

**MATERIAL TO BE WORKED ON: APPROACH TO THE NET GAME**

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
<b>SESSION 1 HOUR</b> <b>SESSION 2 HOURS</b>		<b>WARM-UP TECHNIQUE</b> <b>Exercise 1:</b> Two players keep up a forehand and backhand rally in half the parallel court, stopping the ball with the strings of the racket and hitting it after the bounce. <b>Exercise 2:</b> The same as the previous exercise, but in pairs and passing the ball to the partner who always hits a drive. <b>Exercise 3:</b> The same as the previous exercise, but hitting backhand. <b>Exercise 3:</b> Players begin on the service box line and move down lines until they reach the baseline. To move from one line to another four services must be correctly executed.	
<b>INITIAL PART</b>			
15'	30'		
<b>MAIN PART</b>		<b>CART COMPETITION TRAINING WITH THE INSTRUCTOR</b> <b>Exercise 1:</b> Three teams of two players each are to be formed to practice the following exercise: two lines are made, in one line, a forehand and a parallel backhand shot, then another cross forehand approaching the net and a forehand volley to the cone are to be played. In the other line the same series is practiced but in reverse: one backhand and one parallel forehand, a half-court cross backhand and a backhand volley to the cone. The first two (forehand and backhand) shots have to go into the blue zone, the half-court shots into the red zone and the volley must hit the cones. For each ball that goes into the correct zone, the team scores 5 points and if the ball touches the cone five points are taken away from one of the two opposing teams. Players rotate in the following way: each member of the team completes five series; when these have been completed, the righthand partner moves to the left, the left-hand partner moves to pick up balls and the player who was collecting balls moves into the right hand position. <b>POINTS RALLY TRAINING WITH THE INSTRUCTOR</b> <b>Exercise 2:</b> Players form two groups of three and play in the whole court. The instructor puts the ball in motion and players keep up a baseline rally. The player who hits the ball on the fourth time has to leave it short so that the receiving player advances to the net alone against the other two opponents and tries to win the point. The player who faults is substituted by one of the partners. <b>Exercise 3:</b> The same as the previous exercise, but this time the two players advance to play the point. <b>Exercise 4:</b> The same as the previous exercise, but games to 21 points to be played. One singles game and one doubles game to be played. If a player wins a point after advancing to the net and volleying, it scores double.	
30'	60'		
<b>FINAL PART</b>		<b>TEAM OR INDIVIDUAL GAMES</b> <b>Game 1:</b> The adapted King or four-two singles. The instructor puts the ball in motion. The scoring system is the same as in the King, but there are two kings who change positions as soon as they fault or are substituted by a player from the other field. The player who gets the most "macro" points wins. Macros can only be obtained in the king's area and after winning four consecutive points. Should a substitution of the king by a player occur, the players keep the points they have obtained. <b>Game 2:</b> Doubles King with the instructor putting the ball in motion.	
15'	30'		
<b>TOTAL TIME</b>			
60'	120'		