

TOPIC	KEY TAKEAWAYS
Win Your Warm Up	<p><u>Mini Lob</u> - Have a feeling of playing a 'mini lob' and different swing lengths</p> <p><u>Feet Accuracy</u> - Be accurate with your feet, and getting outside leg behind the ball</p> <p><u>Cross Court</u> - We play cross court, as this is what we do in doubles!</p> <p><u>Intent</u> - We don't knock up. We win the warm up.</p>
Dominating from the Back	<p><u>Ready Position for your Strength</u> - Whichever side you play in doubles, use your recovery position to allow you to play your strength</p> <p><u>Using Width</u> - Try to hit the outside or inside edge of the ball to pull your opponent off the court, to create an opportunity for your partner to volley into the space</p> <p><u>Using Height</u> - Try to play with height to force your opponent back</p> <p><u>Using Speed</u> - Try to speed up your body as you feel yourself contact the ball, and take the ball early if you can</p> <p><u>Transitioning to the Net</u></p> <ul style="list-style-type: none"> - Split Step - As you move in - Baywatch - Don't baywatch - make sure you are balanced on contact - Racket in Front - Move with the racket in front of you - Follow the ball - if approaching cross court get your foot on the centre line
Louis Cayer Doubles DNA	<p><u>DNA</u> - Understanding your job as a net player</p> <p><u>Defence</u> - As the returners partner, with low hands watching the opposite volleyer</p> <p><u>Neutral</u> - As the servers partner, in a Usain Bolt stance ready to move forwards at the sound of the serve being hit</p> <p><u>Attack</u> - Where you should be off a good serve.</p> <p><u>Timing</u> - Moving at the correct time is crucial - don't move forwards until it's gone past the volleyer</p> <p><u>Headless Chicken</u> - You don't have to just run forwards and backwards! You can be in Defence / Neutral / Attack depending on the current situation of play</p>
Dealing with a Drop Shot	<p><u>Be Quick</u> - Move first prepare later, move like a sprinter think of the racket as a baton you are going to pass on</p> <p><u>Chopper Grip</u> - Use chopper grip to allow you the ultimate choice of shots</p> <p><u>Direction</u> - Either play a drop shot back (if they don't follow it in) or 'dink' it down the line</p>
Being Bulletproof	<p>Follow the Ball - Follow the ball - move in Sync at the Net.</p> <p>Don't Stagger - Stay in a line, and be a wall!</p> <p>Foot on Centre Line - Move across and get your foot on the centre line if you are tracking the ball</p> <p>Encourage them to pass you cross court - It gives you time to track the ball across your body</p> <p>Expect - If you are the person with their foot on the line, expect to play the shot as you are covering the majority of the court</p>

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Drive Volley	<p><u>Attack at the Volleyer</u> - The volleyer should be in the 'wide defense' position giving you an opportunity to hit the ball to their feet</p> <p><u>Shoulder Height</u> - Try to take the ball at shoulder height and not let the ball drop</p> <p><u>Be Stable</u> - You can't be off balance on this shot - you must be stable</p> <p><u>Up or Down</u> - If you are in front of the service line, you can hit the ball down. If you are behind the service line you need to hit up</p>