

TOPIC	KEY TAKEAWAYS
Warm Up with Intent	<p><u>Touch/Push/Hit</u> - Having different 'feels' for different areas of the court</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>
Rally Skills - Being Set to Send	<p><u>Beat the Bounce</u> - Be in a great position before the ball lands on your side</p> <p><u>Balance</u> - Be balanced on contact</p> <p><u>Contact Point</u> - Was the contact point a 'yes' or a 'no'?</p>
How to Break Serve #1- The Weak 2nd Serve	<p><u>Returners Job</u> - Step In / Look for your strength / Take it on the Rise / Transition to the Net</p> <p><u>Returners Partners Job</u> - Edge In / Watch the opposite volleyer / Move in once it has passed the opposite volleyer / track the return</p> <p><u>Servers Partners Job</u> - Depending on how comfortable you feel with a ball hit hard towards you</p> <ul style="list-style-type: none"> <li>- Option #1 - Move forwards slightly and try to put the returner off with your movement</li> <li>- Option #2 - Hold in neutral</li> <li>- All - Be ready with a slightly backhand ready position / Be ready to move to defence quickly if the ball goes cross court</li> </ul>
How to Break Serve #2- Handling a Fast Serve	<p><u>Returners Job</u> - Split Step / Short Take-back / Catch &amp; Turn - Rotate the shoulders through the shot / Aim Cross Court / Keep it low</p> <p><u>Returners Partners Job</u> - Be ready in Defense / Low hands / Watching the Servers Partner / React to any low return with movement forwards</p> <p><u>Servers Partners Job</u> - Be ready in the 'Usain Bolt Stance' / Move from Defence to attack off the sound of the serve / Follow the serve / Look to volley towards the side of the defending volleyers feet</p>
How to Break Serve #3 - The Returners Partner	<p><u>X Factor Drill</u> - Choose the position depending on the return</p> <p><u>Attack Wide</u> - If the Return is a short angle</p> <p><u>Attack Centre</u> - If the return is good quality and central</p> <p><u>Neutral</u> - Off a Rally Ball</p> <p><u>Defend Wide</u> - Off a weak return where the player may hit down the line</p>
Volley Masterclass	<p><u>Pressure Gauge</u> - How much pressure you are under, and how much you want to send back</p> <p><u>Go &amp; Get It</u> - Trying to get as close to the net as possible when you have chance</p> <p><u>Feelings</u> - Push / Jab / Catch/Block - depending on the height you receive the ball at and how much pressure you are under</p>
Volley #1 - The Attacking Volley	<p><u>Where?</u> - Jab - to the side of the volleyers feet. Catch - short angle where the baseliner has to chase</p> <p><u>Attitude</u> - Try and make every volley you can by moving your feet quickly towards the ball</p> <p><u>Precision not Power</u> - Making a great decision and placing the ball in the correct place is far better than going for power</p>

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TOPIC	KEY TAKEAWAYS
<p>Volley #2 - Dealing with a Fast Ball</p>	<p><u>Ready Position</u> - Be ready with a slightly backhand ready position so you can defend your body</p> <p><u>Wrists Not Shoulders</u> - Turn your wrists quickly, not your shoulders to allow you to react quickly</p> <p><u>Do Nothing</u> - Always remember that the best volleyers - do nothing!</p>
<p>Volley #3 - DNA &amp; Decision Making</p>	<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> - When your opponent is under pressure and you are up close to the net</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! Doubles is about decision making - remember the 'X Drill' - we make decisions based on the situation.</p>