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## PROGRAM GUIDELINES

There are a few guiding principles that make this program unique and successful. These principles should be implemented by the Instructor for maximum program effectiveness.

### 1. Use a Game-based Approach

In order to learn the tactics and techniques of tennis, this program uses a Game-based Approach (GBA). This is a new international coaching trend that helps players to play faster and better.

In a GBA, the goal is to get players to play, and help them to learn to play better. Players are encouraged to play and practice with each other and the traditional practice of an Instructor feeding lines of players is avoided.

### 2. Use Progressive Tennis

One of the ways to make the game easier to learn and play is to scale the court, balls, and equipment. The ITF endorses this process and uses the international colour coding of Red, Orange, Green. Each stage of progression employs a specific ball attached to a specific court size to make skills easier to learn.

- **Red:** (oversize low-compression felt or foam ball) used for self-rally and ½ Court play
- **Orange:** (low-compression ball) used for ¾ Court play
- **Green:** (Transition ball) used for Full-court play.

This progression of balls and court sizes is called 'Progressive Tennis' in Canada. For adults, it is acceptable to use the "Green" ball for the entire clinic however, it is **not** recommended that regulation balls be used.

### 3. Maximum Participation & Repetition

The priority for participants in this program is **enjoyment** and **improvement**. The Instructor must create a challenging environment where it is acceptable to not be perfect. This could be a participant's first tennis experience that will determine if they remain in the sport or not.

To improve, players need to experience feeling the ball on the strings. The greater the number of 'touches' a player has on the ball, the faster they will improve. Never have players sitting off as they can always be practicing something.

The clinic is designed so players are constantly hitting balls and not waiting in lines for an Instructor to feed. By learning to practice with each other, they are empowered to practice outside of lesson times.

**4. Programming the Clinic and League**

The clinic and league are designed as a package. All clinic participants should be encouraged to participate in the league. It is even a possibility to market them as a package with one price that includes participation in both.

**Program Schedule**

The schedule included in this manual is **two hours** for each clinic lesson (4 lessons total). This has been found to be the best format to maximize learning. However, the clinic is an 8 hour continuum of progressions from beginning to end. This means it is possible to break it up into one hour, or 90 minute lessons.

The league is scheduled for 4 x 90 minute sessions (6 hours total). This is the recommended format however, by modifying the times of each round, the league can fit into a one hour or two hour per session format.

Recommended schedule

CLINIC				LEAGUE			
Week #1 2 hrs 1x/week	Week #2 2 hrs 1x/week	Week #3 2 hrs 1x/week	Week #4 2 hrs 1x/week	Week #5 90 min. 1x/week	Week #6 90 min. 1x/week	Week #7 90 min. 1x/week	Week #8 90 min. 1x/week

This schedule makes for an excellent 8 week program or, as an alternative, the program can run 2 times per week for 4 weeks.

**Program Descriptions**

For marketing, the description of the clinic is often included. Here are some recommended simplified samples:

**Fun Adult Starter Tennis (F.A.S.T) Clinic**

*“This Clinic is designed for starter players to learn the fundamentals of tennis. Players will serve, rally and score from the first session. Specialized balls are used to make play easier and speed learning.”*

**Fun Adult Starter Tennis (F.A.S.T) League**

*“This League includes fun, low-key doubles play. Players are rotated at regular intervals. Specialized balls are used making it easier to play more successfully.”*

(2 hours/lesson x 4 lessons)

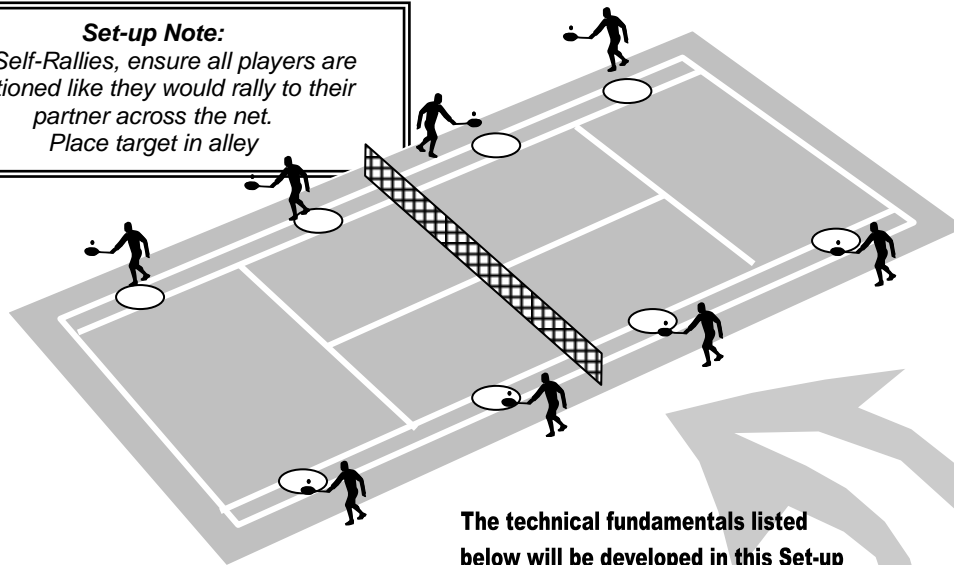
**In this course, participants learn to:**

*Enjoy a cooperative rally with a partner by successfully keeping the ball in play on a full court with transition balls. Perform fundamental techniques to send an arced ball at medium speed using groundstrokes (take the ball after the bounce) and volleys (take the ball before the bounce). Start points by serving with an overhead motion and play a game with scoring.*

THEME	SITUATIONS	TECHNICAL ELEMENTS
<p><b>LESSON #1:</b></p> <p><b>Theme:</b> <i>Introduction to Rallying</i></p>	<ol style="list-style-type: none"> <li>1) 10 min. <b>Introduction:</b> <ul style="list-style-type: none"> <li>• Warm-up with Full-Court rallies and assess student's skill level</li> </ul> </li> <li>2) 15 min <b>Essence of a Rally</b> <ul style="list-style-type: none"> <li>• Track/Catch/Throw</li> </ul> </li> <li>3) 35 min <b>Self Rally</b> <ul style="list-style-type: none"> <li>• Establish technical priorities in low-pressure activities</li> <li>• Experience all 3 Stroke Families</li> </ul> </li> <li>4) 20 min. <b>Partner Rally (No net)</b> <ul style="list-style-type: none"> <li>• Introduce cooperative practice</li> </ul> </li> <li>5) 20 min. <b>Partner Rally (With net)</b> <ul style="list-style-type: none"> <li>• Maintain cooperative practice</li> </ul> </li> <li>6) 15 min. <b>Play Red Court Tennis</b> (Doubles line to Doubles line) <ul style="list-style-type: none"> <li>• Play 1/2 Court tennis with modified scoring</li> </ul> </li> </ol>	<p><b>Groundstrokes &amp; Volley:</b></p> <ul style="list-style-type: none"> <li>• Introduce Shot Cycle (Ready Position and Recovery)</li> <li>• Introduce continental grip for Self-Rally</li> <li>• Encourage low muscle tension</li> <li>• Introduce the goal of establishing good Impact points on Groundstrokes &amp; Volleys (Waist level, slightly forward of the front foot, comfortable distance from body. Chest height for volleys)</li> <li>• Introduce Footwork: Adjust footwork (small shuffle steps) to create the impact.</li> <li>• Introduce "Lifting" action on groundstrokes</li> <li>• Introduce control of direction through racquet angle (send ball above head and to target on ground)</li> <li>• Introduce Sideways body position on groundstrokes and volleys (neutral stance)</li> </ul> <p><b>Serve:</b></p> <ul style="list-style-type: none"> <li>• Introduce service toss &amp; 'touch' impact at full arm extension</li> <li>• Introduce 'edge to face' racquet pronation</li> </ul>
<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Start the lesson by having players experience the problem of full court with regulation balls</li> <li>• Ensure that participants 'serve, rally, and score' during this first lesson</li> <li>• Ideally, this lesson should be performed with "Red" foam or felt balls however, it is acceptable to use "Green" (Transition) balls</li> </ul>		

<p><b>LESSON #2:</b></p> <p><b>Theme:</b> <i>Playing Serviceline to Serviceline</i></p>	<ol style="list-style-type: none"> <li>1) 10 min. <b>Self-rally Warm-up</b> <ul style="list-style-type: none"> <li>• Review all previous skills</li> </ul> </li> <li>2) 15 min. <b>Warm-up Red Court Rally</b> (Doubles line to Doubles line) <ul style="list-style-type: none"> <li>• Review all previous skills</li> </ul> </li> <li>3) 75 min. <b>Serviceline Rally</b> <ul style="list-style-type: none"> <li>• Groundstroke rally</li> <li>• Groundstroke to volley rally</li> <li>• Serve/return</li> </ul> </li> <li>4) 15 min. <b>Play Serviceline singles</b> <ul style="list-style-type: none"> <li>• Experience competition and scoring</li> </ul> </li> </ol>	<p><b>Groundstrokes &amp; Volley:</b></p> <p>Maintain all previous skills and introduce:</p> <ul style="list-style-type: none"> <li>• 'Unit turn' preparation</li> <li>• 'Hitting zone"</li> <li>• Low to high swing and continuous full finish</li> <li>• 'Laid-back' wrist for support and a lengthened hitting zone</li> <li>• Hip and shoulder rotation (arm &amp; body work together)</li> <li>• Explore 1 vs 2 handed backhand</li> </ul> <p><b>Serve:</b></p> <ul style="list-style-type: none"> <li>• Maintain starting at 'trophy' position</li> <li>• Maintain service toss &amp; 'turn &amp; reach' action with full arm extension</li> <li>• Maintain controlling racquet angle</li> <li>• Introduce pronation before follow-through</li> <li>• Introduce finish to opposite side of body</li> </ul>
<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Ideally, this lesson should be performed with "Orange" (Low-compression) balls however, it is acceptable to use "Green" (Transition) balls</li> </ul>		

**Set-up Note:**  
 For Self-Rallies, ensure all players are positioned like they would rally to their partner across the net. Place target in alley



The technical fundamentals listed below will be developed in this Set-up

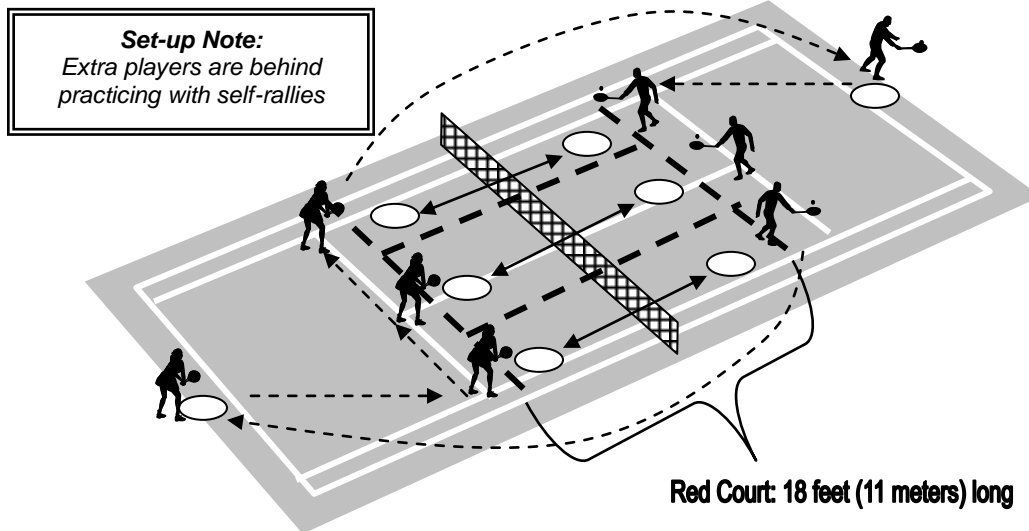
**Technical Development:**

Players self-rally to develop the same technical fundamentals that occur at impact during a full rally. Progress players through drills on each technical element. Introduce each element one at a time.

Drill Progression	Technical Elements
1. Forehand groundstroke Self-rally (5 min)	<b>Groundstrokes &amp; Volley:</b> <ul style="list-style-type: none"> <li>Introduce continental grip for all Self-Rally skills.</li> <li>Encourage low muscle tension to 'feel' the ball</li> <li>Introduce the goal of establishing good Impact points on Groundstrokes &amp; Volleys (Waist level, slightly forward of the front foot, comfortable distance from body. Chest height for volleys)</li> <li>Introduce Footwork: Adjust footwork (small shuffle steps) to create the impact.</li> <li>Introduce "Lifting" action on groundstrokes</li> <li>Introduce control of direction through racquet angle (send ball above head and to target on ground)</li> <li>Introduce Sideways body position on groundstrokes and volleys (neutral stance)</li> <li>Introduce Shot Cycle (Ready Position and Recovery)</li> </ul>
2. Backhand groundstroke Self-rally (5 min)	
3. Switch from forehand to backhand with ready position & 'split-step' in between (5 min)	
4. Forehand volley rally Tap up 3 groundstrokes, then volley one before the bounce) (5 min)	
5. Backhand volley Rally Tap up 3 groundstrokes, then volley one before the bounce) (5 min)	
1. Serve (5 min)	<b>Serve:</b> <ul style="list-style-type: none"> <li>Introduce service toss &amp; 'touch' impact at full arm extension</li> <li>Introduce 'edge to face' racquet pronation</li> </ul>
<b>2. Self-Rally Game: (5 min)</b> Complete sequence of: <ul style="list-style-type: none"> <li>Serve</li> <li>3 forehand groundstrokes and 1 volley (4<sup>th</sup> shot)</li> <li>Ready Position &amp; Split-step between FH &amp; BH</li> <li>3 backhand groundstrokes and 1 volley (4<sup>th</sup> shot)</li> <li>Ready position &amp; Split-step</li> </ul>	<ul style="list-style-type: none"> <li>Maintain all previously learned techniques</li> </ul>

### Alternative Set-up:

Variation for playing up and down the court if there is no divider between courts so playing sideways across the court is difficult.



### 6. PLAY RED COURT TENNIS: (15 min)

- Have players serve, rally and score. Experience friendly competition and reinforce techniques learned.

Introduce Red Court rules:


- Two chances to serve
- Balls on the line are 'in'
- Each player serves 2 points then receives 2

### Final Messages: (5 min)

- Summarize key points
- Encourage players to practice in between sessions using the appropriate ball

Rotate all players clockwise one position after 3 minutes (or after each drill).

**Technical Development:**

Drill Progression	Technical Elements
1. Mixed forehand and backhand rally (20 min)	<p><b>Groundstrokes:</b></p> <ul style="list-style-type: none"> <li>• Refine 'Unit turn' preparation (before ball bounces)</li> <li>• Refine 'Hitting zone'</li> <li>• Introduce low to high swing and continuous full finish</li> <li>• Introduce switching grips from eastern FH to Eastern BH</li> <li>• Refine hip and shoulder rotation (arm &amp; body work together)</li> </ul> <p><b>Volleys:</b></p> <ul style="list-style-type: none"> <li>• Take players through volley progression to refine technical fundamentals (chest level, out-front impact)</li> <li>• Maintain preparing with the hand to set-up racquet (no swing)</li> <li>• Maintain 'Catch' action</li> </ul>
2. Mixed forehand and backhand rally (with grip change) (20 min)	
3. Mixed forehand and backhand volley to mixed FH & BH groundstrokes (15 min)	
<p>4. Serve &amp; Return (25 min)</p> <div style="text-align: center;">  <p>"Trophy" Position</p> </div>	<p><b>Serve:</b></p> <ul style="list-style-type: none"> <li>• Maintain Continental grip</li> <li>• Maintain starting at 'trophy' position</li> <li>• Maintain service toss &amp; 'turn &amp; reach' action with impact at full arm extension</li> <li>• Maintain controlling racquet angle at impact to control direction of serve</li> <li>• Introduce pronation before follow-through (avoid 'pushing')</li> <li>• Introduce finish to opposite side of body</li> </ul> <p><b>Return:</b></p> <ul style="list-style-type: none"> <li>• Introduce return start position (near singles sideline)</li> <li>• Introduce 'Split-Step' to prepare</li> <li>• Introduce compact preparation</li> </ul>

**4. PLAY ORANGE COURT SINGLES: (20 min)**

- Have players serve, rally and score. Experience friendly competition and reinforce techniques learned.

Introduce new rules during Orange Court play:

- Balls that hit the net on serves are replayed ('Let'). Balls that hit the net during play are in play.
- Introduce playing games of, 'first to 4 points'. Score using 1, 2, 3, 4, game. Each player serves a whole game.
- 'No Ad' scoring (if tied 3-3, 1<sup>st</sup> to 4 points wins)

**Final Messages: (5 min)**

- Summarize key points
- Encourage all players to practice in between sessions using the appropriate ball



*The F.A.S.T. League is the ideal follow-up to the F.A.S.T. Clinic. Players rotate partners (mixed genders) for an enjoyable time of low-key doubles play. The League is run by an Instructor. The League uses the “Green” 9Transition) ball for improved success.*

## LEAGUE SCHEDULE

- 10 Min: Warm-up
- 5 Min: Organization
- 25 Min: Round #1
- 25 Min: Round #2
- 25 Min: Round #3
- 5 Min: Wrap-up

### 1) WARM-UP: (10 min)

Warm-up with Full-Court rallies, volleys, and serve & returns. Use a set warm-up routine so players can use it when playing on their own. Players warm-up with a partner on half the width of the full court.

- Groundstrokes (4 min)
- Volleys to groundstrokes (4 min)
- Serves & returns (2 min)

The warm-up time also gives a ‘buffer’ of extra time in case any players come late.

### 2) ORGANIZATION: (5 min)

- The Instructor running the league gathers all the players to organize them into courts. Follow the schedule provided below and use the rotations provided:

### 3) ROTATIONS: (75 min)

- Players are rotated every 25 minutes. The rotation is done by a set-schedule. All players will have a chance to play with and against each other over the course of the league.
- The schedule is designed for maximum flexibility. All first round rotations start 1 & 2 vs 2 & 4, etc. For example, the Instructor can start a schedule with the minimum number of players (e.g. only 7 players show up in a 10 player league). If others show up late, simply have them wait until the next round (the consequences of being late) and start the second round of the appropriate rotation (e.g. round 2 of a 10 player league).

### 4) WRAP-UP: (5 min)

Collect all the balls and thank all participants. Ask if they know their schedules in advance to alert the Instructor if they will not be there on any of the weeks.



## ROTATIONS

### Rotations for 5 Players

A 5-player league is run on 1 court. One player sits off while the other four play doubles. After every service game, the server rotates off. The Player who was off becomes a returner. If an instructor runs the league, they should play singles with the player who is sitting off (Use, 'Rotation for 6' Schedule below).

### Rotations for 6 Players

Note: League with 6-8 players is run on 2 courts

Session	Round	Court 1	Court 2
1	1	1 & 2 vs 3 & 4	5 vs 6
	2	2 & 5 vs 4 & 6	1 vs 3
	3	1 & 3 vs 5 & 6	2 vs 4
2	4	1 & 5 vs 2 & 4	3 vs 6
	5	3 & 5 vs 2 & 6	1 vs 4
	6	3 & 6 vs 1 & 4	2 vs 5
3	7	1 & 6 vs 2 & 3	4 vs 5
	8	4 & 5 vs 1 & 2	3 vs 6
	9	1 & 2 vs 3 & 4	5 vs 6
4	10	2 & 5 vs 4 & 6	1 vs 3
	11	1 & 3 vs 5 & 6	2 vs 4
	12	1 & 5 vs 2 & 4	3 vs 6

**Note:** by round #8, all players have played with each other and the schedule repeats starting in round #9

### Rotations for 7 Players

Note: Ideally, when there are 7 players, the Instructor fills in to make the 8<sup>th</sup> player. If there are only 7 players, and no Instructor to fill in, no player should sit off. The three players will play 2 verses one. The single player gets the singles court, the doubles players get the doubles court. Players rotate after every service game and the single player is always the server.

Session	Round	Court 1	Court 2
1	1	1 & 2 vs 3 & 4	5 & 6 vs 7
	2	3 & 2 vs 7 & 6	1 & 4 vs 5
	3	5 & 4 vs 3 & 6	1 & 2 vs 7
2	4	1 & 7 vs 6 & 4	2 & 3 vs 5
	5	5 & 2 vs 7 & 4	1 & 3 vs 6
	6	7 & 5 vs 3 & 1	2 & 4 vs 6
3	7	1 & 5 vs 2 & 6	3 & 4 vs 7
	8	1 & 2 vs 3 & 4	5 & 6 vs 7
	9	3 & 2 vs 7 & 6	1 & 4 vs 5
4	10	5 & 4 vs 3 & 6	1 & 2 vs 7
	11	1 & 7 vs 6 & 4	2 & 3 vs 5
	12	5 & 2 vs 7 & 4	1 & 3 vs 6

**LEAGUE ROTATIONS:**



Wayne Elderton is acknowledged as one of Canada's leading coaches. He is Head of Tennis Canada Coaching Development and Certification in British Columbia. In this role, he has provided coaching training to over 1500 coaches. He is a main contributor to the Tennis Canada Coaching Certification program and has also written articles and coaching materials for the PTR, Tennis Corporation of America, Tennis Coaches Australia, and the International Tennis Federation.

He is a Chartered Professional Coach (ChPC) as recognized by the Professional coaching association, Coaches of Canada.

Wayne has enjoyed considerable success in his career using the Game-Based approach. As a High Performance coach, he has led provincial teams to gold medals in the Canada and Western

Canada Games. His players have won numerous national titles and many have achieved full scholarships at US Universities. Some have gone on to achieve WTA and ATP rankings.

He has also coached 3 wheelchair players to top 10 world rankings and has coached Canada's World Team Cup squad (Davis Cup for Wheelchair players). He is a key builder of the Canadian National Wheelchair Team program and created Tennis Canada's Wheelchair Instructor Course.

In 2006 he was inducted into the City of Burnaby Sports Hall of Fame in the coaching category.

He is currently Tennis Director at the Grant Connell Tennis Centre in North Vancouver which was awarded the 2005 Canadian Facility of the Year for program excellence by the Tennis Professionals Association.

#### **Certifications and Positions:**

- Tennis Canada certified National Level 4 Coach
- ChPC designation (Chartered Professional Coach) from Coaches of Canada
- Consultant to the National Wheelchair Program
- Certified by both PTR (Professional Tennis Registry) & USPTA
- Former sessional lecturer on 'Tennis Performance analysis' for the School of Human Kinetics at the University of British Columbia
- Lead Designer: Tennis Canada Progressive Tennis national 1/2 Court curriculum, DVD, Awards Scheme and Coaching Workshops
- Designed the High Performance singles and doubles curriculum for the Tennis Corporation of America Midtown network of tennis clubs
- Selected for the International Tennis Federation Adult Participation Committee

#### **Awards:**

- Multiple winner: Tennis Canada Coaching Excellence award
- 2 years in a row runner-up for the 3M Coaching Canada Award. An award given for the National development coach-of-the-year out of nominated coaches from every sport
- Provincial development coach-of-the-year also from coaches nominated from every sport
- Multiple winner of the Tennis BC High Performance coach-of-the-year award
- Canadian Tennis Professionals Association, Course Facilitator (Coaching Educator) of the year
- Tennis Canada Distinguished Service Award (advancing tennis in Canada)

Wayne has been coaching since 1978 and has a wealth of recreational, club, provincial, national, and international experience. He lives in Burnaby BC with his wife and three children.

He is sponsored by WILSON