## 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 line                                    |
|        | After player goes, he/she retrieves all the balls as the next player steps up. Go to end of line after 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 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 middle and swing through again. Repeat. |
|        | 2.Spider Drill   |
|        | 3. Hit a toss from the coach back to the coach at the net.   |
| 3 Min  | Water break  |
| 8 Min  | Partner up, serve to partner who catches, and serves back to partner who catches it, then next 2 go.                                       |
| 14 Min | 2v2 Games, switch new team after every game, and try to get through so all players serve 1 game.   |
| 15 Min | Life Lesson Discussion   |
|        |  |
|        | Equipment Needs: 12 Balls, 4 dome cones.   |
| Roster | Your roster should be available for easy reference for names.  |
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