## Training Contents You Will Find in This Stage

### Basic Technical Concepts “Flat Strokes”
- Setting grips.
- Forehand and backhand technique.
- Overhead serve technique.
- Forehand and backhand volley technique.

### Training the Mentioned Strokes in Relation To:
- Controlling the strength, direction and trajectory of the stroke.
- Stroke intensity.

### Optimizing the Motor-Perception Capacities Relative to Tennis
- Perceiving the ball’s bounce.
- Control in dynamic strokes (short steps and movement).
- Position and orientation on the court.

### Tactical Concepts “Singles”
- Consistency in baseline play.
- Getting the first serve in.
- Approaching the net (mid-court tactics).
- Return and net.

### Tactical Concepts “Doubles”
- Players’ positions during the game.
- Differentiating the situations in baseline-net play.
- Players’ change of sides.
- Play for 2 at the net versus 1 at baseline – 1 at net.

### Regulation
- Singles and doubles regulation.
<table>
<thead>
<tr>
<th>6th week</th>
<th>BASIC STROKES: forehand and backhand volley technique.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st trimester</td>
<td><strong>Concept:</strong> flat stroke without bounce with descending trajectory.</td>
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<tr>
<td>Basic technique:</td>
<td>- Grip: Eastern for the forehand. Two-handed Eastern for the backhand.</td>
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<td></td>
<td>- Feet and body position: profiles to the net.</td>
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<td></td>
<td>- Backswing: high and short.</td>
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<tr>
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<td>- Point of impact.</td>
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<td>- Finish: short.</td>
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**FOREHAND VOLLEY**

**TWO-HANDED BACKHAND VOLLEY**

Direction: down-the-line and crosscourt.
Trajectory: descending.
Precision: control of stroke’s strength (within the boundaries of the court)
Displacement: vertical.

**Action learned:** volley stroke with previous movement approaching the ball.
**Combined actions:** forehand/backhand baseline strokes and forehand/backhand volley.
**SESSION TIME:** | **DEVELOPMENT OF THE SESSION:** | **GRAPHS**
---|---|---
**INITIAL PART**
15’ | WARM-UP
Exercise 1: playing alone, hit the ball upwards alternating forehand and backhand.
Exercise 2: same as exercise 1, but running around the court.
Exercise 3: at three meters distance, one player throws the ball by hand and the classmate hits alternating one forehand and one backhand volley towards the thrower's hand.
Exercise 4: doubles down-the-line rally trying to introduce the ball into the service box.
Exercise 5: practice serves from the baseline.

**MAIN PART**
15’ | RALLY TRAINING
Exercise 1: the coach, on half court down-the-line, and from the volley, rallies in trio with two other players using volleys. On the other half court, two players maintaining a rally of volleys.
Group’s assigned task: at three meters distance, throws a ball by hand to a classmate who hits alternating one forehand and one backhand volley towards the thrower’s hand.
Exercise 2: same as the previous exercise, but now the coach volleys with one student only. The other player waits to enter after the classmate's third miss.

15’ | "CART" TRAINING WITH COACH
Exercise 1: the coach, on half court down-the-line, throws balls to volley of two players, alternating (forehand or backhand). These players must hit the balls to the doubles alley.
Assigned task: on the other half court, from the doubles alley, one player serves to the service box to the other player placed within the doubles box. This player must return the serve without the ball bouncing and with volley trying to knock over the cones after it passes the net. The player who makes three consecutive volleys passes to serving position.
Exercise 2: same as the previous exercise, but now using the other side of the court

**FINAL PART**
15’ | GAME
Game 1: the winner.
Winner ................................. 6 points.
Winner ................................. 6 points.
| 1<sup>st</sup> week 2<sup>nd</sup> trimester | **BASIC STROKES:** flat forehand technique with movement.  
**Concept:** stroke from baseline with forward impact on the ball and with cross step support stance.  
**Basic technique:**  
**FLAT FOREHAND IN MOVEMENT**  
Grip: Eastern forehand. |  
<table>
<thead>
<tr>
<th></th>
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</tr>
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<tbody>
<tr>
<td></td>
<td><strong>Backswing:</strong> from back to front with balance or in semi-rotation.</td>
</tr>
<tr>
<td></td>
<td><strong>2- Movement:</strong> towards the ball with stroke stance</td>
</tr>
<tr>
<td></td>
<td><strong>3- Point of impact:</strong> between the shoulder and the hip.</td>
</tr>
<tr>
<td></td>
<td><strong>4- Finishing the stroke:</strong> taking the racquet in with the left hand.</td>
</tr>
</tbody>
</table>
|  | Stroke trajectory: parabolic.  
Direction: down-the-line and crosscourt.  
Precision: control of stroke’s strength (inside the boundaries of the court).  
Movement:  
- Recuperating to starting point.  
- Lateral (diagonal), forward and backward steps (movements in an X)  
**Action learned:** force the player to always hit with steps in situations that are progressively difficult. |
**CONTENTS TO BE WORKED ON:** BASIC STROKES (FLAT FOREHAND STROKE WITH MOVEMENT)

<table>
<thead>
<tr>
<th>SESSION TIME</th>
<th>DEVELOPMENT OF THE SESSION:</th>
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<tr>
<td>INITIAL PART</td>
<td>WARM-UP</td>
<td></td>
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<tr>
<td>15’</td>
<td>Exercise 1: two players are up against the net and throw balls by hand, underhand, trying to put the ball through the hoop. Then, the player at the front must move, stop, and hit forehand with parabolic trajectory towards the other side of the net. Upon finishing the stroke, the player should recuperate starting position before initiating the next stroke. Exercise 2: using half court down-the-line, maintain a baseline rally in the following way: one player plays alone against a pair hitting in a wheel. Exercise 3: same as the previous exercise, but hitting crosscourt. Exercise 4: practice serves from the baseline.</td>
<td><img src="image1.png" alt="Graphs" /></td>
</tr>
</tbody>
</table>

| MAIN PART | RALLY TRAINING |        |
| 15’       | Exercise 1: using half court crosscourt, the coach rallies from the baseline with a student who hits forehand crosscourt. On the other half court, two students maintain a rally hitting with inside out forehand. The waiting players are at the two net posts and enter at the first miss of one of their classmates. The player who missed goes to the post. Exercise 2: the “king” -modified- on half court down-the-line (the coach puts the ball in play and the players maintain a down-the-line baseline rally). | ![Graphs](image2.png) |

| 15’       | CART TRAINING WITH COACH |        |
| 30’       | Exercise 1: the coach throws from the cart, alternating, one ball to each of the students on the court who hit, after moving (laterally or diagonally, forward or backward), towards the doubles alley. After each hit, the player must always return to starting position. Exercise 2: same as the previous exercise, but now the movement is vertical forward or backward. | ![Graphs](image3.png) |

| FINAL PART | GAME |        |
| 15’       | Game 1: the “trio”. |        |
| 30’       | Winner ................................. 6 points. | ![Graphs](image4.png) |
| 30’       | Finalist .............................. 3 points. |        |
| 15’       | Winner ................................. 6 points. |        |
| 30’       | Finalist .............................. 3 points. |        |

**TOTAL TIME:** 60’ 120’
3rd week
3rd trimester

**BASIC STROKES**: flat serve technique in relation to mid-court tactics.
**Concept**: attend to globally practice of the serve working on its depth.

**BASIC STROKES**: overhead serve technique.
**Basic technique**:
- Grip: Eastern forehand.
- Feet position: the front foot directed at the right net post and the back foot parallel to the baseline.
- Elevating the hand that holds the ball: parallel to the left thigh.
- Position: elbow, height, shoulder.
- Impact: parabolic.
- Finish: crossing the left arm underneath the right arm

**Direction**: crosscourt.
**Trajectory**: semi-parabolic.
**Precision**: depth in the service box.

**Tactical concept for the player in the return**:

- With serves that land short and with a high bounce, we have the opportunity to hit placing the ball in order to then approach the net. If there is no net approach, then one must always return to the baseline. Never stay in the position from where the ball was hit (3/4 of the court).
- With long serves we hit towards the center of the opposite court maintaining a baseline rally.

**RETURNING WITH SHORT SERVES**

**RETURNING WITH LONG SERVES**

**Combined actions**: flat serve-consistent play-take advantage of short balls.
## CONTENTS TO BE WORKED ON:
**SINGLES TECHNIQUE AND TACTICS (SERVE TECHNIQUE AND RETURN TACTICS)**

### SESSION TIME:

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<tr>
<td><strong>INITIAL PART</strong></td>
<td>WARM-UP</td>
<td><img src="image1.png" alt="Graph" /></td>
</tr>
<tr>
<td>15’</td>
<td>Exercise 1: using half court down-the-line, maintain a forehand and backhand rally trying to get the ball to bounce inside the backcourt box. Exercise 2: using half court crosscourt, maintain a forehand and backhand rally trying to knock over the cones after the bounce. Exercise 4: practice serves from the baseline.</td>
<td><img src="image2.png" alt="Graph" /></td>
</tr>
</tbody>
</table>

| MAIN PART | “CART” TRAINING WITH COACH | ![Graph](image3.png) |
| 15’ | Exercise 1: the coach, from mid court at the doubles alley, serves (in parabolic form) towards a student who returns towards the coach’s volley. The coach then throws a ball so the player can return to starting to hit it. Exercise 2: the “king” on half court down-the-line —modified— (the player returning has the obligation to step on the baseline) | ![Graph](image4.png) |
| 15’ | RALLY TRAINING | ![Graph](image5.png) |
| Exercise 1: the “king” on half court crosscourt —modified— (after the return, the player must recuperate starting position, baseline). Exercise 2: game to 11 points on half court down-the-line —modified— (the players who serve hit in a wheel, one hit each). | ![Graph](image6.png) |
| Winner ......................... 6 points. Winner ......................... 6 points. | ![Graph](image7.png) |

| FINAL PART | GAME | ![Graph](image8.png) |
| 15’ | Game 1: up and down doubles. | ![Graph](image9.png) |
| Winner ......................... 6 points. Winner ......................... 6 points. | ![Graph](image10.png) |

| TOTAL TIME | 60’ | 120’ |
PROGRAM CHARACTERISTICS

Number of pages: 75
Number of photographs: 180
Number of graphs: 288
Number of conceptual index cards: 36
Number of weekly index cards: 36

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
To achieve from the 1st to 4th week.
Practice the technical concepts related to the following flat strokes:
- Flat forehand stroke.
- Flat backhand stroke.
Practice the following concepts related to lateral steps and footwork for flat forehand and backhand strokes:
- Recuperating starting point.
- Lateral (diagonal), forward and backward movements (movements in X form).
Strengthen the practice of the game attending to the following concepts:
- Control of the strength, direction, and trajectory of the stroke.
- Perception of the flight and bounce of the ball (placement according to the ball’s bounce).
- Maintaining a rally without mistakes.
Work the general coordination aspects by encouraging the players to hit over the entire court.

To achieve from the 5th to 8th week.
Practice the technical concepts related to the following flat strokes:
- Serve.
- Forehand volley with previous steps and in movement.
- Backhand volley with previous steps and in movement.
Assimilate the basic technical concepts relative to the following flat stroke:
- Overhead.
Practice the following combinations referring to the practiced flat strokes:
- Serve ------------ forehand or backhand stroke.
- Forehand or backhand stroke ---------- forehand or backhand volley.
Strengthen the practice of the game attending to the following concepts:
- Control of the strength, direction, and trajectory of the stroke.
- Perception of the flight and bounce of the ball (placement according to the ball’s bounce).
- Maintaining a rally without mistakes.
Work the general coordination aspects by encouraging the players to hit over the entire court.

To achieve from the 9th to 12th week.
Practice the basic technical concepts related to the following flat stroke:
- Overhead.
Practice the following combination referring to the trained flat strokes:
- Forehand or backhand volley ------------ overhead.
Practice grip change together with the following concepts relative to steps for forehand and backhand strokes:
- Recuperating starting point.
- Lateral (diagonal), forward and backward steps (movements in X).
Strengthen the practice of the game attending to the following concepts:
- Control of the strength, direction, and trajectory of the stroke.
- Perception of the flight and bounce of the ball (placement according to the ball’s bounce).
- Consistency in baseline play.
- The importance of a successful first serve.
Review, globally, the content worked on up to this point.
1- TECHNICAL AND TACTICAL OBJECTIVES:

- **To achieve from the 1st to 4th week.**
  Practice, globally, (technique and footwork) the following flat strokes:
  - Flat forehand stroke.
  - Flat backhand stroke.
  - Serve
  Practice the following concepts related to following the flat strokes:
  - Serve------------------------forehand or backhand strokes
  Strengthen the practice of the game attending to the following concepts:
  - Control of the stroke’s strength, direction, and trajectory.
  - Perception of the flight and bounce of the ball (placement according to the ball’s bounce).
  - Consistency in the baseline game
  - The importance of getting the first serve in.
  Work the general coordination aspects by encouraging the players to hit strokes over the entire court.

- **To achieve from the 5th to 8th week.**
  Practice, globally, (technique and footwork) the following flat strokes:
  - Forehand volley
  - Backhand volley
  Practice the basic technical concepts relative to the following flat stroke:
  - Overhead
  Practice the following combinations concerning the following flat strokes:
  - Forehand or backhand stroke----------------forehand or backhand volley.
  - Forehand or backhand volley----------------overhead.
  Begin training the following singles tactics concerning play on half court.
  Work the general coordination aspects by encouraging the players to hit strokes over the entire court.

- **To achieve from the 9th to 12th week.**
  - Begin training the following singles tactics concerning general play in relation to previously practiced material:
    - Baseline serve in half court tactics.
    - Return and net in half court tactics.
  Strengthen the practice of the game attending to the following concepts:
  - Control of the strength, direction, and trajectory of the stroke.
  - Consistency in baseline play.
  - Stroke intensity
  Review, globally, the content worked on up to this point.
1- TECHNICAL AND TACTICAL OBJECTIVES:

- **To achieve from the 1st to 5th week.**
  Practice globally (technique and movement) the following flat strokes in relation to mid-court tactics:
  - Flat forehand stroke------------------------long ball/short ball.
  - Flat backhand stroke------------------------long ball/short ball.
  - Serve--------------------------------------depth of stroke.
  - Forehand and backhand volley--------------return and net.
  Practice the following combination related to the practiced flat strokes and tactics learned:
  - Serve-----------------consistent play-----------------take advantage of short balls
  - Serve-------------------baseline play-----------------return and net
  Strengthen the practice of the game attending to the following concepts:
  - Control of the strength, direction, and trajectory of the stroke.
  - Consistency in the baseline game.
  - Tactical concepts trained.

- **To achieve from the 6th to 8th week.**
  Review and learn singles regulation concepts referring to:
  - Scoring (sets, games, and tie-breaks).
  - Change of side in serving according to scoring (games and tie-break).
  Practice, by using singles competition activities, the concepts that are practiced throughout the year.
  Strengthen the practice of the game attending to the following concepts:
  - Control of the strength, direction, and trajectory of the stroke.
  - Consistency in the baseline game.
  - Intensity of the stroke.
  - The practiced tactical concepts.

- **To achieve from the 9th to 12th week.**
  Practice the basic technical concepts related to doubles tactics:
  - Differentiating play 1 baseline-1 net.
  - Differentiating play with 2 at net versus 1 at baseline and 1 at net.
  Review and learn doubles scoring concepts referring to:
  - Scoring (sets, games and tie-breaks)
  - Change of side in serving according to scoring (games and tie-break).
  Practice, by using doubles competition activities, the concepts that are practiced throughout the year.
  Strengthen the practice of the game attending to the following concepts:
  - Control of the strength, direction, and trajectory of the stroke.
  - Consistency in the baseline game.
  - Intensity of the stroke.
  - The trained tactical concepts.