

High Performance Tennis Academy

Junior Academy Programming

Day-to-day operations | Week 1

Academy Traits: “Coachable, Aware, Intense and Confident”

Arrival¹

Duration: 9:00-9:15AM (15 minutes)

Objective of Camp	To build coachable, aware, intense, and confident tennis players under the “new” normal conditions of tennis.
Goals and Objectives	<ul style="list-style-type: none">• Players will be able to define Health & Safety Regulations;• Players will be able to explain character traits and themes to parents upon leaving;• Players will be able to say and feel they have hit a lot of tennis balls in the duration of Camp;• Players, with Staff Pro assistance, will be able to formulate a game plan and self-reflect to address improvement over the course of the 5 day Camp.

¹ NOTICE: Coaches hold the right and will adjust goals/objectives, warm-ups, on-court programming, structure of play, and the wrap-up on a daily basis. Subject to the group level and players in the group, goals/objectives, warm-ups, on-court programming, structure of play, and the wrap-up will be modified on a daily basis.

Explanations	<ul style="list-style-type: none"> • Procedures and Expectations: Your 'X' space, water and bathroom breaks, equipment usage, etc; • Character Traits; • Theme: Mental Toughness, be prepared to evaluate your training session.
Dynamic Warm-Up	<p>All Dynamic Warm-Up exercises will be completed through the Social Distancing practices put in place. In general, players will warm-up in and around their respective sides of the court.</p> <ul style="list-style-type: none"> • Forward jog and Backpedal in area; • Lateral Movement in area (cross over, shuffle, sprint); • Dynamic Stretch routines up to net and back to baseline.

On Court²

Duration: 9:15AM-1:00PM

Warm-Up (30 min)	<p><u>Mini Tennis: (15 mins)</u></p> <p>Examples:</p> <ul style="list-style-type: none">• Regular Minis;• Minis with Neighbors;• Djokovic Minis. <p><u>Volley to Volley: (15 mins)</u></p> <p>Examples:</p> <ul style="list-style-type: none">• Regular volley to volley;• Non-dominant hand on back;• Touch volleys <p><u>Water Break:</u> At respective marked “X’s on the court. Kids are aware of their personal space for all water breaks. <i>Social distancing measures will be maintained at all times!</i></p>
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Groundstrokes (45 min)

Short Court: (15 mins)

Examples:

- Continental Grip Only;
- Topspin Only;
- Alternating Spins;
- Open Play.

Water Break: At halfway point and conclusion. At respective marked "X's on the court. Kids are aware of their personal space for all water breaks. *Social distancing measures will be maintained at all times!*

Back Court: (30 mins)

Examples:

- Step back for Groundstrokes;
- Baseline: Down the line;
- Baseline: Down the line alternating forehand/backhand;
- Baseline: Cross Court;
- Baseline: Cross Court alternating forehand/backhand.

Water Break: At halfway point and conclusion. At respective marked "X's on the court. Kids are aware of their personal space for all water breaks. *Social distancing measures will be maintained at all times!*

Volleys and Overheads (30 mins)

Volleys: (10 min)

On the Individual Player:

Examples:

- Deep volleys;
- Reaction volleys;
- Transition volleys.

Overheads: (5 min)

Examples:

- Overheads with different starting positions.

Combination of Volleys and Overheads: (15 min)

Examples:

- How many sets can you achieve in one rally? 3 volleys one overhead.

Water Break: At halfway point and conclusion. At respective marked "X's on the court. Kids are aware of their personal space for all water breaks. *Social distancing measures will be maintained at all times!*

Live Ball Point Play (45 min)

Games to 10 w/ restrictions_(Pick 2)

NOTE: Games will change on the daily!

Ground Strokes

Half court

Examples:

- Two balls in the service box ends point;
- Opponent can't enter the service box;
- No alleys;
- Grinders Paradise.

Volleys and Overheads

Examples:

- Self feed approach;
- Player starts at the net and can't let the ball bounce;
- Volley winner worth extra points.

Water Break: At halfway point and conclusion. At respective marked "X's on the court. Kids are aware of their personal space for all water breaks. *Social distancing measures will be maintained at all times!*

Full Court

Examples:

- Regular full court point play to 10 points.

Water Break: At halfway point and conclusion. At respective marked "X's on the court. Kids are aware of their personal space for all water breaks. *Social distancing measures will be maintained at all times*

Wrap-Up (15 min)	<ul style="list-style-type: none"> a) Stretching: a stretching routine following constructive Yoga stretches will be followed. Social distancing measures will be maintained. b) Discussion: with the select players on the court, a more open dialogue will be held on the morning of Camp. <ul style="list-style-type: none"> *** Kids will learn and start to understand the importance of effort, focus, and energy as this will directly affect their days at camp. ***Each player's performance directly affects the group. In line with the High Performance Tennis Academy mission and vision for our players, we expect their best effort at all times. We invite players to review their "50/50" cards. c) Individualized Game Plan for respective players on the court. d) Player Evaluations to be handed at the conclusion of Friday camp. A template will be given at a later time.
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