

Global Sports Coaching

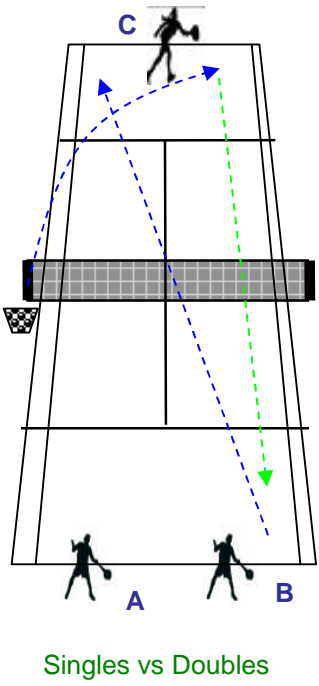
WEEK 8	
Beginners	Graduation Party
Aim	A fun week of games & review
Activities	<p>Revise the main elements of the previous weeks lessons</p> <ul style="list-style-type: none"> • Introduction to the Court Area • The Ready Position & Split Step • Fundamental Motor Skills: <ol style="list-style-type: none"> 1) tracking 2) throwing 3) ball control 4) balance • Basic Stroke Development: <ol style="list-style-type: none"> 1) forehand 2) backhand 3) volley 4) serve <p>Complete a quick basket fed drill on each stroke.</p> <p>The understanding of these basic skills in a modified format will allow our students to progress to the next level of the beginners program.</p>
Games	Let Students play their favourite games

MODIFIED RULES & EQUIPMENT FOR BEGINNERS

As an adult consider playing tennis on a court 30 metres long and 12 metres wide; with ball that always bounces over our head; using a racquet twice as long and heavy as your current one! All this with limited co-ordination, speed and ball skills.

That is what confronts a young 6 year old beginner if you play without modifications. While an extreme example is does highlight the necessity for modified tennis lessons for beginner players if they are to develop a lifelong passion for the game.

Intermediate	All court tennis
Aim	Integrate the playing scenario's:- <ul style="list-style-type: none"> - Baseline to Baseline - Approaching the Net - Net Play and Passing shots - Serve and Return into an all court lesson.
Footwork	Line Game (2 lines) Call two lines at once to emphasise speed and change of direction. Make the players face the net to practice forwards, backwards, lateral and diagonal movement. Ie. call net / service line and players run forwards then backwards...call baseline / sideline and players run backwards the sideways.
Drills	6 ball drill <ul style="list-style-type: none"> • Serve • Forehand • Backhand • Approach Shot, • Volley & • Smash 2 on 2: (points) Baseline Battle – all players back 2 at Net vs 2 at Back
Games	Chimps and Champs Each point is started in the same order as the 6 ball drill – fed to the challenger; and then the point is played out. Champ wins 4 points – if tied at 3 –all coach feeds in a “super skyscraper” which could land in either players court for a deciding point.

Squad	Mental Skills Drills
Aim	Incorporate mental skills drills into on court training drills. [a comprehensive selection of mental skills drills can be found in the Psyched Up Drills for Tennis section of the GSC website.]
Warm up	Full Stroke Warm Up (as previous week's)
Physical	The Ladder / Footwork Drills <ul style="list-style-type: none"> - Skipping - Ladder Variations - Figure of 8's
Drills	<p>Determination Drill – Doubles vs Singles [Illustrated] Instruction:</p> <ul style="list-style-type: none"> • Players A & B form a doubles team to confront C. • Doubles court is in for both teams. • Instruct Player's A & B to vary depth, angle, spin and speed to move player C all over the court and set up a winning shot. • Player C must concentrate on movement to the ball and recovery to correct position after each shot. <p>Coach can feed in wide to "set the scene" on this drill and the drill can rotate after a set time; or a set number of errors by C. Players A & B can work at concentrating and not making any unforced errors.</p> <p>Momentum Drill – 3 in a row Players can use this drill to both practice building momentum and stopping the momentum of their opponent. Instruction:</p> <ul style="list-style-type: none"> • 2 Players start a point with a serve or underhand feed • The serve is alternated between the players 2 points at a time • The aim of the game is to win 3 points in a row <p>3 points in a row = 1 game. Play 1st to 6 games wins the set. Teach the players how to control the tempo of a match by taking their time if the opponent is on a roll, or going aggressively for their shots if the momentum is in their favour.</p>
	
Point Play	Scoring Scenario's Start games at:- 0-30 to pressure the serving player 30-0 to practice closing out the game confidently 30-30 to make both players play "tight" error free tennis
	1 point knock out tournament Using a squad of 8+ players form a centre court. Match the players in a randomly and challenge them to a 1 point match. Spin the racquet to decide the serving player (a crucial decision). Winners move on in a knock out format until a final is played. Raise the stakes by offering a small prize for the winner. 1 point tournament is a great format to finish a competitive squad training. It will reveal the players who enjoy pressure going for their shots on the big points and holding their nerve