

DNA - FINDING YOUR DOUBLES DNA

GOALS

1. Get clients starting and looking in the right position
2. Have a clear understanding of where to start, where to look, where to move, when to move

SELL THE STORY

What we normally see. Typical clubs doubles, people being static, not moving and calling yours - Demo poor positioning as attacking volleyer and misconception of calling the service line for my returning partner.

SET UP

- a. Address the correct positions for all 4 players - This is powerful when each coach describes their own job
- b. If you are a host and you have to play in then host will play the Servers partner. Client will take up the role as the returners partner.

1. Servers Partner Position – This is the main focus of the 4 positions
 - a. Outside foot in the middle of the box
 - b. Split ready position – use the 100m sprint analogy (demo going to get a ball from a neutral stance)
 - c. Move forwards on sound of the serve (gun)
 - d. Volleyer moves wide or tee by reading returners movement
 - e. Serve direction and clap to get clients to understand when to move (crowd interaction)
 - f. Talk about squeezing the court
 - g. Ready position - racket high
 - h. Caveat being difference between 1st and 2nd serve

Use ropes and cones at the net to show what balls are the server's partners for tee and wide serves

2. Server Position
 - a. Middle of centre line and inner tram
 - b. Serve & Move
 - c. Positioning of serve – communication
3. Defending volleyer:
 - a. Defensive Positioning (service line, towards centre of the court)
 - b. Hips at the volleyer. Attention on threat (servers partner)
 - c. 'Sweep and Stare' – Hands low - ready position low and loose, talk about Sweeping the floor, Stare at volleyer (intimidating)

4. Returner Position
 - a. Find your strength taking into opponents strengths

Demo a point with a rally. Emphasis on Servers partner movement after the ball is returned cross court.

Open discussion regarding 'It Depends' What does it depend on?

Demonstrate the server's partner not moving from Attack (A) to Defence (D) like a headless chicken, instead demonstrate smaller movements,

NUGGETS

1. Phrase position is great but attention is better is a great phrase to use.
2. Sweep and Stare
3. Changing height of ready position in different net positions