

# ACTIVE AWAY

## DAY 2 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

### CONTROL FROM THE NET

#### DRILL 4 - DEALING WITH A FAST BALL

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

**SESSION SELL** You are the servers partner up in the attacking position at the net as close as you can, but who has ever felt that fear they are going to get hit? In the exercise we will be looking at making you feel really comfortable at the net and give you the confidence to close the net down.

**LEARNING OBJECTIVES**

1. Starting with backhand ready position
2. Feel more confident when close to the net
3. Improve your reaction speed 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	<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	1. Ready Position  2. 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			
Control From the Net - Dealing with a Fast Ball	5 Mins	<b>Drill 1 - LEARN - Closed Hand Feed Drill</b> - Player A underarm feed at the body, Player B defends with backhand. Challenge Player B by increasing speed of feed	<b>Set Up</b> - 3 pairs. 3 players with their racket starting on the outside tram, their partners starting opposite them half way between inside tram and centre line  <b>Rotation</b> - After 2/3 minutes when players are feeling they can defend themselves then swap places and roles	1. Ready position more towards the backhand side to defend your body  2. Turn wrists not body, to enable you to react faster  3. Closer the net		Being close to the net allows you to win the point easier.  You can hit a poor or scuffed shot and still win the point, you won't from further back
	5 Mins	<b>Drill 1 - MOVE - Closed Basket Drill</b> - 'Fastest to touch the net' - Coach Feeding. 3 Players at net 3 Players behind. All players must react to the ball and turn their wrist to touch the net/shadow a shot.	<b>Set Up</b> - MOVE 3 players close to the net to enable them to tap the net, 3 players on service line behind them.  <b>Rotation</b> - 6 balls then swap places			
	15 Mins	<b>Drill 2 - Open Drill - Champs and Challengers</b> - 'We are playing to win!' - 2 Players now at the net. 2 Players at the baseline. 2 Players off to the side of the volleyer. The coach feeds a challenging ball with pace and the point is now live. Players at the baseline are not able to lob.	<b>Set Up</b> - Champs and Challengers. 2 champs at the net, 2 pairs of challengers.  <b>Rotation</b> - Challengers must win 3 points to take the place of the champs, if you lose the point you go off.			
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>					