

RISING STARS

TENNIS PROGRAM (Ages 7-10)

PROGRAM SYNOPSIS

The Rising Stars Tennis Program is a dynamic and comprehensive seven-week curriculum designed for young athletes ages 7 to 10 who have a solid understanding of the basics and fundamentals of tennis and are ready to take their game to the next level. This exciting program focuses on elevating their tennis skills to the next level, refining their techniques, and introducing more advanced tactical concepts. Through age-appropriate activities and expert coaching, children will continue to develop their tennis abilities, enhance physical fitness, and build essential life skills like sportsmanship and strategic thinking. The program culminates in an exciting event where participants can showcase their progress and celebrate their achievements as they shine brightly as Rising Stars in the world of tennis.

*This program will be taught with Orange 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 is designed to elevate their game to new levels of excellence by refining their skills, with expert coaching, engaging activities, drills, and nurturing valuable life skills. 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:

- Advanced skill development in forehand, backhand, volley, and serve techniques.
- Improved footwork, court positioning, and anticipation on the court.
- Introduction to advanced singles and doubles strategies and match play scenarios.
- Engaging in competitive drills and games to enhance tactical understanding.
- Enhanced confidence, teamwork, and sportsmanship in challenging situations.
- A culminating event where participants can demonstrate their skills and receive recognition for their progress.



DATES & TIMES

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

Monday's

- April 8th: 4:30 pm to 6:00 pm
- April 15th: 4:30 pm to 6:00 pm
- April 22nd: No Class (Passover)
- April 29th: No Class (Passover)
- May 6th: 4:30 pm to 6:00 pm
- May 13th: 4:30 pm to 6:00 pm
- May 20th: 4:30 pm to 6:00 pm

Tuesday's

- April 9th: 4:30 pm to 6:00 pm
- April 16th: 4:30 pm to 6:00 pm
- April 23rd: No Class (Passover)
- April 30th: No Class (Passover)
- May 7th: 4:30 pm to 6:00 pm
- May 14th: 4:30 pm to 6:00 pm
- May 21st: 4:30 pm to 6:00 pm

Wednesday's

- April 10th: 4:30 pm to 6:00 pm
- April 17th: 4:30 pm to 6:00 pm
- April 24th: No Class (Passover)
- May 1st: 4:30 pm to 6:00 pm
- May 8th: 4:30 pm to 6:00 pm
- May 15th: 4:30 pm to 6:00 pm
- May 22nd: 4:30 pm to 6:00 pm

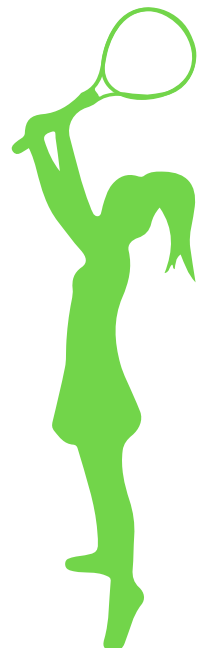


DATES & TIMES

SESSION 1 (FEBRUARY 19th - APRIL 7th of 2024)

Thursday's

- April 11th: 4:30 pm to 6:00 pm
- April 18th: 4:30 pm to 6:00 pm
- April 25th: 4:30 pm to 6:00 pm
- May 2nd: 4:30 pm to 6:00 pm
- May 9th: 4:30 pm to 6:00 pm
- May 16th: 4:30 pm to 6:00 pm
- May 23rd: 4:30 pm to 6:00 pm



WEEKLY PLAN

WEEK 1: Technique Refinement and Hand-Eye Coordination

Objective: Enhance stroke consistency and power by refining forehand and backhand techniques while developing hand-eye coordination.

- Warm-up exercises and dynamic drills to ensure proper form and footwork for forehand and backhand strokes.
- Focus on grip adjustments and body positioning to generate more power and consistency in shots.
- Introduce enjoyable games, activities, and drills to enhance proper technique and hand-eye coordination.

WEEK 2: Court Movement and Positioning

Objective: Develop footwork and court coverage during rallies. Emphasize positioning on the court to maximize shot opportunities.

- Participants will engage in dynamic warm-up exercises focused on footwork and agility, aiming to improve their movement and court coverage during rallies.
- Expert coaches will demonstrate and guide participants on proper court positioning, ensuring they understand how to position themselves optimally to take advantage of shot opportunities and cover the court effectively.
- Drills and exercises will be designed to challenge participants' footwork and positioning skills, encouraging them to move efficiently and anticipate their opponent's shots.

WEEK 3: Serve Technique and Consistency

Objective: Refine participants' serving technique and enhance consistency in their serving performance.

- Coaches will provide personalized feedback and adjustments to participants' serve motion and grip to improve technique.
- Participants will focus on generating power and spin while maintaining accuracy during serving practice.
- Serve-specific drills and exercises will be utilized to reinforce proper mechanics and develop a fluid and efficient service motion.



WEEKLY PLAN

WEEK 4: Rallying and Introduction to Match Play

Objective: Gain consistency and controlled shots while understanding match play rules.

- Participants will practice rallying with a partner or coach, focusing on maintaining consistent and controlled shots during extended rallies.
- Coaches will introduce participants to the concept of match play, explaining the basic rules and scoring systems used in tennis matches.
- Through interactive drills and simulated match scenarios, participants will gain valuable experience in handling pressure and making strategic decisions during points.
- Emphasis will be placed on good sportsmanship and etiquette, promoting fair play and respect for opponents during match play sessions.

WEEK 5: Net Play and Strategy

Objective: Develop net play skills, and technique, and enhance their strategic thinking and ability to execute volleys.

- Participants will engage in specialized warm-up exercises that focus on quick reflexes and agility to prepare for net play.
- Coaches will introduce various net play techniques, including volleys, overheads, and drop shots, emphasizing proper footwork and positioning at the net.
- Interactive drills and games will be designed to improve participants' ability to approach the net confidently and execute effective net shots.

WEEK 6: Skill Refinement and Fun Challenges

Objective: Enhance the participant's confidence and tennis skills with drills and interactive activities.

- Focus on keeping improving the fundamentals of tennis techniques, including forehand, backhand, volley, and serve, through targeted drills and exercises.
- Incorporate games and activities in a dynamic and competitive scenario.
- Prepare them for the showcase event.
- Reinforce the value of good sportsmanship and respect for opponents.



WEEKLY PLAN

WEEK 7: Culminating Event - Showcase Rising Stars

Objective: Celebrate their achievements by showcasing their progress made throughout the program

- Participants will compete in a competitive tournament showcasing their progress and skills.
- Parents and family members are invited to watch and support the Rising Stars.
- Awards and recognition will be given to celebrate each participant's growth and accomplishments.

Transition

Rising Stars (Orange Ball) to Tennis Stars (Green Ball)

- Consistent groundstrokes and technique (ability to rally for 20 shots without missing)
- Lateral movement, recover to the middle with a crossover step
- Consistent serve and technique
- Match play experience and knowledge of how the score works
- Consistent volley and overheard techniques
- Ball placement and control
- Footwork

Conclusion

The Rising Stars Tennis Program offers young athletes ages 5 to 10 an exceptional opportunity to take their tennis journey to new heights. With a strong foundation in the basics, this program is designed to refine their techniques, develop advanced strategies, and foster a deeper love for the sport. Beyond the game of tennis, participants will also gain valuable life skills such as mental toughness, teamwork, and sportsmanship. The culminating event allows them to shine and celebrate their achievements as they rise as true stars on the tennis court. Enroll your child in this exciting program, where they will experience the joy of tennis and build a strong foundation for continued success in the sport and in life. Sign up today and witness the transformation of your child into a true Rising Star in the world of tennis!