

Lakewood YMCA 2008-09 Junior Development Tennis Program Syllabus	TOTS (ages 4-6)	BEGINNERS (ages 7 & up)	INTERMEDIATE/ ADVANCED (must be able to play)	ELITES (invitation only)
WEEK 1	Basic Skills	Forehand & Backhand Volleys	Forehand & Backhand Groundstrokes	Baseline Game (groundstrokes)
WEEK 2	Forehand Volley	Forehand & Backhand Groundstrokes	Forehand & Backhand Volleys	Net Game (volleys & overheads)
WEEK 3	Backhand Volley	Approach Shots & Overheads	Approach Shots & Overheads	Transition Game (approach shots)
WEEK 4	Forehand Groundstroke	Serving & Returning	Serving & Returning	Serving & Returning
WEEK 5	Backhand Groundstroke	Rallying, Rules and Scoring	Rallying & Strategy	Specialty Shots
WEEK 6	Overhead	Singles Tournament	Singles Tournament	Singles Tournament
WEEK 7	Serve	Doubles Tournament	Doubles Tournament	Doubles Tournament
WEEK 8	Game Day	Game Day	Game Day	Game Day