focusing on control of the stroke’s strength.

- **To achieve from the 5th to 8th week.**
  Assimilate, from the first or second progression*, the basic technical concepts relative to the following flat strokes:
  - Serve (overhead).
  - Volley.
  Practice the following combinations referring to the flat strokes learned:
    - Serve (overhead) --------- forehand stroke.
    - Serve (overhead) --------- backhand stroke.
    - Forehand stroke --------- volley.
    - Backhand stroke --------- volley.
  Strengthen the practice of play attending to the following concepts:
    - Controlling stroke strength.
    - Perceiving the ball’s flight and bounce (placement according to the ball's bounce).

- **To achieve from the 9th to 12th week.**
  Practice, from the first or second progression*, the following basic concepts relative to lateral steps with flat forehand and backhand strokes:
  - Recovering starting position.
  - Lateral (diagonal), forward and backward steps (movements in an X).
  Learn the following basic concepts of regulation for singles and doubles play.
    - Playing area.
    - Basic scoring: game and sets.
  Strengthen the practice of play attending to the following concepts:
    - Controlling stroke strength.
    - Perceiving the ball’s flight and bounce (placement according to the ball's bounce).

*Progression*: the concept of «progression» refers to the three learning areas of the court. As the student advances by learning the different content beginning at the first of the areas, the student then increases the playing distance towards the second area, until reaching the back of the court.

In this first trimester the objective is for the student to begin at the first progression and advance towards the second.
1- TECHNICAL-TACTICAL OBJECTIVES

- **To achieve from the 1st to 4th week.**
  Assimilate, from the second or third progression*, the basic technical concepts relative to the following flat strokes:
  - Flat forehand.
  - Flat backhand.
  - Flat forehand and backhand with “grip change”.
  Strengthen the practice of play attending to the following concepts:
  - Controlling the strength of the stroke.
  - Perceiving the ball’s flight and bounce (placement according to the ball’s bounce).
  Work the general coordinative aspects promoting the stroke before lateral movement.

- **To achieve from the 5th to 8th week.**
  Assimilate, from the second or third progression*, the basic technical concepts relative to the following flat stroke:
  - Serve.
  Set the basic technical concepts relative to the following flat strokes:
  - Forehand volley
  - Backhand volley
  Practice the following combinations referring to the flat strokes learned:
  - Serve ----------- forehand stroke.
  - Serve ----------- backhand stroke.
  - Forehand stroke ----------- forehand or backhand volley.
  - Backhand stroke ----------- forehand or backhand volley.
  Strengthen the practice of play attending to the following concepts:
  - Controlling the stroke’s strength, direction and trajectory.
  - Perceiving the ball’s flight and bounce (placement according to the ball’s bounce).
  Work the general physical coordinative aspects promoting the stroke before lateral steps.

- **To achieve from the 9th to 12th week.**
  Practice, from the second or third progression*, the following basic concepts relative to lateral steps with flat forehand and backhand strokes:
  - Recovering to starting point.
  - Lateral (diagonal), forward and backwards (movements in an X).
  Strengthen the practice of play attending to the following concepts:
  - Controlling the stroke’s strength, direction and trajectory.
  - Perceiving the ball’s flight and bounce (placement according to the ball’s bounce).
  Review, globally, the contents worked on until this point.

*Progression*: the concept of «progression» refers to the three learning areas of the court. As the student advances by learning the different content beginning at the first of the areas, the student then increases the playing distance towards the second area, until reaching the back of the court.

In this second trimester the objective is for the student to set his game from the second progression and advance towards the third.
1- TECHNICAL-TACTICAL OBJECTIVES

• To achieve from the 1st to 4th week.
  Practice, from the third progression*, the basic technical concepts relative to the following flat strokes:
  - Flat forehand.
  - Flat backhand.
  Practice from the third progression, the following basic concepts relative to lateral steps and footwork during flat forehand and backhand strokes:
    - Recovering starting position
    - Lateral (diagonal), forward and backward steps (movements in an X).
  Strengthen the practice of play attending to the following concepts:
    - Controlling the strength, direction and trajectory of the stroke.
    - Perceiving ball flight and bounce (placement according to the ball’s bounce).
    - Maintaining a rally without mistakes.
  Work the general coordinative aspects encouraging the player to hit around the entire court area.

• To achieve from the 5th to 9th week.
  Practice, from third progression*, the basic technical concepts relative to the following flat stroke:
  - Serve (overhead).
  Practice the basic technical concepts relative to the following flat strokes:
    - Forehand volley
    - Backhand volley
  Practice the following combinations referring to the flat strokes learned:
    - Serve ----------- forehand stroke.
    - Serve ----------- backhand stroke.
    - Forehand stroke -------- forehand or backhand volley.
    - Backhand stroke -------forehand or backhand volley.
  Learn or remember the following singles regulation points:
    - Scoring (games and sets)
    - Player’s positions during the game.
    - Changing sides with the serve.
  Practice the following concept referring to basic singles tactics:
    - Baseline-baseline play or consistent play.
    - Importance of getting the first serve in as the basis for tactical offence.
  Review, using a singles competitive activity, the concepts learned throughout the year.

• To achieve from the 10th to 12th week.
  Learn and remember the following notions of regulation specific to doubles:
    - Scoring (games and sets)
    - Players’ positions during the game.
    - Changing sides with the serve.
  Practice the following concepts referring to basic doubles tactics:
    - Baseline-baseline play or consistent play.
  Review, using a doubles competitive activity, the concepts worked on until this point.

* Progression: the concept of «progression» refers to the three learning areas of the court. As the student advances by learning the different content beginning at the first of the areas, the student then increases the playing distance towards the second area, until reaching the back of the court.

In this third trimester the objective is for the student to set his game from the third progression.