

# 2020 Kids Tennis Curriculum

Carleton University - Coach Alex Harea

## **I. Learning Environment**

Kids tennis at Carleton is a program designed to be a fun and low pressure learning environment where kids can learn the fundamentals of tennis and connect them to their point play. The student to coach ratio is 8:1 with four students per tennis court..

## **II. Practice Layout**

Tennis Canada's progressive tennis program identifies two types of practice: development practice and competitive practice. The competitive practice does not mean the players are at a competitive level, in fact they can be brand new to tennis, it merely means that the focus of the practice is on tactical or psychological aspects of the game and the training will involve the students playing points. Every week at Carleton will incorporate both types of practice.

- a) Development practice: Learning of tennis fundamentals (footwork, grip, set up, impact point, hitting zone). At Carleton we put a STRONG emphasis on movement and coordination.
- b) Competitive practice: Students will play points weekly and records will be kept of all their results. Through this practice, not only are students having fun and playing the game, but they are also learning how to think like a competitor, how to keep score, and how to win and lose with dignity.

## **III. Learning Objective**

In broad terms, the learning objective for the kids lessons is as follows:

- Cooperative consistency: Be able to send a slow paced, medium arc ball to a partner consistently.
- Understand the basic concept of height and directions control using racquet controls (path, angle, and speed)
- Be able to consistently start a point with an underhand serve and overhead serve.
- Learn to keep score and become a respectful sportsperson.
- Be able to use a variety of different shots including top spin groundstrokes, slices, and volleys