



RALLY CATS

CURRICULUM

USTA 

TENNESSEE

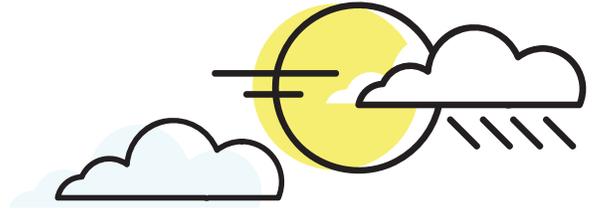


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ABOUT THE AMERICAN DEVELOPMENT MODEL



Youth sport in the United States is undergoing exciting changes, and the United States Tennis Association (USTA) is leading the effort with the American Development Model (ADM). In partnership with the United States Olympic & Paralympic Committee (USOPC), the USTA is one of several national governing bodies of sports who has signed on to create a sport-specific ADM.

An ADM provides a foundational framework on which to build sport experiences for children and is critical to tennis for it puts into practice the best research and applications from leading experts around the world. Our ADM is the backbone of everything we do. We employ the ADM to guide community providers, tennis coaches and facilities of all types across the country in delivering research-based programming that provides optimal opportunities for fun, development and appropriate competition.

DEVELOPING PHYSICAL LITERACY

For you and all others teaching tennis, it's important to understand that the foundation of the USTA's ADM is physical literacy. Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Children need varied and expansive opportunities in physical activity to help develop physical literacy, including exposure to proper, age-appropriate instruction. All too often they have been placed in environments or given tasks beyond the scope of their developmental readiness in our sport. It's our job to change that.

Opportunities for physical literacy development are prioritized in these plans as well as play at home opportunities. Foundational movement skills of throwing, skipping, jumping and hopping, along with spatial and body awareness, are critical to the development of the child before the tennis player can emerge. As children increase their physical literacy, they gain confidence and enjoyment which opens the door for a variety of recreational or competitive activities for the rest of their lives.

GROWING THE GAME

The USTA has always been a strong supporter in utilizing long-term athlete development principles, and your engagement with our ADM ensures that every tennis player now has the best possible opportunity to realize their long-term capabilities as an athlete.

Take pride in knowing we are all in this together. By following the USOPC's lead, by integrating research and best practice principles into tennis delivery in the United States, more players will play the game longer, leading to greater health and a larger pool of talented players.

We couldn't do this without you, and we hope you move forward in your endeavors energized and excited by the opportunity at hand. Be confident in the knowledge that by following the ADM, you are giving your students the best chance to succeed not only as tennis players but as healthy individuals for the rest of their lives!

For more information on the USTA's ADM, please visit netgeneration.usta.com/adm

GUIDING PRINCIPLES

The USTA's ADM is guided by seven key principles to lend guidance to providers and help them create optimal learning experiences for players entering the game. The principles also provide for continued quality participation so players can enjoy and stay engaged in tennis while reaching their full potential.

1. Use developmentally appropriate teaching and play methods

Emphasize motor and foundational skills through developmentally appropriate training and coaching.

2. Educate coaches and officials

Ensure coaches at all age levels are qualified and trained.

3. Follow a clear development pathway

Integrate tennis into physical education programs in schools and recreational community programs. From there, kids and teens can advance into age- and skill-based programs and competitions.

4. Support multi-sport/multi-activity participation

Build athletes through a multi-sport approach in tennis programming and cross-promotion with other sports and activities.

5. Create an atmosphere that is fun and athlete-centered

Focus on creating a fun, positive and engaging atmosphere within a team culture rather than on wins and losses.

6. Provide universal access

Make sure playing tennis is safe, accessible, local and affordable.

7. Deliver parent/player guidance, education, and transparency

Provide parents and players with the information they need to guide their tennis development.

THE 5 C'S OF ADM

In line with the USOPC's Quality Coaching Framework, the USTA has adopted their 4 C's — Competence, Confidence, Character and Connection — and added a 5th C: Creativity. The 5 C's provide a focus on tennis player-centered outcomes. These ADM 5 C's guide tennis coaches and teachers in defining the overall outcomes for players in their programs. These principles are also integrated in the Net Generation curriculum.



COMPETENCE

Technical, tactical and performance skills.



CONFIDENCE

Self-belief, resilience, mental fortitude and a sense of positive self-worth.



CHARACTER

Respect for the sport and others, integrity, self-discipline and ethical and moral well-being.



CONNECTION

Interpersonal skills and the ability to build and sustain meaningful and positive relationships.



CREATIVITY

Provides a unique and imaginative environment that encourages problem-solving and promotes individuality and self-reliance.

RESOURCES TO GET STARTED

This provider manual will give you all the information needed to deliver a Tennis 101 Program for your players. With these tools at your disposal, you will be up and running in no time!

SERVE TENNIS

Explore Serve Tennis, powerful digital tools brought to you by the USTA and made for tennis.

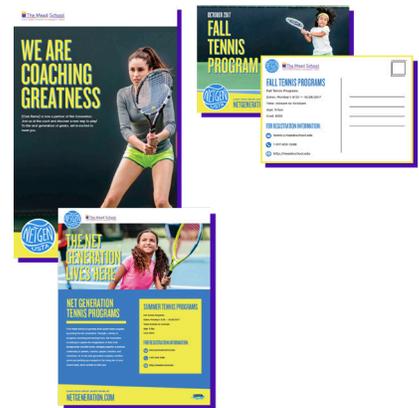
Here you can list your Tennis 101 programs, take online payments, register players and more.

Access everything from the Tennis Service Center within your USTA account. Visit [USTA.com/tennisservicecenter](https://www.usta.com/tennisservicecenter)



THE USTA MARKETING GENERATOR

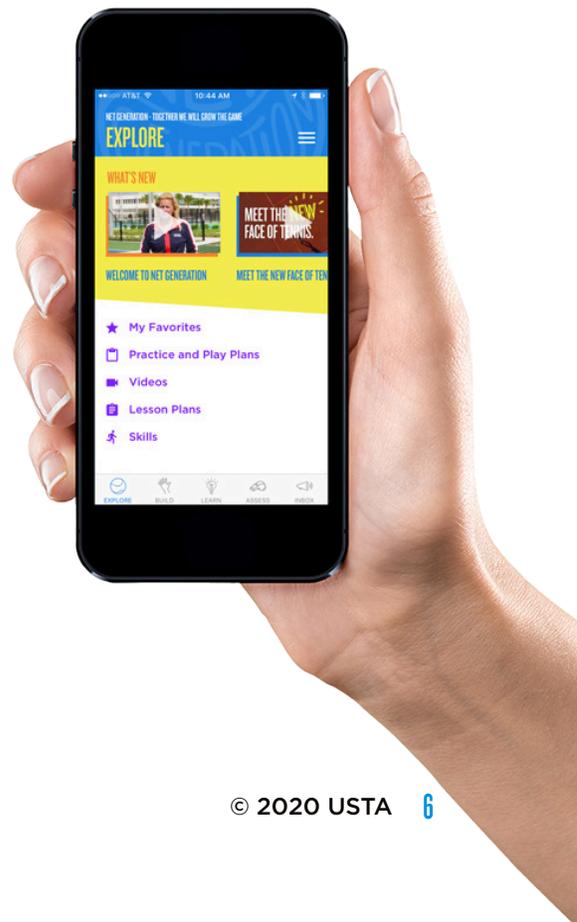
This tool in the Tennis Service Center on [USTA.com](https://www.usta.com) helps you customize your own professionally-designed marketing materials to promote your events. Create posters, flyers, postcards, and more.



MOBILE APP

Net Generation Mobile App: This free tool will give you access to world-class curricula and instructional teaching videos, as well as pre-built Net Generation lesson plans with the option to build your own.

Download the App Today!



PLANS AT A GLANCE

	<u>Lesson 1</u> Let's Begin	<u>Lesson 2</u> Keep Growing	<u>Lesson 3</u> Next Level	<u>Lesson 4</u> We Serve	<u>Lesson 5</u> Big Time	<u>Lesson 6</u> Rally Party	<u>Lesson 7</u> Play Time	<u>Lesson 8</u> The Grand Finale
ADM Theme	Connection							
Character Skill	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship	Inclusion	Teamwork
Instant Activity	Fire Ants	Racquet Quickness	One Bounce Two Bounce	Ball Drops	Tunnel Ball	Messy Bedroom	Shake Hands Toss	Big Ball Tennis
Multi-Sport Skills	Softball Pitches with Partner	Golf Putts with Partner	Baseball Throws with Partner	Soccer Kicks with Partner	Football Throws with Partner	Hockey Shots with Partner	Basketball with Partner	Player's Choice
Tennis Skills	Balance the Egg with Partner	Bungee Jumps	Jacks	Half-Pound Lobster Trap	Serve Pyramid	Card Shark	Serve Pyramid	Family Team Challenge
	Bungee Jumps	Jacks	Half-Pound Lobster Trap	Serve/Return Progression	Rally Pyramid	Serve Pyramid	Tag-Team Singles	
	Jacks	Lobster Trap	Battle Spots	Team Singles	Card Shark	Battle Spots	Survivor	
Game Skills	Keep it Moving	Battle Spots	Team Singles	Capture the Clothespins	Team Singles	Team Doubles	Team Challenge Co-Op	
	Free Play							
Play at Home	Bungee Jumps	Jacks	Lobster Trap	Serve 20	Serve 30	Card Shark	Singles	Play Tennis

EXAMPLE OF GAME COMPONENTS

These can be used singularly (try to get 10 in a row) or in combination (players have one minute to see how many repetitions they complete in a game), using clothespins to track their totals.



NUMBERS

These measure players' success and increase the challenge. Can use four or seven to work on tennis scoring.



TIME

Each activity has a specific start and end time.



CARDS

Use a deck of cards to determine how many points players must attain or how many repetitions to complete.



CLOTHESPINS

Use these to keep track of the score in games or the number of repetitions for skills-development activities. You can put them on the net or an article of clothing for players and coaches to keep track of success.

GET TO KNOW THE PRACTICE AND PLAY PLAN

I. EQUIPMENT

Everything you need to run the class for the day.

CHARACTER SKILL

Relates to the character skill of the day.

II. INSTANT ACTIVITY

Each lesson features a fun athletic activity designed to get kids moving right away.

ADM Theme

THEME:

Calls out the ADM theme of the day that you need to be mindful of as the coach.



Action: Calls out how to deliver an action supporting the ADM theme.

CHECK UPS

When you see this icon, be sure to say these things to your players.



Most are intended to be open-ended and help you guide discussion with your players rather than a one-way communication.

Setup: The arrangement of your players in the play area.

Mission: How the activity is performed once players are appropriately arranged.

Levels: Activity variations in order of increasing difficulty.

III. MULTI-SPORT SKILLS

Players are able to build confidence and skills as they take part in activities from sports other than tennis.

IV. TENNIS SKILLS

Introduces the tennis skill outcomes of the day.

Character Check-ups during the Lesson: Say these things to your players during a ball pick-up or water break.

COACHING CUES

Use these simple cues to guide your players where appropriate.

V. GAME SKILLS

Allows players to take the tennis skills they've learned and apply them in a game environment.

VI. FREE PLAY

Each day finishes with free play to give players the chance to create and try things on their own.

VII. WRAP UP

Helps players leave class with the takeaways for the day, play at home ideas and team camaraderie.

TEAM TALK:

Use these prompts to guide discussion at the end of class.

PLAY AT HOME:

One skill from the class that your players can do at home by themselves or with a partner.

EXIT ACTIVITY:

An important way to finish the class by getting the players to perform a fun athletic activity before they leave.

PRACTICE AND PLAY PLAN 01: LET'S BEGIN

I. EQUIPMENT

Barrier tape, rope or 18-foot pop-up net; 23-inch racquets and smaller; playground balls and red balls; small buckets/containers, throw-down-lines (TDLs), paper plates or poly-spots, chalk and cones; a deck of cards and clothespins.

CHARACTER SKILL: LISTEN (2 MINUTES)

How can you show someone you're listening?

We can listen with our eyes, mouth, ears and body.

II. INSTANT ACTIVITY (4 MINUTES)

FIRE ANTS

Setup:

- Put players by themselves; no racquets or balls are needed.
- Spread players out around the court standing in ready position.

Mission

- When the coach says, "Go," players try and stomp as many fire ants as possible in a stationary position.
- Stomp as many ants as possible in a set period of time.

Level 2: Skip and stomp: Skip around the court and stomp when the coach shouts, "Fire ants!"

Level 3: Shuffle and stomp: Side-shuffle around the court and stomp when the coach shouts, "Fire ants!"

Level 4: Ask the players to come up with a different movement.

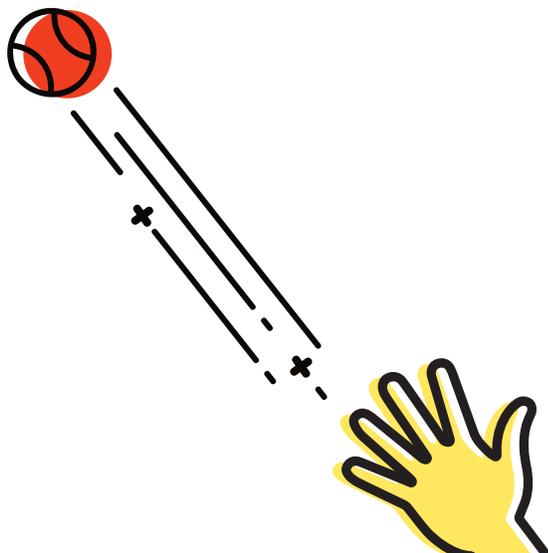
ADM Theme

CONNECTION



Allow opportunities for you and your players to get to know each other through knowing everyone's names.

Action: Catch your players doing the right thing - tell them they showed great effort.



III. MULTI SPORT SKILLS (8 MINUTES)

SOFTBALL PITCHES

Setup:

- Players in pairs, with one red ball per pair.
- Spread players out on both sides of the court.
- Players start toe to toe and take three big steps backward.

Mission

- The player with the ball makes the windmill motion of a softball pitcher and tosses the ball to their partner gently.
- The partner lets the ball bounce, catches the ball with two hands and windmill tosses back.

Level 2: The player with ball tosses ball gently, and the catcher tries to catch the ball out of the air with two hands.

Level 3: Pitch with the non-dominant hand.

Level 4: Catch the ball with one hand.

IV. TENNIS SKILLS (20 MINUTES)

BALANCE THE EGG WITH PARTNER

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Place three pairs on each side of net.

Mission

- Balance the ball on strings, palm up, while walking to the opposite sideline and back.
- Pass the ball to the partner, who will repeat the action.
- Need help? Have a player use a beanbag or a big ball.

Level 2: Balance the ball with the knuckles facing up.

Level 3: The partner calls “Red light” or “Green light.”

Level 4: Do bungees to the opposite sideline and back, pass to the partner with the ball on the strings.

BUNGEE JUMPS 123

Setup:

- Players in pairs, with racquets and one red ball each.
- Spread players out on both sides of the court.
- Pairs near each other but working individually for first level and then paired for remainder.

Mission

- With the palm up, place the ball in the center of strings.
- Tilt the racquet to the side so the ball falls off.
- Catch the ball on the strings after the bounce.
- Reposition the ball in the center, using your free hand, if necessary.

Level 2: One partner tilts the racquet so the ball falls off. The other partner catches the ball on their strings after the bounce. Repeat.

Level 3: Do bungees while moving sideways around the court with the partner.

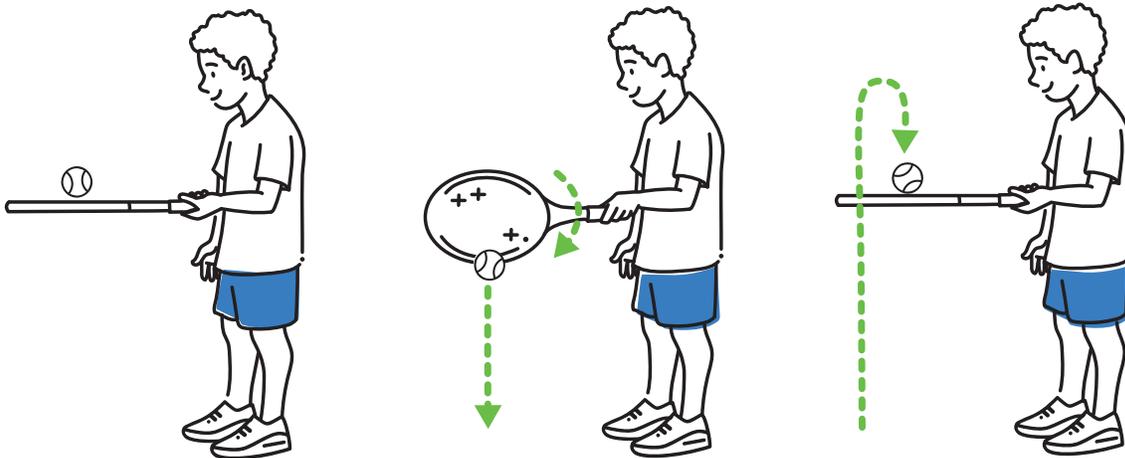
Level 4: Do bungees on one foot then alternate with the partner.

COACHING CUES

Keep your eye on the ball, nice and steady.



ILLUSTRATION: BUNGEE JUMP



JACKS

Setup:

- Players by themselves, each with a racquet and one red ball.
- Spread players out around the court.

Mission

- Toss the ball up and let it bounce, tap it up once with the racquet (palm up), catch with the free hand and call, "Onesies."
- Toss, bounce, tap up twice and call, "Twosies." Continue until you reach "Fivesies," or five tap-ups in a row.

Level 2: Rally until you miss.

Level 3: Have players use backhands.

Level 4: Alternate forehands and backhands.

COACHING CUES

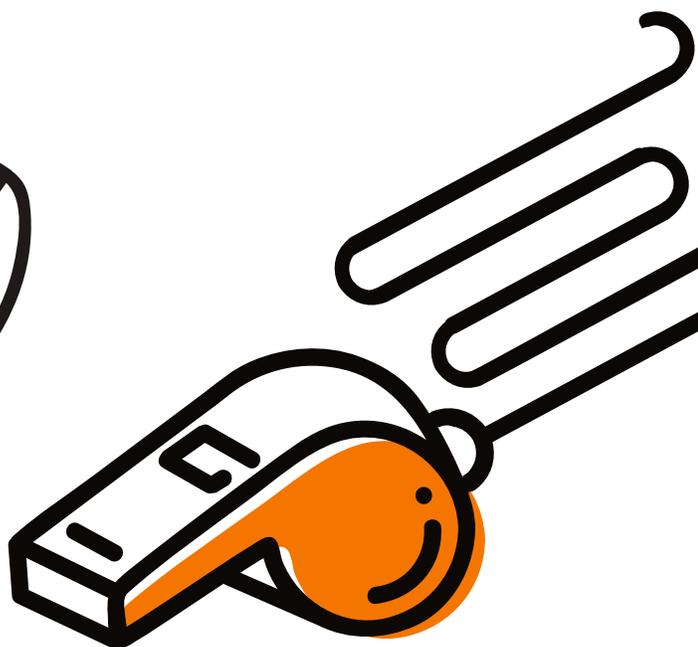
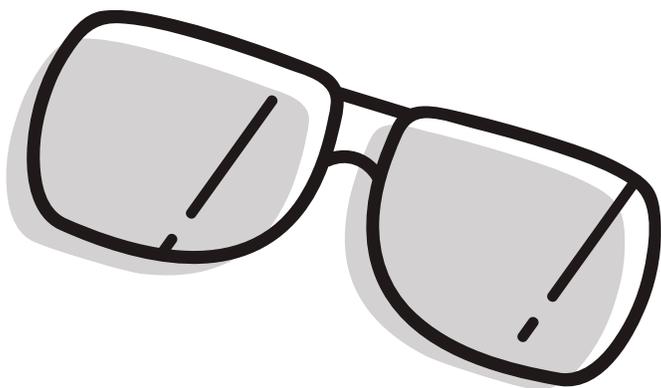
Bend your knees to get under the ball and catch with palm up.



LISTEN: CHECK UPS DURING THE LESSON

How did you and your partner listen to one another?

Did you listen when the coach gave you instructions?



V. GAME SKILLS (12 MINUTES)

KEEP IT MOVING

Setup:

- Players in pairs, with racquets and one red ball per pair.
- Spread pairs out around the court.
- Position partners opposite each other with a line acting as a net.
- Have players mark court boundaries using chalk, targets or TDLs.

Mission

- Start a cooperative rolling rally using the forehand.
- Move the ball without over-hitting.
- Players stop the ball and roll it back.

Level 2: Rolling rally continuously using forehand to forehand.

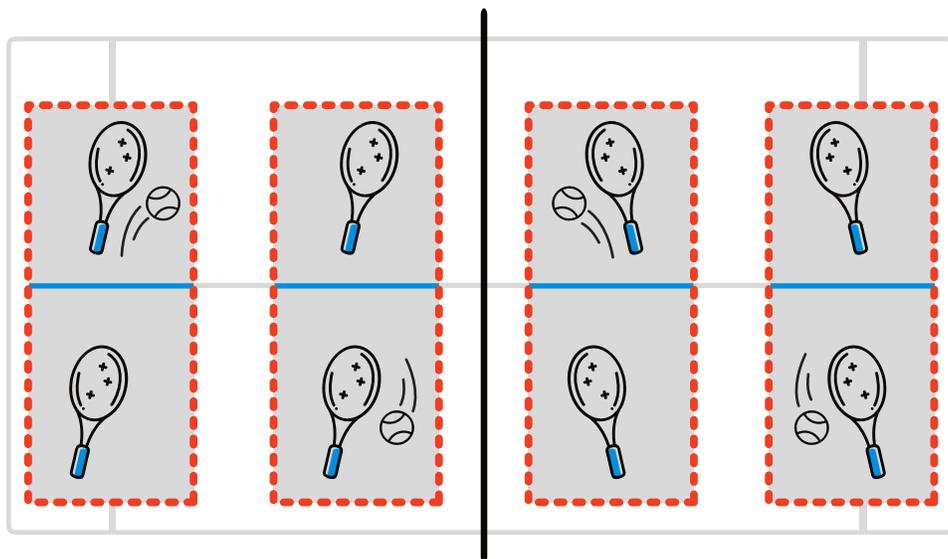
Level 3: Rolling rally backhands.

Level 4: Bumps over a net (using the line on the court).

COACHING CUES

Keep the racquet on its edge and use a simple motion to move the ball.

ILLUSTRATION: KEEP IT MOVING



VI. FREE PLAY (7 MINUTES)

Note: This is an opportunity to play the game of tennis, as all kids like to try to hit the ball over the net. Players may struggle, so focus on the effort.

Setup:

- Players in pairs (according to skill level), with racquets and two balls per pair.
- Assign each pair to a line or net to hit over.
- For a net, use tape or rope so the ball can go under and still be in play.
- Use existing lines, TDLs or chalk as boundaries. Start with small boundaries, and then increase them as players are successful.

Mission

- Rally over a line, starting with a drop-hit or hand toss. Trap and drop-hit back or try to hit it.
- Once successful, hit over a net. Start with a drop-hit. Trap and drop-hit back or bump the ball up, let it bounce and hit it back (can bump up multiple times).
- Need help? Use a rolling rally-start with a roll and splat/stop on the ground, then progress to hitting back and forth along the ground.

Level 2: Drop-hit and rally after one bounce.

Level 3: Hit over the net.

Level 4: Start the rally with an overarm throw.

VII. WRAP UP (3 MINUTES)

TEAM TALK

What was one new skill you enjoyed learning today?

Who can you work on listening better to at home?

How can listening help you in school?

PLAY AT HOME: DO BUNGEE JUMPS

Bungee jumps by yourself or with a friend.

EXIT ACTIVITY

All players show the coach how high they can jump.

**THE
FUTURE
OF TENNIS
IS HERE**

