

HIGH SCHOOL COMMITTEE UPDATE: FEBRUARY 2020

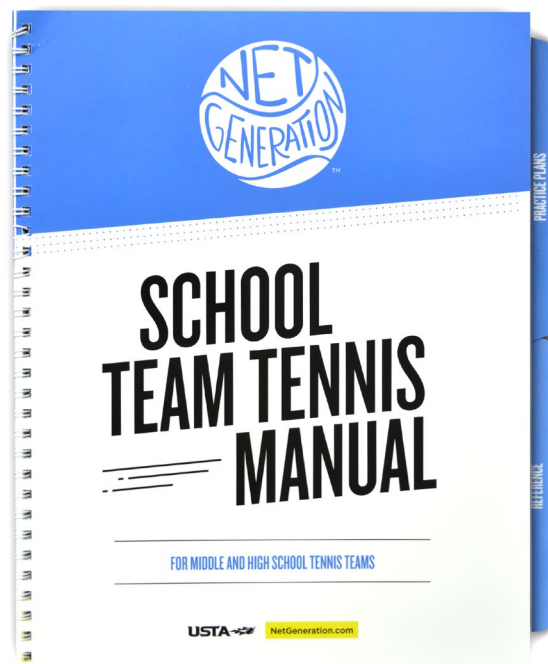


The intention of this series is to update our stakeholders on both the progress of this committee, and the current state of high school tennis across the country. In this edition of “Coaches’ Corner,” we look at the best drills and games from coaches across the country so your high school team can prepare for its big match.

STARTING YOUR TENNIS SEASON:

If you are a high school or middle school coach, then you need to understand the rules, regulations and bylaws that affect your state before you go any further. These bylaws are unique to each state and impact everything from rules-governing practices and contact periods, to competition structure and lineup regulations. If you are unfamiliar with your state’s tennis bylaws, contact your state high school association. Some states have associations dedicated to high school tennis.

Please contact the National Federation for State High School Associations (NFHS) at 317-927-6900 for more information. Additionally, the NFHS can provide you with the most up-to-date copy of the “Friend at Court,” the book of rules and regulations under which tennis is played in the United States.



UPCOMING HIGH SCHOOL WORKSHOPS:

Arizona Tennis Coaches Organization	2/28/2020	Texas High School Athletic Director Association (THSADA)	4/5 – 4/8 2020
Spring Cairn High School Tennis Coach Training	2/29/2020	Texas Association of Private and Parochial Schools (TAPPS)	6/10 – 6/11 2020
Ohio State Conference	3/1 – 3/2 2020	Texas Girls Coaches Association (TGCA)	7/8 – 7/11 2020
New England High School Tennis Coaches Conference	3/7/2020	Texas High School Coaches Association (THSCA)	7/19 – 7/21 2020
Wisconsin State Conference	3/13 – 3/14 2020	Iowa Coaches Workshop	10/11 – 10/12 2020



COACHES' CORNER

Check out this [special message](#) from John Cox, head coach at Bayou Academy in Cleveland, Miss.

Favorite practice drills

Check out these drills, which you can use for high school and middle school players of all skill levels.

Around the World

This game/drill requires six (6) or more players per court. Each side should strive for an equal number of players, but if this is not possible, one side should not outnumber the other by more than one player. A player from each side of the net begins at the baseline and the ball is coach or self fed. After a player hits the ball, he or she must run counter clockwise around the outside of the court to the end of the line on the other side of the net. Players continue in this manner until a mistake is made. This is a great drill to work on forehands and backhands only, and cardio is involved (movement). All groups, from beginner and intermediate, to advanced, can benefit from this drill.

Doubles Mini-Tennis

Doubles mini-tennis is great for building skills with doubles teams. Play must be in the service area only. By utilizing three courts for 12 players, this drill is great for large groups. The first team to accumulate seven (7) points wins.

Reflex and Volley Drill

Good reflexes make all the difference between a good net game and a great one. In this drill, start by volleying back and forth at the net with your practice partner. Don't try to put the ball away, but see how many volleys you can hit back and forth without missing. Besides getting the chance to hit lots of volleys, this drill works on your anticipation, balance and footwork.

SUB-COMMITTEE UPDATES:

Educating Coaches:

Interested in becoming a High School Tennis Ambassador? The Ambassador program will identify high school coaches from each USTA section who are well connected to social media who will be willing to help educate other coaches and spread the word about high school tennis.

For more information on how to become a High School Ambassador please contact Gina Pileggi at gmep122@yahoo.com.

Net Generation Outreach:

One of the most valuable resources to help you build your high school teams is elementary and middle school PE teachers! Net Generation can make you the local hero by making it easy and beneficial for your PE teachers to receive FREE training, equipment and pre-made lesson plans on the app, to help them offer a unit of tennis in their PE classes. Get your future stars exposed to tennis at a much younger age. Visit USTA.com for more information

National Federation Of High School Sports (NFHS)

The state association continues to identify and connect stakeholders in various states who are interested in starting or revitalizing high school tennis coaches associations. Resources, such as a checklist for starting a coaches' association, are in development. The State Tennis Coaches Association Checklist is a comprehensive tool created to provide guidance for individuals who are starting high school tennis associations. It can be used to build brand-new associations, help existing ones grow, and further support high school coaches in your area.

THE NET GENERATION MOBILE APP

Through the Net Generation mobile app, coaches can connect with their players to send practice activities, skill badges, constructive feedback and skill assessments. Coaches can also access USTA coaching curriculum, videos and more, and create custom lesson plans using the warm-ups, skills, games and play-at-home activities housed in the app. Coaches can share these custom lesson plans with other Net Generation providers*
Download the app today!

*Access to different features may vary based on your provider type

