

ACTIVE AWAY

DAY 4 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

POWER POSITIONS

DRILL 2 - DEALING WITH A DROP SHOT

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 How good would it feel to know exactly what your options are when moving up the court for the drop shot. This drill will confirm that and allow you to make smart decisions on the court.

LEARNING OBJECTIVES

1. Understanding what options you are out of position
2. Develop the right feel to deal with this shot

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 Touch feeling we are looking for from the Low ball around the service line, Also demo hitting outside of the ball to hit with width

Power Positions - Dealing with a Dropshot Learn/Move/Compete	5 Mins	Drill 1 - LEARN - Hand Feed Drill - Coach hand feeds from centre line half way up the service box, on the same side as the players. Coach feeds two balls at a time underarm low and short, players move up and can hit to two targets, angle cross court, dink down the line, use cones for targets	Set Up - 2 players hitting, 4 players resting, 3 players on deuce court, 3 on ad court. Players start from 3ft inside the baseline Rotation - Play one shot move off to the side of the court to go to the other queue	1. Move first prepare later, move like a sprinter think of the racket as a baton you are going to pass on 2. Chopper grip 3. Best options angle cross or dink line	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 Drill - Coach feeds from in front of the volleyer, coach feeds a bounce feed shop shot (table tennis serve) player runs forward and plays the shot aiming for one of the two options in previous drill, net player can intercept if it is a poor shot.	Set Up - 2 players as defenders, 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 side of the court. Coach feeds a bounce feed shop shot (table tennis serve). Coach can feed to either side, players move up plays the dropp shot. If they win then reset and go again.	Set Up - Champs and Challengers - One pair of champs (same end as the coach) on the baseline. Two pairs of challengers on the baseline. Rotation - Players rotate each point, if they lose they go off, win they stay on, it is accumulative scoring so they need to accumulate 3 points to take the place of 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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