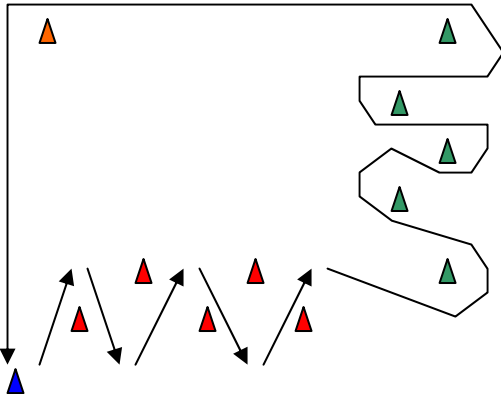
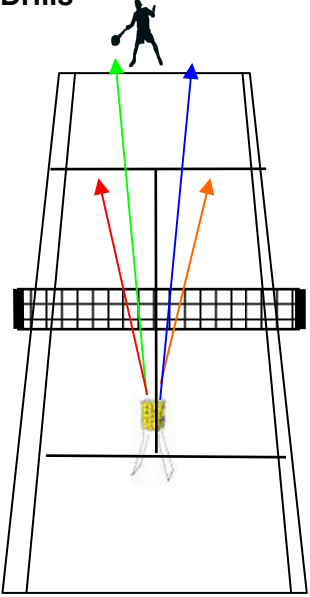
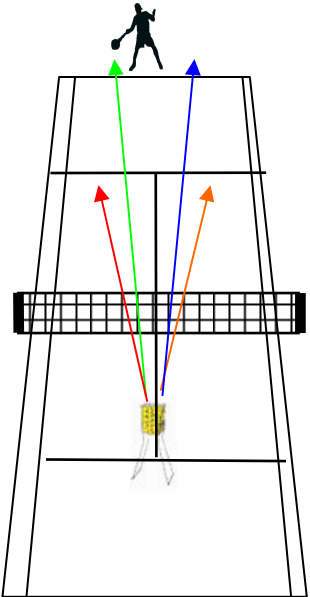


WEEK 17	
Beginners	Footwork
Aim	Lesson Objective: Incorporate footwork and movement activities while still keeping an emphasis on tennis specific activities and games.
Warm Up	<p>Movement Circuit</p> <ul style="list-style-type: none"> • Players move forwards and backwards through the red cones. • They then move diagonally through the green cones. • Move sideways across the court to the orange cones. • Finally run backwards to the blue cone. <p>Repeat 3 – 4 times and include moving with the racquet held in ready position. Always face the net while moving through the circuit.</p> 
Activities	<p>Activities & Games</p> <p>Home Base Drill Instructions:</p> <ul style="list-style-type: none"> ▪ Two players start standing together on the centre mark. ▪ Coach begins by feeding (or dropping) for a running forehand to Player A. ▪ After playing his/her shot, Player A recovers back to the centre mark and the coach feeds for a running backhand to Player B who plays his/her shot and recovers. ▪ Feeds 5 - 6 balls and rotate. <p>The drill will practise moving to the ball as well as practising the concept of recovering ones ground.</p> <p>Rally 'n Recover [with coach] Instructions:</p> <ul style="list-style-type: none"> • Coach rallies with students. • Move the ball around the small court – encouraging the students to recover after every shot [home base] • Feed in another ball if the player makes an error so that at least 5 – 6 balls are rallied. <p>Rally 'n Recover [with players] Progress to rally 'n recover with other students if successful with previous activity.</p>

Intermediate	Footwork
Aim	Incorporate footwork and movement activities while still keeping an emphasis on tennis specific activities and games
Warm up	Movement Circuit [as beginners lesson]
Drills  <p style="text-align: center;">"Bowtie Drill"</p>	Bowtie drill Instruction: [see diagram] Coach feeds a sequence of:- <ul style="list-style-type: none"> • Feed deep to the forehand • Feed short & low to the backhand • Feed deep to the backhand • Feed short & low to the forehand. Most tennis movement is short range, three metres or less. This drill practises moving in this short range. Emphasise short and fast footwork – and establishing a good stance to hit each ball from. Home Base Drill [as beginners lesson] Progress to a live ball game if the players are successful with feeding drill. <ul style="list-style-type: none"> • Two players start a cross court rally from the centre mark [in this way 4 players can drill on 1 court]. • Players work at moving out to the ball – executing a good cross court shot and recovering back to the centre mark. This drill is terrific for developing recovery and simulates singles match play where recovery to cover the open court is a crucial skill.
Games	Chimps & Champs [Running Feed] Play points in chimps and champs style. <ul style="list-style-type: none"> • Coach feeds in to start the rally with both players starting on the backhand singles line. • Coach feeds a wide ball to the challenging player's forehand – and the point is played out. • To start with a running backhand both players stand on the forehand sideline.

Squad	Footwork
Aim	Incorporate footwork and movement activities while still keeping an emphasis on tennis specific activities and games
Technical	Split step; “read” the opponents shots for depth, direction, spin, height and speed; balanced stance for stroke execution.
Tactical	Patterns to wrong foot and off balance opponent.
Physical	Explosive 1 st movement and good posture / technique
Mental	“Get to every ball” attitude.
Warm Up	Stroke Warm Up – Home Base Drill [Live Ball Drill]
<p data-bbox="124 629 209 665">Drills</p>  <p data-bbox="188 1301 427 1337">“Forehand Box Drill”</p>	<p data-bbox="507 663 772 698">Forehand Box Drill</p> <p data-bbox="507 703 651 739"><i>Instruction:</i></p> <p data-bbox="507 743 884 779">Coach feeds a sequence of:-</p> <ul data-bbox="555 779 963 904" style="list-style-type: none"> • Feed deep to the forehand • Feed deep to the backhand • Feed short to the backhand • Feed short the forehand. <p data-bbox="507 909 1401 1012">The player must use their feet and reach every ball with a forehand. Extra attention needs to be placed on the movement pattern for the “inside out” forehand.</p> <p data-bbox="507 1048 794 1084">Drop Shot Scramble</p> <p data-bbox="507 1088 651 1124"><i>Instruction:</i></p> <ul data-bbox="507 1128 1455 1326" style="list-style-type: none"> • Two players start facing each other on the service line. • Player A hits in to Player B and then has to scramble back and touch the baseline. • Player B must hit a drop shot – attempting to make the ball bounce twice before Player A recovers position. • If Player A retrieves the ball then the rally is played out. <p data-bbox="507 1330 1455 1388">This is a fun game which emphasises touch and “emergency” movement skills</p> <p data-bbox="507 1393 1299 1429">This game can be played ½ court with four players per court.</p>
Point Play	<p data-bbox="507 1541 1264 1576">Point / Match Play [double points for ball bouncing twice]</p> <p data-bbox="507 1581 1449 1675">Good footwork starts with a “get to every ball” attitude. Players without this attitude will look slow as they will waste time thinking about whether they will run for a wide shot.</p> <p data-bbox="507 1680 1426 1774">By awarding double points for a ball that bounces twice the coach creates motivation for the players to reach every ball even if they don’t make a shot.</p>