

Mini Inspire

Levels 3 & 4



This is a program designed for young kids (4 to 9 years of age) continuing their development pathway after Mini Aspire course.

Main focus is continuing to create fun and active sessions full of movement and skill development.

How long: 6 weeks

Sessions: 6 x 1 hour

Main goal: FUNdamentals

WEEK 1



MAIN FOCUS: Developing understanding of existence of multiple elements within routines and gameplay

Exercises	Description	Video Library
Warmup	Footwork patterns as a group	Warmups
Warmup	Balance routine	Warmups
Movement	Pick a simple movement exercise from the video library	Movement
Drives	Players practice rotation drives on FHD, tagging the T and hitting the ball to one side of court	Routines
Drops	Players practice rotation drops on FHD, tagging the T, and working on soft hitting	Routines
Gameplay	Serve and play on right side of court only. Repeat on BHD	Games

WEEK 2

MAIN FOCUS: Ability to volley within a routine / game scenario

Exercises

Warmup

Warmup

Movement

Volleys

Volleys

Volleys

Crosscourts

Gameplay

Description

Pick a footwork pattern, use the tennis ball and pass it over, in pairs

Balance routine

Movement exercise, pick one from the video library

solo mini volleys above s.line

pair volleys, one FHD one BHD, above s.line

coach feeds high drives, players hitting volleys straight, point for each good volley

pairs, players play crosscourts to opposite s.box

serve and hit on one side, 1 crosscourt per rally per rally

Video Library

Warmups

Warmups

Movement

Racket Skills

Racket Skills

Coach Feeds

Routines

Games

WEEK 3

MAIN FOCUS: Learning how to maintain routines

Exercises	Description
Warmup	Team tag
Warmup	Relay Race
Movement	Solo lunges with a tennis ball
Solo	Drives to back quarter
Routine 1	Drives and Drops - drive drive drop
Routine 2	Drive Drive Cross
Gameplay	full court, play 2 different shots in one rally

Video Library

Warmups
Warmups
Movement
Racket Skills
Routines
Routines
Games

WEEK 4



MAIN FOCUS: Developing understanding of existence of multiple elements within routines and gameplay

Exercises	Description
Warmup	Team Tag
Movement	Lunges and reaction
Solo	drops progression to drives
Routine 1	Boast Drop Drive
Routine 2	Drive Drive Volley (long)
Gameplay	normal game, volley for points

Video Library

Warmups
Movement
Racket Skills
Routines
Routines
Games

WEEK 5

MAIN FOCUS: Gameplay, conditioned games, tactical focus

Exercises

Warmup

Warmup

Warmup

Routine 1

Gameplay 1

Gameplay 2

Gameplay 3

Gameplay 4

Description

Team tag

Lunges and reaction

Balance routine

Drives to back quarter - count highest score in a row. Both sides

normal game, all above s.line. Tag the T between shots

normal game, tag the T each shot

Play 2 different shots within each rally

normal game, make the ball hit the glass, point for each hit

Video Library

Warmups

Movement

Warmups

Routines

Games

Games

Games

Games

WEEK 6



MAIN FOCUS: Tactical gameplay, introducing purposeful gameplay

Exercises

Warmup

Routine 1

Gameplay

Gameplay

Gameplay

Description

group, t.ball reaction

service box play. Point for each s.box hit

Play a boast each rally

Play a drive to the back wall each rally

Volley the return and straight drop each rally

Video Library

Warmups

Routines

Games

Games

Games