

# Valley View Tennis Program Outline

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Created by: Kamron Fullmer

*Having played 4 years of competitive tennis at the High School level and ever since, for the past 4 years, enjoying the benefits of the sport as a recreational activity, I have come to recognize three broad but distinct facets of the game:*

- 1. Tennis Skill - the physical talents & capacity required to accomplish the objectives of the sport*
- 2. Tennis Focus - the mental strength & capacity to maintain composure during competition*
- 3. Tennis Strategy - recognizing opportunities during competition*

*These three areas are the structure around which I intend to form coaching behaviors for this tennis program.*

## **Skill**

1. Formality
  - a. Etiquette
  - b. Rules
2. Fitness
  - a. Short-quick bursts of activity
  - b. Prolonged match play
  - c. Agility
3. Footwork
  - a. Court movement
    - i. Side-to-side
    - ii. Vertical
  - b. Stance
    - i. Groundstrokes
    - ii. Volleys
    - iii. Serves/overheads
4. Form
  - a. Groundstrokes
  - b. Volleys
  - c. Serves/overheads
5. Focus
  - a. One point at a time
  - b. “Topspin, topspin, topspin,”
    - i. sideways stance, weight forward, head down
    - ii. low to high
  - c. “Watch the ball”
    - i. make good solid contact
    - ii. “freeze” at contact, then look up
  - d. Placement

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- i. contact at nine-o-clock or three-o-clock
- 6. Fun
  - a. enjoy the sport, season, match
  - b. work hard
  - c. take chances & be aggressive
  - d. do what you need to stay focused

## Focus

- 1. Positive
  - a. Scoring
    - i. Standard
      - 1. Game, Set, Match
      - 2. Love, 15, 30, 40
      - 3. Advantage
    - ii. Tiebreakers
    - iii. Super Tiebreakers
    - iv. Super Sets
  - b. Scouting
    - i. Warm Ups
    - ii. Take a game
    - iii. Figure out your opponent
  - c. Playing
    - i. Attack, Defend
    - ii. play to his weaknesses
  - d. Shot Calling
    - i. “You don’t have to win the point twice”
    - ii. Challenge his call
      - 1. you know what you saw

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## Strategy

1. Player types
  - a. Baseline
    - i. Offensive
    - ii. Defensive
  - b. Serve-n-volley
  - c. All Court
2. Singles
  - a. Serving & Returning
  - b. Groundstrokes
  - c. Net play
3. Doubles
  - a. Serving & Returning
  - b. Groundstrokes
  - c. Net play