

# U12's Developing the ABCs: Agility, Balance, and Coordination

## A: Agility

### 1. Two-Ball Chase

- Player 1 is the "tagger" and Player 2 is the "catcher."
- Place one ball on each inside tramline of the tennis court.
- Player 1 uses quick changes of direction to try and evade Player 2, aiming to grab either ball without being tagged.
- Tagger can not cross the line in between each other to tag the catcher.
- Swap roles regularly to keep it fair and challenging.

### 2. Spider Drill

- Place five balls on the corners of the tennis court: both baseline corners, both service line corners, and the centre service point.
- Players run in any sequence, collecting each ball individually and returning it to the centre of the baseline.
- This drill can also be adapted into a relay race.

### 3. Steal the Cones

- Set up three players and five cones in the centre of the court.
- Each player starts in a hula hoop or near their tennis racket.
- When the coach calls "Go," players run to grab a cone and place it in their hula hoop or on their racket.
- Players can steal cones from each other, but only one cone can be picked up at a time.
- The first player to collect three cones wins.

### 4. Lateral Shuffle to Sprint

- Two players shuffle sideways together with their hands raised, ready to "high five" each other.
- Once they high-five, they sprint to the finish line.
- The player who reaches the finish line first wins.
- Repeat the drill in the opposite direction and swap roles frequently.

### 5. Cone Reaction Drill

- Set up a line of cones at irregular intervals (about 4-6 cones) across the court.
- Players begin at the starting point, and the coach randomly calls out different cone numbers or colours.
- Players must quickly react and sprint to touch the called cone, then return to the starting point as fast as possible.
- To increase difficulty, coaches can give additional commands like "touch with left hand" or "hop to the cone."
- The focus is on fast reaction times and quick changes in direction.

### 6. Quick Jumps and Sprints

- 2 players start facing the same direction.
- Players jump side to side with their feet together over a line.
- The coach calls out a direction, and players sprint in that direction.
- First player to reach the designated finish line wins a point.

## **B: Balance**

### **1. River Cross**

- Players stand on a drop-down line or a spot and can only step on that line / spot while moving forward.
- Each player picks up their line / spot as they advance to simulate crossing a river.
- It is not a race; slow controlled movements are the name of the game.

### **2. Lilly Pad Hops**

- Coach drops down the 'Lilly Pads' and players must hop and hold balance while landing on each spot.
- Players hop and hold their landing for one second before hopping again.
- It is not a race; slow controlled movements are the name of the game.

### **3. Balance Lockups**

- Players balance on one foot and bend down to pick up a ball, moving it while maintaining their balance.
- Players move the ball around their body, but never out of reach.
- Each time a player bends down to get the ball they must pick it up with a different hand.

### **4. Swiss Ball Posture Warm-Up**

- Players hold a Swiss ball (or basketball) in a dynamic, ready position.
- They side shuffle a few steps, then sink into a loaded open stance, alternating between forehand and backhand sides.
- Crossover steps and side shuffles should be used to move the few steps each time.

### **5. One-Leg Ball Toss**

- Players stand on one leg and toss a tennis ball to a partner.
- The aim is to catch the ball while maintaining balance on the same leg.
- For added difficulty, players can alternate legs after each toss or toss with their non-dominant hand.
- Focus on smooth, controlled movements and staying balanced throughout.

### **6. Balance Beam Walk**

- Players walk heel-to-toe along a straight line (or a narrow beam/tape on the floor), maintaining balance throughout.
- To increase the challenge, players can hold a tennis ball in one hand and pass it around their body as they walk.
- The focus is on controlled movements, ensuring that the players keep steady and balanced while walking the line.
- For further difficulty, players can walk backward along the line.

## **C: Coordination**

### **1. Two-Ball Pass**

- Two players each start with a ball on their racket.
- They flip the balls to each other, swapping balls mid-air, and catch the ball on their strings after one bounce.
- As confidence and level grows, the players can start further and further away from each other.

### **2. Ball Prediction with Hula Hoop**

- Players throw a ball up, then place the hula hoop on the ground where they predict the ball will bounce.
- Players start with a relatively low throw, as they gain confidence, they can throw the ball higher and higher.

### **3. Ball Bounce Challenge**

- Players bounce a tennis ball up or down with another ball (like a basketball).
- Players start with the basketball in hand and bounce the tennis ball up.
- Players must control the touch, so they don't lose their tennis ball
- Progression: Two players use a basketball to pass a smaller ball to each other with a two-touch maximum.

### **4. Throwing and Catching While Moving**

- Players move while throwing and catching, enhancing their hand-eye coordination and movement.
- This can be side to side movement with different variations of passes or footwork.
- Side to side shuffle steps, cross oversteps, carioca steps etc can be used.
- Passes can be without a bounce, with a bounce, two handed, single handed etc.

### **5. Lateral Crossover Step**

- Players start on opposite tramlines, facing each other.
- While bouncing the ball straight up and down, they must perform lateral crossover steps in and out while passing the ball to their partner.

### **6. Frog Hops**

- Players start on the baseline or tram line with a hula hoop each.
- Players throw the hula hoop in front of them but not so far that they cannot reach it with a two footed jump.
- Players hop into their hula hoop, then bring it up over their body before throwing it forward to progress their movement forward.
- Players continue until they reach a designated finish line.