



CARDIO
TENNIS

National Hit To Be Fit Day

SUNDAY MAY 19, 2024

TIME

(minutes)

***The time hacks are recommended, do your best to stay close to the timing*

10 min

Welcome

10 min

All participants meet on one court for overview of event and then send athletes to courts for adult red ball experience

40-50 min

Adult Red Ball

10 min

Warm-up **Active dynamic sequence, send and receive, toss and trap, cooperative hitting*

5 min

Net player vs Baseline

10 min

Doubles variations (both back:start back go up:one up/one back:ping pong)

10 min

Singles

10 min

BREAK

60 min

Triples • 60 Minute Option

10 min

Athletes meet back on one court for demo and explanation of Triples

10 min

Practice round with no scorekeeping: lottery

10 min

Round #1: Lottery

10 min

Round #2: Friends and Family

10 min

Round #3: Guys and Gals

30 min

Triples • 90 Minute Option *(Triples 60 + below)*

10 - 20 min

Lottery (1 - 2 more rounds)

10 min

Coach assigns high skill/low skill

10 min

Close and Call to Action

10 min

Bring athletes together, thank them and discuss future programming options

OPTIONAL

LEARN MORE AT:
CARDIOTENNISINSTRUCTOR.COM

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