Modern Tennis International
presents

The MTI Method

Yellow Beginner Grade 3 lesson Plan Manual©

Lesson Phases 1-3

MTI Yellow Beginner Grade 3 Lesson Plan Manual

By Andrew Magrath & John Littleford

The MTI/NTT Tennis Grading Progression Flowchart

Yellow Grade 3 Long Term Goals

To achieve graduation to YELLOW GRADE 2 each YELLOW GRADE 3 player must be able to do the following with a YELLOW ball:

Goals can be ticked off via the NTT ONLINE TOOL and/or the supplied PROGRESS SHEETS. All players must achieve each of the following;

- Be able to control a slow to medium pace cooperative baseline rally with a participating coach involving both topspin forehands and backhands. The rallies should involve variations of cross court and down the line placement. The rally must be continuous from the relevant baseline. Players should demonstrate good timing and contact point on all shots.

- Serve with the correct grip at least 5 out of 20 successful serves to the correct box from the player's relevant baseline. Players should then be able to continue the rally.
- Be able to control high, medium and low forehand and backhand volleys with correct grip when hand fed.

- Be able to hit forehand and backhand approach shots backed up with forehand and backhand volleys to both cross court and down the line. Players should be able to hit at least 5 out of 20 successful approach shot and volley combinations.

- Be able to hit at least 5 out of 20 forehand overhead smashes to target areas.

- When playing from the baseline, players must be able to reach a wide medium paced feeds on their forehand side and return the ball with topspin to both cross court and down the line positions with the ball rising over the baseline

- Be able to demonstrate coordinated reaction and movement, when facing deep high bouncing balls and low bouncing balls in all areas of the court

- Players must have a good understanding about basic court positioning for both doubles and singles in the following situations: (a) When serving, (b) When returning, (c) When both players rallying in singles from the baseline, (d) When one player(s) approaches and plays from the net, (e) When the other player(s) approaches and plays from the net

- Players must understand basic rules and etiquette.

- When playing from the baseline, players must be able to reach a wide medium paced feeds on their backhand side and return the ball with topspin to both cross court and down the line positions with the ball rising over the baseline

Programme Notes – important please read first:

- Thank you for opting to use the MTI syllabus and these lesson plan sheets.
- We at MTI are committed to keeping tennis simple!
- These lesson plans are designed to help you in planning, organising and implementing your tennis practice session or lesson whether you are a **player practicing with a partner, parent with your child or a coach with pupil(s)**
- We would always encourage you to use the buddy coaching system with players feeding each other with the use of the net extension kit. However, this may prove difficult with younger children. In such circumstances, the use of helpers or parents will prove useful.
- **MTI would advise you to use whichever ball or size court you deem appropriate. Flexibility is 'key' here.**
- These lesson plans are generically designed for any court dimension and for any tennis ball compression i.e. red, orange, green or yellow.
- We realise that you may be governed by varying court space. For this reason, our lesson plans are as flexible as you want them to be, but they will provide you with an efficient guide.
- Coaches - you can run different lesson phases running at the same time if you have more than one coach. So on one court you could have lesson phase 1 being run at the same time as lesson phase 2. At the same time, lesson phase 3 could be on the adjacent court for example.
- Though we would urge you to follow the MTI lesson format, (as shown below) we are flexible on the choice of warm ups and fun games (for red 3 grades). We do have separate product ideas for warm ups and conditioning.
- The whole purpose of the MTI syllabus is to ensure that the basics (TTFF – Tracking, Timing, Feel and Finish) are 'bolted' down before players progress to a higher class.
- As denoted in the MTI syllabus sheets, players should be able to master the skills on each lesson phase before they receive their certificate.
- Once they complete and master lesson phase 3, they will then be eligible to receive their MTI badge (for MTI red, orange and green grades) or MTI medal (for MTI yellow, bronze, silver and gold grades)

- Teachers and Coaches - Please include an introduction at the beginning of every lesson and a summary at the end where students are asked to relay to you what they actually learned, practiced and gained from the lesson. Also allow the students to hydrate at any time during the lesson.

- **All lesson progressions along with any new additions can be found in our online video library which is part of your membership package.**

- **The lesson plans are based on a 60 minute lesson but feel free to expand to 90 minutes if need be, even for beginners.**

- **The physical conditioning of <u>all players</u> is crucial including young players in order to strengthen the 'core' which improves the balance, flexibility, coordination and reduces the chances of future injuries.**

The 6 MTI Lesson Plan Phases

1. ***Introduction***

2. ***Warm up/General Conditioning***

3. ***Assessment/Easy Feed/Rally***

4. ***Part Point/Fun Game for Red Grade 3 Students***

5. ***Full Point/Fun Game for Red Grade 3 Students***

6. ***Cool Down/Summary/presentation of Awards***

- The introduction is when you have outlined the nature of the lesson. Discuss this with your partner/players.

- This should be followed by a plyometric warm up and general conditioning to enhance performance and prevent injury. The content of which will vary depending on the age and ability of the player(s).

- Teachers and coaches - should the players be unknown to you then a good idea would be for you to assess the player's playing standard by getting the player(s) to rally and even to play points out.

- The easy feed and rally phase is when the player(s) are either hand or racket fed, (depending on ability of both player and feeder) followed by a rally where and whenever appropriate.

- Part points are used to depict the teaching point(s) within a tactical game situation. You will need to set up a point scenario and start the point mid rally based on the shot or tactic you have worked on during the session. Targets should be used to aid placement.

- Full points can be either doubles or singles with serve should be played to encourage the use of the player's overall game style with the aim of using the learned teaching point(s). Beginners can still be fed to and should now learn tennis etiquette.

- MTI Red 3 grade players and even Orange 3 grade players should play a fun group game instead of part/full points.

- The cool down and summary are designed to cool the muscle groups down and to ascertain from the players; what they have learned and how they felt about the teaching points and points of future goals, practice and matchplay.

- **It is also time to tick off any goals that you or your players have achieved during that particular session on the syllabus sheets**

- You should now arrange your next practice session and discuss the content plus any forthcoming matches.

- Once each lesson phase has been completed on each grade, the lesson phases should be repeated as many times as necessary in order for students to pass each phase.

PLEASE KEEP THESE LESSON PLANS SAFE IN A WATERPROOF SLEEVE AND FEEL FREE TO TAKE THEM ONTO COURT WITH YOU.

LESSON PHASE1

MTI Yellow Grade 3 Phase 1 Lesson Plan

Lesson 1 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – Topspin Forehand - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Each of the following progressions to involve tracking with the racquet in dominant hand. Player starts close to the net to aid initial success before moving in a cross shape (all directions) towards their particular baseline and back

3. Push the ball - Player holds racquet with index finger in throat. Push the ball with the racquet – 6 feeds each and 6 ball rally. This progression is to ensure the player can hit the ball straight.
4. 'Push and pose' – Introduce 'track it with your racket, push and pose with the racquet (finger in) – 6 feeds each and 6 ball rally.
5. 'Ready Position' - Using the 'navel' ready position and taking finger out of the throat, move the dominant hand down the grip as the player feels comfortable. Feed to forehand side 6 feeds each and 6 ball rally.

6. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands as possible. The coach can count their own shots too.

7. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Tactical Doubles/Singles Part Points involving forehand cross court and down the line placement and tennis scoring. Conditioned points – 15 minutes

Full doubles/singles points with coach feeding in the ball to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down, Summary - 5 minutes

End of lesson 1

MTI Yellow Grade 3 Phase 1Lesson Plan

Lesson 2 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – Topspin Forehand - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Each of the following progressions to involve tracking with the racquet in dominant hand Player starts close to the net to aid initial success before moving in a cross shape (all directions) towards the baseline and back

3. Push the ball - Player holds racquet with index finger in throat. Push the ball with the racquet using alternate hands – 6 feeds each and 6 ball rally. This progression is to ensure the player can hit the ball straight.
4. 'Push and pose' – Introduce 'track it with your racket, push and pose with the racquet (finger in) – 6 feeds each hand and 6 ball rally.
5. 'Ready Position' - Using the 'navel' ready position and taking finger out of the throat, move the dominant hand down the grip as the player feels comfortable. Feed to forehand side 6 feeds and 6 ball rally.

6. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands as possible. The coach can count their own shots too.

7. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Tactical Doubles/Singles Part Points involving forehand cross court and down the line placement and tennis scoring. Conditioned points – 15 minutes

Full Doubles/Singles points with coach feeding in the ball to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 2

MTI Yellow Grade 1 Phase 1 Lesson Plan

Lesson 3 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

8 Easy Feed/Rally Progressions – 2 Handed Topspin Backhand - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Each of the following progressions to involve tracking with the racquet in non dominant hand Player starts close to the net to aid initial success before moving in a cross shape (all directions) towards the baseline and back

3. Push the ball - Player holds racquet with index finger in throat. Push the ball with the racquet – 6 feeds each hand and 6 ball rally. This progression is to ensure the player can hit the ball straight.
4. 'Push and pose' – Introduce 'track it with your racket, push and pose with the racquet (finger in) – 6 feeds each and 6 ball rally.
5. One hand two hand drill – Push and pose using first one hand (non dominant with finger in) then two hands – 6 feeds each and 6 ball rally.

6. 'Ready Position' - Using the 'navel' ready position and taking finger out of the throat, move the dominant hand down the grip as the player feels comfortable. Now using both hands all the time, feed to backhand side 6 feeds and 6 ball rally.

7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many 2 handed backhands as possible. The coach can count their own shots too.

8. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Tactical Doubles/Singles Part Points involving 2 handed backhand cross court and down the line placement and tennis scoring. Conditioned points – 15 minutes

Full Doubles/Singles points with coach feeding in the ball to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 3

MTI Yellow Grade 3 Phase 1Lesson Plan

Lesson 4 (of 6) – 60 minutes

Remember this rhyme; *'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

8 Easy Feed/Rally Progressions – 2 Handed Topspin Backhand - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Each of the following progressions to involve tracking with the racquet in non dominant hand Player starts close to the net to aid initial success before moving in a cross shape (all directions) towards the baseline and back

3. Push the ball - Player holds racquet with index finger in throat. Push the ball with the racquet – 6 feeds each and 6 ball rally. This progression is to ensure the player can hit the ball straight.
4. 'Push and pose' – Introduce 'track it with your racket, push and pose with the racquet (finger in) – 6 feeds each and 6 ball rally.
5. One hand two hand drill – Push and pose using first one hand (non dominant with finger in) then two hands – 6 feeds each and 6 ball rally.
6. 'Ready Position' - Using the 'navel' ready position and taking finger out of the throat, move the dominant hand down the grip as the player feels

comfortable. Now using both hands all the time, feed to backhand side 6 feeds each and 6 ball rally.

7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many 2 handed backhands as possible. The coach can count their own shots too.

8. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Tactical Doubles/Singles Part Points involving 2 handed backhand cross court and down the line placement and tennis scoring. Conditioned points – 15 minutes

Full Doubles/Singles points with coach feeding in the ball to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 4

MTI Yellow Grade 3 Phase 1 Lesson Plan

Lesson 5 (of 6) – 60 minutes

Remember this rhyme; 'Get ready! Track it with your racket, push and pose and make a nose!
***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

6 Easy Feed/Rally Progressions – 30 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Under arm serve and return of serve

Each of the following progressions to involve tracking with the racquet in dominant hand Player starts close to the net to aid initial success before moving towards the baseline and back

3. Push the ball - Player holds racquet in front of body with strings facing cross court target and ball in non dominant hand. Lift the ball push the ball with the racquet over net and into service box. Move back after every successful attempt. 6 serves from each side. Partner attempts to return each time.
4. Under arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.

5. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS INITIALLY START RALLY WITH UNDER ARM SERVE. THEN COACHES SERVE UNDER ARM TO PLAYERS.

6. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Full Doubles/Singles points with players serving under arm to start the rally. Players are taught tennis etiquette and scoring – 15 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 5

MTI Yellow Grade 3 Phase 1 Lesson Plan

Lesson 6 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

6 Easy Feed/Rally Progressions – 30 minutes

Explain and demonstrate TTFF during the lesson

1. Push the ball with alternate left and right hands – 6 feeds each hand – 6 ball rally
2. Push and pose with alternate left and right hands – 6 feeds each hand and 6 ball rally

Under arm serve and return of serve

Each of the following progressions to involve tracking with the racquet in dominant hand Player starts close to the net to aid initial success before moving towards the baseline and back

3. Push the ball - Player holds racquet in front of body with strings facing cross court target and ball in non dominant hand. Lift the ball push the ball with the racquet over net and into service box. Move back after every successful attempt. 6 serves from each side. Partner attempts to return serve each time.
4. Under arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.

5. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS INITIALLY START RALLY WITH UNDER ARM SERVE. THEN COACHES SERVE UNDER ARM TO PLAYERS.

6. Roller ball – optional game where players have to track the ball and roll it along the floor to each other followed by correct finish – points system is an option.

Full Doubles/Singles points with players serving under arm to start the rally. Players are taught tennis etiquette and scoring – 15 minutes

Clear Up, Cool Down and Summary - 5 minutes

MTI Yellow 3 phase 1 certificates to give out to successful players

End of lesson 6

LESSON PHASE 2

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 1 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

***Award a player of the week – no certificates as these can be confused with their MTI awards!**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

6 Easy Feed/Rally Progressions – Over arm serve and return of serve - 30 minutes

Each of the following progressions to involve first hands only then with the racquet in the dominant hand. Player starts close to the net to aid initial success before moving towards the baseline and back

1. Push the ball - Player holds ball in non dominant hand at eye level and attempts to push the ball up and over to cross court service box with dominant hand. 6 serves from each side. Partner attempts to return serve each time.
2. Repeat from address position – lifting both arms together
3. Pinch grip the racquet by throat – Line racquet up with ball in a continental grip. Lift the ball push the ball with the racquet over net and into service box. Move back and slide grip down as comfortable after every successful attempt. 6 serves from each side.
4. Repeat from address position – lifting both arms together

5. Over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.

6. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH OVER ARM SERVE. THEN COACHES SERVE OVERARM TO PLAYERS.

Full Doubles/Singles points with players serving over arm to start the rally. Players are taught tennis etiquette and scoring – 15 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 1

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 2 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!
***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

6 Easy Feed/Rally Progressions – Over arm serve and return of serve - 30 minutes

Each of the following progressions to involve first hands only then with the racquet in the dominant hand. Player starts close to the net to aid initial success before moving towards the baseline and back

1. Push the ball - Player holds ball in non dominant hand at eye level and attempts to push the ball up and over to cross court service box with dominant hand. 6 serves from each side. Partner attempts to return serve each time.
2. Repeat from address position – lifting both arms together
3. Pinch grip the racquet by throat – Line racquet up with ball in a continental grip. Lift the ball push the ball with the racquet over net and into service box. Move back and slide grip down as comfortable after every successful attempt. 6 serves from each side.
4. Repeat from address position – lifting both arms together
5. Over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.

6. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH OVER ARM SERVE. THEN COACHES SERVE OVERARM TO PLAYERS.

Full Doubles/Singles points with serving over arm to start the rally. Players are taught tennis etiquette and scoring – 15 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 2

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 3 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – 15 minutes

Forehand Volley

Each of the following progressions to involve tracking first with the hand then the racquet in dominant hand Player starts close to the net.

1. Push the ball with hand - Player holds dominant hand in a 'high five' pose. 6 high forehand volley feeds.
2. Push the ball with hand - Player holds dominant hand in a 'karate chop' pose. 6 medium forehand volley feeds.
3. Push the ball with hand - Player holds dominant hand in an 'open hand' pose. 6 low forehand volley feeds.
4. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from a tracking pose.
5. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from ready position.

Serve and rally practice – 10 minutes

6. Under arm/over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.
7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH UNDER/OVER ARM SERVE. THEN COACHES TURN TO SERVE.

Tactical Doubles/Singles Part Points involving forehand volleys cross court and down the line placement and tennis scoring. Conditioned points – 10 minutes

Full Doubles/Singles points with players serving over arm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down, Summary - 5 minutes

End of lesson 3

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 4 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – 15 minutes

Forehand Volley

Each of the following progressions to involve tracking first with the hand then the racquet in dominant hand Player starts close to the net.

1. Push the ball with hand - Player holds dominant hand in a 'high five' pose. 6 high forehand volley feeds.
2. Push the ball with hand - Player holds dominant hand in a 'karate chop' pose. 6 medium forehand volley feeds.
3. Push the ball with hand - Player holds dominant hand in an 'open hand' pose. 6 low forehand volley feeds.
4. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from a tracking pose.
5. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from ready position.

Serve and rally practice – 10 minutes

6. Under arm/over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.
7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many forehands and backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH UNDER/OVER ARM SERVE. THEN COACHES TURN TO SERVE.

Tactical Doubles/Singles Part Points involving forehand volleys cross court and down the line placement and tennis scoring. Conditioned points – 15 minutes

Full Doubles/Singles points with players serving over arm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 4

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 5 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!
***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

3 Easy Feed/Rally Progressions – Topspin forehand, 2 handed backhand and forehand volley - 20 minutes
Explain and demonstrate TTFF during the lesson

1. From full baseline in a tracking posture – push and pose topspin forehand followed by a 2 handed topspin backhand followed by the player moving forward and ready for a high forehand volley with correct grip – 3 fed sets each.
2. Repeat the above from ready position in each case.
3. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball (approach shot) to then play a forehand volley – 3 sets each

Tactical Doubles/Singles Part Points involving rallies, volleys and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes - End of lesson 5

MTI Yellow Grade 3 Phase 2 Lesson Plan

Lesson 6 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

3 Easy Feed/Rally Progressions – Topspin forehand, 2 handed backhand and forehand volley - 20 minutes

Explain and demonstrate TTFF during the lesson

1. From full baseline in a tracking posture – push and pose topspin forehand followed by a 2 handed topspin backhand followed by the player moving forward and ready for a high forehand volley with correct grip – 3 fed sets each.
2. Repeat the above from ready position in each case.
3. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball (approach shot) to then play a forehand volley – 3 sets each

Tactical Doubles/Singles Part Points involving rallies, volleys and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary- 5 minutes

MTI Yellow Grade 3 Phase 2 certificates to be given out where appropriate

End of lesson 6

LESSON PHASE 3

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 1 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

4 Easy Feed/Rally Progressions – Forehand smash - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Track and catch with hands only standing close to net – 6 coach fed balls each
2. Track and hit down to target with dominant hand – 6 coach fed balls each
3. Track and hit down to target with choked racquet in continental grip then sliding down the grip – 6 coach fed balls each
4. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball to volley – 3 sets each

Tactical Doubles/Singles Part Point involving forehand smashes and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes - End of lesson 1

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 2 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

4 Easy Feed/Rally Progressions – Forehand smash - 20 minutes

Explain and demonstrate TTFF during the lesson

1. Track and catch with hands only standing close to net – 6 coach fed balls each
2. Track and hit down to target with dominant hand – 6 coach fed balls each
3. Track and hit down to target with choked racquet in continental grip – 6 coach fed balls each then sliding down the grip.
4. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball to volley – 3 sets each

Tactical Doubles/Singles Part Point involving forehand smashes and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down, and Summary - 5 minutes -End of lesson 2

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 3 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!
***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – 15 minutes

Backhand Volley
Each of the following progressions to involve tracking first with the hand then the racquet in dominant hand Player starts close to the net. Ensure that the non dominant hand supports the dominant hand.

1. Push the ball with hand - Player holds dominant hand in a 'reverse high five' pose. 6 high backhand volley feeds.
2. Push the ball with hand - Player holds dominant hand in a 'karate chop' pose. 6 medium backhand volley feeds.
3. Push the ball with hand - Player holds dominant hand in an 'open hand' pose. 6 low backhand volley feeds.
4. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from a tracking pose.
5. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from ready position.

Serve and rally practice – 10 minutes

6. Over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.
7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many 2 handed backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH OVER ARM SERVE. THEN COACHES TURN TO SERVE.

Tactical Doubles/Singles Part Point involving backhand volley cross court and down the line placement and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary- 5 minutes

End of lesson 3

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 4 (of 6) – 60 minutes

Remember this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!
***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

7 Easy Feed/Rally Progressions – 20 minutes

Backhand Volley
Each of the following progressions to involve tracking first with the hand then the racquet in dominant hand Player starts close to the net. Ensure that the non dominant hand supports the dominant hand.

1. Push the ball with hand - Player holds dominant hand in a 'reverse high five' pose. 6 high backhand volley feeds.
2. Push the ball with hand - Player holds dominant hand in a 'karate chop' pose. 6 medium backhand volley feeds.
3. Push the ball with hand - Player holds dominant hand in an 'open hand' pose. 6 low backhand volley feeds.
4. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from a tracking pose.
5. Push the ball with racquet in throat pinch grip (continental) – Players repeat the above from ready position.

Serve and rally practice – 10 minutes

6. Over arm serve, get ready, one forehand and one backhand – Players take turns to serve then gets into naval ready position. Coach/helper then feeds one feed to forehand and one to backhand.
7. Rally lives challenge! – The players get a chance to rally with the coach (es) by having 2 – 3 lives to accumulate as many 2 handed backhands as possible. The coach can count their own shots too. PLAYERS START RALLY WITH OVER ARM SERVE. THEN COACHES TURN TO SERVE.

Tactical Doubles/Singles Part Point involving backhand volley cross court and down the line placement and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes

End of lesson 4

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 5 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

3 Easy Feed/Rally Progressions – Topspin forehand, 2 handed backhand and backhand volley - 20 minutes

Explain and demonstrate TTFF during the lesson

1. From full baseline in a tracking posture – push and pose topspin forehand followed by a 2 handed topspin backhand followed by the player moving forward and ready for a high backhand volley with correct grip – 3 fed sets each.
2. Repeat the above from ready position in each case.
3. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball (approach shot) to then play a backhand volley – 3 sets each

Tactical Doubles/Singles Part Point involving groundstrokes, approach shots and volleys cross court and down the line placement and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Clear Up, Cool Down and Summary - 5 minutes - End of lesson 5

MTI Yellow Grade 3 Phase 3 Lesson Plan

Lesson 6 (of 6) – 60 minutes

Remember and teach this rhyme*; 'Get ready! Track it with your racket, push and pose and make a nose!

***Award points for players who hit straight and finish correctly.**

Introduction, Warm up and General Conditioning - 10 minutes

- ✓ Plyometrics
- ✓ Throw and catch (in pairs, from a basket feed or from helpers/parents. start with two handed throw and catch then progress to one hand) 6 throw and catches only – ***Full explanation of TTFF***

3 Easy Feed/Rally Progressions – Topspin forehand, 2 handed backhand and backhand volley - 20 minutes

Explain and demonstrate TTFF during the lesson

1. From orange baseline in a tracking posture – push and pose topspin forehand followed by a 2 handed topspin backhand followed by the player moving forward and ready for a high backhand volley with correct grip – 3 fed sets each.
2. Repeat the above from ready position in each case.
3. Serve rally and volley with coach (es) – Coaches/helpers rally with players who are encouraged to rally and on occasions move forward on a shorter ball (approach shot) to then play a backhand volley – 3 sets each

Tactical Doubles/Singles Part Point involving groundstrokes, approach shots and volleys cross court and down the line placement and tennis scoring – 15 minutes

Full Doubles/Singles points with players serving overarm to start the rally. Players are taught tennis etiquette and scoring – 10 minutes

Players who have passed ALL 3 lesson phases will have passed MTI Yellow Grade 3 and are now ready to embark onto MTI Yellow Grade 2.

They must receive their MTI Yellow Grade 3 medals as well as their MTI Yellow Grade 3 phase 3 certificates either at a grading day or at the end of this lesson.

End of lesson 6