

# ACTIVE AWAY

## DAY 2 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

### CONTROL FROM THE NET

#### DRILL 1 - THE 1ST VOLLEY

**SESSION INTRO** This is a training sessions with high energy, 4 drills with max 3 specific teaching points on each court, the coaches will rotate around the players courts, so players stay on the same court

**SESSION SELL** You've worked so hard to get yourself in to an attacking position, you're moving forward and you have the awkward low volley, either ends up in the net, intercepted or out the back of the court, in this session we will work on the below learning objectives

**LEARNING OBJECTIVES**

1. Inside / Outside of the ball to keep it away from the other volleyer
2. Feel more confident after approaching the net
3. Have a good understanding of the type of volleys you can hit from this position

**SESSION LENGTH** 25 Minutes

**TEACHING STYLE** Training Style

**EQUIPMENT NEEDED** Cones, Throw down lines, balls and baskets

ELEMENT	TIME	DRILL/CONTENT	SET UP & ROTATION	TEACHING POINTS	GOALS	LANGUAGE
This warm up will only be done in the first of the 4 sessions.						
Racket Warm Up	10 Mins	<b>Drill 1 - Brian Brothers</b> - Moving across the court or two courts if possible volleying to each other, can they make it across the court without dropping the ball	<b>Set Up</b> - One pair start in the trams half way up the service box, the other two waiting off to the side. The two players volley to each other moving across the court, when they reach the centre line, next two go <b>Rotation</b> - When the players reach the end of the court, they peel off and go back to the start	Ready Position Light on your feet		High energy, lots of encouragement
		<b>Drill 2</b> - Two groundstrokes one volley. Players play from the service line, one player plays continuous groundstrokes, the other plays two ground strokes one volley	<b>Set Up</b> - 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 <b>Rotation</b> - Rotate the players to the left every 2 minutes - dependant on levels and players need to stay together			
Demo	2 mins	Demonstrate the feeling we are looking for from the low ball around the service line, also demonstrate hitting outside of the ball to hit with width.				
Control From the Net - Dealing with the 1st Volley  Learn/Move/Compete	5 Mins	<b>Drill 1 - LEARN - Closed Basket Drill</b> - Coach feeds from T, feeds alternate sides, players start from inside the baseline shadows a shot, coach feeds to aim to get the ball landing around service line. Players play a push volley back cross to a target, then move to middle of the court where the cone is, then move off down the centre of the court, How many times can they break the trams with their 1st volley.	<b>Set Up</b> - 2 players hitting, 4 players resting, 3 players on deuce court, 3 on ad court. Two cones half way up the service box next to the centre line. <b>Rotation</b> - Play one shot move off down the middle of the court to other side	1. Speed after impact on the push volley 2. Racket face staying inline with target 3. Move forward quickly	1. Improve consistency and quality of the 1st volley, to give more confidence to move forward 2. Aim to get the first volley deep of the service line and breaking the trams	
	5 Mins	<b>Drill 2 - MOVE - Closed Basket Drill</b> - as above but they have a 2nd volley and jab the second volley down the line.	AS ABOVE			
	12 Mins	<b>Drill 3 - COMPETE - Semi Open Drill</b> - coach feeds with a bounce feed from in front of the 'returner' feeds a falling ball then moves off the court, player moves forward plays it cross court and plays the point out, net player can intercept if it is a poor first volley.	<b>Set Up</b> - 2 players as defenders at the same end as the coach. 1 player in attack volley 1 player just inside the baseline. 2 rest at the back behind the baseline player. Baseline player moves forwards, plays the low volley and plays the point out, win or lose moves to the left to the net position, net player moves off to back of the court <b>Rotation</b> - Rotate when the attackers as a team of 4 win 5 points			
Wrap Up	<ol style="list-style-type: none"> <li>1. Thank everyone for their engagement and effort</li> <li>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</li> </ol>					