



**INSIDE OUT
TENNIS**

www.insideouttennis.com

MINI TENNIS MANUAL

“Our players get
better quicker
because we know
mini tennis
inside out”

ANNUAL PLAN

TERM 1 : SEPTEMBER - DECEMBER

DEVELOP: RALLY SKILLS (PREVENT TROUBLE)

MAINTAIN: ATTACK (CAUSE TROUBLE) + DEFEND (GET OUT OF TROUBLE)

TERM 2 : JANUARY - APRIL

DEVELOP: ATTACK SKILLS (CAUSE TROUBLE)

MAINTAIN: RALLY (PREVENT TROUBLE) + DEFEND (GET OUT OF TROUBLE)

TERM 3 : APRIL - JULY

DEVELOP: DEFEND SKILLS (GET OUT OF TROUBLE)

MAINTAIN: RALLY (PREVENT TROUBLE) + ATTACK (CAUSE TROUBLE)

TERM PLAN

DEVELOP

Train the HOW TO BE
and teach the WHAT TO DO
and HOW TO DO IT

MAINTAIN

Reinforce the HOW TO BE

SESSION PLAN

4 drills per session

Drill 1: Maintain skill 1

Drill 2: Develop main skill

Drill 3: Develop main skill

Drill 4: Maintain skill 2

Minimum 1 drill involving serve & return

Drill 1: Maintenance

Drill 2: Competency

Drill 3: Situational

Drill 4: Maintenance

SESSION STRUCTURE

1 hour lesson:

Physical warm-up and skills	10 mins
Drill 1 (maintain)	10 mins
Drill 2 (develop)	10 mins
Drill 3 (develop)	10 mins
Drill 4 (develop)	10 mins
Reality (points with purpose)	10 mins

SESSION STRUCTURE

1.5 hour lesson:

Physical warm-up and skills	15 mins
Drill 1 (maintain)	15 mins
Drill 2 (develop)	15 mins
Drill 3 (develop)	15 mins
Drill 4 (develop)	15 mins
Reality (competition)	15 mins

HOW CAN YOU SPOT AN INSIDE OUT MINI?

They move great

They notice things

They love to compete

They are adaptable

THEY LEARN QUICKLY

They have fun

RALLY

HOW TO BE

STUBBORN

PATIENT

SMART

RALLY

WHAT TO DO

BE CONSISTENT

MOVE OPPONENT

AIM DEEP

HIT HEAVY

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - RECEPTION SKILLS

Ready attitude & athletic look

Depth perception (2 zones)

Protect space

Smart recovery (horizontal)

Tracking direction

Contact in relation to body

Brilliant balance

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - SENDING SKILLS

Racket high in the hand

Turn and reach

Smooth low to high swing

Slow to fast rhythm

Early preparation

Serve and rally

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - RECEPTION SKILLS

Tracking height & speed

Depth perception (3 zones)

Contact in relation to flight path

Give or take space

Beat the bounce

Shuffle & cross-over movement

Basic anticipation

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - SENDING SKILLS

Path, angle, speed; ball controls

Strike a match timing

Arm and body together

Big moves small

Smart decision-making - protect space

Early preparation - show your shoulder
the bounce

Return and rally

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - RECEIVING SKILLS

Awareness of opponent position

Battle for balance

Ground-up coordination

Explosive first movement

Smart recovery - vertical

RALLY

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - SENDING SKILLS

Contact moves

Exploit space

Ball controls matched to position
& intention

Setup, rhythm, timing

ATTACK

HOW TO BE

PREDATORY

ALERT

CLINICAL

ATTACK

WHAT TO DO

TAKE TIME

EXPOSE SPACE

USE STRENGTH

EXPLOIT WEAKNESS

WRECK RHYTHM

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - RECEIVING SKILLS

PAY ATTENTION

Split step (attitude)

Depth perception (2 zones)

Awareness of space

Decision to approach before hit:

ball received

Busy feet

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - SENDING SKILLS

Racket high in hand

Slow to fast rhythm

Big moves small

Catch feel (volleys)

Front foot to target

Run from return

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - RECEIVING SKILLS

Hunting attitude

Battle for balance

Depth perception (3 zones)

Decision to approach before hit:

opponent position

Position between shots

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - SENDING SKILLS

Stalking the ball

Attack with feet (turn and shuffle)

Hops and pivots

Speed before and after contact

Volley feels (soft/squeeze)

Loud feet; quiet hands

Ball goes up; you go down (overhead)

Serve to backhand

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - RECEIVING SKILLS

Hunting the hanging point

Moving in diagonals

Identify and exploit weakness

Decision to approach after hit

Split and move (approach)

ATTACK

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - SENDING SKILLS

Body throws arm (180 turn)

Low balls; close, high balls; away

2 to 1 contact moves

Big angles in the body

Middle lane forehand (use weapon)

Change direction and pace

Serve wide, hit wide

Attack second serve

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - RECEIVING SKILLS

Split step and ready

Every ball mentality

Beat the bounce

Active recovery by contact

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS RED - SENDING SKILLS

Hand behind the ball

Early preparation

Path, angle, speed

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - RECEIVING SKILLS

Ready position - dog with a stick

Smart position (see the whole
court)

Dynamic recovery (patterns)

Head up the court

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS ORANGE - SENDING SKILLS

Dynamic balance

Buy time with height

Depth control

Counter-punch

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - RECEIVING SKILLS

Selective split

Explosive first step (out and
back)

Anticipation

Head and shoulders lead

DEFEND

HOW TO DO IT

COMPETENCIES

MINI TENNIS GREEN - SENDING SKILLS

High/deep middle to buy time and
reduce angles

Neutralise - make opponent rally

Wide ball contact moves

Defensive slice

DRILLS

COMPETENCY DRILLS

Skill Development

MAINTENANCE DRILLS

Timed, scored, recorded

SITUATIONAL DRILLS

Tactical situations

DRILLS

COMPETENCY DRILLS - RALLY

Rally lives

Call height ball crosses net

Score your balance

Cross v line

Beat the bounce, recover by contact

Bounce, hit (rhythm)

Ready (bounce), Turn (hit)

DRILLS

MAINTENANCE DRILLS - RALLY

Rally targets (no errors or lives)

1 minute depth scores

Rising balls

Rally tempo drill

DRILLS

SITUATIONAL DRILLS - RALLY

Rally then play

Deep ball rally then play

Rising ball rally then play

Middle lane battles

8-ball drill

DRILLS

COMPETENCY DRILLS - ATTACK

Call depth zones before ball bounces

Give or take space (inc. races)

OW OW OW Game

Back or balance

Score your balance

Half-court approach drills

2 touch volleys

Push back, bring forwards volleys

0-1-2 bounce volleys

Technical basket drills

Approach and ball bounces you lose

Every third ball is a volley

Share of 10 drills

DRILLS

MAINTENANCE DRILLS – ATTACK

Balls hit on or inside baseline in 1 min

Target scores middle-wide

Dropping ball lives

Dropping ball (2 errors)

Volleys that keep opponent deep

Cross-line targets

DRILLS

SITUATIONAL DRILLS - ATTACK

First 3 balls down middle lane then open
Feet inside baseline..call 'move' and play

Wildcard volleys

Choose your approach drill

Live ball approach drill

2 backhands per rally

Backhand rally, first forehand live

3/4 court points

Serve and third ball target

Win in 3 (1st serve, 2nd serve return)

Change of direction- play for 2

DRILLS

COMPETENCY DRILLS - DEFEND

Throw short ball..pick up racket and play
Feet inside baseline..call 'move' and play

Feed from tough positions

2 vs 1 drills

DRILLS

MAINTENANCE DRILLS - DEFEND

DRILLS

SITUATIONAL DRILLS - DEFEND

First 3 balls down middle lane then open

3/4 court points

Rally, attack, defend

Make 6 balls to win the point

DRILLS

REALITY DRILLS

Rally, attack, defend
Rally, attack, defend predictions
1-2-3 drill
Bonus points
Winner takes the rally total