

Jump Start Tennis Program (Ages 4–10)

Duration: 6 Weeks

Length: 1 Hour per Week

Coach Mantra: “Play Hard, Play Smart, Play Together, Play True.”

Weekly Focus:

Week Focus	Key Activities
1 Introduction, Safety, Balance, & Ups/Downs	Stretching, <i>Keepy Uppy</i> , <i>Ups & Downs</i> , <i>Clean My Room</i>
2 Movement & Hand-Eye Coordination	<i>Red Light, Green Light</i> , line/net touches, racket taps
3 Underhand Hitting & Footwork	Wall hits, <i>King of the Court</i> , footwork circuits
4 Overhand Hitting & Reaction	<i>Snake</i> , shadow swings, <i>Clean My Room</i> , <i>Mirror Rallies</i>
5 Games + Quick Repetition Skill Drills	Ups/downs, <i>Balance Walk</i> , cone rallies, net targets
6 Olympics Week / Final Showcase	Stations circuit, point play, parent challenge, awards

WEEKLY BREAKDOWN

Week 1: Welcome, Balance & Basics

- **Warm-up & Stretching (10 min):** Arm circles, high knees, butt kicks, dynamic stretches.
- **Drills (25 min):**
 - *Keepy Uppy* with balloon or soft ball
 - *Ups & Downs* – flip racket up/down, alternate hands
 - *Clean My Room* – toss foam balls over net back and forth
- **Game (15 min):** *Red Light, Green Light* with racket in hand

- **Wrap-up (10 min):** Team cheer, review new words: “Racket,” “Bounce,” “Hit,” etc.
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Week 2: Movement, Coordination, & Racket Familiarity

- **Warm-up (10 min):** Balance challenges + cone touches
 - **Drills (25 min):**
 - Line → net → hit drill (movement circuit)
 - Tap the ball up (control dribble) or down (bounce to ground) with racket
 - “Racket Bridges” – walk ball across strings, balance race
 - **Game (15 min):** *Clean My Room* or *Balloon Chase*
 - **Wrap-up (10 min):** Recap + 2 kids demonstrate a skill
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Week 3: Underhand Hitting Focus

- **Warm-up (10 min):** Agility ladder or chalk shapes + balance toss
 - **Drills (25 min):**
 - Underhand hit against wall or net (one bounce rule)
 - Shadow swing with cone toss
 - Mini matches: hit + sprint to cone and back
 - **Game (15 min):** *King of the Court* – basic hit & return
 - **Wrap-up (10 min):** Group ball rally – count aloud how many times it goes over
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Week 4: Overhand Hit & Reaction Training

- **Warm-up (10 min):** Jump-stop → toss ball → catch or hit
- **Drills (25 min):**
 - *Snake Game* – players follow coach’s movement with balls
 - Overhead hit (balloon toss from above head height)
 - Mirror swing – partner mimics swing/footwork

- **Game (15 min):** *Clean My Room* with overhead toss
 - **Wrap-up (10 min):** Reaction contest (catch & return challenge)
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Week 5: Rapid Skill Stations

- **Warm-up (10 min):** Obstacle zig-zag
 - **Stations (30 min total):** (7-8 min each)
 1. *Keepy Uppy* challenge (who can do most in a row)
 2. Hit cone targets
 3. Bounce/Balance beam walk with racket
 4. Partner toss → bounce → hit
 - **Game (15 min):** Relay races: dribble + drop ball in target
 - **Wrap-up (5 min):** Quick quiz game (what's a "rally"?)
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Week 6: Tennis Olympics & Showcase

- **Warm-up (5 min):** Coach-led dance + stretch
 - **Mini Tournaments (25 min):**
 - Hit & move circuit
 - King of the Court – point play with teammates
 - Parent challenge: child hits while parent catches with bucket
 - **Games (15 min):** *Clean My Room* + *Red Light, Green Light*
 - **Finale (15 min):**
 - Awards: Best Hustler, Best Team Spirit, Most Improved
 - Team Picture & "We Are Tennis Stars!" chant
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Equipment Needed Each Week

- 12+ foam or low compression tennis balls

- Balloons (for keepy uppy)
- Mini cones & floor spots
- Flat targets (e.g. rings, buckets)
- Youth rackets in various sizes
- Chalk or tape for lines
- Speaker (for music during warm-ups/games)