

Lesson Plan for 2hr Performance Group

Tuesday 5pm – 7pm

5.00pm to 5.10pm

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

5.10pm to 5.30pm

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

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

5.30pm to 6.00pm

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

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

6.00pm to 6.25pm

Continue main part of lesson

6.25pm to 6.50pm

Doubles / Singles Points Play e.g. move up move down tie-break points

6.50pm to 7.00pm

Cooldown & review of lesson