

Coaches Cheat Sheet - Stressbuster - Fast Paced Doubles Drills

Time	Drills/Content	Goals
5-10 Mins	<p><u>Warm Up</u> Drill 1 - 'Table Tennis' - Djokovic style warm up. Players have a mini table tennis battle (ball must be hit into the ground) in the service box/third of a court. Drill 2 - 'Drop Shot Battle' - Players must play a drop shot and touch the service line after playing the drop shot. Drill 3 - 'Stroke Warm Up' - As per Day 1. Make sure all players are fully warm.</p>	<p>Engagement/Ice breaker/Energy Competitive Heart Rate Set the Scene 'Switching On'</p>
20-25 Mins	<p><u>Drill - Wipers</u> 2x Players on the Baseline / 2x Players on the Service Line / 2x Players off to the side of the Volleyer's. Coach feeds from behind the Volleyer. Players must track the ball and then play the point out. Switch the Volleying Pair every 3 points. 6x Practice Points each round. First Team to 10 Points then Rotate Teams.</p>	<p>Follow the ball - move in Sync at the Net. Don't stagger - stay in a line. Player must get their foot on the centre line. Covering the angles on the court. If there's a lob - beat the ball back to the service line.</p>
20-25 Mins	<p><u>Drill - Lob Feed</u> Near Side = 1x Player starting as if they are about to play a lob. 1x Player starting as the 'lobbers' partner in a defensive volley position. 1x Player off to the side. Far Side = 1x Player starting as an Attacking Volleyer (lob this player) 1x Player starting as a player that has played an approach. 1x Player off to the side. Feed the lob - and highlight positioning and communication. Rotate each end after every point. Play 6 practice points, then first to 10 points.</p>	<p>Communication (Calling out) Making Decisions DNA positioning based on where the ball is What response should it be off the lob?</p>
20-25 Mins	<p><u>Drill - Cover your Line + Be Ready as a Defensive Volleyer</u> Coach discusses a wide serve on the Deuce side and a player hitting a ball down the line. Coach shows the attacking volleyer that they should track the serve, and volley towards the defensive volleyer. Coach discusses the defensive Volleyer having low hands and trying to defend the next ball deep. Point is then live. 2x Players as the Server (1 On 1 Off) 2x Players as the Servers Partner (1 On 1 Off) 2x Players as the Returners Partner (1 On 1 Off) Coach Plays as the Returner and feeds the return Switch all pairs every 3 points. 6x Practice Points each round. First Team to 10 Points then Rotate Teams.</p>	<p>Track the Serve Low hands when defending Defend deep and to the base-liner Player who is off checking their partner did their job correctly</p>
20-25 Mins	<p><u>Drill - Jobs on the 2nd Serve Return</u> Discuss the Returners position (Further Forward / Away from their Strength), and where they should move after they've played the shot. Discuss the returners partner's position (Starting in Neutral - ready to move to A). Discuss the servers partner's position (Starting in Neutral - ready to track and prepare to Defend) 2x Players as the Returner (1 On 1 Off) 2x Players as the Returners Partner (1 On 1 Off) 2x Players as the Servers Partner (1 On 1 Off) Coach Plays as the Server and feeds the serve. Switch all pairs every 3 points. 6x Practice Points each round. First Team to 10 Points then Rotate Teams.</p>	<p>Take the return early Use your Strength Expose Weakness/Pull the player off the court Follow the return into the net</p>
<p><u>Notes</u> All drills must be 'fast paced!' This means: Maximum 3 minute set up time / Short concise feedback / Fast rotations / Making sure everyone understands their job on the court / High Energy / Loud Coaching / Quick Drinks Breaks. Coaches and Players should be sweating at the end of this session.</p>		