

Lesson Plan for 1hr Development Group

E.g. 4pm – 5pm

4.00pm – 4.05pm

Physical warm up – e.g. fun game, skipping, running lines, dynamic warm up

4.05pm – 4.10pm

Technical warm up – e.g. Rally in boxes, 5 minute drills

----- Water Break -----

4.10pm – 4.50pm

Main part of lesson: technical / tactical / footwork / mental using the ITF guidelines to develop the player in the 5 game situations through drills / points play:

1. Serve
2. Return
3. Both back
4. Approach
5. Passing

4.50pm – 4.55pm

Fun game

4.55pm – 5.00pm

Cool down & review lesson