

ACTIVE AWAY

DAY 1 - TENNIS PROGRAMME DESIGNED WITH LOUIS CAYER

DOMINATE FROM THE BACK

SESSION INTRO Sell the story of what dominating from the back creates, how does it feel, paint the picture of being in that position, Introduce the key learning objectives you will cover

LEARNING OBJECTIVES

1. To be able to gain an advantage in the rally through using strengths not weaknesses
2. To improve consistency and quality when in a rallying situation
3. To gain a good understanding of when to approach and how to approach

SESSION LENGTH 2 Hours

TEACHING STYLE First Hour Teach, Second Hour Train

EQUIPMENT NEEDED Cones, Throw down lines, balls and baskets

ELEMENT	TIME	DRILL/CONTENT	SET UP & ROTATION	TEACHING POINTS	GOALS	LANGUAGE
Physical Warm Up	5-10 Mins	Mixture of side steps, cross over steps across the court Dynamic stretches using the racket		Keeping athletic position	1. Engagement/Ice breaker 2. Working with your partner	
Racket Warm Up Touch/Push/Hit	20 Mins	<p>Drill 1 - Players rally from half way up the service box, 'touching' the ball to each other, aiming for a target of a cone</p> <p>Drill 2 - As above but alternate shots</p> <p>Drill 3 - As above but with target on the service line and players behind service line</p> <p>Drill 4 - 4 Players rally cross court from back of the court with target placed 6 feet inside baseline, 3 ft inside tram. 2 players resting on the same side of the court</p>	<p>Set Up - 6 players per court, one pair rallying in the trams, one pair on the centre line and one pair in the other trams, with a cone down for a target</p> <p>Rotation - Rotate the players to the left every 2 minutes - dependant on levels and players need to stay together</p> <p>Set Up - 6 players per court, 4 players hitting, 2 players 'active resting' at the back of the court in the middle.</p> <p>Rotations - Rally for 1 min then rotate, one end rotates clockwise, the other end rotates counter clockwise dependant on levels may need to be longer than a 1 Min</p>	<p>1. Create different feel of touch, push and hit for relevant court area</p> <p>2. Contact the ball between you and the net</p> <p>3. Aiming to be accurate with feet and move around the ball, getting outside leg behind the ball</p>	<p>1. To get the players to hit high quantity of balls and feel the difference between Touch, Push Hit</p> <p>2. To mix players around and play with different people and get them to know the other group members</p>	<p>1. Talk about the concept of using this to practice the drop shot not a rally ball</p> <p>2. This should be the shape of a mini lob</p> <p>3. Accurate Feet</p> <p>4. Contact point, maintaining space from the ball.</p> <p>5. Asking them to focus and switch their head on as well as their body</p> <p>6. Set to send - can you get your feet still and stay still through contact</p> <p>7. Explain why you warming up cross court</p>
Dominate from the back through using your strength	15 Mins	<p>Demo - Demonstrate adapting your ready position to use your strength</p> <p>Drill 1 - Use your strength, in 1 min can you hit zero weaknesses</p>	<p>Set Up - 6 players per court, 4 players hitting, 2 players 'active resting' at the back of the court in the middle.</p> <p>Rotations - Rally for 1 min then rotate, one end rotates clockwise, the other end rotates counter clockwise</p>	<p>1. Ready position relevant for strength</p> <p>2. Looking to hit to opponent weakness</p>	<p>1. To gain an understanding of 3 ways of dominating the rally to create an opportunity to get a short ball</p> <p>2. Players to recognise opportunities to come in to the net</p>	<p>Ensure you are talking about 'active rest' positions so people are engaged watching the other players while they are not hitting.</p> <p>Low risk high reward.</p> <p>Faster is safer.</p>
	15 Mins	<p>Demo - Demo using height over the net to hit with greater length</p> <p>Drill 2 - Spanish Tennis - Can you make zero mistakes in a minute. Can you out rally the other player through being more consistent than the other player</p>		<p>1. Contact point</p> <p>2. Height over the net 45 degree trajectory from the racket</p>		
	15 Mins	<p>Demo - Demonstrate how you can increase the speed of the rally to take time away from the opponent</p> <p>Drill 3 - Be more aggressive, if the ball lands inside the service line you get a point, who can get the most points in a minute.</p>		<p>1. More body speed through contact</p> <p>2. Take ball earlier - level dependant</p>		
How to Approach Different game situations, not only approaching from easy balls in an attacking position	5 Mins (One Basket)	Drill 1 - LEARN - Closed Basket Drill - Coach feeds from T, feeds alternately to Deuce court then to Ad court, players have to move in play the approach shot then move to the centre of the court. The player should be in a Neutral/defensive position, i.e. the feed should be quite short	<p>Set up - Basket Drill - All 6 players at the same end, 3 on Deuce 3 on Ad court. Players start in front of the baseline</p> <p>Rotations - Players move off down the centre of the court and go to the back of the other queue</p>	<p>1. Split Step - Time of the bounce - move in fast</p> <p>2. Move with racket in front</p>	Create a high energy session and get everyone working hard so they are excited to get back on court in the afternoon	<p>1. Ensure you stay focused around split step and specifically the timing of the split</p> <p>2. Use of strength, can they still look to hit zero weaknesses</p> <p>3. Manual Rotations if needed</p>
	5 Mins (One Basket)	Drill 2 - LEARN - Closed Basket Drill - Coach feeds from T, feeds alternately to Deuce court then to Ad court, players have to move in play the approach shot then move to the centre of the court then play a volley all cross court. The player should be in a Neutral/defensive position, i.e. the feed should be quite short	<p>Set up - Basket Drill - All 6 players at the same end, 3 on Deuce 3 on Ad court. Players start in front of the baseline</p> <p>Rotations - Players move off down the centre of the court and go to the back of the other queue</p>	<p>1. Split Step - Time of the bounce - move in fast</p> <p>2. Move with racket in front</p>		
	15 Mins	Drill 3 - MOVE - Semi Open Drill - Coach feeds from behind baseline in middle, feeds to deuce court, player approaches, moves forward and across to get their inside leg to the centre line, play the point out cross, then coach feeds to Ad side, same drill	<p>Set up - 2 players hitting, 2 resting, 2 players receiving the approach.</p> <p>Rotations - Players rotate after the basket is finished, 3 rotations</p>	<p>1. Use your strength, ready position adapted to enable use of strength</p>		
	15 Mins	Drill 4 - COMPETE - Open Drill - Challengers feed from inside the baseline, they can feed cross or line and play the point out. Players goal is to follow the ball and move together. Coach feeds	<p>Set up - Champs and Challengers - One pair of champs and two pairs of challengers.</p> <p>Rotations: Players stay on for minimum of two points, if they win 3 consecutive they take the place of the champs</p>	<p>1. Both players follow the ball, outside leg to the nearest line</p> <p>2. Split step - timing when the approach shot bounces</p>		
Wrap Up		<p>1. Thank everyone for their engagement and effort, thank the coaches</p> <p>2. Make sure in the wrap up you get people engaged, ask them what we have covered, try and get buy in to the three learning objectives</p> <p>3. Mention the plan for the plan for the rest of the day, lunch and what time they are due back at the courts</p>				