

# ACTIVE AWAY

## DAY 4 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

### POWER POSITIONS

#### DRILL 3 - BEING BULLETPROOF AT THE NET

**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** The aim of this session is to get you moving so well at the net that you aren't leaving any gaps on the court, that way you are forcing people in to making higher risk decisions

**LEARNING OBJECTIVES**

1. Understanding your territory at the net
2. Become a wall 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 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 2. Different feelings on the volley		
		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				
		Drill 3 - Spanish Tennis - Out rally from the back cross court	Set Up - 6 players per court, 4 players hitting, 2 players 'active resting' at the back of the court in the middle. Rotation - Rally for 1 min then rotate, one end rotates clockwise, the other end rotates counter clockwise	3. Height over the net 45 degree trajectory from the racket		
Demo	2 mins	Demonstrate the space that is opened by not moving correctly, demonstrate the small angle that is left when players move correctly, ask players if they want to have a go at hitting the angle				
Power Positions - Being Bulletproof Learn/Move/Compete	5 Mins	Drill 1 - LEARN - Closed Basket Drill - Coach feeds from centre of the court behind the service line, on the same side as the players. Players come on to court, one pair at a time. Coach feeds the ball and players track the ball and try to get their foot to the line before the second bounce.	Set Up - 2 players moving, 2 shadowing , two resting 3 players on deuce court, 3 on ad court. Players start from neutral line and move forward to attack line and move across to track the ball. Rotation - They have one shot then move off to the side and switch places.	1. Follow the ball - move in Sync at the Net. 2. Don't stagger - stay in a line. 3. Player must get their foot on the centre line.		Don't worry about it till it has happened 3 times. A Louis Cayer golden rule
	20 Mins	Drill 2 - COMPETE - Open Drill - Coach feeds from the middle behind the volleying pair (challengers), coach can feed to the baseliner or volleyer. Players move across the court together tracking the ball	Set Up - Champs and Challengers - One pair of champs (same end as the coach) in standard doubles positions one up one back. Two pairs of challengers both at the net, one pair on one pair waiting off to the sides. Rotation - If players win 3 consecutive points they take the place of the champs, if they lose they are off and switch sides			
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					