

# ACTIVE AWAY

## DAY 4 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

### POWER POSITIONS

#### DRILL 1 - DRIVE 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** Have you ever found yourself in the position where you wanted to hit an overhead but the ball has dropped to low, this is the perfect time to utilise the Drive Volley. It is a fantastic shot to have in your weaponry

**LEARNING OBJECTIVES**

1. Understanding when the drive volley is good option to take
2. Technical basics of the drive volley
3. Have confidence to use this in a game situation

**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 Touch/Push/Hit	10 -15 Mins	Drill 1 - Alternate ground strokes	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 Rotation - Rotate the players to the left every 2 minutes	1. Split Step		
		Drill 2 - Brian Brothers - volley to volley moving forwards and backwards, start close to the net with a push volley, try to work your way back to service line and back in to the net without dropping the ball		2. Different feelings on the volley		
		Drill 3 - Spanish Tennis - Out rally from the back cross court		3. Height over the net 45 degree trajectory from the racket		

**Demo** 2 mins Demonstrate the teaching points we are looking for from the drive volley from around the service line

Power Positions - Dealing with the 1st Volley Learn/Move/Compete	5 Mins	Drill 1 - LEARN - Closed Basket Drill - Coach feeds from T, feeds alternate sides, players start from inside the baseline, coach feeds a high ball that is dropping in between baseline and service line, players move up and take the ball on a drive volley.	Set Up - 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 Rotation - Play one shot move off down the middle of the court to other side	1. Attack at the volleyer 2. Take ball at shoulder height 3. Move forward quickly to take the ball on or inside service line 4. Being stable before hitting	1. To hit the ball down you need to be on or in front of the service line. 2. If you are behind the service line you need to hit the ball up 3. Drive or 'topspin' volley
	10 - 15 Mins	Drill 2 - MOVE - Semi Open - Coach feeds from in front of the 'returner' feed a high floating ball then moves off the court, player moves forward takes it on the drive volley and play point out, net player can intercept if it is a poor drive volley.	Set Up - 2 players as defenders same end as the coach, 2 attackers, 2 rest at the back behind the baseline player. Baseline player moves forwards, plays point, win or lose moves to the left to the net position, net player moves off Rotation - Rotate when the attackers as a team of 4 win 5 points		
	10 - 15 Mins	Drill 3 - COMPETE - Open Drill - Coach feeds from the middle at the back of the court, coach feeds a high ball, player can hit any shot of their choice and play the point out. Re emphasise if they are taking the ball shoulder height or above they should be looking for drive volley.	Set Up - Champs and Challengers - One pair of champs both on the baseline (same end as the coach) two pairs of challengers (receiving the high ball), players starting from just inside the baseline. Rotation - Win or lose the point go off next pair on, win 3 points accumulatively to take the place as the champs.		

Wrap Up	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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