



Sample 1: 1hr lesson

6:00PM – 6:05PM Class overview/ Homework review

6:05PM – 6:10PM Dynamic Warmup

6:10PM – 6:20PM Drill 1 (and 2)

6:20PM – 6:25PM Water break

6:25PM – 6:35PM Tennis game incorporating the drill

6:35PM – 6:40PM Water break

6:40PM – 6:50PM Physical activity / game

6:50PM – 6:57PM Static Stretching

6:57PM – 7:00PM Class review / Homework

Sample 2: 1.5hrs lesson

6:00PM – 6:05PM Class overview/ Homework review

6:05PM – 6:10PM Dynamic Warmup

6:10PM – 6:25PM Drill 1

6:25PM – 6:30PM Water break

6:30PM – 6:45PM Drill 2

6:45PM – 6:50PM Water break

6:50PM – 7:00PM Tennis game incorporating the drill

7:00PM – 7:05PM Water break

7:10PM – 7:20PM Physical activity / game

7:20PM – 7:27PM Static Stretching

7:27PM – 7:30PM Class review / Homework

OR

6:00PM – 6:05PM Class overview/ Homework review

6:05PM – 6:10PM Dynamic Warmup

6:10PM – 6:25PM Drill 1

6:25PM – 6:30PM Water break

6:30PM – 6:45PM Tennis game incorporating the drill

6:45PM – 6:50PM Water break

6:50PM – 7:00PM Physical activity / game

7:00PM – 7:05PM Water break

7:10PM – 7:20PM Match Play

7:20PM – 7:27PM Static Stretching

7:27PM – 7:30PM Class review / Homework