

# LITTLE TOTS

## TENNIS PROGRAM (Ages 4)

### PROGRAM SYNOPSIS

The Little Tots Tennis Program is a fun and engaging tennis program designed specifically for children ages 4 that are starting to learn the game of tennis. This seven-week program focuses on introducing the basics and fundamentals of tennis while fostering a love for the sport. Through age-appropriate activities and exercises, children will develop their hand-eye coordination, motor skills, and tennis-specific movements. The program promotes a positive and supportive environment, where children can learn and grow while enjoying the game of tennis.

\*This program will be taught with Red Ball. Age brackets are a guide since we design our programs based on skill level rather than relying solely on age brackets.

### PROGRAM OBJECTIVE

The program's objective is to provide a fun and supportive environment where children can learn the basics and fundamentals of tennis, including strokes, footwork, and court positioning. With a focus on skill development and enjoyment of the game, children will gain increased confidence, improved coordination, and a love for the sport of tennis. With a culminating event/tournament at the end of the program, parents are encouraged to come and witness their children's progress and enjoy the excitement of their tennis journey.

### WHAT TO EXPECT:

- Improved hand-eye coordination, balance, and footwork.
- Basic understanding of tennis rules, court etiquette, and safety.
- Development of fundamental tennis strokes, including forehand, backhand, volley, overhead, and serve.
- Introduction to singles and doubles play, including basic positioning and strategy.
- Increased confidence, enjoyment, and enthusiasm for tennis.
- A culminating event/tournament where participants can showcase their skills and receive recognition for their progress.

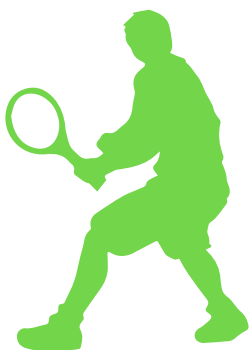


# DATES & TIMES

SESSION 2 (APRIL 8th - MAY 26th of 2024)

## Sunday's

- April 14th: 12:00 pm to 1:00 pm
- April 21st: 12:00 pm to 1:00 pm
- April 28th: 12:00 pm to 1:00 pm
- May 5th: 12:00 pm to 1:00 pm
- May 12th: 12:00 pm to 1:00 pm
- May 19th: 12:00 pm to 1:00 pm
- May 26th: 12:00 pm to 1:00 pm



# WEEKLY PLAN

## WEEK 1: Introduction to Tennis and Hand-Eye Coordination

Objective: Develop hand-eye coordination and introduce basic tennis movements.

- Introduction to the tennis court, equipment, and safety rules.
- Fun warm-up exercises focusing on body coordination and movement.
- Engaging in activities to enhance hand-eye coordination, such as catching and throwing exercises.
- Introduction to racquet grip and basic swings
- Introduce forehand and backhand groundstrokes through enjoyable drills and games.

## WEEK 2: Balance, Footwork, and Agility with Technique

Objective: Improve balance, agility, and footwork.

- Engaging in warm-up exercises emphasizing balance, coordination, and quick footwork.
- Fun games and drills to enhance agility and body control.
- Introduction to the ready position and split-step movement.
- Basic movement exercises, such as forward/backward steps and lateral shuffles.
- Develop forehand and backhand groundstrokes with an emphasis on control and accuracy.

## WEEK 3: Serve and Positioning

Objective: Learn the basics of the serving motion and positioning on the court.

- Dynamic warm-up exercises focusing on coordination, positioning, and reaction time.
- Introduction to the serve technique using red balls.
- Engaging in games and drills involving serving and positioning on the court.

## WEEK 4: Rallying and Introduction to Match Play

Objective: Learn to rally and play basic points.

- Dynamic warm-up exercises emphasizing movement and coordination.
- Fun games and drills to practice rallying with a partner or coach.
- Introduction to the concept of a rally and maintaining the ball in play.
- Progression of forehand and backhand groundstrokes with an emphasis on consistency and depth.



# WEEKLY PLAN

## WEEK 5: Net Play and Basic Strategy

Objective: Introduce net play and basic tactical concepts.

- Energetic warm-up exercises focusing on quickness and agility.
- Introduction to basic net positioning, volleys, overheads, and movement at the net.
- Fun games and drills to practice net play, including volleys and overheads.
- Learning to approach the net and hit approach shots.
- Basic understanding of court positioning in singles and doubles.
- Technical and physical reports to be given to all participants with the progress made until the date

## WEEK 6: Skill Refinement and Fun Challenges

Objective: Consolidate skills through practice and engaging challenges.

- Active warm-up exercises focusing on agility, speed, and reaction time.
- Review and refinement of all strokes, emphasizing control and consistency.
- Incorporation of fun challenges and games to reinforce skills.
- Introduction to sportsmanship, fair play, and basic tennis etiquette.
- Prepare for the upcoming ending event/tournament.

## WEEK 7: Culminating Event - Showcase Little Tots

Objective: Showcase skills and celebrate progress.

- Final warm-up exercises focusing on readiness and concentration.
- Friendly matches or skill demonstrations to showcase progress and talent.
- Parents and family members are invited to watch and support the participants.
- Fun activities and refreshments to celebrate the completion of the program.
- Recognize and reward the participants' achievements with diplomas and a final report.



# CONCLUSION

Discover the Power of Little Tots Tennis Program!

Unlock a world of possibilities for your child with the Little Tots Tennis Program. Our carefully crafted curriculum, led by experienced coaches, offers a transformative experience that combines tennis fundamentals, character development, and a love for the sport. Through skill-building activities, friendly competition, and a culminating event, your child will blossom into a confident athlete. This investment in their future will equip them with valuable life skills, ignite their passion for tennis, and create lasting memories. Join us at Little Tots and watch your child's potential soar as they become the star they were born to be. Sign up today and let their journey to greatness begin!

