



INSTANT TENNIS™ – Play To Learn In One Hour!

ABOUT INSTANT TENNIS

Instant Tennis was developed to give beginner players the immediate gratification of how easy it can be to learn the game of tennis and begin playing INSTANTLY!

Originally the brainchild of Dennis Van der Meer back in the early 80's, Instant Tennis has already shown many players over the years that you don't need to take a long series of lesson to begin playing the game. Today's version of Instant Tennis emphasizes the "Play to Learn" model which helps players of similar ability to develop their skills through the early introduction live play situations. Furthermore, players are continuing working with a partner or in groups which brings in the fun and social aspect of tennis to help keep people playing and enjoying the sport for a lifetime!

WELCOME, INTRODUCTION AND OBJECTIVES

- Slower balls and game situations.
- Instant Tennis – Learn the primary strokes in the game; forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, overhead and serve (Red/Orange ball).
- Learn to rally - basic techniques for developing consistency from the baseline (Red/Orange ball).
- Develop a basic serve and return (Red/Orange ball).
- Basic doubles formation - "one up, one back" (Red/Orange ball).
- Learn and play with regular game scoring (Red/Orange ball).
- Decision to use Red or Orange ball should be based on the pro's observation of the group's overall skill level

INTRODUCTION TO THE GAME THROUGH INSTANT TENNIS (RED OR ORANGE BALLS)

0-5 MINUTES: COURSE WELCOME & INTRODUCTION

Activity Coaches introduce themselves. Ask participants to introduce themselves.

5-10 MINUTES: WHAT IS INSTANT TENNIS?

Activity Coach explains Instant Tennis and introduces players to the 'SELF RALLY:

Red ball 3x3 ft. square' or court dots. Add in target with self-rally.

10-15 MINUTES: GROUP WARM UP: Red ball in 6x6 ft. square*

Activity In 6x6 ft. squares or court dots; players hit the ball up alternately trying to hit same target in pairs.

*Use lines or cones to make the squares

15-20 MINUTES: GROUP RALLY (Red balls*)

Activity In pairs, with one player on the doubles sideline and one player on the singles sideline, players place a target in front of each other, line up their racquet faces forehand to forehand, gently hit the ball up and aim for each other's target. Players count and try to get the longest rally.

*Use court dots for targets

20-25 MINUTES: *DEVELOP A CONSISTENT GROUNDSTROKE RALLY: (Red balls)

Activity In pairs, players use the same targets, line their racquet faces over the net forehand to forehand from each other, back up between the service line and the net and rally over the net aiming for each other's targets. Players count and try to get the longest rally.

*Emphasize no backswing

25-30 MINUTES: *DEVELOP A CONSISTENT GROUNDSTROKE RALLY: (Red balls)

Activity In pairs, players play forehand to backhand groundstroke rally between service line and the net on each side

Players count and try to get the longest rally. Emphasize no backswing

30-35 MINUTES: *DEVELOP FOREHAND VOLLEY (Red balls)

Activity In pairs, one player hits forehand groundstrokes to the other player's forehand volley at net. Switch roles after 2.5 minutes.

*It is important that player's line up their racquet faces before beginning this exercise. Emphasize no backswing

35-40 MINUTES: *DEVELOP BACKHAND VOLLEY (Red balls)

Activity In pairs, one player hits forehand groundstrokes to the other player's backhand volley at net. Switch roles after 2.5 minutes.

*It is important that player's line up their racquet faces before beginning this exercise. Emphasize no backswing

40-45 MINUTES: DEVELOP OVERHEAD (Red balls)

Activity In pairs, one player at service line hits bounce feed lob (or underhand feed) to player at net. Player at net starts sideways with racquet in back-scratch position, reaches up to bump each feed fully extended. Switch roles after 2.5 minutes.

45-50 MINUTES: *DEVELOP A SERVE (Red balls)

Activity In pairs, with both players on the service line, one player serves overhead and the other player catches the ball and returns with a serve. Both players on each side gradually progress back to the baseline. *Pro demonstrates abbreviated serve motion.

50-55 MINUTES: DEVELOP A CONSISTENT SERVE AND RETURN (Red balls)

Activity Players move back to the baseline and now add the serve return. Emphasize when a ball is in or out.

55-60 MINUTES: WRAP-UP

Activity Coach's summary of the session and key points covered. This could be done as a question and answer session. It is also important to allow participants to ask questions.

Congratulate players on completing their first session, and encourage them to play with a friend or family member before the next session (it may be necessary to let the players borrow some Red balls to do this). Suggest serve, return and rally practice emphasizing keeping the ball in play for maximum number of hits.