



AFT Junior Programme January 2020

*Each lesson should start with a warm up/preferably linked with teaching point.

*Ball skills, racket skills, touch rallies.

*For more abled players the teaching point should end up with points of some sort.

*As part of the lesson a fun game can also be played to finish the session, more for mini-tennis.

Week 1 Monday 6th Jan

Basic forehand work

RED BALL - focus on contact point & follow through

ORANGE BALL - contact point & follow through

GREEN BALL - unit turn /contact point / follow through

YELLOW BALL - unit turn / contact point / follow through

PERFORMANCE - Trading & Building with forehands

Week 2 Monday 13th Jan

Repeat Forehand and introduce footwork

RED BALL - split AND Step / recovery

ORANGE BALL - split AND Step / recovery

GREEN BALL - split AND Step / recovery

YELLOW BALL - split AND step / recovery

PERFORMANCE - Building & Finishing with forehands

Week 3 Monday 20th Jan

Serving

RED BALL - throwing action / ball skills / bump serve / serve rallies

ORANGE BALL - throwing action / ball skills / bump serve / serve rallies

GREEN BALL - throwing action / ball skills using chopper grip / bump serve

YELLOW BALL - throwing action / ball skills using chopper grip / bump serve

PERFORMANCE - building with 1st serve

Week 4 Monday 27th Jan
Basic backhand work

RED BALL - focus on contact point & follow through

ORANGE BALL - contact point & follow through

GREEN BALL - unit turn / contact point / follow through

YELLOW BALL - unit turn / contact point / follow through

PERFORMANCE - Trading & Building with backhands

Week 5 Monday 3rd Feb
Repeat backhand and introduce footwork

RED BALL - split AND Step / recovery

ORANGE BALL - split AND Step / recovery

GREEN BALL - split AND Step / recovery

YELLOW BALL - split AND step / recovery

PERFORMANCE - Building & Finishing with backhands

Week 6 Monday 10th Feb
Hitting of both sides Forehands & Backhands

RED BALL - ready position split AND Step / preparation / follow through / recovery

ORANGE BALL - ready position split AND Step / preparation / follow through / recovery

GREEN BALL - ready position split AND Step / preparation / follow through / recovery

YELLOW BALL - ready position split AND Step / preparation / follow through / recovery

PERFORMANCE - speciality shots / drop shots & topspin lobs

Week 7 Monday 24th Feb
Serve & Return of serve

RED BALL - stance/ split & step / contact point

ORANGE BALL - stance/ split & step / contact point

GREEN BALL - stance/ split & step / contact point

YELLOW BALL - stance/ split & step / contact point

PERFORMANCE - Neutralise on 1st serve return

Week 8 Monday 2nd March
Basic Volley - Forehand & Backhand

RED BALL - focus on contact point & freezing on contact

ORANGE BALL - Chopper Grip - Split & Step - contact point & freezing on contact

GREEN BALL - Chopper Grip - Split & Step - contact point & freezing on contact

YELLOW BALL - Chopper Grip - Split & Step - contact point & freezing on contact

PERFORMANCE - winning at the net

Week 9 Monday 9th March
Smash & Volley

RED BALL - Turn up to loading position - floppy on contact

ORANGE BALL - Chopper grip - Turn up to loading position - Pronation

GREEN BALL - Chopper grip - Turn up to loading position - Pronation

YELLOW BALL - Chopper grip - Turn up to loading position - Pronation

PERFROMANCE - passing shots

Week 10 Monday 16th March
Doubles Week / Smash & Volley / Doubles Fun Games

RED BALL - suitable point play with a partner

ORANGE BALL - Doubles positions / champ tie breaks

GREEN BALL - Doubles positions / champ tie breaks

YELLOW BALL - short sets / full sets

PERFORMANCE - short sets / full sets

Week 11 Monday 23rd March
Timed Tennis / Matchplay / Fun Games

RED BALL - mini tie-breaks or any type of suitable point play

ORANGE BALL - champ tie breaks

GREEN BALL - short sets

YELLOW BALL - short sets / full sets

PERFORMANCE - short sets / full sets

Week 12 Monday 30th March
Timed Tennis / Matchplay / Fun Games

RED BALL - mini tie-breaks or any type of suitable point play

ORANGE BALL - champ tie breaks

GREEN BALL - short sets

YELLOW BALL - short sets / full sets

PERFORMANCE - short sets / full sets

