

School Tennis HANDBOOK



FOREWORD

Welcome to the School Tennis Handbook. This resource is designed to assist USTA volunteers and staff, tennis program providers, tennis professionals, and tennis enthusiasts to introduce tennis to kids in school and connect them to follow-up programs.

The QuickStart Tennis play format is key to a positive first time experience for kids. By utilizing kid-friendly equipment and instant play games and activities, kids will fall in love with the game at the first stroke of the ball.

The USTA has developed a specific curriculum and training program for introducing tennis in physical education classes, which can provide a strong foundation for setting up tennis intramurals and connect to after school programs, National Junior Tennis & Learning Chapters (NJTL) and USTA Jr. Team Tennis leagues. This information is available through www.usta.com/schooltennis.

The following handbook is broken into four sections for quick reference:

Section 1: Tips and Techniques for Taking Tennis to Schools – This section breaks down the steps for adopting a school and talking with school decision makers to implement and/or promote a tennis program.

Section 2: Creating Interest for Tennis on School Grounds – This section provides basic blueprints for visiting schools and getting kids excited about tennis, whether it's through a lunchtime demo, class visit, assembly or school tennis festival.

Section 3: Games and Play Formats for School Tennis – This section provides specific tennis games and play formats that work well for any school setting, inside or outside, without the need for tennis courts.

Section 4: Resources – This section overviews additional resources essential for a successful school tennis effort including training opportunities, equipment, grants, facility assistance, and more.

All tennis enthusiasts and program providers should contact their USTA Section and District offices to coordinate outreach to schools. There may be existing relationships and programs in place that need to be considered before communicating directly with school decision makers.

We thank all of the contributors to the handbook including USTA School Staff and Committee Members, and all the local program providers that shared their expertise and techniques for taking tennis to schools. Special recognition goes to National Schools Coordinator, Karen Green and National Schools Assistant, Barb Stones for their efforts in finalizing the materials.

We also thank all of those in the field that are going to lead the charge in providing affordable, accessible, and meaningful tennis experiences to millions of children in schools across the country.

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School Tennis Handbook

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SECTION 1

Tips and Techniques for Taking Tennis to Schools

- **Steps for Taking Tennis to Schools**
 - **Tips for Meeting with Decision Makers**
 - **Elementary School Tennis - Intramurals and Kids Tennis Clubs**
– **using the QuickStart Tennis play format!**
 - **Middle and High School - School Clubs and Teams**
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STEPS FOR CONNECTING TO SCHOOLS TO GROW YOUR YOUTH TENNIS PROGRAM

Fast track for taking tennis to a school:

1. Identify schools that will feed into a program or facility
2. Create a flyer for youth program/kickoff event for distribution at the schools
3. Get to know the administrators, teachers, and personnel of the schools and promote the benefits of program
 - a. Conduct an assembly or lunchtime demo (promote QuickStart Tennis play format)
 - b. Offer to assist with P.E. classes
 - c. Conduct a tennis festival on school grounds for kids and parents
 - d. Host a field trip for students at a Professional Tournament or College Match
 - e. Attend PTO/PTA meetings
 - f. Assist with a School Tennis In-Service Training
4. Conduct the registration/kickoff event and begin the season

In conjunction with the local USTA office, the steps above can be initiated by USTA Jr. Team Tennis Coordinators, NJTL Leaders, CTA program organizers, tennis pros, independent coaches, parents, and volunteers.

No previous tennis experience is required for organizers or coaches, and the USTA can help with training, funding, and materials for operating a successful program. Furthermore, for locations that do not have access to tennis courts, the program can be conducted on blacktops, concrete multi-purpose courts, or gymnasium floors using modified or makeshift nets.

Similar to other organized youth sports, fees should be charged to ensure the program will be self-sufficient and even generate income for program organizers, coaches, and sponsoring organizations. Additionally, opportunities to integrate education, nutrition, and fitness into the tennis offerings should be considered to make the program more appealing to school and community leaders.

For specific information on USTA benefits available for USTA Jr. Team Tennis or National Junior Tennis and Learning Network members, visit www.jrteamentennis.usta.com or www.usta.com/njtl.

USTA School Tennis Resources:

Schools can qualify for equipment assistance, teacher training, staff consulting, and easy-to-follow lesson plans through the USTA Schools Department. After school program leaders are encouraged to explain the benefits of tennis to school personnel and work with USTA Section/District staff to help get the schools on board.

For more information and downloadable resources for adopting a school and setting up after school programming, log onto: www.usta.com/schooltennis.

TIPS FOR MEETING WITH KEY DECISION MAKERS

Beyond ensuring tennis is available in school systems, the USTA wants tennis opportunities to exist for children outside the physical education class. Central to the USTA's Schools mission is the ability to obtain buy-in from key decision makers who can make tennis a permanent part of the district's physical education curriculum in conjunction with coordinated follow-up programming.

In order to achieve this goal, it is essential to establish collaborations between school systems and follow-up program providers to maximize opportunities within communities to create lifelong tennis players. With the health and obesity crisis that exists in this country, many school systems are being required by law to provide and support wellness and recreational programs for their students. Because of this trend, the opportunity to standardize tennis within school districts and communities has never been greater.

Ten tips for meeting with decision makers

1. Be sure that you work closely with your USTA Section and/or District office to coordinate efforts for schools that will be targeted for tennis programming.
2. Determine if a working relationship already exists within the district or individual schools. Possible places include the Board of Education (BOE), District Curriculum Director, Athletic Director, as well as individual school principals and physical education teachers. While you're researching, don't forget to check out local Parks and Rec, YMCA's, Boys & Girls Clubs – often they've developed strong connections with a few, if not many of the schools.
3. You may only have a few moments to obtain the interest of a busy administrator. Express your willingness to be a 'good neighbor' and friend right off the bat.
4. Explain that the USTA has resources and programming that can address the health and wellness needs of their school/s: Mention the following benefits:
 - a. Teacher training workshops
 - b. USTA School Tennis curriculum kit
 - c. Equipment and facility assistance
 - d. Teacher recognition incentives
 - e. Program start-up grants
 - f. Access to network of USTA trainers and staff
5. Show a copy of the USTA's Physical Educators Guide for Teaching Tennis in Schools. Utilize the name and reputation of Dr. Robert Pangrazi and refer to the endorsements by the American Heart Association and the Cleveland Clinic. Explain that the materials were written according to national standards by physical educators, for physical educators.
6. Stress the lifelong physical and emotional health benefits of tennis and how that will reflect positively on their school district.
7. Highlight the fact that tennis can be conducted on school grounds without tennis courts. It can be offered in physical education, at recess, as well as before and after school.
8. Explain how the modified tennis equipment is student friendly and ensures a high level of perceived competence for all students involved. Students with disabilities can participate and no one is left behind.
9. Familiarize them with the kid-friendly school equipment offered at substantial savings through the USTA's equipment sponsors. (Show samples of the equipment and hit balls in the hall if necessary!)
10. Finally, listen carefully to all questions, provide practical information on how much the program will cost and who will execute it, and get a commitment from the decision maker before leaving.

Being Prepared – Remember the Following:

- Developing mutually beneficial relationships/partnerships takes time.
- Each school or school district is a group of separate personalities, attitudes, opinions, and policies. Your presence may be met with resistance or acceptance.
- Having your materials organized in advance and being prepared to address a variety of responses is key to gaining ground when you experience a “what can you do for me” attitude versus an “open arms” response.
- School funding through health and wellness initiatives may be available and providing tennis is one of the most economical. Equipment costs per school for other sports can range from \$2,500 to \$3,000. Compare that to a \$300 tennis equipment package (24 racquets, 4 dozen balls, plus shipping/tax) which gives every kid in a physical education class the chance to experience tennis.

Making Contact – Be Creative:

- Keep initial contact simple (through email, letter, or phone call). If you are an official representative of a USTA Section or District office, make sure you point out that the USTA is a non-profit organization whose mission includes working within communities to grow tennis.
- Key decision makers are busy; having a direct, specific approach allows them to quickly assess your programs/offers.
- Most systems require the Superintendent’s permission to distribute materials; however, individual principals, PE teachers and the like can make some decisions. More importantly, one enthusiastic advocate may have “pull” in capturing the attention of key decision makers. Don’t forget to explore all avenues.
- Be sure to leave behind a copy of the School Tennis Sales Kit, which includes an overview of USTA resources and an informational DVD.

In the event that you experience resistance from a School District:

- Work with individual schools and leverage support from PTO’s/PTA’s to implement programming. They are dedicated to promoting children’s health, well-being, and educational success through strong parent, family and community involvement.
- Contact the surrounding Park & Recreation Department Managers and youth organizations to establish a partnership in approaching the schools.

Why should school systems offer tennis for their students?

- “Tennis players score higher in vigor, optimism, and self-esteem, and lower in depression, anger, confusion, anxiety, and tension than other athletes and non-athletes.” --Dr. Joan Finn, Southern Connecticut State University
- “Tennis is an ideal physical education activity for improving wellness and fighting obesity in children.” -- Cleveland Clinic
- “Playing tennis is an excellent way to engage kids in regular physical activity to help them live longer, healthier lives.” -- American Heart Association



ELEMENTARY SCHOOL TENNIS

Intramurals and Student Tennis Clubs

Overview

The USTA recommends organizers utilize the QuickStart Tennis (QST) play format when working with schools. QST uses short courts, modified equipment, and simplified scoring so children can experience success immediately. This play format can be set up right on school grounds, inside or out, allowing kids in every neighborhood the chance to pick up the lifetime sport of tennis.

Your Role

Anyone can help to start a school tennis club/league: PE teachers, administrators, faculty, parents, volunteers, tennis teaching pros and/or after school providers.

Getting Started

Obtain necessary approvals

- Meet with appropriate school administrators (principal, athletic director, PTA/PTO president).
- Check the school system student activity handbook for any rules and regulations.
- Get required school clearance for all volunteers.
- Determine if the proposed club/league can be a school sponsored and funded event.

Set a schedule and a playing area

- Determine the season - consider weather, school terms, and conflicts with other extra-curricular activities and sports.
- Determine the playing area - tennis can be played in almost any available activity space such as blacktops, gym floors, multi-purpose courts, and even on school fields.
- Obtain insurance to conduct the program as required by school/district.

You will need:

- An indoor or outdoor play area.
 - Most any activity space will do. Existing markings on floors (badminton and volleyball lines) can be utilized. Flat rubber lines, chalk or tape can be used for playing surfaces that are not marked.
- Lightweight nets and portable standards; or makeshift nets or barriers.
 - Use any lightweight net that can cover an 18' to 20' area.
 - A badminton or volleyball net can be used.
 - You can improvise using plastic barrier tape, yellow caution tape, or rope with streamers.
- Junior tennis racquets.
 - Suggested racquet lengths range from 21" – 23" for 36' courts and 23" – 25" for 60' courts.
- Foam and/or low compression tennis balls.
 - Foam balls are best for beginning players on smaller courts and indoor spaces.
 - Low compression/low bounce felt balls are best for the intermediate players on a 60' court.

Play!

The Game

The goal of the QuickStart Tennis play format is to simulate full-size tennis. As a result, play can be either singles or doubles. Overhand or underhand serves can be used. Once in play, the ball can be hit after one bounce or out of the air. All other rules parallel tennis.

Serving

Players receive two attempts to get their serve in to start the point (overhand or underhand).

Scoring

For beginners 8 and under, numerical scoring is recommended (1-2-3-4) with games being seven point tie breaks. If time permits, play two out or three games. For more advanced players and those over 8, use numerical scoring with games being first to win four points and sets being first to win four games.

Organizing Play

There are many successful models for organizing play. These range from drop-in and round-robin formats to structured team play and non-elimination tournaments. We recommend play formats that emphasize participation. Team play formats are a perfect bridge toward no-cut team programs at the middle school and high school level.

- Supervised Drop-in Tennis (“Skate Park” style)
 - o Concept: To provide a safe and open play environment in which kids can participate in self-directed tennis games (e.g. Champ of the Court) or practice skills with their classmates.
 - o How to: Arrange set days and times in which equipment will be set up at school for kids to use with adult supervision.
- Flexible Team Competition
 - o Concept: To allow for team competition in a situation where the student population changes from day to day.
 - o How to: Divide students into teams and play a series of short scoring singles and doubles matches (e.g. 7 point games), or for a designated time (ten-minute matches).
- Structured Team Play
 - o Concept: To provide structured team matches with students remaining on the same team for an entire season.
 - o How to: Students are divided into teams representing their class, their grade, or their school. Team size should reflect the facilities, with the goal of creating matches where every player can remain active. Schedule of matches should allow each team to play each other at least once during the season.

For the official specifications of QuickStart Tennis play format visit: www.QuickStarttennis.com

Grow Your Program

- Get to know P.E. teachers, parents and personnel of the school/s and distribute information
- Offer to assist with P.E. classes and conduct demos using the QuickStart Tennis play format
 - o Through the USTA, kids are introduced to tennis in the P.E. classes, which transition into after school and summer tennis programs including NJTL and USTA Jr. Team Tennis.
- Promote efforts in your school through the local paper, school announcements, and school web pages
- Host a kickoff event and organize players into teams
 - o Offer prizes and refreshments
 - o Utilize parents and volunteers as coaches and organizers
 - o Recruit local middle school and high school players as assistants
- Conduct a season-ending event and provide participation awards and refreshments
- As players advance in skill, help transition players from modified courts to full-court formats. They can join local USTA Jr. Team Tennis leagues (www.jrteamentennis.usta.com). Additionally, many of these kids will also join no-cut middle school and high school teams.



MIDDLE AND HIGH SCHOOL TENNIS

School Clubs and No-Cut Teams

Overview

An organizer should work directly with schools to help develop intramural and interscholastic tennis clubs and leagues to build fun, healthy and safe programs for middle and high school students.

Your Role

Anyone can help to start a school tennis club/league: PE teachers, administrators, faculty, teaching pros, parents, volunteers, and/or after school providers (e.g. CTA, NJTL, youth organizations).

Getting Started

Obtain necessary approvals

- Meet with appropriate school administrators (principal, athletic director and PTA/PTO president).
- Check the school system student activity handbook for any rules and regulations.
- Get required school clearance for all volunteers.
- Determine if the proposed club/league can be a school sponsored and funded event.

Set a schedule and a playing area

- Determine the season - consider weather, school terms, court availability and conflicts with other extra-curricular activities and sports.
- Identify all public and private tennis courts/facilities located nearby. Tennis can even be played on blacktops, gym floors and multi-purpose courts.
- Obtain insurance to conduct the program as required by school/district.

Contact area schools to grow the program

- Visit with the school district's administration, athletic department and/or the community relations person to expand intramural programming into district wide league play.
- Contact the principals of the schools and visit with the PE teachers.
- Attend PTA/PTO meetings and explain the benefits of the program.

Train your coaches - Host a USTA Recreational On-Court Training Workshop to teach coaches (www.usta.com/oncourtcoaching):

- How to handle large groups of diverse levels of players.
- How to Implement a play based approach for beginners by emphasizing play vs. instruction.

Establish fees and obtain funding

- Reasonable participant fees sufficient to support the costs of the club/league should be projected and charged.
- Expenses may include: A stipend for the coordinator, coaches and assistants, match balls, insurance, team t-shirts, transportation, court fees, printing and supplies, and year-end tournament costs such as trophies, t-shirts, and refreshments.
- Funding for school leagues may be found through USTA District, Section or National grants.
- Student fundraising efforts could include car washes, bake sales, tennis fundraising events and tournaments (e.g. student and faculty or player and parent tournaments). Additionally, Active.com provides an easy and simple online fundraising service. Click here for more information (<http://info.activesports.com/forms/USTA-school-tennis-get-started>).

Organize a first meeting - Review league and/or club rules and policies, schedule of practices, and any other necessary information.

Spread the Word

Obtain permission from the school district's administration office, athletic department and/ or community relations department to:

- Create and distribute flyers and information to students on campus.
- Arrange for in school announcements to be made.
- Publicize through school newsletters, list serves, posters, and local newspapers.
- Make club T-shirts – there is no better advertisement and it's a great way to build team spirit.

Play

Host a kickoff event

- Include students, teachers, administrators, and parents.
- Consider offering refreshments, t-shirts, and prizes.

Be flexible in your programming and tailor the match format to your situation. Consider the following:

- Number of courts or gym space available for practices and matches.
- Balance of girls and boys participating.
- Level of players involved. Offer multiple divisions such as Varsity, Junior Varsity, and C team divisions to be sure no one is turned away.
- For league play, start small with a handful of teams, whatever is manageable for your first season.

Suggested scoring formats:

- Match format of one set, no-ad scoring, with a set (twelve point) tiebreaker at six games all.
- A two court facility – For teams varying in size between 3-9 players each: Play three rounds consisting of one singles and one doubles match each (using a one-set format). This format only requires a minimum of 3 players per team to complete all matches.
- A two court facility – For co-ed teams varying in size between 4-10 players each (World Team Tennis Format): Round 1 = one boys singles/one girls doubles; Round 2 = one girls singles/one boys doubles; Round 3 = two mixed doubles. A minimum of 2 boys/2 girls per team is required.
- A six court facility – 12-18 players on a team fairly evenly balanced between girls and boys: Play 3 boys' singles and doubles and 3 girls' singles and doubles.
- A six court facility – 6-12 players on a team with any number of girls and boys: A modified format (Coed Mix & Match Division) may be used with 6 singles & 3 doubles played according to strength.

Grow Your Program

- Introduce kids to tennis in PE classes, then transition into school club/leagues.
- Include everyone and sign up to be a No-Cut program (www.usta.com/no-cut).
- Mirror your local high school tennis formats as to gender, team size and season - increased participation at the middle school level means there will be increased participation at the high school level.
- Conduct a rally at the end of the season.
- Evaluate the program and plan for the next year.
- Get kids playing in USTA Jr. Team Tennis, which provides additional competition opportunities (www.jrteamtennis.usta.com).

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SECTION 2

Creating Interest for Tennis on School Grounds

- **Lunch Time Tennis Demonstrations**
- **Conducting Class Visits with Station Activities**
- **School Tennis Assembly**
- **School Tennis Festival**

THE LUNCHTIME TENNIS DEMO

The QuickStart Tennis play format underscores success when utilized during lunchtime or recess periods. Gain permission from school officials before entering school property. Then, set up a couple of pop-up nets on the playground and get kids playing tennis during recess or lunch period. Typically, hundreds of kids hang around for a chance to play their friends or “beat the pro”.

To ensure a successful demonstration, be sure to incorporate the following tips:

1. Ensure immediate play by utilizing the QuickStart Tennis play format – short courts, smaller racquets, slower moving balls, and a lower net create opportunities for instant success while guaranteeing **RIGHT AWAY PLAY** for kids. Do not line kids up for drills or teach them technique during lunchtime/recess demos.
2. For large numbers of kids wanting to play, rotate players quickly out of the games to give everyone a chance to get on the court. For fewer kids waiting to play, allow them to stay in for more points before rotating.
3. One of the easiest games to play when there are large crowds is the **One-point Challenge**. Here is how it works: Put four kids on the mini court, play one point, and rotate everyone out. Winners and losers rotate off and go back to the end of the lines until their next turn. For even more fun, players/teams can earn a sticker or stamp for each point they won. The goal is to earn as many stickers/stamps as possible during the recess or lunch period.
4. Another alternative to large group management is the **one-point tournament**. Eliminate players until one team remains. Format thins playing fields quickly while generating excitement for the game.
5. Mix things up – try different games such as **Beat the Pro**, **Champs of the Court**, or **Longest Rally Challenge**. For a list of ideal games for lunch time demos, class visits, and intramural programs, refer to the “Great Games for Playgrounds and Gyms – No Courts Required”.
6. Cultivate enthusiasm – play music and demonstrate skillful or flashy shots for kids to see. (topspin shots, between the legs, overhead smash, etc.—really hotdog it!)
7. To add more excitement, be sure to bring some stickers or inexpensive prizes to give away for effort, sportsmanship, greatest shot, etc.
8. Most importantly, remember, your goal is to generate excitement for tennis and/or getting kids into a program. Hand out your flyers and invite the kids to a family tennis festival where parents can sign up their children up for USTA Jr. Team Tennis, instruction and play programs, junior mixers, and non-elimination tournaments with the QuickStart Tennis play format.



CONDUCTING A CLASS VISIT WITH STATION ACTIVITIES

One of the most effective ways for introducing tennis to multiple numbers of students in limited spaces is to utilize activity stations. The USTA's *Physical Educators Guide for Teaching Tennis in Schools* has a CD of tennis and fitness signs that can accommodate 20–100 students without the need for tennis courts.

Descriptions for each activity are included on the back of the signs for quick reference. The signs are intended to be printed out, laminated, and attached to cones, buckets, walls, etc., for easy viewing. Below is a list of signs that are included in the curriculum:

Tennis Skill Signs (blue border)

- Racquet and ball handling
- Ready position and catch
- Toss, volley, and catch
- Partner bean bag (ball) pass
- Partner rallies over line
- Wall rallies
- Serve and trap
- Short court tennis

Fitness Signs (red border)

- Rope jumping
- Partner ball tossing/rolling/bouncing
- Upper body fitness challenges
- Side shuffle
- Flexibility challenges
- Partner bean bag pass while moving
- Abdominal fitness challenges
- Racquet quickness with partner

One of the advantages of station teaching is that it gives the teacher an opportunity to vary the activities in a class and thus help ensure success for students of varying skills or those with special needs. It also makes it possible to maximize available equipment within a limited space.

Following are some key teaching hints and reminders for station based teaching:

- Set up the tennis station signs around the perimeter of the teaching area.
- Assign groups of 4-8 students for each station. One student in each group can be appointed as a leader to help ensure the activities are conducted properly.
- Put the necessary equipment at each station and ask students to replace the equipment where they found it before they move to the next station.
- It usually takes about 15-20 seconds for students to put back the equipment and move up to a new station.
- Allow 2-3 minutes at each station for students to practice. Place emphasis on working in a responsible manner.
- Move between stations and explain the stations while students are engaged. It is usually counterproductive to sit the class down and explain all the stations; students cannot remember all of the explanations and fidget because they want to get started.
- Ask students do the best they can at each station within the time limit. Students differ in their ability to perform workloads.
- Some teachers find it helpful to play music in the background. When music is playing, students practice at their station. When the music stops, it signals time to move up to the next station.
- In between rotations, the teacher can offer “turbo tips” which can be used to reinforce proper skills, safety, and acknowledge effort.
- Refer to the back of this page for a diagram of stations and descriptions of popular station activities.



We hope you take advantage of the station signs included as part of the USTA 's Schools Curriculum to create a positive first time tennis experience for kids.

SAMPLE TENNIS & FITNESS STATION ROUTINE

1. Racquet and Ball Handling

- Tap Downs—bounce the ball down at waist level
- Bump Ups—bounce the ball up eye level without letting the ball touch the ground
- Edgies—dribble the ball down at waist level using the edge of the tennis racquet
- Self-Rallies—Alternate bumping the ball off the racquet and off the ground
- Invent a Bounce—Players attempt different ways to dribble or bump the ball – this can even be choreographed to music as a rhythm and skills challenge.

2. Partner Ball Tossing, Rolling, and Catching - Balls can be tossed, rolled, or bounced between partners. Players should keep their fingers up when attempting to catch. For an additional challenge, players can toss balls one at a time or two at a time, while stationary or moving.

3. Toss, Hit, and Catch - One player tosses a ball to the forehand or backhand side of their partner. The ball can be hit off the bounce or volleyed out of the air back to the tosser. Begin with partners three steps apart and have players attempt to make five successful hits and catches before switching.

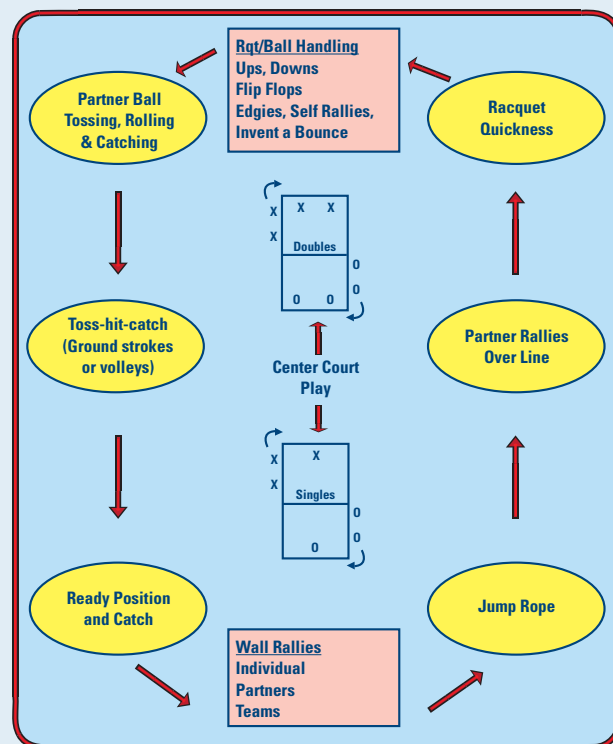
4. Ready Position and Catch - One player is the tosser and the other player is in ready position with a racquet. The beanbag (or foam ball) is tossed to the forehand or backhand side of the player in ready position. Their goal is to catch it on the racquet strings and learn to move into position rather than reaching for the ball. Switch positions after five tosses.

5. Wall Rallies - Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually, in pairs or in teams with players alternating hits.

6. Jump Rope - Players can practice jumping rope individually or with partners. For an extra challenge, players can attempt jumping with two ropes at once ("double dutch") do 360 degree turns, or juggle a ball in the air while their partners turn the ropes.

7. Partner Rallies over Line (or Net) - Partners work together with a line or jump rope between them to serve as an imaginary net. They bump the ball back and forth using forehands and backhands. To start the rally, players should stand close, match up the racquet faces, and take two steps back. Have players try and set the "world record" for longest rally.

8. Racquet Quickness - Partners are about 3 feet apart while balancing their racquets upside down on the racquet tip. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.



Center Court Play: Additional space can be reserved for players to play games of Team Singles, Team Doubles or other self-directed tennis games (e.g. Champ of the Court, Challenge Court, etc.).

SCHOOL TENNIS ASSEMBLY PROGRAM

The School Tennis Assembly is an entertaining, yet informative show done in front of a class or an entire school that is intended to motivate students to play tennis. Ideally, the assembly will be used to “kick-off” an after-school program. The key to success is to keep things fast paced and exciting. Know your audience and keep the material age appropriate. The format is flexible enough to adapt to any age and ability level, as well as the personality of the “entertrainer”. Have fun and be energetic!

Necessary Equipment:

- Tennis Racquets- 6-8.
- Tennis Balls- A hopper of red foam and red felt balls; one can of traditional balls.
- “Special” Racquets- Have a small variety (1 or 2) of racquets. Examples are: small/tiny, old wooden, or giant promotional. Make sure you have your “pro” racquet too!
- Exploding Tennis Ball- Prior to assembly: Cut a ball in half (be careful!), fill $\frac{1}{4}$ with cornstarch or baking soda, glue ball back together with rubber cement. Ball will explode at impact.
- “Trick Ball” suspended to racquet (poke hole in felt ball with nail or awl, create fishhook with end of paper clip and insert into the nail hole; loop other end of paper clip onto strings; ball should be able to suspend upside down without falling off).
- Net- Use the school volleyball net, or an 18’ pop-up net.
- Prizes- wristbands, stickers, pens/pencils, key chains, posters, etc...
- Music- CD/MP 3 player and portable speaker.
- Microphone- cordless or with a long cord (often can be supplied by schools).
- USTA Banner- Bring bungee cords to hang.

Before Assembly:

- Contact school and confirm time and location.
- Where will the assembly be held, in the gym or outside?
- What equipment does the school already have?
- Is there a sound system?
- How many students, which grades?
- Are there any students that play tennis or on a tennis team?

Day of Assembly:

- Arrive at least 45 minutes before the scheduled start time please!
- Set up net, racquets, balls, prizes, hang banner, etc.
- Check sound system. Test the microphone and music.
- Ask teacher to point out several students that might be good non-tennis playing participants for the Rally Demonstration and other key portions of the assembly program. Also, see if there will be any tennis players in attendance for special demonstrations.
- Ask teachers to seat students on one side of the gym/auditorium/cafe/cafeteria/black top.

Assembly Theme and Key Points to Remember:

- Have fun, keep it moving (don’t get bogged down!), and follow the time-tested script.
- Rally, Rally, Rally – provide pointers as to how the kids can rally with friends and family at home in the driveway or at a local park.
- Sell, sell, sell–Remind the kids frequently of the after school/Jr. team tennis program they can join.



SCHOOL TENNIS ASSEMBLY SCRIPT

“Cheat Sheet”

“Hot shot” Demo: With music playing, rally foam or low compression balls back and forth as the students are walking in and getting seated. Keep the ball going and play it up - lobs, overheads, “tweenies,” ground strokes, and volleys will make the kids go crazy!

1. Introduction: Explain who you are and why you are here...promote the after school program and/or team tennis sign up day!
2. Explain to the kids they will be seeing several fun tennis games today and there will be times to cheer loudly and times to be quiet. Demonstrate the universal signal for cheering (presenter raises hands and racquet high in the air) and the signal for being quiet (presenter hugs racquet against chest with finger in front of mouth). Practice this a few times before progressing and be consistent with holding the kids to the rules during the assembly.
3. Pick volunteer from crowd who has never played tennis before and have them stand far away “just like they do on TV.” Offer that they can win your racquet if they can get the ball back in play. (Kids go nuts!)
 - a. Bust open a “fresh can” and hit three traditional tennis balls to the student—student is awkward and unsuccessful from full court. Explain no student has ever been able to get the ball over the first time when starting so far away, “so don’t feel bad, we can fix that!”
 - b. Explain the best way to learn is to start close like the pros did when they were little.
 - c. Move up close and get the student to hit 10 foam balls in a row (crowd cheers, hand out prize)
4. Pull 6-8 volunteers from the crowd for ups, downs, and flip flops. Have the kids do their best for 60 seconds - trying to beat the “national average.” (Crowd cheers for each of the teams). For the younger kids, do the “Inchworm” relay. Note: Volunteers must be sitting down and politely raising their hand to be chosen for activities (use the quiet signal!).
5. Pull teacher or principal out from crowd (chosen by kids). Demonstrate the difference between rallying the ball out of the air and off the ground. Try and set a world record for longest consecutive volley rally. Whatever the teacher gets breaks the “old” world record and the teacher or principal earns a prize.
6. Quick demonstration of the basic serve and return. Pick volunteer from crowd and make comparison of a service returner to a short stop or catcher. Hit a few soft serves for player to return. Then have the PE teacher come out to show how fast his/her serve is. Explain that he/she set the world’s record for fastest serve ever when he was in school. Use exploding tennis ball (make sure teacher doesn’t bounce ball before serving). Kids go NUTS!!!
7. Organize a quick game of Student/Teacher Doubles. Play one game to 4 points. Explain that kids can play this game with their friends at the local after school/team tennis program starting soon.
8. Finish with 4-6 volunteers to try and roll the ball over and onto the other side of the racquet without it falling off. The assembly leader should demonstrate using a trick ball paper-clipped to racquet strings. When demonstrators fail to do the trick successfully, the assembly leader shows again how easy it is but then gives away the secret by holding the racquet upside down.

Thank everyone for coming...encourage the kids to stay active and to eat healthy and make sure to PROMOTE the local after school/Jr. team tennis program!

SCHOOL TENNIS FESTIVAL

Description: A “Tennis Festival” format includes a variety of skill and game challenges that can be done individually or in teams. It can also be effectively incorporated for School Tennis Field Days and for rallies involving several schools.

Similar to a swimming meet or track and field meet, players participate in various activities arranged for their skill level and their individual scores contribute to the overall team score. Emphasis is placed on participation, effort, and sportsmanship, as opposed to highlighting the achievements of certain players.

The Tennis Festival format can be used to raise money for schools by organizing it as a PTO/PTA fundraiser. Organizers have the opportunity to attract sponsors, sell tickets to event, offer different tennis games and activities, provide prizes, sell refreshments and collect donations for the school’s tennis program.



Set-Up

1. Tennis games and activities are organized in stations throughout the court or activity area. Each group starts at a designated station and moves to the next station in a timed rotation. Another option is to have the students go to the station of their choice.
2. The number of stations set up, the time spent at each station, and the size of each group/team can be adjusted based on the number and skill of the participants.
3. Stations can be set up in any facility: blacktop, gymnasium, parking lot, dirt field or tennis courts.

Activities

1. Select games which are appropriate for your students and your facilities.
2. Make a sign for each station (laminated for future use) naming the activity and include a simple explanation.
3. Have a reliable station or group leader to keep the activity running smoothly.
4. Each group could have a score card listing the events and the names of the people in the group. The station or group leader will record individual and/or group scores, depending upon the activity.
5. Awards can be given for completion and achievement.

****See next page for sample of activities****

Equipment and Supplies		
<ul style="list-style-type: none">o Signs for each activityo Tennis racquetso Foam/low compression ballso Stop Watches	<ul style="list-style-type: none">o Scoreboards/scorecardso Chalk/floor tape/rubber lineso Targets/rubber spotso Pop-up nets, lowered volleyball nets	<ul style="list-style-type: none">o Caution tape (for instant nets)o Musico Microphone or megaphoneo Prizes

The most important elements in a Tennis Festival are good planning and organization, lots of action, music and.....fun!

Tennis Festival Activities - Sample Games

- **Racquet Quickness Circle:** Create a large circle with the participants and have each player stand their racquet upside down on the racquet tip. When the leader calls out either “right” or “left”, students let go of their racquet, move in the direction called, and try and catch the racquet next to them before it falls to the ground! If every one has a successful catch, move back a step. If every one is not successful move in a step. Try and see how large the circle can get with everyone being successful. This is a great activity to start off your festival.
- **Inchworm Relay:** Players line up shoulder to shoulder with their teammates behind a starting line. The player farthest from the starting line places the ball on top of their racquet strings. When the team leader calls “go”, the ball is passed from racket to racket. After passing the ball, each player runs behind his/her teammates to the front of the line to wait for the ball. Each team that completes the task earns 50 points.
- **Bull’s-eye:** Hang hoops and/or banners at different heights against the back fence and have players serve or drop-hit balls at the targets. Smaller and more challenging targets can be given greater point values.
- **Bucket Head Catch:** Create teams of 4-6 players. One player from each team is placed on the opposite side of the net holding a bucket in position over their head (if a bucket is not available, use a laundry basket or cardboard box.) Teams are given 60 seconds to hit balls, one player at a time, to the designated “bucket head” who must position themselves to catch the balls. The team with the most balls captured in the bucket wins. Safety tip: Be sure to tell the bucket heads to stay low and keep their knees flexed to avoid falling backwards. Another safe and easy way to play this game is for players to hold the buckets in front of their chest.
- **Serve to Targets:** Teams are divided in half, with one line of servers and one line of receivers on opposite sides of the net. The first player attempts to land a serve in the target area and switches sides with the player that fielded the serve. If the serve lands in the target area, a point is earned for the team. If the serve hits a special target within the designated area, 5 bonus points are awarded. Each person gets to serve a total of 3 times while taking turns with the other players.
- **Longest Rally Marathon** (can be done off-court with makeshift nets):
 - o Short court ground strokes — 1 ball or 2 balls: Two players work together to achieve the longest rally. More advanced players can be required to rally 2 balls at the same time.
 - o Volleys — 1 ball or 2 balls: Same as the groundstroke rally, but done with volleys.
- **Navigator (obstacle course):** Set up 1 to 2 lanes of cones, hoops, empty ball cans, etc., as an obstacle course. Require players to navigate through the course while balancing a ball on their racquet, dribbling the ball down, or bouncing the ball up. A combination of skills and movement can make the activity more challenging. Players or teams can compete for fastest time.
- **Tennis Bowling:** Set up 10 empty tennis ball cans like bowling ball pins. Participants begin on the starting line and try and knock down the pins by rolling or drop-hitting a tennis ball. Players can play 3 or more frames depending on the number of players waiting in line. Distance away from the pins is based on age and ability.
- **Shooting Gallery:** Aiming in the direction of the back fence and using foam balls only, players are given 20 seconds to hit a moving target that is walking or shuffling between two cones spaced approximately 5 yards apart. Each direct hit is worth a point. Hitters take turns as the moving target!



School Tennis Handbook

SECTION 3

Games and Play Formats for School Tennis Programs

- **Tennis Skill Challenges**
- **Great Games for Playgrounds and Gyms – No Courts Required!**
- **QuickStart Tennis Match Format – Singles and Doubles**
- **Frequently Asked Questions for Coaches and Tennis Organizers**

TENNIS SKILL CHALLENGES

The following games are ideal for school yards, driveways, or any activity space in which kids can practice basic tennis skills in a self-directed manner. A teacher or program organizer can encourage students to attempt each of the challenges and offer a reward for successful completion.

The list of activities below can also serve as an effective assessment tool for teachers to use in a physical education class. As another option, the challenges can be incorporated into a School Tennis Festival or Tennis Field Day event with kids signing up and attempting to earn points for their team or class.

1. **Racquet Quickness:** Partners stand 6 feet apart while balancing their racquets upside down on the racquet tip. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. Repeat six times with partner.
2. **Ball Balance:** While keeping a ball balanced on the racquet strings, student must walk 36 feet, touch the ground with their opposite hand, and return to the starting point without dropping the ball.
3. **Ups and Downs:** With the palm facing down, try tapping the ball 10 times in a row, waist high. Switch – with the palm pointing up, bump the ball up in the air 10 times without missing, eye high.
4. **Partner Ball Pass:** Standing six feet apart, successfully pass a ball (or bean bag) in the air to a partner, using a racquet to lift and catch the ball. Repeat six times with partner.
5. **Drop-Hit Forehands** ("courtesy serve"): Standing 10 feet apart, drop-hit 10 forehands to a partner. The partner should be able to catch the ball to count as a point.
6. **Toss-Hit-Catch Backhands:** Standing 10 feet apart, return 10 backhands directly back to a partner, from an underhand toss.
7. **Wall Rally:** Standing 6-10 feet away, hit 10 consecutive ground strokes against a wall or backboard using forehands and backhands.
8. **Partner Rally:** Standing 6-10 feet away, rally the ball 10 times in a row over a line or makeshift net with a partner.
9. **Ball Pick-Up:** Players must be able to pick a ball up off the ground with their racquet, but without using their hands.
10. **Tennis Knowledge:** Students must be able to demonstrate basic knowledge of tennis terms, rules, and sportsmanship.



School Tennis

Tennis Skill Test - Check List

Student's Name:

Completed ☒

Racquet Quickness

- 1 Partners stand 6 feet apart while balancing their racquets upside down on the racquet tip. On signal, they release their racquet and try to catch their partner's racquet before it hits the ground. Repeat 6 times with partner.

☐

Ball Balance

- 2 While keeping a ball balanced on the racquet strings, student must walk 36 feet, touch the ground with their opposite hand, and return to the starting point without dropping the ball.

☐

Ups and Downs

- 3 With the palm facing down, try tapping the ball 10 times in a row, waist high. Switch – with the palm pointing up, bump the ball up in the air 10 times without missing, eye high.

☐

Partner Ball Pass

- 4 Standing 6 feet apart, successfully pass a ball (or bean bag) in the air to a partner, using a racquet to lift and catch the ball. Repeat 6 times with partner.

☐

Drop-Hit Forehands ("courtesy serve")

- 5 Standing 10 feet apart, drop-hit 10 forehands to a partner. The partner should be able to catch the ball to count as a point.

☐

Toss-Hit Catch Backhands

- 6 Standing 10 feet apart, return 10 backhands directly back to a partner, from an underhand toss.

☐

Wall Rally

- 7 Standing 6-10 feet away, hit 10 consecutive ground strokes against a wall or backboard using forehands and backhands.

☐

Partner Rally

- 8 Standing 6-10 feet apart, rally the ball 10 times in a row over a line or makeshift net with a partner.

☐

Ball Pick-up

- 9 Players must be able to pick a ball up off the ground with their racquet, but without using their hands.

☐

Tennis Knowledge

- 10 Students must be able to demonstrate basic knowledge of tennis terms, rules, and sportsmanship.

☐

GREAT GAMES FOR SCHOOL PLAYGROUNDS AND GYMS – NO COURTS REQUIRED!

Supervised Play Games

- **Rally Challenge:** Players are paired up and try and rally the ball (over a line or net) for as long as they can in one minute. Scoring can be based on the longest rally achieved without missing or the total number of cumulative hits in one minute. Have students attempt to rally with as many other students as possible. **Wall Challenge:** This activity can also be done against a wall with one player, two players alternating hits, or as part of a team of players alternating after each hit.
- **Team Doubles:** Up to six players are put on each team. Only two players per team play at one time. Players on both teams play out four points and rotate out after the points are over (See Diagram A). Be sure to rotate substitutes evenly from the side. First team to earn 7 points wins. This game can also be played as **Team Singles** with players playing singles points and alternating out with their teammates.
- **Champ of the Court Doubles:** A designated champion team competes against a line of challenging teams. Points are started with an underhand or overhand serve from the challengers' side. Play 2 out of 3 points. If the Challengers win, they replace the Champs. This game can also be played as **Champ of the Court Singles**.
- **Champs and Challengers Singles:** Three or four players on each side play out singles points, one player at a time. One side is the 'Champions' side and the other side is the 'Challengers' side. If a player wins the point, they go to the end of the line on the Champions' side. If they lose the point, they go to the end of the line on the Challengers' side. Players can start the point with a baseline feed or with an overhand serve. This game can also be played as **Champs and Challengers Doubles**.
- **Tag Team Singles:** Players are split into two groups and each form a line behind the middle of each baseline. One player is "up" on each side. After each player hits the ball once they run to the back of their line, keeping the point going until one side misses. Teams can work cooperatively to set a record for longest continuous rally or teams can compete against each other and play games to 7. This game can also be played as **Tag Team Doubles** with two players up at a time on both sides.
- **Around the World Singles — (Non Elimination):** Similar to Tag Team Singles, each player in line is allowed only one hit but they must rotate to the end of the line on the opposite side of the court. The goal is to try and establish the longest cooperative rally as a group without missing. **Option:** If a player misses, they must play the game without a racquet by catching and throwing. If they are successful catching and throwing a ball into play, they can earn their racquet back – therefore no one is eliminated. This game can also be played as **Around the World Doubles**.



GREAT GAMES FOR SCHOOL PLAYGROUNDS AND GYMS – NO COURTS REQUIRED!

Structured Play Games

- **Star Catcher:** Quick games of singles or doubles are played on each mini-court (e.g. first to win 3 points). Extra players wait on deck outside of the playing area. As soon as players finish a game, they come off the court and get back in line. People that are first in line quickly fill the open courts as they become available. Players can earn a star or a stamp for each mini-match they win. Players rotating out should match up with new partners for their next game.
- **Challenge Court:** Same as above, but players that win the match get to stay on and challenge a new player or team. Winners stay on until defeated.
- **Up and Down the River:** All players/teams are each assigned a court to start on. Play can be run to music or to a set amount of time. At the end of each round, the player/team with the higher score moves up to the next higher court and the player/team with the lower score moves down to the next lower court.
- **Musical Courts:** Mini tennis courts are set up throughout the playing area with 2 or 4 players to a court. When the music starts, players begin to rally and/or play out points amongst one another. As soon as the music stops, players must find a new court and new partner. Players that are leftover and cannot find an open court sit out until the next round.
- **Random Draw:** Players get matched up for singles or doubles matches with names drawn from a hat, racquets drawn from a pile, by numbers, etc. Players can play to time, music, or for a designated number of games before getting new partners and/or opponents.
- **Team Matches:** Teams are organized for head-to-head singles and doubles matches (e.g. 2 singles/1 doubles – Diagram B). Players elect team captains, designate team names, and use short scoring formats (7 point games; 2 out of three games).

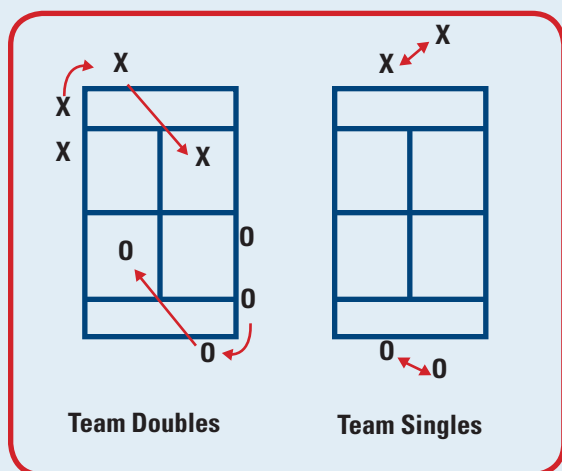


DIAGRAM A

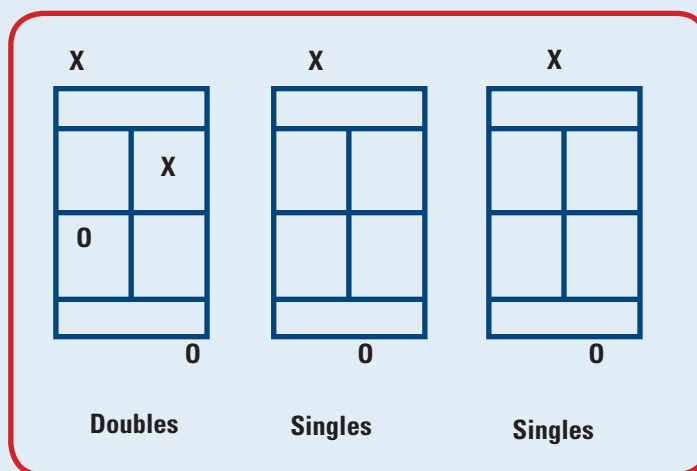
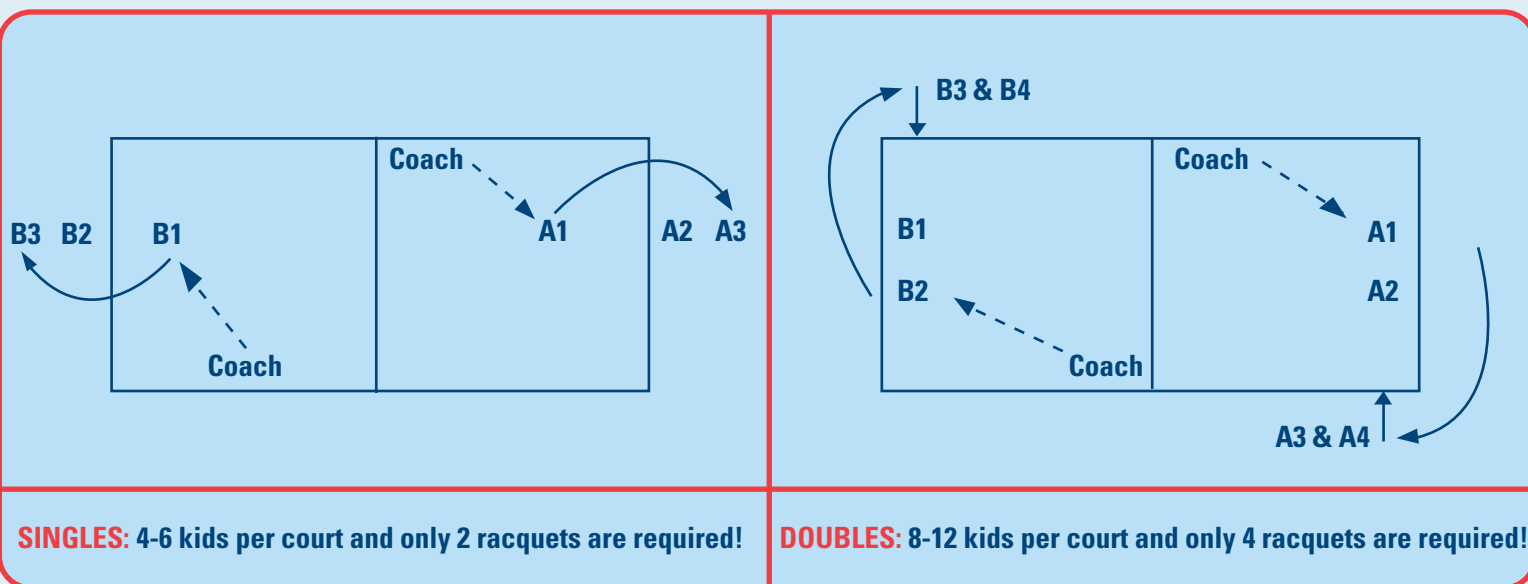


DIAGRAM B

QUICKSTART TENNIS PLAY FORMAT

Team Singles and Doubles on a 36' Court

- **Court/Net Dimensions:** The 18' x 36' (Red Court) is recommended. Net height should be 2'9".
- **Racquets/Balls:** Players should use 19", 21" or 23" racquets and red foam or red felt balls.
- **Scoring:** Score by ones. The first team to score 7 points winning by 2 (a tiebreak) wins a game. Play 2 out of 3 games.
- **Serving:** A coach may toss to a player, or the player can drop-hit, or overhand serve. The server gets two tries to get the ball in play.
- **Teams:**
 - o **Singles** - Up to three players are put on a team. Only one player per team plays at one time.
 - o **Doubles** – Up to six players are put on a team. Only two players per team play at one time.
 - o On-deck players are responsible for retrieving the balls that go out of play and to support their team members.
- **Rotation:** (Refer to diagram)
 - o **Singles** - Players stay in the game for (2) points. Each player is given a chance to serve. The first point is served from the right side by Player A1 and the second point is served from the left side by Player B1. After two points are played, new players are rotated in evenly from the side.
 - o **Doubles** - Players stay in the game for (4) points. Each player is given a chance to serve. The first point is served from the right side by Player A1 and the second point is served by Player A2. This is repeated on the opposite side with Players B1 and B2. After four points are played, new players are rotated in evenly from the side.
- **Safety:** Kids should not swing their racquets uncontrollably or hit balls that are not in play. When giving instructions, ask players to hug their racquets or place the racquets on the ground.
- **Sportsmanship:** Encourage good sportsmanship to all players. Have them say "nice shot" and "good game" to the opposing team and have them shake hands at the end of the match.



FREQUENTLY ASKED QUESTIONS FOR COACHES AND TENNIS ORGANIZERS

How do you modify activities when children have difficulty rallying the ball?

- Reduce the court size and use a larger and slower bouncing ball
- Utilize balloons or beach balls to simulate a rally
- Instead of using racquets, have players throw and catch the ball
- Have players roll the ball with racquets to create a rally
- Have one side hitting and the other side attempting to catch the ball with cones (“hitters & fielders”)
- Remove the net and play over a line
- Allow multiple bounces or multiple hits to get the ball in play
- Use net tape and allow the ball to go under the tape
- Allow the coach or parent assistants to rally balls that are out of the players’ reach
- Allow players to toss the ball into play to start the point
- Allow players to stand closer to the net to get the serve in play
- As players improve skills, increase the level of difficulty

What are some ways to maximize available space and student interaction?

- Assign four players to a court - two are playing singles and the other two are keeping score. The players switch roles for the second match and then all come on the court for doubles.
- Have one court of doubles and two courts of singles (3 mini courts are needed). After the first round, the singles players team up for doubles and the doubles players split up to play singles.
- Mix players together from both teams and create new teams. This fosters camaraderie and friendship amongst players.

How do you teach multiple students that show up at the same time with a wide range of ages and abilities?

- Whenever possible, divide groups by age and grade (K-2, 3-5, etc.)
- Utilize parents, high school/college students, or volunteers to improve the adult to child ratio
- Deputize older or more skilled players in the class to help the younger, less skilled players (as a reward, offer to hit with the deputized players before or after class).
- Set up activity stations for players to practice skills and games and roam amongst the stations
- Have players work independently, in pairs, or smalls groups to complete a list of skills challenges

How do you deal with students that have behavioral challenges?

If students are not being deliberately disruptive, try to integrate them into all the activities. It is important to give these students very specific tasks to focus on and to provide regular encouragement. Additional volunteers that can supervise and assist the players can be helpful.

How do you maintain good effort and sportsmanship from the students?

To keep kids motivated and ensure they stay on task, it is important to come to every class with a schedule of planned activities. Poor class preparation often results in disruptive behavior and lower commitment levels by the students. Kids need structure and can excel when provided a safe and defined environment to work within. It is also imperative to establish goals for the students to work towards and provide appropriate rewards. This can include stickers, ribbons, certificates, etc., that can be earned for completing various tasks, cooperating with peers, and showing respect for others.

How do you deal with discipline problems?

Explain rules and guidelines and expectations for proper behavior at the beginning of the program. Adhere to these established rules CONSISTENTLY.

- **First misbehavior:** Warn the student quietly, to avoid embarrassment. At times, students aren't aware they are bothering others. A gentle reminder by a peer or teacher will refocus the youngster.
- **Second misbehavior:** Instruct the student move to a designated 'time-out' area. This might be a chair in the corner of the activity area (ideally, out of view of the other students). The student must stay there until ready demonstrate desired behavior. It is acceptable for the student to go to the area and immediately return to activity since the assumption is that they have agreed to terminate their misbehavior.
- **Third misbehavior:** The student goes to time-out for the remainder of the period. If the misbehavior continues, the student will ultimately serve time in an in-school suspension program. In-school suspension requires the student to leave his class of students, move into another room, and receive little, if any, reinforcement.

The foregoing steps assume that the teacher will communicate with the student about the misbehavior and the expected behavior. If these consequences are ineffective, the last alternative is to call the parents for a conference with the principal and teacher.

(Source: *A Concise Handbook for Teachers of Tennis*, by Dr. Robert Pangrazi, Ph.D.)

What are the recommended stages for moving players from one level to the next?

Level 1 – Team Station Games: Instead of traditional matches, have players participate in station activities (using skill games from the lesson and practice plans) and award points for achievement.

Level 2 – Coach Assist: A coach or adult volunteer is assigned to each team and is responsible for dropping the ball in front of the player or from the side to begin the rally. Additional bounces and/or hits are allowed for players to keep the ball in play. The Coaches, at their discretion, can help keep the rally going with their racquet if a player is unable to reach or make contact with the ball. Coaches/parent volunteers are responsible for keeping score.

Level 3 – Coach Toss: A coach or adult volunteer is responsible for dropping the ball in front of the player or from the side to begin the rally. Coach hits are not allowed. Coaches/parent volunteers are responsible for keeping score.

Level 4 – Player Serve (Drop-hit): Players are responsible for starting the ball in play with a drop-hit serve, without help from the coach. Players can stand closer to the net to get the serve in play and are responsible for keeping score.

Level 5 – Player Serve (Overhand): Players are responsible for starting the ball in play with an overhand serve, without help from the coach. The first serve must be attempted from the proper distance. Players can stand closer to the net on the second serve to get the ball in play and are responsible for keeping track of score.

Level 6 – Player Serve (Overhand): Players are responsible for starting the ball in play with an overhand serve, without help from the coach. The first and second serves must be attempted from the proper distance and players are responsible for keeping track of score.

Note: When players first advance to a larger court, repeat levels 5 and 6 above.

School Tennis Handbook

SECTION 4 **Resources and Next Steps**

- **USTA Training Opportunities and Resources**
- **How to Sign Up to Take Tennis to Schools**

USTA TRAINING OPPORTUNITIES AND RESOURCES

The USTA has developed and continues to improve training and materials to help organizations and individuals run quality programs for their players. Descriptions of some of the training and resource opportunities available to you and your organization are detailed below:

In-Service/School Tennis Training

These 3-hour workshops complement a teacher's large group management skills and demonstrate how to quickly transform a school gym or playground into a dynamic tennis-playing environment - allowing students to experience instant success in a fun and safe manner. No previous tennis experience is necessary for the teachers and the USTA will provide a qualified trainer to conduct the in-service at a time that is convenient for the participating schools. At least 12 participants are suggested, but not mandatory. In-service trainings must be arranged through the local USTA Section or District office. Workshop organizers are eligible for a free equipment package. Contact the Section Schools Coordinator for more information on hosting an in-service for your school system. www.usta.com/Schools/PETeachers/

USTA Recreational On-Court Training Workshops

The USTA offers two additional types of trainings: Recreational Coach Workshops (RCW) and Recreational QuickStart Tennis Workshops (QST). Our expert trainers will guide you through these interactive, on-court workshops for an ideal experience.

- o The Recreational Coach Workshop is designed for coaches, parents and instructors who spend most of their time working with players of all ages. These 6-hour workshops are excellent primers for new coaches and a valuable refresher course for those with teaching experience who seek more current methods and effective tools.
- o The Recreational QuickStart Tennis Workshop is designed for coaches, parents and instructors who spend most of their time working with children ages 10 and under. The 3.5 hour workshop provides extensive coverage of the QuickStart Tennis play format including age appropriate play situations and games for 5-10 year olds as well as information on organizing/coaching a junior team match.

Whichever workshop you choose, our staff will ensure an exceptional experience that only the USTA can provide. Visit usta.com/onclicktraining for more information or to schedule a workshop.

High School Coaches Workshop

These workshops are available to high school and middle school coaches and must be supported or endorsed by the State Interscholastic Association. The USTA national trainers present basic games, techniques and strategies for school teams and how to work with multiple players on a limited number of courts. Coaches learn about the benefits for registering in the No-cut Coach Recognition Program. Workshops must be approved and scheduled through the local USTA Section or District office.

Resources

Tennis Equipment – USTA members have access to discounted equipment recommended for use in school tennis programs. Contact your section office for more information on how to access a discount order form.

Grants – The USTA offers a variety of grants to help grow the game of tennis in many ways. You can contact grants@usta.com for further information and questions or visit www.usta.com/grants to see a summary of assistance offered.

Court/Facility Assistance – The USTA provides technical assistance and funding opportunities for lining, constructing, and refurbishing school tennis courts. For more information visit: www.usta.com/technical

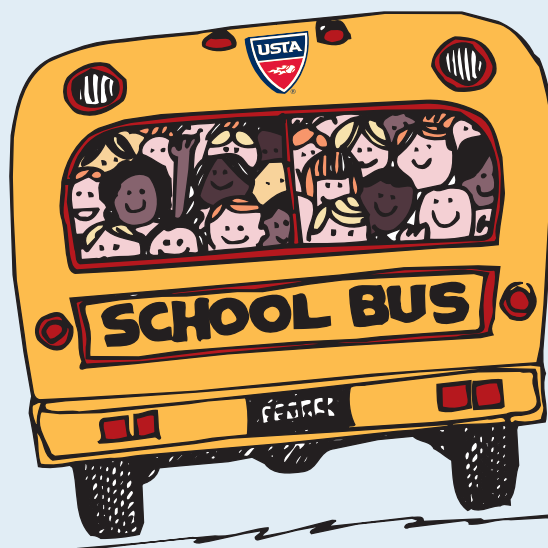
Programs, trainings, and materials offered through the USTA are available at:

www.USTA.com/schools

For More Information on...

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