

USTA COACHING



TENNIS CAMP PLANS

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Who

Whether you're a seasoned coach, a new addition to the tennis teaching family, or somewhere in between, you can use the framework of these camp plans and all of the activities within the Community Curriculum to help your Red, Orange, and Green campers have a great experience.

What

Camps can be one of the most fun experiences in a kid's life and we want to help your players get the most out of it with this turnkey plan. Learn how to use the USTA Coaching Community Curriculum in a camp format.

When

The times associated with the activities are suggestions and, if followed, should give you a well-rounded slate of activities for a 9:00 a.m.- 12:00 p.m. morning session and a 1:00 p.m.- 3:00 p.m. afternoon session. Adjust according to your camp!

How to Use

All of the activities that are listed in the camp plans can be found within the Community Red 3 curriculum, except the following.

- Gladiator- Orange curriculum activity. See description in the addendum, page 3.
- Softball Pitches with Partner, Baseball Throws with Partner, Soccer Kicks with Partner, and Basketball with Partner (descriptions in the addendum)
- Shake Hands Toss- If you are restricted or hesitant for players to shake hands, you may use a racquet and have 1 player holding the edge of the racquet and the other person holding at the throat.



Schedule

The camp plans include four days of practice and play, with Friday as a team Olympic day. This is an opportunity to group your campers together into even teams and have them compete in a variety of tennis or non-tennis games with a focus on team camaraderie and sportsmanship.

		Monday	Tuesday	Wednesday	Thursday	Friday
Morning						
Warm-Up	15 Min	Racquet Quickness, Fire Ants	Hits, Tunnel Ball	Messy Bedroom, Ball Drop	Freeze Tag, Shake Hands Toss	Player's Choice
Character Development	5 Min	Listen	Respect	Effort	Teamwork	Sportsmanship
Athletic Development	15 Min	Tunnel Ball, Obstacle Course, Softball Pitches with Partner	Ball Drop, Relay Race, Baseball Throws with Partner	Shake Hands Toss, Obstacle Course, Soccer Kicks with Partner	One Bounce Two Bounce, Relay Race, Basketball with Partner	Player's Choice
Skill Development	30Min	Bungee Jumps, Battle Spots	Bungee Flips, Keep it Moving	Card Shark, Serve Pyramid	Card Shark, Serve & Return Progression	Olympics
Snack	15 Min	— SNACK —	— SNACK —	— SNACK —	— SNACK —	— SNACK —
Game Skills	30 Min	Endless Bounce, Tag Team Singles	Tag Team Singles, Rally Pyramid	Rally Pyramid, Capture the Cone	Capture the Cone, Rally Pyramid	Olympics
Free Play	20 Min	— FREE —	— FREE —	— FREE —	— FREE —	— FREE —
Group Games	20 Min	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator	Orange Gladiator
Wrap Up	10 Min	Bungee Jumps at Home	Bungee Flips at Home	Keep it Moving at Home	Drop and Play at Home	Favorite Activity
Afternoon						
Warm-Up	15 Min	Racquet Quickness, Fire Ants	Hits, Tunnel Ball	Messy Bedroom, Ball Drop	Freeze Tag, Shake Hands Toss	Player's Choice
Group Games	20 Min	Orange Gladiator Doubles	Orange Gladiator Doubles	Orange Gladiator Doubles	Orange Gladiator Doubles	Orange Gladiator Doubles
Snack or Shade Break	15 Min	Snack or Shade Break	Snack or Shade Break	Snack or Shade Break	Snack or Shade Break	Snack or Shade Break
Competition (three 25 min rounds)	75 Min	Round Robin	Round Robin	Round Robin	Round Robin	Round Robin
Wrap Up	10 Min	Review the day, <i>how can you show someone you are listening?</i>	Review the day, <i>how did you see someone show respect?</i>	Review the day, <i>how did you see someone show effort?</i>	Review the day, <i>how did you see teamwork today?</i>	Review the day, <i>how did you see sportsmanship today?</i>

Athletic Development Activities Addendum

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.

BASEBALL THROWS

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 uses an overhand motion of a baseball pitcher and throws the ball to their partner.
- The partner lets the ball bounce, catches the ball with two hands and overhand throws back.
Level 2: Catch the ball out of the air with two hands.
Level 3: Increase the distance.
Level 4: Original distance throws with the non-dominant hand.

SOCCER KICKS

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 places it on the ground and kicks with the inside of their dominant foot to their partner.
- The partner tries to stop ball with their dominant foot and kick back with dominant foot.
Level 2: Increase the distance between partners.
Level 3: Original distance but partners use non-dominant foot.
Level 4: Alternate stopping the ball with the non-dominant foot and sending with dominant foot.

BASKETBALL

Setup:

- Players in pairs with one red ball per pair.
- Place a basket or bucket with the net or court tarp as a backdrop.
- Players spread out and take three big steps backward from the basket.

Mission

- Player without the ball is the “rebounder”.
- Partner with the ball tries to “shoot” it like a basketball into the basket.
- Rebounder gets rebounds until the partner shoots three times, then they switch roles.
Level 2: Take two dribbles with the right hand, then two dribbles with the left hand and shoot; rotate after three.
Level 3: Take two big steps backward and no dribbles; rotate after three shots.
Level 4: Try to dribble the ball between the legs and then shoot; rotate after three shots.

GLADIATOR

Setup

- Pair up players, up to five pairs per court. Try to make pairings as even as possible.
- Doubles points are played using both service boxes of the 78-foot court.
- Singles can be played with a smaller number of players.
- One team is on one side of the court (Champs); the other teams are lined up on the opposite side behind the service line (Challengers).

Mission

- Challengers drop-hit the ball to the Champs and play out the point.
- After each point is completed the Challengers rotate to the back of the line and next team moves up.
- For odd numbers, keep Challengers in two lines and play with a different partner each time.
- Challengers keep their point score. When a Challenger gets to two points and before drop-hitting the ball to start the point they need to shout, “Gladiator.”
- If they win the next point they take the Champs spot.
- When there is a new Champ, the Challengers can count down 3-2-1 and then drop-hit, to make the game more exciting
Level 2: If Challengers hit a winner, they automatically assume Champs position.
Level 3: If Challengers approach the net and win the point with a volley, they automatically assume Champs position.