

ACTIVE AWAY

DAY 2 - TENNIS PROGRAMME DESIGNED WITH LOUIS CAYER

CONTROL FROM THE NET

DRILL 2 - DNA - DEFENCE, NEUTRAL, ATTACK

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

SESSION SELL Have you ever felt like a bystander when your up at the net, just watching the two people from the baseline play a game of singles. In this drill we will be addressing how you can be way more effective from the net and give yourself the best chance to stay active, keep engaged and put yourself in the right place to intercept the volley.

LEARNING OBJECTIVES

1. Gain understanding of different positions when at the net
2. To be in the correct position more often to be more involved in the point
3. Understand where your attention should be when at the net

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 | 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 - Dominate from the net with DNA | 5 - 10 Mins | Demo - Learn - basic doubles positions, then talk about moving from defence to neutral to attack, explain why they start there, talk about low and high ready positions | | 1. Players must follow the line of the ball 2. Returners partner ready position low, watching attacker 3. Servers partner watching the coach with high ready position, moving back if cant get the ball | | Winning with precision rather than power |
| | 15 - 20 Mins | Drill 1 - MOVE - Semi Open Drill - Coach feeds the return of serve cross court to the player starting as the 'server', and the point is live. Players must all do their job correctly and move to relevant positions | Set Up - Coach plays as returner, 2 players as Server (1 on 1 off), 2 Players as Servers partner (1 on 1 off) 2 Players as Returners partner (1 on 1 off). Rotation - Players play 4 points and then switch places with their partner who is waiting next to them, after 5 mins, rotate positions | | | |
| | | Drill 2 - COMPETE - Open Drill - As above but coach can feed down the line or cross court, only move on to this if you have time and need to progress the drill | AS ABOVE | | | |
| 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 | | | | | |