

ACTIVE AWAY

DAY 2 - TENNIS PROGRAMME DESIGNED WITH LOUIS CAYER

CONTROL FROM THE NET

DRILL 3 - THE ATTACKING VOLLEY - WHERE AND HOW SHOULD YOU SEND IT?

SESSION INTRO This is a training sessions with high energy, 3 specific teaching points

SESSION SELL You've worked so hard to get yourself in to a attacking position but you keep missing that easy volley. A lot of the time this is due to decision making, in this drill we will be creating rules which will allow you to take the decision making out of it and give you a clear idea of where you need to hit the ball.

LEARNING OBJECTIVES

1. Gain understanding for different feelings on the attacking volley
2. Be more accurate and win with precision over power
3. Understand where to place the ball when receiving different types of volleys

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
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This warm up will only be done in the first of the 4 sessions.

Racket Warm Up	10 Mins	Drill 1 - Brian Brothers - Moving across the court or two courts if possible volleying to each other, can they make it across the court without dropping the ball	Set Up - 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 Rotation - When the players reach the end of the court, they peel off and go back to the start	1. Ready Position 2. Light on your feet		High energy, lots of encouragement
		Drill 2 - Two groundstrokes one volley. Players play from the service line, one player plays continuous groundstrokes, the other plays two ground strokes one volley	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 Rotation - Rotate the players to the left every 2 minutes - dependant on levels and players need to stay together			

Control From the Net - Attacking the Volley Jab/Place/Catch	5 Mins	Drill 1 - LEARN - Closed Basket Drill - Practising Jab/Place/Catch. Coach feeds alternate sides. First ball higher slower ball to JAB, second ball lower to PLACE, third ball CATCH, practise hitting to targets	Set Up - 2 lines of 3 players. 2 hitting from attacking volley position, 4 resting Rotation - Play 3 shots then exit to the side to the back of the other queue.	1. Making the right decision off the right ball 2. Adapt contact point depending on the desired feeling 3. When Jab/Place look to hit to the side of the other volleyer not at the volleyer		Winning with precision rather than power
	10 Mins	Drill 1 - MOVE - Semi Open Drill - Coach feeds ball to attacking volleyers, they play ball aiming to side of other volleyer, defensive volleyer pushes ball back and play point out. Coach varies the feed and attacking volleyer has to call out Jab/Place/Catch	Set Up - Coach play in as a returner, 1 player returner partner 1 player off court next to them, 1 player server 1 player next to them Rotation - Play 4 points then switch position, after 5 minutes rotate court positions			
	10 Mins	Drill 2 - Open Drill - Champs and challengers, 'We are playing to win!' - Coach feeds the attacking volleyer, they chose to either Jab/Place/Catch and play the point out.	Set Up - Champs and Challengers - Champs - one player on b-line, one player def volley, challengers start one player attacking volley, one player baseline, pair resting next to them. Rotation - If you win stay on, if you lose you go off and swap positions, win 3 points in a row to take the champs place			

Wrap Up	<ol style="list-style-type: none"> 1. Thank everyone for their engagement and effort 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 					
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