**Warming up**

A warm-up period must be the first part of any training session or preparation for the competition.At the beginning of the session, it is important to form a circle on the court and place the players face to face, with plenty of space, to perform freely movements. Warm ups are much more likely to be effective in group. Players are responsible for each other, and communication in the circle builds team spirit. The warm-up starts slowly and gradually involves all the muscles and parts of the body. In addition to preparing the athlete mentally, warming up also has several physiological benefits.  
  
The importance of warming up before exercise can not be overstated. This is true even for a sport like tennis. Warming up increases body temperature and prepares the muscles, nervous system, tendons, ligaments and cardiovascular system for the stretching and exercises to come. The risk of injury is significantly reduced by increasing the muscular elasticity.

The warm-up should include targeted tennis activities, such as short sprints, leg play techniques and short reduced exercises. The warm up of the leg game may include crossed runs, similar to how a player moves horizontally on the court during a game. Warm ups consist of active movements leading to more vigorous movements to increase heart and respiratory rates. The warm-up period should last 5-10 minutes and precede the training or the competition.

The role of every coach is to stress the importance of the warm-up and to make the player conscious about it.

**Group levels and goals**

Each athlete comes at Total Tennis with different ambitions and expectations. It is critical to separate them into different groups if you want to make them improve significantly. Indeed, according to the piece of advice provided by my supervisor, Saif, it is possible to distinguish 10 goals per level, that a player needs to master if he wants to move to the upper group. Each coach has the freedom to adapt his own exercises and drills to each player in order to make them reach those goals.

**Beginners**:

1. Group rules  
The child knows the rules of the training group and participate in the lesson of tennis.  
2. Jumping   
The child gets to hop, with feet together, sideways (back and forth).

3. Position of attention  
Two children arrive, from the position of attention, to roll the ball.

4. Throw & catch  
Two children arrive, since a position oriented, to throw (from height of hip) and catch the ball.  
5. Return the ball  
The child manages to send the ball (sent to him by hand) with the racket after rebound.

6. Striking plan  
The child can perceive the contact of the ball in the racket.

7. React  
The child is able to serve and return in a simplified way.

8. Serve & return  
The child gets to serve and to return in a simple way.

9. Coverage of the field  
The child manages to send back the ball adapted to have the time to cover the ground.  
10. Rules of the game  
Children get to play games independently.

**Intermediate:**

1. Exchange  
The child has been coming to the baseline to play an exchange with security.  
2. Forward rotation  
The child gets to play the ball from the baseline to the service box with forward rotation.  
3. Match behavior  
The child knows how to prepare, stand-alone for a match and behaves with fair play.  
4. Throw away  
The child manages to launch the tennis ball far and high.  
5. Changes of direction  
The child moves so agile and responsive in all directions.  
6. Jump rope & reinforcement  
The child gets to jump to the rope with joined feet, and practices running and strengthening exercises for his body.  
7. Warning lights  
The child recognizes the different game situations (metaphor of the Traffic light:  
red, orange, green) and arrives to return the ball so adapted.  
8. Attack  
The child recognizes an attack situation and learns how to deal with an opponent coming to the net.  
9. Serve & return  
The child manages to serve flat or slice. He is arriving at return the service so adapted to the speed (block or with momentum).  
10. Rhythm  
The child can perceive the rhythm of the ball.

**Advanced:**

1. Adapted point opening  
The child arrives, when the point oppens (service and return), to dictate the exchange or neutralize the opponent.  
2. Serve efficiently  
The child manages to serve with security and accuracy.  
3. Defensive situation  
The child arrives, in a defensive position, to return the ball adapted.

4.Net safety  
The child plays the ball over the net with a security height.  
5. Second trajectory  
The child arrives, at the bottom of short, to play with security and efficiency.  
6. Game adapted to the net  
The child arrives at the net, in different situations, learns how to deal with low-volleys, high-volleys and lobs.

7. Perception of self  
The child controls and "feels" the length of his shots.  
8. Take advantage of opportunities  
The child knows how to open the field and take a chance.  
9. Self control  
The child recognizes his activation level and manages to control himself.

10 Effective attack shot  
The child gets to play an effective attacking ball and moves his position forward at the net.

**Stretching**

Stretching prevents injury by increasing the range of motion of joints and muscles. Athletes must be closely monitored during stretching exercises, to ensure that they perform properly. The instruction must include demonstrations by the coach.  
  
Stretching should be done without rebounding and without pain. Athletes must start with a gentle stretch to the point of tension and hold this position for a voice count of 10, conducted by the coach. Each stretch must be repeated from both sides of the body. It is necessary to remind athletes to breathe during stretching, inspiring at the beginning of the stretch, then exhaling. Once the stretch point is reached, the athlete must continue to inhale and exhale while holding the stretch.  
  
The stretches listed below are guidelines, coaches must establish the stretching program to match the group of athletes they work with. All major muscle groups should be stretched, with emphasis on shoulders, trunk and the legs.

**Lower body**  
- lying down quadriceps  
- stretching the hamstrings  
- horse stretching in sitting position  
- hip roll  
- calf stretch  
- ankle roll  
  
**Upper body**  
- shoulder stretching  
- stretching triceps  
- chest stretch  
- stretching the sides  
- stretching arms  
- arm circles  
- stretching the forearms and wrists  
- stretching of the neck