

By Guy Parks, USPTA Master Professional

- I. Creating atmosphere and fun immediately – WATCH AND LISTEN!
 - A. ASKING ABOUT THEIR PLAY/HOW IS YOUR DAY
 - B. HITTING IN WITH THEM
 - C. REMEMBER HOW WE ???
 - D. MAKE THEM DO SOMETHING THEY CAN'T –UNDERSPIN IN THE BOX
TWO BALL RALLY
 - E. LOB THE FIRST BALL TEAM AT THE SERVICE LINE
- II. Establishing your lesson plan based on level of player
 - A. OBSERVE AND DO THE “TENNIS DANCE”
 - B. PAST CLINIC PLAY, USTA MATCHES LAST WEEK
 - C. YES AND ASK THEM WHAT THEY WISH TO WORK ON!
- III. Evaluation for continued success and personal connection
 - A. TEACH AS PRIVATE OR GROUP THEME
 - B. TEACH AS BOTH EMPHASIS ON INDIVIDUAL IN GROUP
 - C. “4/6 STEPS AFTER THE SERVE” THEME
 - D. CARDIO THEM FOR 5 MINUTES
- IV. Developing the instructional sequence/progression for the plan
 - A. WE ARE COMING TO THE NET
 - B. FOOTWORK MID COURT GAME
 - C. HITTING IN THE BOX
- V. Instituting the language of doubles strategy
 - A. DOWN UP DOWN
 - B. CHIPPING/UNDERSPIN/SLICE FOR JAPANESE/DRIVES
 - C. MOTEL 6/VACATION HOME/THE BEACH CABANA
 - D. CROSS COURT AND THE CENTER NET STRAP
 - E. STRAIGHT VERSUS “DOWN THE LINE”
 - F. CHANGING DIRECTIONS
 - G. LOW AND GO, DEEP AND BE FLEET
 - H. CLOSING VERSUS SHOT REACTION

- VI. Positioning of players to execute plays
 - A. AT THE BASELINE OR MOTEL 6
 - B. SERVICE LINE IS DEEP NET – WHAT SHOT IS DEATH TO YOU?
 - C. THE “KEY IS THE ‘T’ ”
 - D. ONE UP AND ONE BACK SINGLES – YOU WANT TO PLAY?
- VII. Drilling the themes for Part versus Whole methods
 - A. THEY DROP AND HIT VERSUS PRO FEEDS FIRST BALL
 - B. THEY SERVE AND RETURN
 - C. PRO FEED ONE BALL AND ROTATE
 - D. PRO SERVE AND ONE/TWO/THREE BALL FEED
 - E. RUNNING DOUBLES/RIP CITY
 - F. BLACKJACK DOUBLES
 - G. TWO/THREE CORNERS
 - H. PLAYING 4 POINT SERVE AND ROTATE
 - I. SERVER OUT GAMES/TWO IN A ROW OVER
 - J. WINNERS UP SECOND PLACE DOWN
- VIII. Instruction for specific skills needed to play doubles roles
 - <THE THEMES>
 - A. NET PLAY AND COVERING THE LOB
 - B. POACHING AND COVERING THE LINE – “FAKE CITY”
 - C. THE “TENNIS DANCE” AT THE BASELINE/T/APPROACHING
 - D. “IN THE BOX” AND WHY!
 - E. “DOWN-UP-DOWN”
 - F. “UP AND IN”
 - G. “DIVIDE AND CONQUER”
 - H. THE “ZIG ZAG”
 - I. “FOLLOW THE BALL” NOT YOUR PARTNER
 - J. “RUBBER NECKING”
 - K. FLOWING AND THE “T”
 - L. “RUSH AND CRUSH” THE ‘MB’ WAY

- IX. Playing the game to show how the instruction applies
 - A. GOAL SETTING VERSUS WINNING
 - B. I HEAR YOUR VOICE
 - C. "BUT I GOT PASSED DOWN THE LINE"
 - D. I DID WHAT YOU SAID AND IT WORKED!
- X. Competing to bring in the mental side to team play
 - A. USTA MATCHES AND COACHING THE POSITIVES
 - B. NEXT WEEK THE THEME'S ARE: MORE TO THE THEN NET, RUBBER NECKING, HITTING DOWN ON HIGH BALLS
- XI. Teaching to the top or bottom of a group for success
 - A. TEACH TO BOTH BUT BRING THE BOTTOM TO THE TOP WITH ROTATIONS
 - B. MODIFY FOR SUCCESS OF ALL
 - C. HOW TO PLAY HIDE AND LAUGH
- XII. Movement rotation of making a large group cohesive with varying levels
- XIII. Games for fun, cardio and skill improvement
 - A. THEY RALLY A LOT AND WORK
 - B. IN THE BOX AGAIN
 - C. ZIG AND ZAG
 - D. INSIDE OUT SIDE IN THE BOX
 - E. IN AND IN WITH HESTITATE TWO BALLS
 - F. ONE BALL DOUBLES
 - G. NO BOUNCE DOUBLES
- XIV. Warm-up, game, instruction, play, game approach to success daily
- XV. Making sure you cover the small parts to long range consistency
 - A. ESTABLISH WINNING GAMES
 - B. MAKE THEM MAKE THE CHANGES BY SHOWING SUCCESS
 - C. CONTINENTAL GRIP SKILLS

XVI. Finishing touches to create all the accompaniments

A. FUN AND LAUGHING AT EACH OTHER

B. QUEEN FOR THE WEEK

C. 10 PT MATCH VERSUS 7 PT SET TB'S +ADD THE COMAN

D. COMPETING FOR COOPERATION

E. MAKING EACH OTHER BETTER

XVII. Each day in the group I will

A. MAKE IT THE LESSON OF MY WEEK

B. CAUSE THEM TO LAUGH AT THEIRSELVES AND ME

C. MAKE THEM GLOW AND THEIR PONY TAILS DRIP!

D. LET THEM HAVE A DRINK!

E. MAKE IT A PROGRESSIONAL JOURNEY – PLAN THE WORK AND WORK THE PLAN!