

**PDC Plan (first 4 classes): Tennis**

**Programming Day Card - 1**

Warm Up: Sharks and Minnows

Skill/Review: Getting Started Categories

Drill: Ball Balance, Tap Downs, Bump Ups

Games:

1. Find That Line
2. King of the Court
3. Popcorn
4. Ring around the Rosie
5. Partner Rally / Mini Tennis / Games

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 2**

Warm Up: Knights and Dragons

Skill/Review: Grip/Stance/Footwork/Net Play

Drill: Simon Says Defense

Games:

1. Z Hits
2. Around the World
3. Target Practice
4. Space Invaders
5. Partner Rally / Mini Tennis / Games

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 3**

Warm Up: Hand Ball

Skill/Review: Forehand/Backhand

Drill: Volley Stacks

Games:

1. Hang Man
2. Speed Ball
3. One Time
4. Treasure Hunt
5. Partner Rally / Mini Tennis / Games

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 4**

Warm Up: True/False Tag

Skill/Review: Serve

Drill: Partner Serving

Games:

1. Numbers Game
2. Four Score
3. Relay Races
4. Sky Ball
5. Partner Rally / Mini Tennis / Games

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**