

# ACTIVE AWAY

## DAY 3 - TENNIS PROGRAMME DESIGNED WITH LOUIS CAYER

### HOW TO BREAK SERVE

**SESSION INTRO** We are addressing this session in from two perspectives, from the returner and also returners partner. We will be looking at more technical aspects of the return and more positional and movement aspects from the returners partner. The aim of today's session is to make you bulletproof when returning. When you feel confident on the return it gives you that feeling of being able to relax more when serving

**LEARNING OBJECTIVES**

1. To be able to neutralise fast serves
2. The returners partner will have a clear plan of what to do depending on the return that is hit
3. To be able to use your strength on the return

**SESSION LENGTH** 2 Hours

**TEACHING STYLE** First hour teach, 2nd hour train

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

ELEMENT	TIME	DRILL/CONTENT	SET UP & ROTATION	TEACHING POINTS	GOALS	LANGUAGE
Racket Warm Up Split/Hit	5 Mins	<b>Drill 1</b> - Rally with a partner from the service line. Every new rally has to start with mini serve and return. Work your way back from the service line, towards baseline, as you get to the back of the court - ask players to call out split when they are split stepping.	<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, as they get to the back of the court, 4 hitting two resting, one end rotate clock wise other end counter clockwise <b>Rotation</b> - In service boxes rotate the players to the left every 2 minutes, Rotate every minute	Focus on Split step, but not too much teaching, let them have a go	Play with new people, make sure they introduce themselves & get to know each other	At this stage not too much technical information about the split step
How to Break Serve - The returners perspective	10 Mins	<b>DEMO</b> - Demonstrate a correct split step, and specifically timing of the split on the return <b>Drill 1 - LEARN</b> - Players spread out across the baseline. Coach hits the ball up and asks players to split and to call out SPLIT when they should be split stepping. Coach continues to hit the ball up, the aim is to get all players calling at the same time. Have some fun and increase the speed by volleying the ball in the air	<b>Set Up</b> - All 6 players spread out across the baseline. <b>Rotation</b> - No rotations	<ol style="list-style-type: none"> <li>1. Split Step - Timing, talk about a step forward then split</li> <li>2. Catch and Turn - Rotate the shoulders through the shot</li> <li>3. Quality of contact - Returning a fast serve, try not to take the racket past shoulder line</li> <li>4. Adapt return position based on the serve you are receiving, move up for a weak serve and look for your strength</li> </ol>	To be able to neutralise fast serves and attack weak serves	<ol style="list-style-type: none"> <li>1. Split step not too much fundamental to enable effective movement, particularly on return</li> <li>2. For the servers talk about importance of serve and move rather than staying still after their serve Make sure players are developing a Serve routine and Return routine</li> </ol>
	15 Mins	<b>DEMO</b> - Dealing with a fast serve and a slow serve, talk about the differences <b>Drill 2 - LEARN - Closed Basket Drill</b> - Coach feeds alternate serves to deuce and ad court. Players have to work on their step forward & split step, they play 3 returns then move off	<b>Set Up</b> - Two lines of players one on ad one on deuce, 2 players returning, 4 players shadowing <b>Rotation</b> - Players return 3 serves then move to the other side			
	15 Mins	<b>Drill 3 - MOVE - Semi Open Drill</b> - Servers serve cross court, they have to call out if they are playing a 1st or 2nd serve. Returners focus on timing their split step and see if they can hit wide of the target cone which is placed 2ft inside the inside tram line.	<b>Set Up</b> - 2 servers on deuce court, one serving one resting, and same on ad court. 2 returners the other end <b>Rotation</b> - Returners play 3 returns then rotate to the other half court, if you have the capability then they can move across multiple courts			
	15 Mins	<b>Drill 4 - COMPETE - Open Drill</b> - Champs (servers) and challengers (Returners) - Players play half court singles, 4 returners and 2 servers. Returners goal is to win 3 points in a row to take the place of the server as the champ.	<b>Set Up</b> - Champs and challengers. Champs - start one player attacking volley, one player baseline (server), challengers one player on b-line, one player def volley, pair resting next to them. <b>Rotation</b> - Win 3 points take place of the champs. If you lose the point you go off and challenge the other half court. Again, if you have the capability then they can move across multiple courts			
How to Break Serve - The returners partners perspective	5 Mins	<b>DEMO</b> - The 5 different positions the returner moves to depending on the return that is hit use markers to show positions, discuss timing of the move and that you're moving dependant on the position the server finds themselves in				
	5 Mins	<b>Drill 1 - LEARN - Closed Basket Drill</b> - X Factor - Coach feeds a return and the players have to move to one of the 5 appropriate positions.	<b>Set Up</b> - all 6 players on the same side on the ad court. 1 player starts in returners partner position, 5 lined up behind them. <b>Rotations</b> - Have one go then rotate off.	<ol style="list-style-type: none"> <li>1. <b>Attack Position</b> - forward and centre - Attack line, one large step in from centre line</li> <li>2. <b>Attack short angle.</b></li> <li>3. <b>Neutral Position</b> - forward and middle of box</li> <li>4. <b>Defensive Position</b> - service line and cover the tram</li> <li>5. <b>Line return</b> - stay in the same place</li> </ol>	The returners partner will have a clear plan of what to do depending on the return that is hit	<ol style="list-style-type: none"> <li>1. According to latest stats, 38% of returns in doubles go down the line</li> <li>2. Aggressive defence, rather than counter attack when receiving a strong serve</li> </ol>
	15 Mins	<b>Drill 2 - MOVE - Semi Open Drill</b> - Coach feeds as a returner, as they feed the coach calls whether it will be a defensive, neutral or attacking return. Feed 70% cross court but throw some in down the line. Returners partner moves to one of the 5 positions dependant on position of the servers position and quality of feed. The returners partners positions will be marked by throw down lines in the shape of an X.	<b>Set Up</b> - Coach play in as a returner, 1 player returners partner 1 player off court next to them, 1 player server 1 player next to them, 1 player servers partner, 1 player next to them <b>Rotations</b> - Play 4 points then switch position, after 5 minutes rotate court positions			
	15 Mins	<b>Drill 3 - MOVE - Semi Open Drill</b> - As above but the coach doesn't call out, players have to react to the feed.				
	15 Mins	<b>Drill 4 - COMPETE - Open Drill</b> - Champs (servers) and challengers (returners) - Coach feeds the return from in front of the returner then moves out of the way, point is live.	<b>Set Up</b> - Regular doubles positions - 2 pairs challengers returners (1 pair playing, one pair resting), 1 pair champs. Resting players wait off to the side and back of the court. <b>Rotation</b> - 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			
10 Mins	<b>BEAT THE COACH</b>					
Wrap Up	<ol style="list-style-type: none"> <li>1. Thank everyone for their engagement and effort, thank the coaches</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> <li>3. Mention the plan for the rest of the day, lunch and what time they are due back at the courts</li> </ol>					