

High School Team Practice Plan

Theme of practice: Consistency from the baseline

Athletic skill development, warm-up, fitness and conditioning (10 minutes)

Dynamic warm-up

- Slow jog and skip around court area
- High knees
- Butt kicks
- Toe and heel walks
- Straight leg march
- Alternate toe touch
- Forward and backward hurdle

Agility

- Box jumps
- Side-to-side line hops (on two feet)
- Forward/backward line hops (on two feet)
- Single leg alley line hops

Tracking

- Underhand partner toss while moving laterally
- Two-ball partner toss while moving laterally

Strength

- Roll ball from plank position with partner
- Lunges (forward)
- Lunges (sideways)

Review previously learned skills (5 minutes)

Review GPS parameters – Grips, Preparation and Swing path for both forehand and backhand ground strokes

New skill development (10 minutes)

- Direction on ground strokes both down the line and cross court
- Depth on ground strokes

Drills (15 min)

- 50-hit rallies each with partner
 - Forehand to forehand down the line
 - Forehand to forehand cross court
 - Backhand to backhand down the line
 - Backhand to backhand cross court

- Do the same sequence with direction and depth. A successful rally is when the ball lands between the service line and the baseline.

Serve and return (10 minutes)

- Each player completes serve targeting work and records total number at each target area out of 10.

Games and or match play (20 minutes)

- Tag Team Tennis
 1. Cooperative, with two teams trying for the highest consecutive rally in two minutes; change teams after each two-minute round
 2. Competitive, with the winning team having the last player standing

Modifications

- Count only cross-court or down-the-line shots
- Count only balls that land between the service line and baseline

Cool down (10 minutes)

Static stretches

- Knee-chest flex
- Pull one leg and hold behind (stork)---alternate legs
- Calf stretch (one leg in front and one leg in back lean forward)
- Hamstring stretch
- Spinal twist
- Groin stretch

Review announcements and take-home activities (5 minutes)

Freestyle tennis activity

- To develop soft hands, toss a ball in the air and catch the ball on the strings of the racquet without letting it bounce. Challenge: Who can toss the highest and catch the ball on your strings without any bounces?

Player feedback

- What did you like about today's practice?
- What would you like to cover next practice?
- Who supported the team exceptionally well today?

Who gave extra effort today?