



Junior Fundamentals (Grades 3–7)

Ages: 7.6–10 years

Development Focus (per Summer Smash Method):

- Technical foundation for FH & BH
- Timing and tracking skills
- Rally consistency from $\frac{1}{2}$ -court and $\frac{3}{4}$ -court
- Basic serve technique
- Cooperative & competitive rally games
- Cultivate love for tennis in a positive environment

Week 1 – Introduction, Throw Tennis & FH Self-Rally Foundations

- **Overarching Objective:** Establish baseline racket skills via “Throw Tennis,” FH self-rally basics, and grip/stance fundamentals.
- **Key Activities:**
 - **Juggling/Introductions (5 min):** Quick 2-ball partner juggling → get students comfortable with ball handling.
 - **Throw Tennis (Friendly & Competitive) (8 min):**
 - Explain 3 ways to win a point; emphasize recovery markers between throws.
 - **FH Self-Rally Levels (4 min):**
 - Level 1: Stay static, FH self-rally (2 min).
 - Level 2: Stay sideways, FH self-rally (2 min).



- **“FH Self-Rally Contest” (2 min):** Last student rallying on one foot → champion.
- **FH Technical Demo & Imitation (5 min):**
 - Grip (semi-western), Starting Position (“stop to fence, turn door handle”), Sweep low→high, laid back wrist.
- **FH Battle Ball + Freeze (12 min):**
 - Introduce “freeze” position mid-game; if freeze incorrect, shot doesn’t count.
- **FH Archery (15 min):**
 - Self-feed FH into cone targets; must freeze to score.

Week 2 – Line Games, Self-Rally Progression & BH Introduction

- **Overarching Objective:** Build on FH consistency, introduce BH self-rally, and reinforce court awareness via “Line Game” & “Throw Tennis.”
- **Key Activities:**
 - **Line Game (5–7 min):** Add “service box” & “doubles alley”; one competitive “last person standing” round if pacing allows.
 - **Throw Tennis (8 min):** 2–3 competitive rounds; reinforce recovery between shots.
 - **Self-Rally Series (6 min):**
 - FH Level 1 (1 min), FH Level 2 (2 min), BH Level 1 (2 min), then BH Level 2 (1 min).
 - **FH Self-Rally Contest (2 min):** Emphasize “freeze” cues.
 - **FH Technical Review (3 min):** Re-demo grip, sweep, freeze.
 - **FH Archery (12 min):** Must freeze properly.
 - **BH Intro (3 min):** Grip, starting position, sweep low→high for BH.



- **BH Battle Ball (14 min):** Add BH “freeze” mid-game; if no freeze, shot invalid.

Week 3 – Partner Juggling & Team Self-Rally; Launch FH Attack Ball

- **Overarching Objective:** Advance tracking via partner juggling, increase rally challenge with BH/FH alternating self-rallies, and introduce tactical “Attack Ball.”
- **Key Activities:**
 - **Partner Juggling (5 min):** Levels 1–3 with bounce.
 - **FH Self-Rally (2 min):** Sideways focus.
 - **BH Self-Rally (2 min):** Sideways focus.
 - **Team Self-Rally (3 min):** Pairs across doubles alley pass every 3 self-rallies → builds cooperation.
 - **Self-Rally Contest (2 min):** Last team still rallying wins.
 - **FH Technical Review (3 min):** Grip, stance, sweep & freeze.
 - **FH Archery (10 min):** Quick target game; freeze enforced.
 - **FH Attack Ball (18 min):** “Stop → self-rally → send” progression; players rally then attack into designated zone.
 - **“Levels” Discussion (8 min):** Explain skill progression criteria, set personal technique goals.

Week 4 – Refining FH/BH Edge & Elbow Cues; Combined Attack Ball

- **Overarching Objective:** Cement “edge + elbow” technique on both sides and practice combined FH/BH Attack Ball under pressure.
- **Key Activities:**
 - **Partner Juggling (5 min):** Same as Week 3; review & refine toss/catch accuracy.



- **FH/BH Self-Rally (5 min):** 2 min FH, 2 min BH, 1 min flipping.
- **FH Imitation (3 min):** Add “edge + elbows” to sweep & freeze.
- **FH Archery (12 min):** Must show “edge + elbows” to score.
- **BH Imitation (3 min):** Grip, sweep & freeze, add “edge + elbows.”
- **BH Battle Ball (10 min):** Must freeze + show “edge + elbows” upon each shot.
- **FH/BH Attack Ball (15 min):** Reinforce “stop → self-rally → send,” alternate FH/BH games.

Week 5 – Shuffling Self-Rally & Consistency Games

- **Overarching Objective:** Emphasize dynamic movement (shuffling) during rallies and introduce “Consistency Contest” under mild time pressure.
- **Key Activities:**
 - **FH/BH Self-Rally (2 min):** Static.
 - **FH/BH Shuffling Self-Rally (2 min):** Side-to-side shuffle while rallying.
 - **FH Self-Rally Contest (2 min):** Shuffle + rally; last standing wins.
 - **FH Imitation (3 min):** Review “edge + elbows”; coach provides individual fixes.
 - **FH Archery (10 min):** Incorporate shuffle before each feed.
 - **FH/BH Stop Attack Ball (15 min):** Rally from $\frac{3}{4}$ court, then attack into zone—no self-rallies allowed until final shot.
 - **Consistency Contest (8 min):** Partners rally from $\frac{3}{4}$ court into cone target; each rally must be “ball, bounce, hit.”
 - **“Medieval Times” Game Introduction (9 min):** Short fun elimination game: lose a round → earn “shield” challenge to rejoin.

Week 6 – Dynamic Rally Patterns & “Medieval Times” Tournament



- **Overarching Objective:** Build rally resilience through multi-point games and begin a mini-“Medieval Times” bracket to deepen engagement.
- **Key Activities:**
 - **FH/BH Self-Rally (2 min); Shuffling (2 min).**
 - **FH Self-Rally Contest (2 min):** Emphasize “ready → set → rally.”
 - **FH Imitation & Archery (9 min):** Quick review; feed into targets.
 - **BH Imitation & Battle Ball (10 min):** Emphasize “edge + elbows” with shuffle.
 - **FH/BH Stop Attack Ball (12 min):** Rally → attack; scoreboard tracking.
 - **“Medieval Times” Mini-Tournament (11 min):**
 - Single elimination: pairs of students compete elimination style.
 - Loser does 5 jumping jacks → returns to support/cheer next match.
 - **Cool-Down & Positive Feedback (3 min).**

Week 7 – Advanced Rally Sequencing & Introduce “Skyball”

- **Overarching Objective:** Challenge students with alternating FH/BH rally patterns, then introduce “Skyball” to emphasize high-arching shots and shot selection.
- **Key Activities:**
 - **FH/BH Shuffling + Flipping Self-Rally (5 min):** Students shuffle, alternate FH/BH every rally.
 - **FH Self-Rally Contest (2 min):** Focus on consistent freeze + edge.
 - **FH + BH Imitation (4 min):** Review full “edge + elbows,” emphasize early preparation.
 - **FH + BH Battle Ball (12 min):**
 - Phase 1: FH only (3 min).



- Phase 2: BH only (3 min).
- Phase 3: Alternating FH/BH feeds (5 min), finally random feeds (5 min).
- Introduce “waiting in ready position.”
- **FH/BH Attack Ball (12 min):** Partners rally, then each hits into small target.
- **Consistency Contest (6 min):** From $\frac{3}{4}$ court into cones; “ball, bounce, hit.”
- **Skyball (12 min):**
 - Players stand on baseline, attempt to hit >3 shots over net at least 2 m high.
 - Emphasizes high contact point, low-to-high swing path.

Week 8 – Team Competition Games Day (All-Skill Review)

- **Overarching Objective:** Provide a fun, team-based competition to review FH/BH, footwork, rally consistency, and foster sportsmanship.
- **Key Activities:**
 - **Divide into Teams (A–D).**
 - **Station 1 (12 min):** FH Archery → each team’s cumulative hits scored.
 - **Station 2 (12 min):** BH Battle Ball → “freeze+edge” consistency.
 - **Station 3 (12 min):** Consistency Contest Rally → $\frac{3}{4}$ court → cone; count total rallies.
 - **Station 4 (12 min):** Skyball → high-arching volley/rally; point per successful shot.
 - **Station 5 (12 min):** “Attack Ball Relay” → 3 rally stops + send into target, relay style.
 - **Team Score Tally & Prizes (3 min):** Kind trophies/stickers for “Best Team Spirit,” “Top Rally,” etc.



Beyond Week 8 (Weeks 9–14): Progress toward serving fundamentals, full-court rally concepts, basic doubles or net play, culminating in an intra-class mini-tournament.

Week 9 – Serve Fundamentals Part I & Full-Court Footwork Introduction

- **Overarching Objective:** Begin serve fundamentals—toss mechanics, grip, and introduce full-court recovery footwork.
- **Key Activities:**
 - **Team Self-Rally Warm-Up (4 min):** “Pass every 3rd self-rally” → “pass every 2nd.”
 - **Service Line & $\frac{3}{4}$ Court Consistency (8 min):** Partners rally FH/BH for 3–4 min each, coach evaluates technique.
 - **Serve Introduction (15 min):**
 - Grip (continental/modified Eastern).
 - Toss drill: “Toss against fence, track ball with eyes,” “straight toss with left arm.”
 - “Toss + trophy position” practice (no swing).
 - **FH/BH Battle Ball (10 min):** Emphasize early preparation “ball, bounce, hit.”
 - **Full-Court Recovery Drill (8 min):**
 - Feed FH deep; student hits → sprints to service box line.
 - Feed BH short; student hits → steps into net.

Week 10 – Serve Toss Review & FH/BH Rally Accuracy

Overarching Objective: Reinforce accurate serve toss mechanics and build rally consistency and accuracy from $\frac{3}{4}$ court.

Key Activities:

- **Warm-Up Juggling (3 min):** Partner toss-bounce-catch with one ball, then two-ball challenge.



- **Serve Toss Review (10 min):**
 - Toss + trap against racket
 - Toss + hold trophy position
 - Focus: straight arm, height above racket tip, no spin
 - **FH/BH Self-Rally (6 min):** 3 min each side; emphasize edge + elbows and freeze.
 - **Consistency & Accuracy Contest (12 min):**
 - Rally with partner from $\frac{3}{4}$ court into large cone target
 - Each team counts total successful target hits in 2 min
 - **Battle Ball – Accuracy Edition (10 min):**
 - Coach feeds 5 alternating FH/BH balls
 - Points for landing in “target zone” and correct freeze
 - **Cool-Down Game (4 min):** “Coach Says” with freeze cues and ready positions
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Week 11 – Rally Control & Cooperative Challenges

Overarching Objective: Strengthen controlled rally play using partner drills and reinforce technique in movement-based formats.

Key Activities:

- **Partner Rally Warm-Up (5 min):** Cooperative FH/BH rally from service line using soft feeds.
- **Team Self-Rally Relay (10 min):**
 - Teams of 3 rotate every 5 hits
 - Freeze required on each 5th shot



- Coach rotates teams to new partners
 - **Edge + Elbows Technique Check (6 min):**
 - Group imitation + correction, highlight contact point and finish
 - **Target Rally Drill (12 min):**
 - Rally from $\frac{3}{4}$ court with targets placed near service line
 - Goal: maintain 3+ rally shots while aiming at center cone
 - **Mini Challenge – Flip Rally (10 min):**
 - Alternate 1 FH + 1 BH in rally with partner
 - Emphasize preparation, swing path, and freeze
 - **Team Cheer + Wrap-Up (2 min):** Celebrate good sportsmanship
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Week 12 – Serve Setup & Team Rally Games

Overarching Objective: Revisit serve toss and apply learned groundstroke skills in fun, team-based rally games.

Key Activities:

- **Warm-Up Toss & Catch (5 min):** Serve toss toss-and-catch with racket trap (individually & with partner)
- **Toss + Trophy Challenge (6 min):**
 - Students freeze in serve position after toss
 - Coach checks alignment and control
- **Target Contest – Attack Ball Style (10 min):**
 - “Stop → self-rally → send” into target
 - Score only if full sequence is controlled



- **Backhand Battle Ball (8 min):**
 - Coach feeds 3 BHs per student
 - Points for landing in target zone with full “edge + elbows” form
 - **FH/BH Rally Race (15 min):**
 - Teams rotate in pairs
 - Goal: Complete 5-rally sequence → next pair steps in
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Week 13 – Mini Tournament Warm-Up & Skill Showcase

Overarching Objective: Prepare for Week 14 Showcase through low-pressure team games that emphasize rally technique, consistency, and sportsmanship.

Key Activities:

- **FH/BH Self-Rally Warm-Up (5 min):**
 - Set personal best goals → record top rally count
- **Edge + Elbows Spotlight (6 min):**
 - Coach calls out a student to demo their best FH/BH freeze
 - Group mimics in mirror-style drill
- **Team Archery Challenge (10 min):**
 - Teams aim into targets using FH then BH
 - Points awarded for technique + accuracy
- **“Battle Ball Ladder” (10 min):**
 - Rotate up or down based on hitting targets with correct form
 - Encourages focus + celebration of improvement



- **Week 14 Prep + Reflection (4 min):**
 - Coach previews Showcase Day
 - Students write or share “What I’m most proud of this term”
 - **“Rally Tag” Game (10 min):**
 - Players partner up and rally until they miss
 - Winning pair tags another team to take over their court
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Week 14 – Intra-Class Mini-Tournament & Skills Showcase

- **Overarching Objective:** Culminating “Tournament Day” where students demonstrate learned strokes, shot selection, and sportsmanship in a supportive competition.
- **Key Activities:**
 - **Skill Showcase Stations (15 min):**
 - **FH Target Challenge:** Shots into small cone from $\frac{3}{4}$ court.
 - **BH Target Challenge:** Shots into cone from $\frac{3}{4}$ court.
 - **Serve Accuracy:** Serve into designated service-box targets.
 - **Volley Volley Relay:** Teams of 2 volley consecutively 10 times.
 - **Round-Robin Mini-Tournament (20 min):**
 - Students play scored games on scaled courts ($\frac{1}{2}$ or $\frac{3}{4}$ court as age-appropriate).
 - Coaches track “fair play points” (handshake, encouragement) in addition to scores.
 - **Awards & Recognition (10 min):**
 - **Cool-Down & Reflection (5 min):**



- Group stretch; discuss “What I Loved Most” and “What I Want to Practice Next.”
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How This Syllabus Aligns with Summer Smash’s Methodology

1. Consistent Technical Progression:

- Both tracks begin with basic racket-handling (juggling, “Throw Tennis”) → self-rallies → grip/stance → sweep & freeze → edge & elbows → “big nose” (for Minis) or “edge + elbow + stop-hand” (for Juniors) → volley fundamentals → serve fundamentals → match-play.

2. Game-Based Learning:

- “Attack the Coach,” “Battle Ball,” “Archery,” “Attack Ball,” “Crocodile,” “Medieval Times,” “Skyball,” “Gladiators,” “Bump,” and “Queen/King of the Court” keep engagement high while reinforcing technique.

3. Scaffolded Rallying:

- Minis focus on FH/BH self-rallies progressing to simple cooperative rallies. Juniors work from ½-court → ¾-court → full-court, gradually reducing reliance on self-rallies.

4. Footwork & Athleticism (“Happy Feet” & Recovery):

- Both tracks emphasize “freeze,” “split-step,” shuffling, and recovery patterns before moving to more dynamic lateral movements.

5. Positive Environment & Love of the Game:

- Every week’s activities are designed for success, with short-duration drills, frequent water breaks, and positive reinforcement (stickers, small prizes), ensuring a supportive environment.