

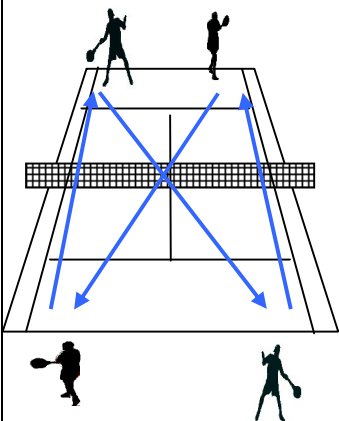
WEEK 2	30 minutes
Beginner	Fundamental Motor Skills & the Forehand
Lesson Objectives	<ul style="list-style-type: none"> • Teach the skills necessary to control the ball and racquet together • Revise the dimensions of the court and the ready position • Revise the body movements, balance and swing pattern for the forehand
Movement	Line Game (see week 1)
Activities	<p>Ball Skills – Balance the Ball on the Racquet At the beginners level, learning to control the ball and the racquet is a crucial skill. Follow the exercises below to build the basic skills:</p> <ol style="list-style-type: none"> hold the ball still on the racquet roll the ball around on the racquet “Red Light – Green Light” <ul style="list-style-type: none"> • Beginners start on the baseline with tennis ball on their racquet • Coach calls out either “Red light” (Stop) or “Green light” (Go). • Under green light beginners walk to the net balancing the ball on their strings. • Under red light, they must stop and freeze until green light is called. • If the beginner drops the ball – they must return to the baseline. • The player who makes it to the net first wins. <p>Forehand from coach drop or throw – Having learned the correct hitting position and swing pattern for the stroke, the coach can now introduce some ball tracking skills. By dropping the ball in the students hitting zone, the student will develop their confidence swinging at the ball.</p> <p>Student Drop and Hit – Once comfortable with a side on hitting stance and swing, progress to a student drop and hit. This will be an important step, for later in the program they will be able to start a rally themselves once they have mastered this skill.</p>
Games	Skeleton – forehand from coach throw.

More instruction and illustrated diagrams for each drill can be found within the Global Sports Coaching Mini Games and Beginners e-books if you require more detail on any drills.

WEEK 2	45 minutes
Intermediate	Baseline to Baseline (Forehand)
Lesson Objectives	<ul style="list-style-type: none"> • Reinforce key technique issue: ready position, grip, footwork, hitting stance and swing pattern • Control a Forehand rally while under some movement pressure
Footwork	The Line Game
Drills	Basket Drill <ul style="list-style-type: none"> • Two students start on the centre mark. • Coach feeds slightly wide of each player. • Students hit all forehands working on running to the forehand and also running around the forehand. • The coaching of the footwork for running around the forehand will be a key coaching point. • Students integrate “grooving” their forehand technique and footwork patterns. • Place target markers down the line and cross court to focus students hitting.
Games	Chimps & Champs (Running FHD) <ul style="list-style-type: none"> • Two students start in the backhand / advantage doubles alley (ie. opening up the forehand) • The coach or student feeds to the challenger (chimp) into the open court forcing them to play a running forehand. • The champ moves into the open court after the coach has fed in and the point is played out. • If the challenger wins then they replace the champ at the champs end. • The champ stays at the winning end until they loose a point.



Progress to hitting on run – integrating stroke technique and balance while moving.

WEEK 2	60 minutes
Development	Aggressive Baseline Play
Lesson Objective	<ul style="list-style-type: none"> • Use ball placement to control points & out position opponents • Develop aggressive tactical patterns while maintaining “percentage” tennis.
Warm up	Full Stroke Warm Up <ul style="list-style-type: none"> - Mini Tennis Rally - Volley to Volley - Full court rally (Down the line and cross court) - Volley to pass (or lob) - Serve to Return
Physical	Speed Run short sprints (Doubles Alley to Doubles alley) from the following starting positions:- <ul style="list-style-type: none"> - Starting block - Kneeling - Push up position
Drills 	2 on 2 Training – Direction Control Changing the direction of the ball is a difficult but key skill for achieving aggressive baseline play. <ul style="list-style-type: none"> • 4 players control a pattern of: down the line - cross court – down the line – cross court...a figure 8 pattern, changing the direction of the ball with each shot. • This drill is effectively a “sparring” drill with the aim not to win the point but to create an intense rally situation. • Progress the drill to a singles drill if they are capable of controlling the pattern while on the run. Baseline Anticipation Professional players change the tempo of a rally, quickly moving from a neutral rally situation to attack. This drill challenges students to go for their shots and “out position” their opponents. <ul style="list-style-type: none"> • Two players conduct a rally at a moderate pace, but emphasising quality hitting, good net clearance and depth. • After each shot the players must perform the split step, lowering their centre of gravity anticipating an aggressive shot to the corner by an opponent. The split step will help them chase the wide ball. • A coach or 3rd player on the sidelines will call “PLAY” after a random number of shots. On the “play” call the rally assumes match intensity with players aiming to force errors by: <ul style="list-style-type: none"> - hitting for the corners - hitting a short angle - hitting an approach shot or - hitting a drop shot. • From the “play” call the aim is to win the point.
Match Play	Match situations emphasising aggressive play – load points to reward winning ground strokes