## Date

| Time | Activity |
| :--- | :--- |
|  | Get there 10 minutes early to greet each player by name as they arrive. |
| 10 Min | Opening Prayer |
|  | Team Building Game |
| 10 Min | 2 rows, coaches toss or hit an easy ball over for forehand or backhand. Hit and go to end of other <br> line |
|  | After player goes, he/she retrieves all the balls as the next player steps up. Go to end of line after <br> clean up |
| 10 Min | 2 v2 Kings of the Court, games to 3, start with a toss from the coach to winners side then whoever <br> wins pt. |
| 5 Min | Stations: 1 min at each station |
|  | 1. Reach slide shuffle to sideline, swing through the forehand or backhand, reach slide shuffle to <br> middle and swing through again. Repeat. |
|  | 2. Spider Drill |
| 3 Min | Water break |
| 8 Min a toss from the coach back to the coach at the net. |  |
|  | Partner up, serve to partner who catches, and serves back to partner who catches it, then next 2 <br> go. |
| 14 Min | 2v2 Games, switch new team after every game, and try to get through so all players serve 1 <br> game. |
| 15 Min | Life Lesson Discussion |
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|  | Equipment Needs: 12 Balls, 4 dome cones. |
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|  | Your roster should be available for easy reference for names. |
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