

Public Tennis "Rally" Progression Activities List

Partners (2) and small "circles"/groups (3 or 4) including coach to keep rally/activity on track and continuous
Coaches in "circles" also promote positivity, motivation, celebration
Emphasize partner cooperation and ready-play skills (giver turns to receiver, receiver focused and ready)
Change/rotate partners often

Be mindful of each athlete's Ability -- Building from Ability (with a capital A!)

- Engaging, tracking incoming, react
- Throw & catch
- Swing & make contact
- Lift ball over net
- All/some of the above, with Movement

Progressions: Balls Only, No Racquet

- Ball handoff
 - Best with circle of 3-5, coach included
 - Emphasize giver and receiver (pay attention, look, ready, give-receive)
- Ball underhand toss/catch (no bounce)
 - Pairs, typically, but can also be a circle of 3-4
 - Emphasize giver and receiver (pay attention, look, ready, give-receive)
- Ball underhand toss/bounce/catch using a spot
 - (same as previous, but may require additional space)
 - Spots are useful as bounce targets ("try to land you bounce there")
- Ball underhand toss/bounce/catch using two spots
 - Typically partners, further away, use spots or "play over the couples alley"
 - Also works in a circle with coach included to correct/re-direct and keep activity moving
- All of the above activities over the net
 - Handoff from very close to net
 - Toss/catch with no bounce
 - Toss/catch with bounce (spot targets as needed)

Progressions: Racquet and Balls without Tap-Up Skill

- Roll and block/trap
- Ball handoff gently to partner/coach racquet/strings
 - Part 1 is individual ball balancing skill (on strings, flat) -- prerequisite
 - Can be 2-3 athletes handing off to coach ("circle" with coach as intermediary as needed)
- Ball exchange racquet to racquet (roll off gently)
 - Part 1 is individual ball balancing skill (on strings, flat) -- prerequisite
 - Part 2 is exchange
- Underhand toss to trap/catch against string bed
 - Very close up for success
 - Emphasize shoulder turn part of trapping (like turning for groundstroke)

Emphasize ready/attentive receivers, toss when receiver is ready
(Previous activities over net) Handoff, ball exchange, and/or underhand toss over net

Progressions: Racquet and Balls with Tap-Up Skill

Individual tap-up skill (bounce-tap up...) -- prerequisite
Athlete tap-up to coach (catch target) as needed (easier)
Athlete tap-up using self bounce or using coach bounce (underhand loft-toss) to athlete
Athlete shared tap-up with coach (spot bounce target)
Shared tap-up in circle/group with coach alternating/correcting and calling out next athlete name
Shared tap-up with partner (spot target)
Partners over doubles alley (with or without spot targets)
Partners over net
Bump rally over net with coach (coach literally at net, bump volley, bounce to athlete)

Progressions: Rally Activities -- hitting UP in short court -- coach feed to start as needed

Bump rally over net with coach (coach literally at net, bump volley, bounce to athlete)
Two player rally
Four player rally

Progressions: Rally Activities -- hitting OUT (but cooperatively!) in longer/full court

Two player rally
Four player rally

Progressions: Transition to Point Play

Notes:

Fine tune the challenge/difficulty level
Distance
Ball type (slower, faster)
Racquet size
Adding footwork/mobility
Directional change
Speed of ball
Spin
Height of bounce