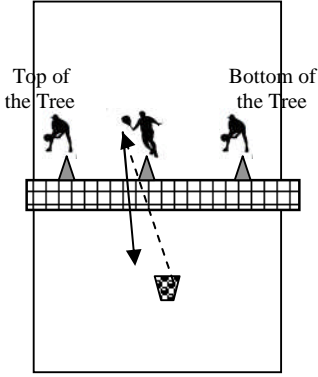
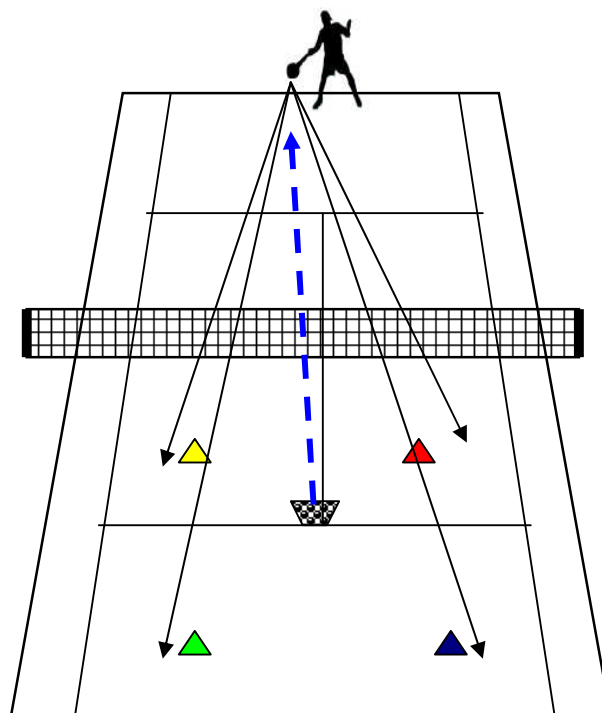

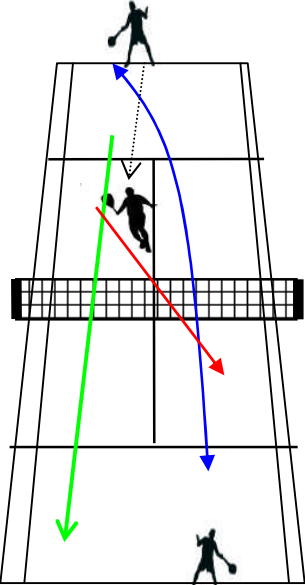


WEEK 11	
<b>Beginners</b>	<b>Baseline (Modified Position)</b>
<b>Aim</b>	<p><b>Lesson Objective:</b></p> <ul style="list-style-type: none"> <li>to practise the skills necessary to move to the net and hit the volley, specifically, techniques to:             <ol style="list-style-type: none"> <li>be alert and agile at the net</li> <li>differentiate between ground strokes and volleys</li> </ol> </li> </ul>
<b>Movement</b>	<p><b>Warm Up Exercise –Tracking Skills Circuit</b>  <b>Throw, Bounce &amp; Catch</b>          In pairs, throw underarm to each other taking the catch on the bounce. Use hoops as suggested in the last lesson to help with accuracy and coaching feedback. Consider the elements of tracking, depth perception and balance during your coaching.</p> <p><b>No Bounce</b>          To prepare for the lesson theme of net play, have the pairs throw and catch on the full, making the differentiation between ground strokes and volleys.</p> <p><b>Two Balls</b>          Using balls is a fun exercise that will challenge the ‘Mozzies’ perceptual and tracking skills. Both players have a ball and will throw it to one another simultaneously. They must quickly make the transition from throwing accurately to tracking and catching the ball. More difficult exercises should be encouraged, particularly if mastery of the previous exercises has been achieved.</p>
<b>Activities</b>	<p><b>Four Ball Approach &amp; Volley Drill</b>          The elements of the drill the “Mozzies” should feel very comfortable with are: <b>forehand – move forward – split step - volley</b>, all skills which the programme has covered. Combining ground strokes with net play will be a significant step for our ‘Mozzies’.</p> <p><b>Instructions:</b>          Understanding the transition from ground strokes to volleys is the most important concept. The coach should use several demonstrations, coloured markers to position students and use the split-step as an important coaching point.          The coach feeds a sequence of shots:         <ol style="list-style-type: none"> <li>forehand</li> <li>short forehand</li> <li>forehand volley</li> <li>high forehand volley</li> </ol> </p>
<p><b>Games</b></p>  <p><b>TOP OF THE TREE</b></p>	<p><b>Top of the Tree</b>          Demonstrate the correct movements of the ready position, the split step and volley play.</p> <p><b>Instructions [see diagram]</b></p> <ul style="list-style-type: none"> <li>The goal for the ‘Mozzies’ is to make their volley go over the net and into court from the coaches feed.</li> <li>If they are successful they remain at the top – if they miss they fall to the bottom.</li> <li>Progress this game by feeding the ball in randomly. This will emphasise an “agile and alert” ready position.</li> </ul>

<b>Intermediate</b>	<b>Depth</b>
<b>Aim</b>	Teach students how to control their strokes at a simple cross court or down the line
<b>Footwork</b>	<b>Bowtie Drill</b>
<b>Drills</b>	<p><b>4 square (Directional &amp; Depth Control)</b>  <b>Instruction [see diagram below]</b>            Coach feeds 4 balls to students who hits a sequence:-</p> <ol style="list-style-type: none"> <li>1. Deep Cross Court</li> <li>2. Deep Down the Line</li> <li>3. Short Cross Court</li> <li>4. Short Down the Line</li> </ol> <p>Alternate between feeding to forehands and backhands each round.</p>
<b>Games</b>	<p><b>Chimps &amp; Champs</b></p> <ul style="list-style-type: none"> <li>• hit to designated target on first shot</li> <li>• Talk about best combinations (ie. Deep cross court - deep down the line; or short down the line – deep cross court.)</li> </ul>



The set up for 4 square.

Squad	Roger Federer All Court	
Aim	Explore the <b>all court</b> style. Use role models such as Roger Federer or Amelie Mauresmo to stimulate students.	
Technical	Slice backhand, transfer body forwards & thru the shot.	
Tactical	Transition – knowing when opponent is hurt. Adaptable game plan & tactics. Combinations	
Physical	Agility & Speed	
Mental	Decision Making, positive mental imagery	
Warm Up	Stroke Warm Up Circuit – Skipping / Z ball / Prone Hold	
Drills	<p><b>Approach shot variations</b> Coach feeds mid court ball to students who practice approach shot variations, including:-</p> <ul style="list-style-type: none"> <li>- high bouncing</li> <li>- down the line (inc. slice?)</li> <li>- Short &amp; low (drop shot)</li> <li>- Serve &amp; Volley</li> <li>- Chip &amp; Charge</li> </ul> <p>Progress to a rally drill, playing the point after the approach shot.</p> <p><b>Rally X court – Approach down the line</b> <b>Instruction [see diagram]</b></p> <p><b>Stage 1:</b></p> <ul style="list-style-type: none"> <li>• The coach or player starts rally with an under hand feed.</li> <li>• Players play a cross court rally in the forehand court aiming for control and depth.</li> </ul> <p><b>Stage 2:</b> If one player returns the ball short and weak into the service box area, the receiving player moves into court and plays a down the line approach shot and attacks the net making sure:</p> <ul style="list-style-type: none"> <li>• Their approach shot is strong enough to force a weak return.</li> <li>• They follow the path of their approach shot and.</li> <li>• They split-step just as their opponent is making contact with the ball.</li> </ul> <p><b>Stage 3:</b></p> <ul style="list-style-type: none"> <li>• The baseline player should attempt to make the attacking player play a low or stretch volley and the point is played out.</li> <li>• The net player should consider the tactical option of an open court or wrong footing volley.</li> </ul>	 <p>Rally cross court – approach down the line.</p>
Point Play	Point Play with 2 pts for winning volley.	