

ACTIVE AWAY

DAY 4 - TENNIS PROGRAMME

DESIGNED WITH LOUIS CAYER

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 This is a chance for the server to make sure they are using their strengths and create a little uncertainty for the returner

LEARNING OBJECTIVES

1. Understanding the key benefits of why you would play Australian
2. Gain confidence to use this in a Match
3. Understand the start positions and where to move to

SESSION LENGTH 25 Minutes

TEACHING STYLE Training Style

EQUIPMENT NEEDED Cones, Throw down lines, balls and baskets

POWER POSITIONS

DRILL 4 - PLAYING AUSTRALIAN

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	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	Rotation - Rotate the players to the left every 2 minutes	2. Different feelings on the volley		
		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		
Power Positions - Playing Australian Learn/Move/Compete	5 Mins	Drill 1 - LEARN - DEMO - Demonstrate playing Australian and the key benefits	3 player on court with the coach. Coach acts as the server to demonstrate bringing strengths in to play	1. Serve, MOVE and SET	1. Understanding the key benefits of why you would play Australian 2. Understand the start positions and where to move to	
	18 Mins	Drill 2 - MOVE/COMPETE - Semi Open Drill - Get players to have a go at playing Ossa from the left and from the right. Get them to feel the difference when they are able to bring their strength in to play.	Set Up - 2 players as returners, 2 servers, 2 rest at the back behind the server player. Server plays two points then moves to net position. Net player moves off and goes to back Rotation - Rotate when the attackers as a team of 4 win 5 points	2. Make sure choose correct side to bring your strength in to play 3. Communication with your partner		
Wrap Up	<ol style="list-style-type: none"> 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 					