**Flexible Lesson Plan Checklist**

[✓] **Player Introductions, page 5**
Welcome the players. Games to introduce each other and learn about each other. A good time to take attendance, make announcements and explain what skills will be worked on.

Letter Intro ABC

[✓] **Warmup Drills, page 8**
Dynamic warmup drills to warm up all muscle groups. Players focus, get moving and ready to learn. A standard warmup is suggested and provided.

Alphabet Shuffle ABC

[✓] **Tennis Progressions, page 10**
Teaching players and developing specific tennis skills. The progressions are the tennis curriculum along with skills that reinforce language and reading.

Roll & Catch 6

[✓] **Games, page 33**
Players play games and relays as they work on the FUNdamentals of tennis along with language and reading.

Roll & Hit ABC

[✓] **Cheer, page 60**
Time to review or recap what was worked on. Thank the players for coming and make announcements. After the cheer, players leave with a smile!

All players and instructions put their hands in the middle of a circle and shout "We Love Tennis" as they move their hands out of the circle.
LETTER INTRO ABC
One Ball per Circle

1. Instructor has players form a circle or circles. Players are standing up holding hands next to each other.

2. Instructor has players drop their hands and sit down with their legs crossed, about two feet apart.

3. Instructor selects a ball and hands a ball to a player in each circle to start.

4. All players have both hands on the floor – palms up facing in front of them ready to catch a rolled ball.

5. Instructor (and players with a ball) start by saying their name and word of something healthy that starts with the first initial of their first name as they roll the ball with their dominant hand to another player. (Example – My name is Pat and I like Plums.)

6. The player that the ball is rolled to catches the ball with both hands and play continues until all players have a turn.

Adaptation/Variation: Players use the last letter of their name or first letter of their last name, etc. Change category players have to name: fruits, vegetables, animals or states, etc.

MIRROR ME ABC

1. Instructor pairs up players.

2. Player A is the lead. Player B is the mirror.

3. Player A does all sorts of activities.

4. Player B must mirror Player A’s activities. Players are singing the ABC’s.

5. After a certain amount of time, Instructor has players switch roles.

Adaptation/Variation: Players can have limited areas or all space to run, move arms, etc. Movements can be with racquet or racquetball.
**WARMUP ABC**

One Ball per Pair

1. **Instructor** pairs up players.

2. Player with partner whose first name is closest to “A” selects a ball. They are Player A.

3. Players A are on one side of a net or designated line/area and Players B are on opposite side of net or designated line/area.

4. Players are spread out and facing each other.

5. **Instructor** calls out a movement – like run and all players run to the net or designated area/line (middle) – high five with their partner then return.

6. **Instructor** calls out another movement – like arm circles and players use arm circles to go to the net or designated line/area (middle). This time **Player A** (player with the ball) says the letter on the ball as they reach each other, hands the ball to their partner and they return.

7. **Instructor** calls out next movement and players do that movement to the net or designated line/area (middle). **This time Player B** (player with the ball) says the next letter in sequence, hands the ball to their partner and they return.

Adaptation/Variation: Players can start closer or farther back. Movements can be easier or harder. Movements can be made with racquet or racquet/ball.

Movements: High knees, skip, gorilla walk, jog with arm circles, side shuffle, lunges, etc.

**ALPHABET SHUFFLE ABC**

Two Balls

1. **Instructor** has all players lined up along a line next to each other – about three feet apart.

2. **Instructor** faces the players holding one ball in each hand.

3. When the **Instructor** extends left arm out to the side – players shuffle to that side.

4. When the **Instructor** extends right arm out to the side – players shuffle to that side.

5. When the **Instructor** extends arms forward or backward – players shuffle forward or backward.

6. As the **Instructor** is extending arms and players are shuffling - players are singing the alphabet song.

Adaptation/Variation: Cross over step, frog leaps, jumps. Speed or direction change is quick and based on players’ ability.

**Insider Tip:**

Players have fun rotating to different warmup skill stations set up around the court.

ROLL & TRAP WITH RACQUET — RETURN ROLL & TRAP WITH RACQUET ABC
One Ball, Two Racquets per Pair

1. All players are lined along the baseline of court A. **Instructor** pairs up the players. Player A selects a ball and racquet. Player B selects a racquet. Players A & B are facing each other six feet apart.

2. Player A bends and rolls the ball to Player B, aiming for Player B's racquet. Player B has the racquet edge along the ground facing Player A. Player B bends and moves and catches the rolled ball on the racquet and places their hand on top to cover the ball.

3. Player B then rolls the ball back to Player A using the edge/bottom of the racquet. (The ball must be trapped and then rolled back with the racquet to Player A.) Player B aims for Player A's racquet. Player A has the racquet edge along the ground facing Player B. Player A bends and moves and catches the rolled back ball with the racquet and places their hand on top to cover the ball.

4. **After the players have tried a few times, Instructor tells the players:** As Player A starts the first roll, Player A must say the sound of the letter on the ball. When Player B returns the ball, Player B must say the sound of the next letter in sequence.

Adaptation/Variation: Players can move closer or farther away depending on players' ability. Change category. Change the amount or time limit before players switch roles.


ROLL & RALLY ABC
One Ball, One Racquet per Pair

1. All players are lined along the baseline of court A.

2. **Instructor** pairs up the players. Player A selects a ball and racquet. Player B selects a racquet. Players A & B are facing each other six feet apart.

3. Player A bends and rolls the ball to Player B with their racquet. Player B has the racquet down on the ground with edge facing Player B.

4. Player B has the racquet down on the ground with edge facing Player A.

5. Player B bends and moves to the ball and catches the rolled ball on their racquet (stops it) and gently uses their racquet to roll the ball back to Player A. Player A bends and moves to the ball and catches the rolled ball on their racquet (stops it) and gently returns it with their racquet to Player B.

6. Players continue to try and go back and forth.

7. **Instructor tells the players:** Use letter count starting with A to keep score.

Adaptation/Variation: Players can move closer or farther away depending on players' ability.
**Roll & Hit ABC**
One Ball per Pair, All Players
Racquets

1. **Instructor** pairs players.
2. Player A selects a ball & racquet. Player B selects a racquet.
3. Players are facing each other six feet apart, forming aisles.
4. **Instructor** asks the players to roll the ball back and forth stopping/trapping the ball with their racquet before each roll.
5. **Instructor** walks through the aisle.
6. Players are trying to touch the **Instructor’s** feet with their rolled ball as the **Instructor** walks through the aisle.
7. When the **Instructor** is touched with a rolled ball, the players whose racquet rolled ball touched the **Instructor** say the name of an animal that starts with the letter on their ball. **All of the players and instructor make the named animal sound.**

**Adaptation/Variation:** Adjust space between players based on players’ ability.

Players roll/stop with backhands. Players do not use racquets – just roll and catch into hands.

**Sandwich Race ABC**
One Ball and Racquet per Player
For Group of Players

1. **Instructor** divides players into teams of six to eight players.
2. Teams are on the baseline or designated line/area and players are lined up behind each other.
3. The Player A (first player) of each team says the letter on their ball and puts their ball on top of their racquet strings, (racquet butt facing toward body).
4. The Player A then runs to the net or designated line/area with their ball on their racquet and back, and returns to their team line.
5. When Player A returns, the next player on the team puts their racquet on top of their team Player A ball and then says the letter on their ball and puts their ball on top and **both players** go to the net or designated line/area and back.
6. **Team players keep adding racquets and balls (like making a sandwich), saying the letter on the ball until the entire team finishes going to the net or designated line/area and back.**
7. **First team to line up their balls in alphabetical order and sitting down are the winners!**

**Adaptation/Variation:** Players say a word starting with the letter on the ball.

Players use their hands to cover the ball when moving to designated area.

Adjust distance based on players’ abilities.