



Learn 3.0 Curriculum

Week 1	Learn how to out-rally opponent by moving opponent with quality
Week 2	Learn how to buy time when attacked wide
Week 3	Learn how to take time away by transitioning to the net
Week 4	Learn how to take time away by volleying
Week 5	Learn how to neutralize a return with a 2 nd serve to the BH
Week 6	Learn how to take time away when returning a 2 nd serve
Week 7 (if applicable)	Learn how to out-rally an opponent by hitting to their weakness
Week 8 (if applicable)	Learn how to take time away in doubles by volleying as a team

A player has finished 3.0 and can move to 3.5 when they can:

- Rally 5 balls in a row crosscourt, on both the deuce and ad side, that keep the coach behind the baseline and to the outside of a set marker
- Transition to the net 4/5, on both the deuce and ad side, with an approach that keeps the coach behind the baseline and a volley that exits the side of the court in front of a set marker
- Serve 4/5, on both the deuce and ad side, to the backhand target where the ball bounces past the baseline