



# TFF DELIVERY MANUAL



# INTRODUCTION

The Tennis For Free (TFF) session is entirely focused on providing a great mass participation tennis experience for the whole family.

Session content is important to create this environment and hence we've created this manual to provide an 'easy to deliver' format to ensure that attendees have a great tennis experience.

All TFF Drills & Games are easy to deliver by coaches, assistants or volunteers.

TFF sessions do not feature coaching and instead session content is focused around mass participation drills and games.

We've listed the various drills and games that are most suited to TFF sessions at the bottom of this document, but opposite we've listed our 'TOP 3'.

Look out for these TOP 3 games in the list of drills/games at the bottom of this document and take particular note of them. Please try to incorporate most of them into each TFF session as these are the most popular and suited to the Tennis For Free environment.



## TFF's TOP 3

### TFF Quick Fire - Singles, Doubles and Triples

The Quick Fire set of games works great for the Beginner Group (on a shortened court) and the Improvers+ group. See Youtube videos showcasing this game:

**Singles:** [https://www.youtube.com/watch?v=Phi79QBY2\\_Q](https://www.youtube.com/watch?v=Phi79QBY2_Q)

**Doubles:** <https://www.youtube.com/watch?v=3UyRWZ7Hvs>

**Triples:** <https://www.youtube.com/watch?v=Kq4igxbaV5M>

### Champions & Challengers

Champions & Challengers is very popular and works great for the Beginner and Improvers+ groups. There's a few different revisions of it:

**Double Ball:** <https://www.youtube.com/watch?v=ny2ZTADvR1Q>

**G,V,S:** <https://www.youtube.com/watch?v=mjM0tx-3wM0>

**Smashes:** <https://www.youtube.com/watch?v=BsJedI87MqY>

### Around the World

A 5 minute 'one life only' game of Around the World is a great way to end the Coach Led Hour:

<https://www.youtube.com/watch?v=IA215xENnKk>

# THE TFF SUB GROUPS



## PARENT & CHILD GROUP

The Parent & Child sub group is typically for children aged 4yrs-8yrs and requires a parent or carer to be actively engaged in the session with their child. The session uses sponge or low compression balls and you as the TFF deliverer of the session will organise a combination of One-to-One exercises for parents and their child(ren) and group games bringing everyone together.

In the Open Play session, the court is unsupervised for parents to utilise the equipment with their children and play their own games.

## BEGINNER GROUP

The Beginner Group is for those players who aren't yet able to rally on a court. Typically, this group will feature children ages 7yrs - 13 yrs, but can feature older juniors and even adults if they are comfortable participating in this group. The TFF deliverer of this session will focus the session around engaging games.

This group is not factored into the Open Play session but the stronger beginner level players can try the Improvers+ Open Play hour and weaker beginners can play with their parents on the Parent & Child Group court.

## IMPROVERS+ GROUP

This group is for players that can rally a ball. It typically features a mixed level of players and sub dividing this group across two courts is one way to match standards. This group is always best to start with TFF Quick Fire to understand the differing standards. The Open Play session is specifically focused around this group and best when the community organise the content (with coach on hand to supervise or steer).

# EXAMPLE TFF SESSION

Parent & Child

Beginner

Improvers+

10am-10:15am

First 5 minutes taken up with welcoming players to the TFF session. Next 5 minutes getting people together as a large group and outlining important information about the session and the session structure. A further 5 mins can then be used for warm up (as a group as a whole or sub group).

10:15am - 10:30am

- \* Fun Circuit
- \* Feed & Hit / Floor Tennis

- \* Quick Fire - Short Court
- \* Quick Fire - Tap Hit

- \* Quick Fire - Singles
- \* Quick Fire - Doubles

10:30am - 10:45am

- \* Fun Circuit
- \* Feed & Hit / Floor Tennis

- \* Battleships
- \* Attack 2 Ten

- \* Pressure Doubles
- \* Cardio Drop Drill

10:45am - 11am

- \* Tidy Your Room
- \* Rollo

- \* Jail
- \* CC - King of the Court

- \* CC - Double Ball
- \* Around the World

11am -11:30pm

**UNSUPERVISED COURT**  
Equipment left out for parents to use with children

No OPEN PLAY group for beginners. Parents must supervise into either Improvers+ or play with them on P&G court

**OPEN PLAY HOUR**  
Start with Quick Fire Singles and let community organise for remainder of hour

# EXAMPLE TFF SESSION 2

Parent & Child

Beginner

Improvers+

10am-10:15am

First 5 minutes taken up with welcoming players to the TFF session. Next 5 minutes getting people together as a large group and outlining important information about the session and the session structure. A further 5 mins can then be used for warm up (as a group as a whole or sub group).

10:15am - 10:30am

\* Fun Circuit  
\* Feed & Hit / Floor Tennis

\* Quick Fire - Short Court  
\* Quick Fire - Tap Hit

\* Quick Fire - Singles  
\* Quick Fire - Triples

10:30am - 10:45am

\* Fun Circuit  
\* Feed & Hit / Floor Tennis

\* Jail  
\* CC - King of the Court

\* CC - Ground/Volley/  
Smash

10:45am - 11am

\* Tennis Freestyle  
\* Battleships

\* Battleships  
\* Attack 2 Ten

\* CC - Double Ball  
\* Around the World

11am -11:30pm

**UNSUPERVISED COURT**  
Equipment left out for par-  
ents to use with children

No OPEN PLAY group for  
beginners. Parents must  
supervise into either Im-  
provers+ or play with them  
on P&G court

**OPEN PLAY HOUR**  
Start with Double Ball  
Champions and let  
communiy organise for  
remainder of hour


# TFF SESSION DELIVERY GUIDELINES

It's essential when delivering the TFF sessions to run the sessions as per the specified format and with drills and games that TFF have approved.

The reason is simply the fact that the TFF environment is mass-participation, features mixed level ability of players, has players of vastly differing ages, has all players playing at same time, and is run on as little as 3x courts. All of this provides for a very difficult delivery environment and without some specified guidelines and 'ready to go' drills and games that have proven to work, the session could very quickly become unenjoyable, unproductive and potentially a health and safety risk.

Of course, we don't want to stifle creativity and if you've got some ideas, drills or games of your own that don't appear in our approved list, then please tell us, we'll more than likely be happy to include them if they are popular and add to the enjoyment.

It's also important that in addition to reading this document that you read and digest the TFF Drills and Games Manual to understand all of the games and drills that TFF endorse and use which are best suited to the session on the day (factoring in the size of the group, playing ability and number of courts available).

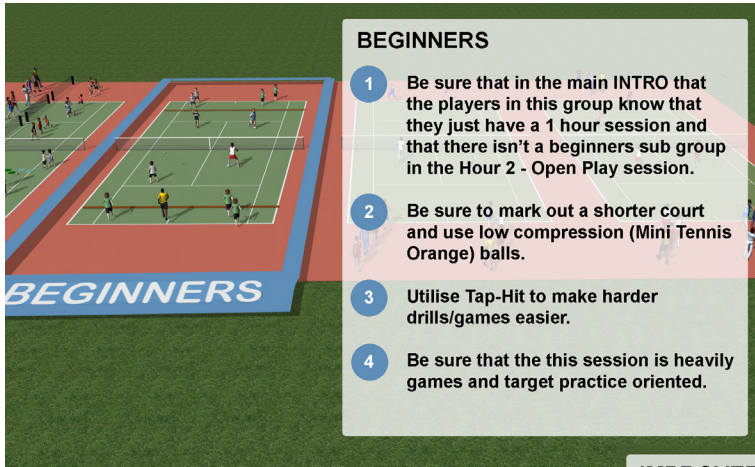


**PARENT & CHILD SESSION**

*This session requires the direct assistance of the Parent/Carer of the child(ren) that they bring to the session. The session is 1 hour in length and should feature a variety of different exercises and games for the parents & children. Below is an example structure:*

- 1 Intro & Ball Skills (15 mins)**  
*Coach introduces session, takes register and introduces some basic racket and ball skills that get progressively harder.*
- 2 Fun Circuit (15 mins)**  
*A circuit of fun skills stations made out of the various in-session training aids (cones, lines, spots...etc)*
- 3 Feed & Hit (15 mins)**  
*Parent feeds balls at appropriate level to child(ren) who hit either groundstrokes or volleys (floor rallies if child is not capable of feed & hit).*
- 4 Group Games (15 mins)**  
*Bringing the full group together to run some group games (Prison Break, Rollo, Cross the River, Tidy your Room...etc)*
- OP OPEN PLAY (30 mins)**  
*An unsupervised period to allow parents/guardians to utilise the equipment and stations.*





### BEGINNERS

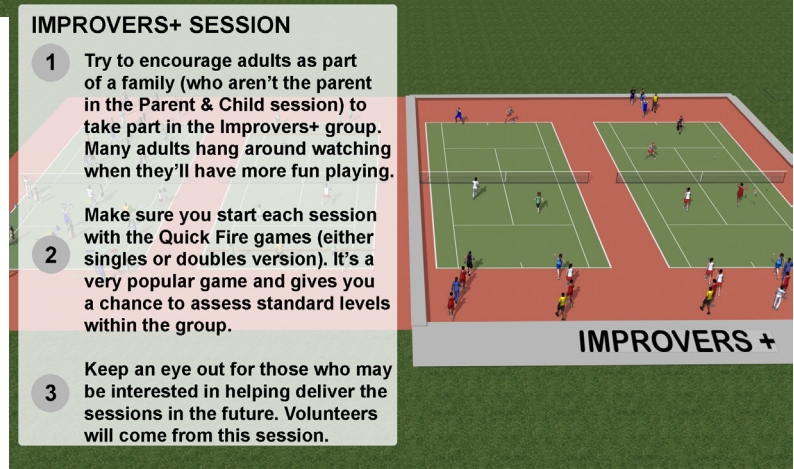
- 1 Be sure that in the main INTRO that the players in this group know that they just have a 1 hour session and that there isn't a beginners sub group in the Hour 2 - Open Play session.
- 2 Be sure to mark out a shorter court and use low compression (Mini Tennis Orange) balls.
- 3 Utilise Tap-Hit to make harder drills/games easier.
- 4 Be sure that this session is heavily games and target practice oriented.

The Beginner sub-group is likely to feature juniors who aren't yet able to rally on a full court. Despite this, if an older junior or even adult is happy to participate in this group, then they're welcome to do so. Equally, if there's a young junior who is a good player, then regardless of their age, they're better suited to the Improvers+ group.

It's important to state at the start of the session that the Beginners group only features in Hour 1. However, if players in this group are on the verge of being rally capable, then they can perhaps be encouraged to join the Improvers+ group in the Open Play session with a tap-hot privilege if needed.

The Improvers+ group is a very important sub-group. Unfortunately, engaging adults (especially those who have come to bring their children) can be difficult and some persuasion is needed to get adults on court. Those that try out the session are likely to come back and are potentially future volunteers in helping deliver the TFF sessions.

After the introductions and warm-up, it's important to ensure that the Improvers+ sub-group starts with the Quick Fire series of games. These games are great and ideally suited to this group. It also allows the deliverer of the session to understand the levels of the players. Ending with 'Around the World' is also a fun end to the coach-led first hour.



### IMPROVERS+ SESSION

- 1 Try to encourage adults as part of a family (who aren't the parent in the Parent & Child session) to take part in the Improvers+ group. Many adults hang around watching when they'll have more fun playing.  
  
Make sure you start each session with the Quick Fire games (either singles or doubles version). It's a very popular game and gives you a chance to assess standard levels within the group.
- 2
- 3 Keep an eye out for those who may be interested in helping deliver the sessions in the future. Volunteers will come from this session.

# THE TFF CORE GAMES

## QUICK FIRE

One of TFF's core games that should be used for every session in the Improvers+ sub-group (after the introductions and warm up) is "Quick Fire" which can be used in either the singles, doubles or triples format.

The name of this game has been derived from the significance of the feed of a player entering the court. The game is focused around a 'winner stays on' environment and when challengers enter the court, they are encouraged to try to gain an advantage in the point by feeding the ball in quickly (after the previous player(s) has/have exited the court).

This game is an ideal start to the session for the following reasons:

1 - It allows for large numbers of players to play on a court.

2 - The game (due to competitive feeding) is a "strong player neutraliser" and as long as all players are rally-capable to some level, they'll all get significant enjoyment from the game.

3, The game creates a great social atmosphere as the game is lively and the brief 'off court' waiting can spark small conversations.

4, The TFF deliverer isn't required in the game and can passively assess player standards for follow-on activities in the session.

5, Very weak players can be given a tap-hit privilege to allow for them to compete on a level playing field with the stronger players.

The versions of this game are outlined over the next couple of pages.

## AROUND THE WORLD

For the last 5 minutes of the 'Coach Led Hour' a "one life only" game of Around the World is a great finish point to the first hour. Ensuring the game is one life only allows for a quick conclusion to the game.



# THE OPEN PLAY SESSION

## GOALS OF OPEN PLAY

The Open Play session is an essential part of the TFF weekly session. It's the success of this additional 1/2 hour that will likely determine the sustainability of the scheme after the funding period has ended.

The goals of the Open Play session are to ensure that the community have the skills and confidence to deliver this session by themselves.

An LTA accredited Level 2 or higher coach is required to supervise the Open Play session and this person's role is to achieve the following:

- 1 - To ensure the environment is safe.
- 2 - To ensure that those wishing to use the Parent & Child court know that it is simply the 'equipment left out' and that the court is unsupervised.
- 3 - To have made it clear (in hour 1 preferably) that the Beginners group isn't featured in the Open Play. Any rally capable juniors are very welcome to engage in the Improvers+ group for the Open Play or play independently with their parents.

4 - To steer the community into continuing the types of games delivered in hour 1. For example, the coach could start the community off with Quick Fire and have them steer the session thereafter. It is often the case that some people like to break off into separate doubles type environments, so where possible, trying to keep the group together is beneficial.

5 - To look out for emergent leaders. Emergent leaders will likely make great volunteers in hour 1 and be the ones to drive the session in the Open Play session. Emergent leaders are likely to be interested in doing coach qualifications too. Please therefore encourage emergent leaders where possible.

6 - It's important to be flexible and adaptable in the Open Play session as the main purpose of this session is that it is primarily led by the community themselves. There's also the chance to use this part of the session to promote the wider programme at your club and your own coaching services.



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