



Love To
Learn,
Play,
and Roll!

Ambassador's Guide

LOVE
TO...

USTA  FLORIDA

FIND YOUR LOCAL CONTACTS:

USTAFlorida.com/LocalPlay

Table of Contents

WHAT TO EXPECT	1-3
REMINDER	4
PRACTICE WEEKS	5-8
GAME PLANS	9-14
FREQUENTLY ASKED QUESTIONS	15
RESOURCES	16
NOTES	17

Welcome!

HERE'S WHAT YOU CAN EXPECT...

Love to Learn, Play, and Roll!

Ambassador, welcome to the club!



Thank you for volunteering.

You are crucial to this program but don't worry! Many tips suggested in this guide are already second nature to you.

This is your chance to help spark a lasting love for the game of tennis!

Who's Who?

WHAT YOU CAN EXPECT



VOLUNTEER AMBASSADOR

The volunteer ambassador is an experienced tennis player, usually from this facility, with knowledge of the game and a fun attitude. They assist with communication and finding opportunities for you to play within the facility.

LOCAL PLAY COORDINATOR

Your Local Play Coordinator will provide information on future appropriate play opportunities. They are experts in all available tennis opportunities in your local region.

USPTA OR PTR CERTIFIED TEACHING PROFESSIONAL

The teaching pro is a certified professional experienced in teaching adult beginners. They are tennis experts trained to teach the technical skills required for tennis.

COMMUNITY COACH

A Community Coach has a passion for tennis and has been specifically trained to provide a broad range of community tennis programs including Love to Learn, Play, and Roll.

The Timeline.

WHAT YOU CAN EXPECT

1

Beginner Level 1 | Love To Learn Clinics

6-8 WEEK PROGRAM

Players learn the fundamental skills of tennis. Teaching Pros and ambassadors encourage practice to improve rallying skills learned in clinic. Players begin to learn basic scoring and etiquette.

2

Beginner Level 2 | Love To Play Sessions

6-8 WEEK PROGRAM | 45 MINUTES - 1 HOUR OF PLAY

Players learn how to play a match, learn tennis nuances, and understand various scoring formats, registration tools, and appropriate play opportunities available to them. This is a low cost play opportunity run by the designated ambassadors alone, or with a teaching pro for added instruction.

3

Beginner Level 3 | Love to Compete

PLAY OPPORTUNITIES

Practice your new tennis skills with other beginner level players by participating in beginner round robins, leagues, a beginner tournament, Cardio Tennis, Quads, Triples, or other social play options. Wheelchair players may participate in all tennis opportunities.

Remember!

YOU ARE NOT A TEACHING PRO.

The objective of these play sessions is to develop the overall player, and not focus on technique.

However, feel free to adjust the game plan to best fit the players you are mentoring!

Love to Learn.

WEEKS 1-3

VOLUNTEER REGISTRATION FORM

Please register with USTA Florida as a volunteer before volunteering so we may track your hours and reward your commitment!

USTA Florida Volunteer Registration:
bit.ly/USTAFIVolReg



Weeks 1-3 of Love To Learn is optional for Ambassadors to be included.

When ambassador attends clinic during the first 3 weeks, they assist the teaching pro as needed to demonstrate, play in, and get to know the players.

Check with the Teaching Pro and/or Local Play Coordinator for ambassador attendance expectations.



More information on how to incorporate wheelchair players into your program: ustaflorida.com/wheelchair-tennis/

Love to Learn.

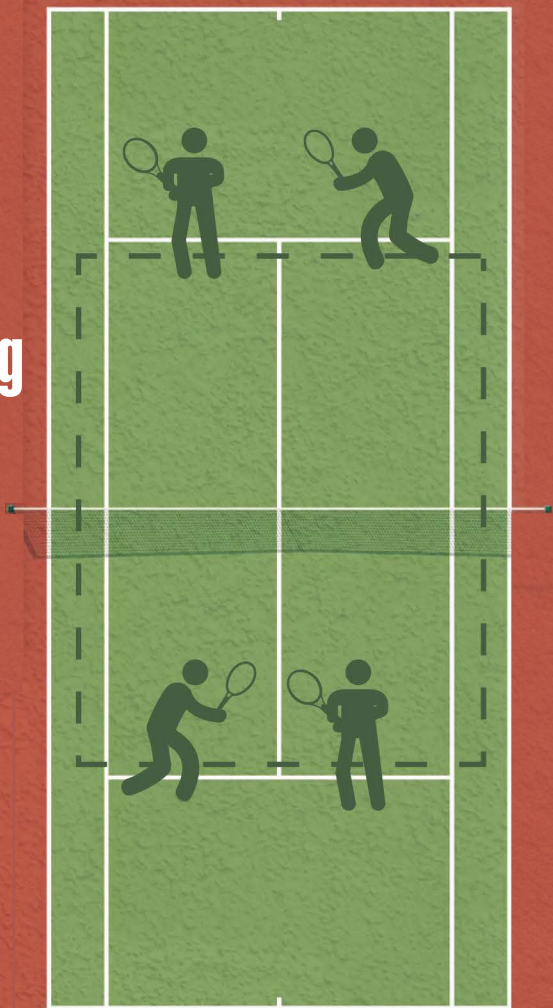
WEEK 4: SHORT COURT

Practice Rallying

HELPFUL HINTS

Keep count of how many balls the players hit in a row.

Ask players to make their own line calls.



Love to Learn.

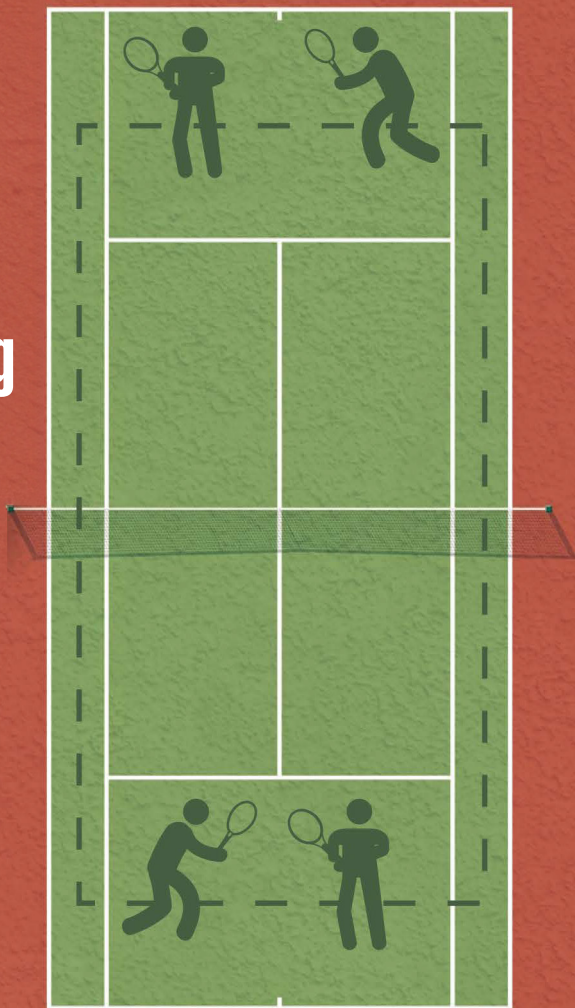
WEEK 5: ORANGE BALL COURT (60 FT)

Practice Scoring

HELPFUL HINTS

Have each player serve a game and call the score.

Explain Deuce and Advantage scoring.



Love to Learn.

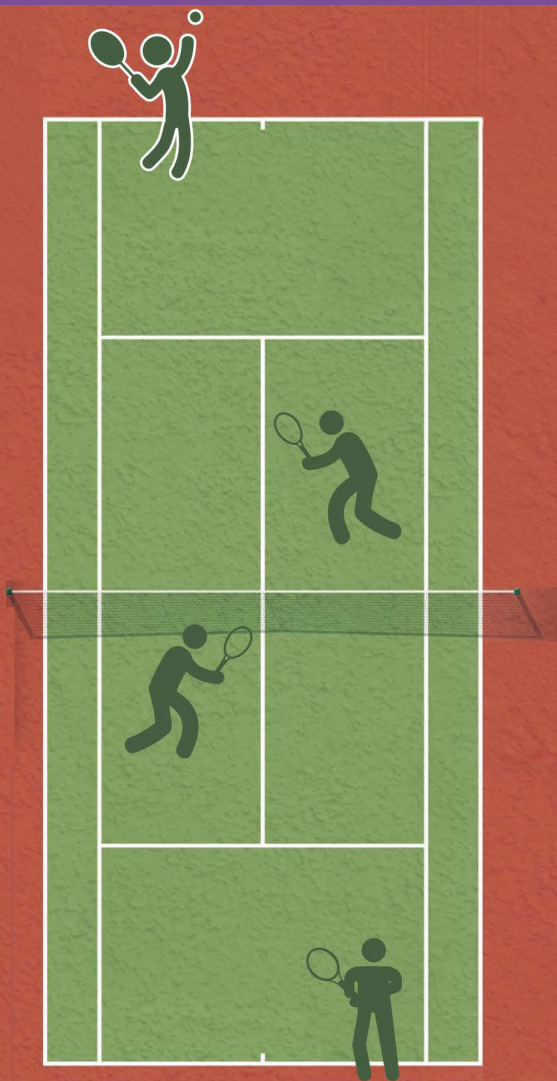
WEEK 6: DOUBLES POSITIONING (FULL COURT)

Practice

HELPFUL HINTS

Review the “One Up, One Back” style of play.

Explain the benefit of saying “Mine” instead of “Yours .”



Love to Play.

WEEK 1

GAME PLAN: The Traditional Warm Up ➤ **Starting a Match ➤ Court Safety**

- Mini tennis (5 mins)
- Groundstrokes (5 mins)
- 5-10 volleys
- Skip overheads (You can mention they are part of the warm up)
- 5 serves
- Review the racquet spin
- Play 4 games with each player serving once

USE THE ORANGE BALL COURT IF APPLICABLE



Form teams with the players. This can either be doubles or singles. Play 4 games, with each player serving once. After one match has concluded, yell, "Stop," rotate, and change the pairs so they can practice starting a match again with the racquet spin. Explain/show doubles rotation and the difference between serving rotation and receiving rotation.

PRO TIP:

Look out for Mentoring Moments about court safety!
IE. Tennis ball rolls onto the court from another team.

Love to Play.

WEEK 2

GAME PLAN: No-Ad Scoring ➤ Sportsmanship ➤ Settling Disputes

Review no-ad scoring and the standards of line calling below: Role play a situation where an opponent calls the ball out and you disagree with the call, and what the end result should be.

Have the players go through the warm-up routine with minimal assistance. Play 10-minute timed matches with no-ad scoring, switching partners after each match.

HELPFUL HINTS:

Players make calls on their own side of the net

Opponent gets benefit of doubt

Ball touching any part of line is good

Ball that cannot be called out is good

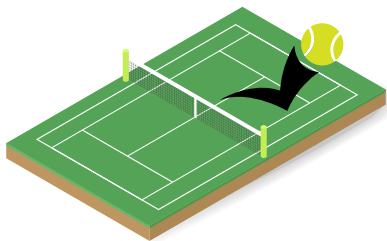
Either partner may make calls in doubles

Audible or visible calls are allowed

Prompt calls eliminate two chance option

No-Ad Scoring - If the score reaches 40-all or deuce, the next point decides the game

A Let is called when a point is interrupted by a ball rolling onto your court from another court.



Love to Play.

WEEK 3

GAME PLAN: Lesser Known Rules of the Game ➤ **Pro Set with No-Ad Scoring ➤ Play an 8-game pro set with no-ad scoring**

Your beginners have learned the rules of tennis, they know how to keep score, who's responsible for calling it out etc., but are they aware of the unwritten rules?

The last thing a beginner player wants is to be yelled at by a seasoned player and not understand why.

- If you schedule a time to play, arrive early! If you are invited by someone, bring a can of balls and offer to pay half of the court fee.
- Never walk onto a court where a point is in progress. In tournament situations, wait until the game is OVER before entering a court beside a game.
- Before you play, greet your opponent in a friendly manner.
- Server always begins a point with at least two balls in his/her possession. Tennis shorts have pockets for a reason, so you are able to hold two or more balls.
- The server should announce the score before serving each point.
- Don't talk while the ball is in play. The exception is in doubles when is permissible for partners to call "yours" or "mine" in order to communicate with each other. Some players indicate they are waiting for your court by placing a racquet on the fence

PRO TIP: A PRO-SET is one in which the winner is required to win 8 games by a margin of two games. A 7-Point Tiebreaker will be used to complete a set tied at 8 all. Your players will learn how to play a tiebreak in Week 4.

Love to Play.

WEEK 4

GAME PLAN: Tiebreaker ➤ Doubles Play

There are multiple types of tiebreaks. The most common are the Traditional and the Coman. USTA Leagues use the Coman Tiebreak.

7-POINT COMAN TIEBREAK:

If a set reaches 6 games all, a 7-Point Coman Tiebreak will be played. Players must serve in the same rotation. The player whose turn it is to serve shall serve the first point from deuce court; After the first point, the players shall change ends, and the following two points shall be served by the opponents starting with the ad court. Each player/team shall serve alternately for two consecutive points. Players shall change ends after every 4 points (after the 1st, 5th, 9th, 13th, 17th points, etc.) and at the conclusion of the tiebreaker. When changing ends during the tiebreak, players are not allowed a break; play is continuous. After the tiebreak is completed, the normal time between sets may be taken. The first team to reach 7 points with at least a two-point margin wins the tiebreak. Numerical scoring is used throughout the tiebreak. The team that served first in the tiebreak shall receive service in the first game of the following set.

10-POINT COMAN TIEBREAK:

If each team wins one set, a 3rd Set Tiebreak (10-Point Coman Tiebreak) will be played. A 10-Point Tiebreak is played exactly the same way as a 7-Point Tiebreak, however it is played until the first team reaches 10 points with at least a two-point margin. Since this is considered a new set, there are a few exceptions. At the beginning of the 3rd set tiebreak, doubles teams may: 1. Switch their serving order 2. Switch their receiving order. The team to win the 3rd Set Tiebreak wins the match.

Love to Play.

WEEK 5

GAME PLAN: FAST4 Alternative

Fast4 Tennis is an exciting, shortened format for playing matches that has been showcased by top professional players and used for the USTA NTRP Tournaments.

4 KEY RULES OF FAST4:

- 1 No-Ad scoring.
- 2 It's no-ad tennis, as once a game reaches deuce, the next point decides the game.
- 3 At 3-games all in a set, a 7-point coman tiebreak is played to determine the winner.
- 4 Four is the magic number, as 4 games win a set.



PRO TIP: Have the players play 1-4 sets using the Fast4 format. Rotate after they have completed the set. Don't play Lets.

Love to Play.

WEEK 6

GAME PLAN: Match Play

Players are completing their 12th week of tennis instruction and facilitated play.



Facilitate a fun day of competitive match play for them and explain all the beginner play opportunities that are available for players of their level such as Leagues (2.5 adult, mixed & 5.5 Combo) Quads, Triples, Mixers, etc.

Frequently Asked Questions.

Do I have to volunteer every week?

No. Check with your Adult Local Play Coordinator for specific volunteer schedule.

Do I need to be a strong tennis player to be a volunteer?

No, as long as you know the basic rules of tennis and have league or tournament experience, you will be a valuable volunteer/ambassador.

Will I be teaching specific strokes (forehand, backhand, serves, etc.)?

No, the teaching pro teaches strokes and strategy. The ambassador assists with tennis etiquette, customs, scoring, and rules.

Is it safe for wheelchair players and able-bodied players to play together on same court?

Yes, the only difference is that wheelchair players have the option of two bounces.

Resources.



The Code.

A summary of procedures and unwritten rules that custom and tradition dictate all players should follow.

USTA Florida.

Visit our section's site website to find or contact a local play coordinator, calendar of events (such as social leagues), Friend at Court, FAQs, The Code, and much more!

Coman Tiebreak:

bit.ly/Coman-Tiebreak



Terms:

bit.ly/Tennis-Terms



Wheelchair Tennis:

USTAFlorida.com/WheelchairTennis



NTRP Rating.

The National Tennis Rating Program (NTRP) is a classification system that identifies and describes general characteristics of tennis-playing ability.

The NTRP General Characteristics Guide outlines the abilities of each level from 1.5 (beginner) through 7.0 (touring pro).

Generally, USTA League offers programs for the 2.5 through 5.0 levels.

Stay Up To Date.

Sign up for our weekly newsletter to get the latest news in Florida tennis and happenings in USTA Florida.

USTAFlorida.com/enews



Visit Online:

USTAFlorida.com/AdultTennis



Notes.

Learn to Play Doubles In A Few Short Weeks
On a Team Learning From the Best
Volunteers and Instructors so you Can
Enjoy the Game of a Lifetime!

A BIT OF TENNIS POETRY FOR YOU BUT
WE'LL STICK TO WHAT WE KNOW...

Florida Tennis!

USTA 

FLORIDA

LOVE  **TO**
Learn!

LOVE  **TO**
Play!

LOVE  **TO**
Roll!

For More Information Visit Online:

USTAFlorida.com/AdultTennis

