

# Red, Orange, Green Coaching Plan:

## Introduction

This booklet provides an overview of key '**Session Themes**' that we will cover throughout the term. These themes offer a **structured framework** while allowing coaches the flexibility to adapt sessions based on:

- The **number of players** in each session
- The **standard of players** and their developmental needs
- **Weather conditions** and other external factors

Coaches are encouraged to use these plans as a **guideline**, making adjustments as needed to create an engaging, player-centred learning environment.

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## Red, Orange, Green Coaching Plan:

### General session themes to be developed as the coach sees fit

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#### Red Stage (5-8 years)

*Objective: Build fundamental movement skills, basic rallying ability, and introduce tactical awareness in a fun and engaging way.*

##### Session Theme: Sending & Receiving Skills – Throw, Catch, & Underhand Rally

- **Warm-Up:** Movement-based activities (balance, agility, coordination).
- **Main Activity:** Sending & receiving skills with hands and racquets, partner-based challenges (throwing, catching, rolling).
- **Modified Game:** Simple underhand rallies, short exchanges focusing on accuracy.
- **Fun Game:** Team-based game to encourage ball tracking and movement.
- **Wrap-Up / Takeaway:** Players share key learning about movement and tracking.

##### Session Theme: Basic Serve & Return – Drop Feeds into Rallies

- **Warm-Up:** Reaction and positioning drills.
- **Main Activity:** Simple underarm serves, tracking the ball, returning with balance.
- **Modified Game:** Cooperative play – feed, return, rally.
- **Fun Game:** Target-based challenge incorporating serve and return.
- **Wrap-Up / Takeaway:** Discussion: "What makes a good return?"

##### Session Theme: Movement & Coordination – Footwork & Ball Tracking

- **Warm-Up:** Agility drills and ball-tracking exercises.
- **Main Activity:** Tennis specific movements, split step, tracking different bounces.
- **Modified Game:** Rally scenarios encouraging movement.
- **Fun Game:** Movement-based relay or tracking challenge.
- **Wrap-Up / Takeaway:** Reflection: "How did moving early help your rally?"

##### Session Theme: Game Play – Simple Rallies & Competitive Mini-Games

- **Warm-Up:** Game-based movement activity.
  - **Main Activity:** Partner rally challenges, setting goals (e.g., rally length).
  - **Modified Game:** Competitive yet fun rally play with simple tactical elements.
  - **Fun Game:** Team-based rally competition.
  - **Wrap-Up / Takeaway:** "What's one thing that helped you rally better today?"
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## Orange Stage (8-10 years)

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*Objective: Improve rallying, tactical awareness, and basic match play skills.*

### Session Theme: Developing Rally Length – Consistency & Control

- **Warm-Up:** Dynamic movement drills, footwork patterns.
- **Main Activity:** Cooperative rally building, controlling depth and height.
- **Modified Game:** Partner rally challenge – aim for a set number of shots.
- **Fun Game:** Target-based game focusing on directional hitting.
- **Wrap-Up / Takeaway:** "What helped you keep the ball in play today?"

### Session Theme: Approaching the Net – Mid-Court Attack & Volley Play

- **Warm-Up:** Quick movement, split-step reaction drills.
- **Main Activity:** Approaching from mid-court, controlling volleys.
- **Modified Game:** Controlled approach + volley sequence.
- **Fun Game:** Team game incorporating net approaches.
- **Wrap-Up / Takeaway:** "When should you come to the net?"

### Session Theme: Tactical Serving – Direction & Placement

- **Warm-Up:** Agility & reaction-based games.
- **Main Activity:** Serve placement drills, aiming for specific zones.
- **Modified Game:** Serve and return-focused cooperative play.
- **Fun Game:** Serve accuracy challenge.
- **Wrap-Up / Takeaway:** "What makes a serve effective?"

### Session Theme: Matchplay Simulations – Tactical Decision-Making

- **Warm-Up:** Quick movement and reaction drills.
  - **Main Activity:** Matchplay scenarios focusing on decision-making.
  - **Modified Game:** Small-sided matches with different tactical objectives.
  - **Fun Game:** Competitive but friendly match play challenge.
  - **Wrap-Up / Takeaway:** "What was your best decision in the match today?"
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## Green Stage (10-12 years)

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*Objective: Transition to full-court play, enhance tactical awareness, and improve decision-making under pressure.*

**Green follows the same format as Orange with slight progressions:**

### **Session Theme: Rallying with Depth & Control**

- **Progression:** Players start deeper and aim for depth consistency.

### **Session Theme: Approaching the Net & Volleying**

- **Progression:** Introduce transition shots and half-volleys.

### **Session Theme: Tactical Serving & First Shot Strategy**

- **Progression:** Serve + 1 pattern development (following serve with a planned shot).

### **Session Theme: Matchplay & Decision-Making**

- **Progression:** Players construct points with more strategic depth.

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## **Key Coaching Guidelines**

- Keep sessions fun, engaging, and age appropriate.
- Allow players to explore skills without over-coaching.
- Prioritise movement, ball tracking, and tactical awareness.
- Encourage repetition and reinforcement before adding difficulty.
- Use match play elements to reinforce learning in a game-based way.

## Red Stage Coaching Structure:

*Objective: Build fundamental movement skills, rallying ability, and tactical awareness*

### Session Theme: Sending & Receiving Skills – Throw, Catch, & Underhand Rally

**Theme:** Developing coordination, tracking the ball, and making consistent contact.

- **Warm-Up (5-10 min):**
    - Movement-based activities (balance, agility, coordination).
    - Simple hand-eye coordination games.
  - **Main Activity (15-20 min):**
    - Focus on **sending & receiving** skills using hands and racquets.
    - Emphasize tracking, positioning, and movement towards the ball.
    - Start with **partner-based challenges** (throwing, catching, rolling).
  - **Modified Game (15-20 min):**
    - Introduce **basic underhand rallies** (rolling, bouncing, hitting).
    - Encourage **short, controlled exchanges** with a focus on soft hands & accuracy.
  - **Fun Game (5-10 min):**
    - A **team-based game** where players aim to keep the ball moving.
  - **Wrap-Up / Takeaway (5 min):**
    - Players share **one key thing they learned** about moving to the ball.
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### Session Theme: Basic Serve & Return – Drop Feeds into Rallies

**Theme:** Introducing the concept of starting a point and preparing for the next shot.

- **Warm-Up (5-10 min):**
    - Fun movement-based warm-up focusing on **reaction and positioning**.
  - **Main Activity (15-20 min):**
    - Emphasis on **starting play** (simple underarm serves or drop feeds).
    - Focus on **tracking the ball** and **getting into position** for the return.
    - Allow players to experiment with different ways of sending the ball.
  - **Modified Game (15-20 min):**
    - Cooperative play: Player **feeds, returns, and rallies** with a partner.
    - Encourage **recognition of where the ball is going** and moving early.
  - **Fun Game (5-10 min):**
    - A **target-based challenge** that incorporates serve and return skills.
  - **Wrap-Up / Takeaway (5 min):**
    - Quick discussion: "What makes a good return?"
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## Session Theme: Movement, Coordination, Footwork Patterns & Ball Tracking

**Theme:** Improving agility and positioning to prepare for rallies.

- **Warm-Up (5-10 min):**
    - Agility-based exercises focusing on **quick movements** and balance.
    - Fun tracking drills using **different ball sizes & bounces**.
  - **Main Activity (15-20 min):**
    - Work on **how to move before hitting** (split-step, adjusting steps).
    - Use **shadow movements** and simple ball-tracking activities.
    - Allow players to explore movement through various challenges.
  - **Modified Game (15-20 min):**
    - Introduce **rally scenarios** that encourage early movement.
    - Focus on **staying balanced** while adjusting to different balls.
  - **Fun Game (5-10 min):**
    - A movement-focused team relay or tracking challenge.
  - **Wrap-Up / Takeaway (5 min):**
    - Reflection: "How did moving early help your rally?"
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## Session Theme: Game Play – Simple Rallies & Competitive Mini-Games

**Theme:** Bringing together sending, receiving, movement, and decision-making.

- **Warm-Up (5-10 min):**
    - Engaging, **game-based movement activity** to prepare for rally play.
  - **Main Activity (15-20 min):**
    - **Partner rally challenges** focusing on keeping the ball in play.
    - Introduce **different goals** (e.g., rallying over a set number of shots).
  - **Modified Game (15-20 min):**
    - Players work on **applying their skills in a semi-competitive setting**.
    - Encourage simple **decision-making** (where to hit, when to move).
  - **Fun Game (5-10 min):**
    - A fun, high-energy **team-based rally competition**.
  - **Wrap-Up / Takeaway (5 min):**
    - Players discuss: "What's one thing that helped you rally better today?"
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### **Key Coaching Guidelines:**

- **Keep it fun & engaging** – enjoyment is key at this stage.
- **Encourage exploration** – allow players to find what works for them.
- **Prioritise movement & ball tracking** over technical perfection.
- **Make sure every player has plenty of reps** – avoid long wait times.
- **Let players experience success** – adapt challenges based on their ability.

## Orange Stage Coaching Structure:

Objective: Develop rallying consistency, tactical awareness, and match play skills in a fun, engaging environment.

### Session Theme: Developing Rally Length – Consistency & Control

**Theme:** Building rally consistency, tracking the ball, and controlling shot direction.

- **Warm-Up (5-10 min):**
    - Dynamic movement drills and reaction-based footwork activities.
    - Simple tracking and hand-eye coordination exercises.
  - **Main Activity (15-20 min):**
    - Cooperative rally-building exercises, focusing on keeping the ball in play.
    - Encourage depth control and directional awareness.
    - Introduce a variety of ball trajectories (low, high, deep, short).
  - **Modified Game (15-20 min):**
    - Partner rally challenge – set goals for rally length (e.g., 5, 10, 15 shots).
    - Introduce movement – based rallying – adjusting to deep and short balls.
  - **Fun Game (5-10 min):**
    - A target-based game encouraging control and placement.
  - **Wrap-Up / Takeaway (5 min):**
    - Discuss: "What helped you keep the rally going today?"
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### Session Theme: Approaching the Net – Mid-Court Attack & Volley Play

**Theme:** Recognising opportunities to approach and developing net play skills.

- **Warm-Up (5-10 min):**
  - Footwork drills focused on approaching the net.
  - Reaction-based exercises using volleys.
- **Main Activity (15-20 min):**
  - Drills to transition from baseline to mid-court and finish at the net.
  - Focus on control, positioning, and timing.
  - Encourage decision-making on when to approach the net.
- **Modified Game (15-20 min):**
  - Controlled approach + volley sequences.
  - Players alternate between attacking and defending at the net.
- **Fun Game (5-10 min):**
  - A team challenge involving net play and movement.
- **Wrap-Up / Takeaway (5 min):**
  - Discuss: "When should you come to the net?"

## Session Theme: Tactical Serving – Direction & Placement

**Theme:** Improving serve consistency, accuracy, and tactical intent.

- **Warm-Up (5-10 min):**
    - Movement-based activities focusing on balance and coordination.
    - Simple serving drills without racquets to reinforce movement patterns.
  - **Main Activity (15-20 min):**
    - Serving drills with a focus on hitting specific targets.
    - Encourage different serve placements (wide, body, T).
  - **Modified Game (15-20 min):**
    - Serve and return-focused cooperative play.
    - Focus on placing serves effectively while returners work on positioning.
  - **Fun Game (5-10 min):**
    - Serve accuracy challenge with team-based scoring.
  - **Wrap-Up / Takeaway (5 min):**
    - Discuss: "What makes a serve effective?"
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## Session Theme: Matchplay Simulations – Tactical Decision-Making

**Theme:** Applying skills in realistic match play scenarios.

- **Warm-Up (5-10 min):**
    - Quick movement and agility drills.
    - Simple rally-based warm-ups focusing on control and placement.
  - **Main Activity (15-20 min):**
    - Matchplay situations that require decision-making.
    - Players construct points using the skills developed over the previous weeks.
  - **Modified Game (15-20 min):**
    - Short matches with specific tactical focuses.
    - Scenarios such as approach and finish, / serve plus one, / defensive play.
  - **Fun Game (5-10 min):**
    - A friendly, competitive match play challenge.
  - **Wrap-Up / Takeaway (5 min):**
    - Players reflect: "What was your best decision in the match today?"
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## **Key Coaching Guidelines:**

- Keep sessions engaging and age appropriate.
- Encourage exploration and allow players to develop confidence in their decisions
- Prioritise movement, tactical awareness, and consistency before introducing complexity.
- Develop match play opportunities to apply learned skills in realistic settings.



## Green Stage Coaching Structure:

Objective: Develop rally consistency, tactical awareness, and match play skills in a full court setting while encouraging independent decision-making.

### Session Theme: Rallying with Depth & Control

**Theme:** Improving consistency, depth, and shot placement.

- **Warm-Up (5-10 min):**
    - Dynamic movement drills and footwork patterns.
    - Reaction-based exercises to enhance tracking skills.
  - **Main Activity (15-20 min):**
    - Cooperative rally-building exercises, focusing on maintaining depth.
    - Players work on varying pace and spin to control rallies.
    - Introduce tactical awareness by encouraging directional play.
  - **Modified Game (15-20 min):**
    - Partner rally challenge – set goals for deep shot consistency.
    - Encourage movement adjustments based on incoming ball trajectory.
  - **Fun Game (5-10 min):**
    - A target-based game promoting control and placement.
  - **Wrap-Up / Takeaway (5 min):**
    - Discuss: "How did depth impact your rally today?"
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### Session Theme: Approaching the Net – Transition & Volley Play

**Theme:** Recognising opportunities to transition to the net and improving volley control.

- **Warm-Up (5-10 min):**
  - Split-step and movement drills designed for transition play.
  - Quick hands exercises to develop volley control.
- **Main Activity (15-20 min):**
  - Drills focusing on transitioning from baseline to net.
  - Players practice approaching off short balls and controlling volleys.
  - Introduce decision-making scenarios for transitioning forward.
- **Modified Game (15-20 min):**
  - Approach + volley sequences in controlled settings.
  - Players alternate between attacking and defending at the net.
- **Fun Game (5-10 min):**
  - Competitive challenge involving approach and finishing shots.
- **Wrap-Up / Takeaway (5 min):**
  - Discuss: "What helped you decide when to move forward?"

## Session Theme: Tactical Serving – Placement & First Shot Strategy

**Theme:** Refining serve accuracy and improving first shot decision-making.

- **Warm-Up (5-10 min):**
    - Movement-based activities focusing on balance and coordination.
    - Simple serving mechanics without racquets to reinforce movement patterns.
  - **Main Activity (15-20 min):**
    - Serve placement drills with a focus on hitting specific zones.
    - Players work on tactical serving (wide, body, T) and follow-up shot planning.
    - Encourage returners to adjust based on serve placement.
  - **Modified Game (15-20 min):**
    - Serve and return sequences with tactical variations.
    - Players attempt to place serves effectively while focusing on their next shot.
  - **Fun Game (5-10 min):**
    - Serve placement challenge incorporating point-based scoring.
  - **Wrap-Up / Takeaway (5 min):**
    - Discuss: "How did your serve placement affect your next shot?"
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## Session Theme: Matchplay Simulations – Tactical Decision-Making

**Theme:** Applying skills in realistic match play scenarios.

- **Warm-Up (5-10 min):**
    - Quick movement and agility drills.
    - Simple rally-based warm-ups focusing on control and placement.
  - **Main Activity (15-20 min):**
    - Players construct points using skills developed over the previous weeks.
    - Encourage strategic shot selection based on opponent positioning.
  - **Modified Game (15-20 min):**
    - Short matches with different tactical objectives.
    - Scenarios such as approach and finish, / serve plus one, / defensive play.
  - **Fun Game (5-10 min):**
    - A friendly, competitive match play challenge.
  - **Wrap-Up / Takeaway (5 min):**
    - Players reflect: "What was your best decision in the match today?"
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### **Key Coaching Guidelines:**

- Keep sessions engaging, challenging, and age appropriate.
- Encourage players to take ownership of tactical decision-making.
- Develop match play opportunities to reinforce learned skills in game-based settings.