

# 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	<b>Drill 1</b> - Alternate ground strokes	<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	<b>1.</b> Split step		
		<b>Drill 2</b> - 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	<b>Rotation</b> - Rotate the players to the left every 2 minutes	<b>2.</b> Different feelings on the volley		
		<b>Drill 3</b> - Spanish Tennis - Out rally from the back cross court	<b>Set Up</b> - 6 players per court, 4 players hitting, 2 players 'active resting' at the back of the court in the middle. <b>Rotation</b> - Rally for 1 min then rotate, one end rotates clockwise, the other end rotates counter clockwise	<b>3.</b> Height over the net 45 degree trajectory from the racket		
Power Positions - Playing Australian Learn/Move/Compete	5 Mins	<b>Drill 1 - LEARN - DEMO</b> - 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	<b>1.</b> Serve, MOVE and SET	<b>1.</b> Understanding the key benefits of why you would play Australian <b>2.</b> Understand the start positions and where to move to	
	18 Mins	<b>Drill 2 - MOVE/COMPETE - Semi Open Drill</b> - Get players to have a go at playing Ossy from the left and from the right. Get them to feel the difference when they are able to bring their strength in to play.	<b>Set Up</b> - 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 <b>Rotation</b> - Rotate when the attackers as a team of 4 win 5 points	<b>2.</b> Make sure choose correct side to bring your strength in to play <b>3.</b> Communication with your partner		
Wrap Up	<ol style="list-style-type: none"> <li>1. Thank everyone for their engagement and effort</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> </ol>					