

Edgebrook Junior Program Handbook

The goal of the Junior program at Edgebrook is to teach students the fundamentals through advanced play of tennis while having fun at learning skills for each level. Each level has objectives of skills to be demonstrated by the students before advancing to the next level. This systematic approach advances each student at her/his pace and skill ability. Teaching staff are all trained to understand the objectives and goals at each level and can bring their individual teaching approach to games and skills based on students' abilities.

Edgebrook follows the Quick Start method approved by USTA using red, orange, and yellow ball teaching.

Junior Program: Level 1

Schedule: Mondays and Wednesdays 5:00-6:00pm

Maximum # of Athletes in Class: 30

Players must be 6 or over prior to starting level 1 tennis

Class Description

These players are new to tennis or have been playing for a brief period of time. Basic techniques of ground strokes, volleys, overheads and serves are taught. Players are learning to rally. Students will learn basic rules of tennis. Fun games that incorporate motor skills along with tennis strokes will be played.

This class uses the USTA Quick Start format along with 36-foot (red ball) and 60-foot (orange ball) courts. Players will begin on red ball courts, once movement and technique improve within the level using red balls, students will be moved within the level to orange ball courts. Most players remain in level one for multiple years, depending on what age they begin play. Testing for level 2 requires use of orange ball.

Class Goals

Fundamentals of how to hold a racquet using continental grip, swing technique, service motion, ball and racquet control, and movement on the court. Beginning to understand tennis terms and rules of the game.

Ball and Racquet Goals

- Can hold the racquet in a continental and semi-western grip
- Bounce ball on ground or in the air using racquet with control

Movement Goals

- Appropriate footwork to move towards forehand and backhand groundstrokes and volleys
- Consistent use of split step and ready positions
- Correct movement to contact ball in strike zone

Match Development

- Understanding of court locations and court etiquette (including line calls)

Testing Requirements from Level 1 to Level 2

Ball and racquet control with an orange ball

- 20 downs – using racquet, hitting the ball onto court consecutively
- 15 ups – using racquet, hitting the ball upwards consecutively
- Walk from the baseline to the net bouncing the ball on the ground using racquet
- 5 drop hits from the service line to a large target on the other side of the net with the forehand
- Puts drop hit ball in play from the service line using a forehand
- Demonstrates knowledge of the correct grip use for forehand, backhand, volleys, and serves

Movement

- Appropriate footwork to forehand and backhand
- Executes consistent recovery back to center hashmark
- Demonstrates consistent split step before moving to ball
- Correct movement to initiate strike zone contact

Junior Program: Level 2

Schedule: Mondays & Wednesdays 4:00-5:00pm plus Match Play one Friday per month

Maximum # of Athletes in Class: 28

Class Description

Completion of Level 1 testing and/or staff permission is required for this class. Most level 2 players have had 2-4 years of lessons. Level 2 players are beginning to play points. They work to rally balls to the center of the court and put a serve into play 60% of the time with a continental grip. The player uses topspin on their groundstrokes and spin on their serve. Beginning game strategy is discussed. This class uses both Quick start (orange ball) and (yellow ball) tennis formats.

Class Goals

Continue to develop consistency in putting and keeping the ball in play. Hitting with depth is emphasized. Beginning to develop topspin and spin on serve. Developing backhand and forehand volley with emphasis on correct grip and techniques. Working on footwork and micro positioning when ball striking.

Ball and racquet control

- Keep a minimum of 4 hits rally going to center of the court
- Can serve with correct form and continental grip
- Hit 3 forehand and 3 backhand volleys consecutively
- Return serves crosscourt and middle of court 30% of the time
- Can hit groundstrokes and volleys with correct form and technique
- Understanding the difference between a first serve and second serve and how to hit them

Movement

- Executes movement to forehand and backhand with racquet back
- Executes recovery back to center of the court
- Executes split step in preparation for each ball
- Making contact with ball in correct strike zone
- Consistently uses footwork to get into the optimal position to complete the stroke

Game Development

- Understand how to score a game, set and tie break
- Continuing to work on court positioning for singles and doubles
- Making line calls accurately
- Introduction of basic tennis rules

Tournaments – USTA sanctioned orange ball/green dot events suggested for this level.

60% attendance at match play which are one Friday a month (interclub)

Testing Requirements from Level 2 to Level 3

Ball and Racquet control (in regulation court with yellow ball)

- Can keep a rally (5 balls or more) going to center of the court with ball depth

- Can serve 50% in to either box with a continental grip and correct form
- Can return 30% over net and in the court
- Demonstrates all basic shots correct mechanics and form
- Can demonstrate the four different positions on the groundstrokes (ready, set, point of contact, finish)
- Can demonstrate a forehand and backhand volley with a continental grip

Movement

- Executes hitting groundstrokes with correct form and footwork
- Executes split step and recovery before and after each shot
- Executes appropriate footwork and stances on wide/deep/short balls

Sample Match Play Schedule for Levels 2-3

Check in: When students come to check-in they get a can of balls and write their initials on each ball in can.

- 4:00-4:05 dynamic warm up
- 4:05-4:10 shadow swings of everything
- 4:10-4:15 Simon says parts of the court
- 4:15-4:30 drills like forehands side to side and volleys so everyone is warmed up (emphasize movement)
- 4:30-5 games! King/Queen of the court, rush ball, reaction volleys, team singles or doubles.
- 5:00-5:10 Quick break, if needed
- 5:10-5:20 drop feed practice with their own can of balls.
- 5:20-6 games with drop feeds like King/Queen of the court, rush ball, down the line points, doubles rotation (this game w match scoring).

Junior Program: Level 3

Schedule: Tuesdays and Thursdays 4:45-6:00pm PLUS *Match Play one Friday per month

Maximum # of Athletes in Class: 28

Class Description

Students will develop a more complete game including singles and doubles strategy. Most students in level 3 have had at least 2-4 years of lessons and playing experience. They will develop a second serve with slice/topspin at 75% consistency. Consistency in forehand and backhand groundstrokes are emphasized. Players can execute a shot down the line and are developing drops shots and a slice stroke. They are beginning to play competitive tennis

and will develop a deeper understanding of rules and etiquette. Students are entering at least 2 USTA tournaments and practicing outside of tennis class.

Class Goals

Racquet Ball control (78 foot court with yellow ball)

- Can keep a 6 shot rally going to center of the court with depth
- Can serve with topspin and slice with 75% accuracy into either box with depth
- Can return serve more than 50% over net and in the court
- Continuing grip and racquet positioning for various shots
- Can demonstrate the four different positions on the groundstrokes (ready, set, point of contact, finish)
- Can execute down the line shot and outside shot

Movement

- Working on court positioning, quick recovery, anticipation of shot, quick movement to the ball and recovery
- Demonstrates approach shot, split step and execution of volley
- Demonstrates serve and volley
- Can correctly move for overhead

Game Development

- Can confidently keep score of game, set, tiebreak
- Increased understanding of rules, line calls, etiquette, attitude, etc.
- 100% attendance for match play
- Play in 3 yellow ball USTA sanctioned events yearly

Testing Requirements from Level 3 to Level 4

Testing is comprised of these components: Rallying, Serving and Returning and Movement. Must understand rules and tennis scoring thoroughly.

Rallying

- Executes a 6 shot rally down the middle of the court with depth
- Executes a 6 shot rally going cross court in either direction using the outside shot
- Executes topspin and slice groundstrokes on forehand and backhand
- Executes a 6 shot rally with one person at the net volleying, using forehand and backhand

Serving and returning

- Can direct first serve to either side of service box
- Can second serve with slice/topspin at 70% consistency
- Can return serve to different positions in opponent's court
- Can hit large target down the line off second serve return

Movement

- Consistently split steps and recovers quickly for each shot
- Uses appropriate movement and stances on wide/deep and short balls
- Uses open and closed stances appropriately
- Executes correct movement for overhead

Game Development

- Calls lines accurately
- Has played in at least 4 USTA tournaments and/or plays junior varsity high school tennis

Junior Program: Level 4

Schedule: Tuesdays and Thursdays 3:30-4:45pm PLUS *Match Play one Friday per month

Maximum # of Athletes in Class: 24

Class Description

Students are developing habits which a game style can be formed. They will learn advanced doubles and singles strategies, planned plays, signaling and communication. Court placement, positioning and shot selection strategies will be taught.

Class Goals

Rallying

- Develop strategies for shot selection: type of shot, shot placement, variety of ball speed, spin and depth.
- Will be able to direct balls to desired parts of the court
- Will refine lob, drop shot and angled cross court shots
- Will increase reaction time to volleys

Serving and returning

- Can direct serve in service box with variety of spins and power
- Can second serve with slice/topspin at 75% consistency

- Can return serve to desired location for strategy
- Quick decision making and recovery after serve and returning

Movement

- Will master split step and recovery to maintain balance and ready position
- Intuitive movement and stances on a variety of balls
- Master correct movement for overhead and defensive and offensive shot making

Game Development

- 100% attendance match play
- Play in 5 yellow ball USTA sanctioned events yearly
- Understand how to settle scoring disputes
- Develop signaling to partner for serve, poach and other doubles strategies

Testing Requirements from Level 4 to Level 5

Testing is comprised of these components: Rallying, Serving and Returning, Movement and Game Development

Rallying

- Executes use of forehand to control the center of the court
- Executes height and spin of ball to keep opponent deep in the court
- Demonstrates with consistency, adjusting the backswing according to the type of shot being hit towards them
- Demonstrates with consistency, approaching the net with either topspin or slice, depending on the ball hit to them

Serving and Returning

- Can hit serve to the three spots in service box (wide, body, T)
- Can hit serve at 75% with both slice and topspin
- On return of serve, show different return positions according to pace and spin of serve being hit

Movement

- Has mastered use of split step to quickly react to opponents shot regardless of direction or location
- Demonstrate open stance moving through the ball approach shot on the forehand

- Recovers and reacts to overhead and lob shots at them

Game Development

- Confident in all scoring, regardless of format
- During doubles play can play two up, poach and switch correctly
- Demonstrates the ability to recover from point, set and match losses. Emphasis on sportsmanship.

Junior Program: Level 5

Schedule: Tuesdays and Thursdays 6:00-7:30pm PLUS *Match Play one Friday per month

Maximum # of Athletes in Class: 18

Class Description

Students are dedicated advanced juniors seeking to move to the next level of competition to include high school varsity and PNW advanced junior events. This class level is by instructor invitation only and/or completing Level 4 testing. Weekly private lessons are the norm for most students as well as drills and games with peers and fitness training to supplement tennis skills. Singles advanced skills are also taught. Emphasis on stroke and serve development and consistency are taught.

Class Goals

Rallying

- Mastering height and spin to keep opponent deep in the court
- Developing game shot strategies and movement to keep opponents off guard
- Recognizing opponents' weaknesses and strengths and capitalizing on them isolate their weaker shots
- When to use high percentage "safe" shots and when to "go for it"
- Develop each players weakness into a strength

Serving and Returning

- Can confidently hit first serve to the three spots (wide, body, T) and know when to choose each one
- Thinking ahead to the following shot and setting yourself up to win the point
- Incorporating strategy in your serves and returns
- Able to return to four different locations and know when to use each one

Movement

- Solid understanding of the different positions for offense and defense
- Master open-stance, moving-through-the-ball approach shot on the forehand
- Groundstrokes with topspin and slice and when to use each shot and your positioning
- Quickly identifying your opponent's shot and moving into correct position

Game Development

- Development of different strategies used in match play during high pressure situations
- 100% attendance match play
- Play in 5 yellow ball USTA events yearly
- Emphasis on fitness outside of tennis class to increase speed and endurance for match play