



## Recreational QuickStart Training Workshop

### What is Recreational QuickStart Training Workshop?

This is a 2 hour interactive on-court workshop for those who will be involved with USTA Jr. Team Tennis 10 & under beginners. The workshop gives an overview of the QuickStart Tennis format and the QuickStart Tennis practice plans. This workshop is about helping children *play* the game of tennis. This workshop is not intended for experienced teaching professionals who will be using the QuickStart Tennis format in clinics, lessons or player development programs.

### Who is it for?

- Parent coach/captains, beginning tennis teachers, recreational coaches and volunteers
- Individuals with little or no teaching experience
- Volunteers working with age 10 & under youth in Junior Team Tennis.

### What is covered?

- What is the QuickStart Tennis Format
- The 6 Specifications
- Court set up
- Stages of development
- Elements of a good practice
  - Warm-up
  - Review
  - New skills
  - Team game
  - Cool down
  - Homework
- Characteristics of a good coach
- Coaching situations
- Play situations
- Competition formats
- Jr. Team Tennis

### What are the site requirements?

- Workshop organizer
- Affiliation with a Jr. Team Tennis program
- Minimum of 10 participants
- Any open space where QuickStart Tennis courts can be set up, with back up rain site.

### How do I host a USTA Georgia QuickStart Tennis Workshop in my community?

- Visit [www.ustageorgia.com](http://www.ustageorgia.com), print application, complete and submit
- Receive Workshop confirmation
- Attendees register for your Workshop on PayPal