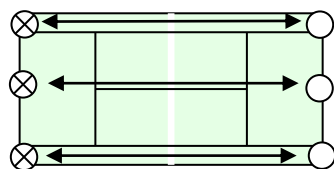
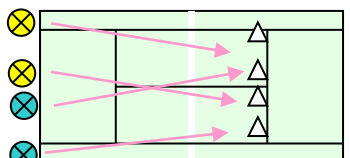
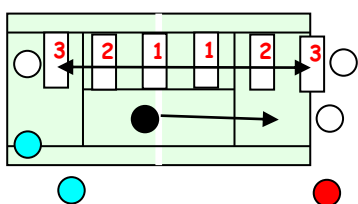
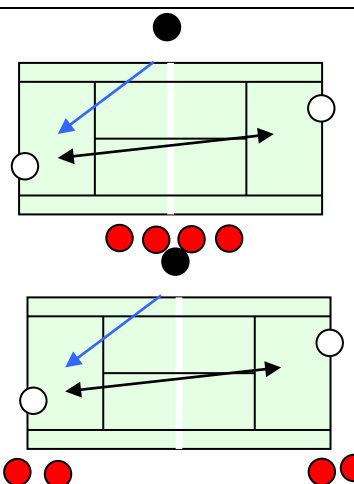


MATERIAL TO BE WORKED ON: BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART		WARM-UP TECHNIQUE Exercise 1: Baseline rally to be kept up using the whole court. Players (who change every two shots) situated in the instructor's end always hit forehand. Players situated in the opposite end rally forehand and backhand (the players waiting enter when these players fault). Exercise 2: The Duel Partners to team up and play against each other. Two players begin serving from the back-court and after the service has gone in four times consecutively they make the opponent advance one line. When a player has made their opponent reach the service line, the team wins one point (winning 1 to 0) and the two players start again from the baseline.	
MAIN PART 30'	60'	BASELINE PLAY TRAINING Exercise 1: Doubles game to 17 points to be played. The instructor puts the ball in motion in field B above the player on the right. Games are to be played with the following considerations: in field A, students play freely and are substituted by their partners when they fault; in field B, the student on the right may only play <i>drive</i> (forehand) and the student on the left can play freely. Players rotate when the student who has to play forehand faults; in this case, the player who was on the left moves to the right, the player who was waiting moves to the left and the player who was on the right moves out to wait. Exercise 2: Two games to be played simultaneously in half the court. Game 1: players put the ball in motion from the doubles alley and play one point each. Points are individual, that is to say, partners do not add their points together. When players have completed a game they pass to substitute the receiver. The first to six games wins. Game 2: The same as Game 1, but the instructor puts the ball in motion.	Field A Field B
FINAL PART 15'	30'	TEAM GAMES Game 1: The Junkyard. Game 2: Doubles grand slam.	
TOTAL TIME 60'			120'

MATERIAL TO BE WORKED ON: CONSOLIDATION OF BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART 15' 30'	WARM-UP TECHNIQUE Exercise 1: Parallel rally to be played rotating positions every five minutes. The number of consecutive passes without misses is to be counted between partners. Exercise 2: Services to be executed. Two teams of three players each to be formed. The teams have to knock down as many of the opposing team's cones as possible (10 cones are placed in each service box). The team that knocks down the most cones wins. When the ball cart runs out, service positions are changed.	EXERCISE 1  EXERCISE 2 	
MAIN PART 30' 60'	CONTENDING BASELINE PLAY TRAINING Exercise 1: To be played in half the parallel court. Players keep up a rally in the following way: a rally must be played moving from zone 1 to 2 and from there to 3. To move between zones, players have to make the ball bounce four consecutive times (two per player) in the given areas (beginning with number 1). Once zone 3 has been reached the exercise is continued backwards (on reaching zone 1 another point is scored), and so on successively. In the other half of the court, the instructor throws four balls from the cart so that the player hits in displacement, forehand and backhand alternately. After each shot the player must put the four balls in the instructor's cart. Exercise 2: The same as the previous exercise, but hitting only forehand. It is possible to stop the ball with the strings of the racket, let it bounce and follow through with a forehand shot.	EXERCISE 1 EXERCISE 2 	
FINAL PART 15' 30'	GAME IN PARTNERS Game 1: Singles grand slam. Game 2: Three to three.	GAME 1 GAME 2 	
TOTAL TIME 60' 120'			

MATERIAL TO BE WORKED ON: NET GAME

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: Baseline rally to be played in the whole court. Players in the instructor's field must always hit forehand. Players in the opposite field can hit forehand and backhand. Players waiting enter when their partner faults.</p> <p>Exercise 2: Return to the world. Services to be executed from the cones. To move from one cone to the other, four services must be played from the corresponding service box.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: small;">EXERCISE 1</p> <p style="writing-mode: vertical-rl; font-size: small;">EXERCISE 2</p>
INITIAL PART			
15'	30'		
MAIN PART		<p>TRAINING IN CONTENDING PLAY FOR POINTS WITH THE INSTRUCTOR</p> <p>Exercise 1: To be played in half the parallel court. In field 1, the instructor throws three balls to the players who should return as follows: drive, backhand, drive. The first two shots should be parallel towards the instructor's volley (contending shots) and the third shot should be forehand towards the player's volley (in field 2) with whom the point is continued in field 2.</p> <p>If the baseline player wins the point, positions are changed with the player at the volley; if the player at the net wins the point, positions are maintained. Also if the player at the net wins with a direct volley positions are maintained and the player gains a point.</p> <p>Exercise 2: Two net two baseline. Playing in the whole court, two players are positioned at the net, two others play at the baseline and another two wait out. The instructor puts the ball in motion towards the players who are at the baseline and they play a point against those in the volley position. If one of the players at the net wins, that player gains a point. Points are accumulated individually and the player with the most points wins. If one of the baseline players wins, that player moves to the volley position and takes the place of the player to whom the point has been lost. Players who wait out enter when the baseline player faults.</p>	<p style="writing-mode: vertical-rl; font-size: small;">EXERCISE 1</p> <p style="writing-mode: vertical-rl; font-size: small;">EXERCISE 2</p>
30'	60'		
FINAL PART		<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: The winner.</p>	<p style="writing-mode: vertical-rl; font-size: small;">GAME 1</p>
15'	30'		
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: APPROACH TO THE NET GAME

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	WARM-UP TECHNIQUE Exercise 1: 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. Exercise 2: The same as the previous exercise, but in pairs and passing the ball to the partner who always hits a drive. Exercise 3: The same as the previous exercise, but hitting backhand. Exercise 3: 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.	
INITIAL PART			
15'	30'		
MAIN PART		CART COMPETITION TRAINING WITH THE INSTRUCTOR Exercise 1: 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. POINTS RALLY TRAINING WITH THE INSTRUCTOR Exercise 2: 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. Exercise 3: The same as the previous exercise, but this time the two players advance to play the point. Exercise 4: 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'		
FINAL PART		TEAM OR INDIVIDUAL GAMES Game 1: 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. Game 2: Doubles King with the instructor putting the ball in motion.	
15'	30'		
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: COMPETICIÓN

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: Rally in pairs to be kept up using the whole court. Each player should hit a forehand shot; in the opposite field, forehand as well as backhand doubles rallies are played. If the right-hand player faults, they are replaced by the player on the right post and if the left hand player faults, they are replaced by the student on the left post.</p> <p>Exercise 2: Services to be executed.</p>	<p>EXERCISE 1</p> <p>EXERCISE 2</p>
INITIAL PART			
15'	30'		
MAIN PART		<p>COMPETITION</p> <p>Three competitions to be held (two, net; two, baseline; adapted trios and two baseline*) in which points are won in relation to results achieved. Points are scored individually although the competition is played in doubles or another variant. The player with the most points wins the competition.</p> <p>Competition 1: Two, net; two, baseline: games to 21 points. In each game a different team will be at the net. The couple at the net play two simultaneous games with the couple at the baseline. These two couples change places after each point. When one of the three couples reaches 21 points all games end and a 1st, 2nd, and 3rd order is established according to the results.</p> <p>Competition 2: Adapted trios: games to 17 points. Two teams of three players each to be formed. Of the three players, two play in a doubles system and one waits. This player substitutes one of the partners when they fault.</p> <p>Competition 3: Two, baseline; two, baseline: the same dynamic as in the two, net, two, baseline is followed, but this time the games are played from the baseline.</p> <p>SCORING SYSTEM:</p> <p>Competition 1: 1st class..... 6 points 2nd class..... 3 points</p> <p>Competition 2: 1st class..... 6 points,</p> <p>Competition 3: 1st class..... 6 points 2nd class..... 3 points</p>	<p>COMPETITION 1</p> <p>COMPETITION 2</p> <p>COMPETITION 3</p>
30'	60'		
FINAL PART		<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: Winner. Game 2: Junkyard.</p>	<p>GAME 1</p> <p>GAME 2</p>
15'	30'		
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">SESSION 1 HOUR</td> <td style="width: 50%; text-align: center;">SESSION 2 HOURS</td> </tr> <tr> <td colspan="2" style="text-align: center;">INITIAL PART</td> </tr> <tr> <td style="text-align: center;">15'</td> <td style="text-align: center;">30'</td> </tr> </table>	SESSION 1 HOUR	SESSION 2 HOURS	INITIAL PART		15'	30'	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: Two players keep up a rally in half the parallel court stopping the ball and then going on to hit a forehand or backhand shot after the ball has bounced.</p> <p>Exercise 2: The same as the previous exercise, but players have to pass the ball to a partner so that the latter always hits a forehand.</p> <p>Exercise 3: Players start at the service box line and retreat through the lines until reaching the baseline. To be able to move back a line, players have to get four services into the correct box.</p>			
SESSION 1 HOUR	SESSION 2 HOURS									
INITIAL PART										
15'	30'									
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">MAIN PART</td> </tr> <tr> <td style="text-align: center;">30'</td> <td style="text-align: center;">60'</td> </tr> </table>	MAIN PART		30'	60'	<p>BASELINE PLAY TRAINING</p> <p>Exercise 1: To be played in half the parallel court. Controls are carried out with the instructor in half the court as follows: the instructor throws balls to the players who have to execute four baseline shots: backhand, forehand, backhand, forehand. The last stroke must be aimed at the instructor's volley, and the latter should keep up a baseline rally with the player until the end.</p> <p>In the other half court, two students play a game as follows: one of the students plays with his/her hand, that is, the player has to catch the ball and from where s/he has caught it, throw it to the other side of the net so that the other player can return with his/her racket. The service is played from the alley and the player keeps serving until a point is lost. In this case, service goes to the opposing player. The other two players pick up the balls.</p> <p>Exercise 2: Two against one in pairs. Three pairs are formed who stay together throughout the exercise. One set of partners are in field A (playing singles) and the other two sets of partners are in field B (playing in doubles mode) who play simultaneously (only one player in each partnership plays). The instructor puts the ball in motion to each member of the team in field B alternately. If the point is won by the pair in field A, they score one point (when four points have been won they score a "mega" point and the pair that scores the most "mega" points wins). If the couple on the right in field B wins three points they move to field A, and the couple on the left-hand side move to the right. If the couple on the left of field B win three points they go to substitute the couple on the right. Players in field B only change if they have hit at least one ball.</p>					
MAIN PART										
30'	60'									
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">FINAL PART</td> </tr> <tr> <td style="text-align: center;">15'</td> <td style="text-align: center;">30'</td> </tr> <tr> <td colspan="2" style="text-align: center;">TOTAL TIME</td> </tr> <tr> <td style="text-align: center;">60'</td> <td style="text-align: center;">120'</td> </tr> </table>	FINAL PART		15'	30'	TOTAL TIME		60'	120'	<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: The Junkyard.</p> <p>Game 2: Four-two.</p>	
FINAL PART										
15'	30'									
TOTAL TIME										
60'	120'									

MATERIAL TO BE WORKED ON: CONSOLIDATION OF BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART		WARM-UP TECHNIQUE Exercise 1: Two players keep up a forehand and backhand rally in half the parallel court as follows: before striking, the player should stop the ball with the racket and should strike after it bounces. Players start at the mid-court line; if ten balls are played successfully, players pass to the next line and so on until the baseline. Exercise 2: The same as the previous exercise, but in partners and always passing to the partner on the righthand side. Exercise 3: Services to be executed (Return to the World).	
MAIN PART		Exercise 1: King in half the parallel court. Exercise 2: The court is divided lengthways into two fields. Two players keep up a control rally in half the parallel court and only forehand may be played (if the ball comes to the player's backhand they should stop the ball with the backhand and pass it to the other side to hit a forehand shot.). Players should count how many successful consecutive balls are played. In the other half field, the instructor throws balls in the following way: students play forehand, backhand, forehand, backhand as well as one surprise shot whose point is played out with the instructor. The other two players pick up balls.	
FINAL PART		TEAM OR INDIVIDUAL GAMES Game 1: Grand slam in couples. Game 2: King in couples.	
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: NET GAME

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART 15'	30'	WARM-UP TECHNIQUE Exercise 1: Baseline parallel rally to be kept up with player attempting to knock down the cone after the ball has bounced. Exercise 2: Services to be executed towards the cones.	
MAIN PART 30'	60'	POINTS TRAINING WITH THE INSTRUCTOR Exercise 1: The instructor puts the ball in motion and a best of 17 points game is played. Two teams of three players each to be formed, two of whom are positioned in the red area shown in the diagram and the third plays at the baseline. Players in volley position can hit balls from the opposing field as well as save balls that fall short for their baseline partner. (If this is the case, the ball may only be hit once, that is, if the first ball is not passed from the field, the player cannot try again.). Three games are played, in each of which a different student plays in the backcourt. CART TRAINING WITH THE INSTRUCTOR Exercise 2: Players line up in two columns. In both lines, one student plays and the other waits. The player must deliver a volley on either side of the bench going behind it between shots. Those in the left hand column play four volleys (forehand, backhand, forehand and backhand) and after they have finished, they change places with the player at the post of the net. Those in the right hand column perform the same exercise but places are changed as soon as the volleying player makes a mistake.	
FINAL PART 15'	30'	TEAM OR INDIVIDUAL GAMES Game 1: Olympic. Game 2: Winner.	
TOTAL TIME 60'			120'

MATERIAL TO BE WORKED ON: APPROACH TO THE NET PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART		WARM-UP TECHNIQUE Exercise 1: Parallel rally to be kept up as shown in the diagram, rotating places every 5 minutes. The number of consecutive passes in each couple is counted. The couple who have reached the longest rally should keep score. Exercise 2: Services to be executed towards the cones. Once the cone has been hit, the player moves to the next line and so on until the baseline is reached. Once this position has been reached the player does not move forward anymore.	
MAIN PART		RALLY TRAINING WITH POINTS Exercise 1: The instructor puts the ball in motion and a doubles competition is played in the following way: two players are positioned in the backcourt; two wait their turn at the net post and the instructor stands in the centre of the court. Once the instructor has put the ball in motion, the four students keep up a rally. When the instructor calls out two names (one in each team) the two named students play out a point. The player who wins remains in the court next to their partner and the couple who were waiting enter. The instructor intervenes in the rally at his volition in an attempt to situate the best balls to execute an approach to the net. Exercise 2: A best of 11 points competition is to be played according to the following rules: in field A, a game in doubles mode is to be played and in field B a game in singles mode. The instructor puts the ball in motion above one of the players in field B who must then go forward to the net and hit and play the point out to its conclusion. The following point is played in the same way, but one of the waiting partners plays. In field B, the player who faults is replaced by the one waiting out.	
FINAL PART		TEAM OR INDIVIDUAL GAMES Game 1: Winner	
TOTAL TIME			
60'	120'		

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: Parallel rally to be kept up beginning in the service court and going back progressively as far as the baseline.</p> <p>Exercise 2: Services to be executed from the singles and the doubles positions towards the areas indicated (opponent's backhand).</p>	
INITIAL PART			
15'	30'		
MAIN PART		<p>SINGLES TRAINING IN GROUPS</p> <p>Competition 1: An adapted best of 17 points trios game to be played. (Two teams of three players each are formed. Two of these players play in doubles system and the other player plays in singles mode. Points are always played out doubles against doubles and singles against singles).</p> <p>Competition 2: An adapted best of 11 points two against one game to be played (in field A singles mode is always played and in field B doubles mode is always played. Players in field A can hit towards the doubles alleys. All teams play in field A).</p> <p>Competition 3: Winner</p> <p>SCORING SYSTEM: At the end of each game the winners gain 6 points and those in second place score 3 points. When partners rotate points are scored individually.</p> <p>Competition 1 (3 games) 1st class..... 6 points</p> <p>Competition 2: (3 games) 1st class..... 6 points 2nd class..... 3 points</p> <p>Competition 3: 1st class..... 6 points 2nd class..... 3 points</p>	
30'	60'		
FINAL PART		<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: The Junkyard.</p> <p>Game 2: Doubles grand slam.</p>	
15'	30'		
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: BASELINE PLAY

MATERIAL TO BE WORKED ON: CONSOLIDATION OF BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION		DIAGRAMS	
SESSION 1 HOUR	SESSION 2 HOURS	WARM-UP TECHNIQUE		Field A Field B	
INITIAL PART		<p>Exercise 1: Using the whole court, players in Field A must always play forehand and players in field B can play freely. When one player faults they are replaced by the student who has waited longest at the post of the net.</p> <p>Exercise 2: The same as the previous exercise, but in partners.</p> <p>Exercise 2: The Duel. Partners are formed and they compete together. Two players start off serving from the baseline and when they have got four consecutive serves in, their partner moves up one line. When a player has made their partner reach the service line, the team get one point (winning 1 to 0) and both players begin again in the backcourt.</p>			
15'	30'				
MAIN PART		CONTROL TRAINING		EXERCISE 1	
30'	60'	<p>Exercise 1: Partners are made and they rally in parallel trying to knock down their partner's cone. When a player achieves this, the opponent's cone is moved to the positions shown in the diagram. The objective is that between them the baseline is reached.</p> <p>Exercise 2: The same as the previous exercise, but only forehand to be played.</p> <p>Exercise 3: The same as Exercise 1, but this time it is a competition. That is, the player who manages to get his/her partner to the baseline first, wins.</p> <p>Exercise 4: Adapted Winner (everyone plays at the baseline and only forehand may be played.).</p>			
FINAL PART				TEAM OR INDIVIDUAL GAMES	
15'	30'	<p>Game 1: King in pairs with the instructor putting the ball in motion.</p> <p>Game 2: Wheel.</p>			
TOTAL TIME					
60'	120'			GAME 1 	
				GAME 2 	

TRAINER:		DATE:		
GROUP: 14 YEAR-OLDS	TRIMESTER: 4	WEEK N° : 3	SESSION: WEDNESDAY	

MATERIAL TO BE WORKED ON: NET GAME

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS	
SESSION 1 HOUR	SESSION 2 HOURS	WARM-UP TECHNIQUE		
INITIAL PART		<p>Exercise 1: Pairs keep up rallies in parallel. Each player in the rally stands at the necessary distance to be able to rally 20 consecutive times. After 5 minutes pairs change. In this way everyone gets to rally with everyone else.</p> <p>Exercise 2: Three pairs are formed who compete in the following way: all players start at the baseline and when 4 consecutive serves are shot in by one of the two members of one team, the other two teams are made to move forward a line. The pair who make the other two teams reach the service line wins.</p>		
15'	30'			
MAIN PART		NET GAME TRAINING		
30'	60'	<p>Exercise 1: To be played in half the parallel court. Players spread out in the following way: two picking up, one playing in the backcourt, the other performing the exercise and the other two waiting out. The exercise is practised as follows: the instructor throws four volleys to one player (forehand, forehand, backhand, backhand) in half the parallel field and a fifth forehand volley into the other field. When the instructor throws this ball into the other field, the volleying player has to return it and play out a point in half the parallel court (to its conclusion) with their partner in the other backcourt. If the volleying player wins, a point is scored. The player in the backcourt has to win the point in order to pass to the volley position and be able to score.</p> <p>Exercise 2: The same as the previous exercise, but this time the instructor throws: forehand, backhand, forehand, backhand.</p> <p>Exercise 3: The same as the previous exercise, but this time the instructor throws in the following way: forehand, backhand, forehand, surprise (the ball can be thrown to the forehand or the backhand volley).</p> <p>Exercise 4: The same as the previous exercise, but this time the instructor throws in the following way: forehand, backhand, surprise, surprise, and the ball thrown to the other field to play out the point should also be a surprise.</p> <p>Exercise 5: The same as the previous exercise, but this time the instructor throws in the following way: all balls are surprises.</p> <p>Exercise 6: Best of 21 points doubles game to be played. Two teams to be made, one of four players and another of two. The team with two players is at the net and the team with four players are in the backcourt (two players and two wait out). Three games to 21 points to be played (each player in the couple pass through solitary position).</p>		
FINAL PART			TEAM OR INDIVIDUAL GAMES	
15'	30'		<p>Game 1: Winner</p> <p>Game 2: Olympic</p>	
TOTAL TIME				
60'	120'			

MATERIAL TO BE WORKED ON: NET APPROACH PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	WARM-UP TECHNIQUE	
INITIAL PART		<p>Exercise 1: Rallies in half the parallel court in the following way: baseline to baseline rally until 20 consecutive passes have been played. Once this has happened, one of the team comes forward to the net and tries to do the same but this time from the baseline to the net. On finishing, the exercise is repeated but interchanging the baseline-volley positions. To end, the two players get into a volley to volley rally position and try to keep the ball going for 20 consecutive passes without it bouncing.</p> <p>Exercise 2: Services to be executed. Return to the World in pairs. Different teams of one pair each are made up. To move to the next cone, 12 serves must enter their corresponding service courts between the two members of the team.</p>	
15'	30'		
MAIN PART		<p>CONTENDING PLAY TRAINING WITH POINTS</p> <p>Exercise 1: To be played in half the parallel court. The instructor IS situated in volley position in the mid-court and the students are positioned as follows: one player in the backcourt (in the same field as the instructor who will play out points), another player in front of the instructor (the latter carries out the exercise), two waiting and two picking up.</p> <p>The instructor throws balls in the following way: a backcourt forehand, an approach to the net forehand, a forehand volley, a backhand volley and another approach forehand but this time in the other half of the court. With this last ball thrown by the instructor, the player has to play out a point (advancing to the net and only playing in half the parallel court) against the player who is in the other backcourt.</p> <p>If the volleying player wins the point, a point is scored (when it is a direct volley); if the player wins when it is not a direct volley, they move to the line ** (without losing their position) and if the backcourt player wins the point, that player moves to the line ** and the volley player moves to play the backcourt.</p> <p>Exercise 2: The same as the previous exercise, but this time the instructor throws balls in the following order: backcourt forehand, approach backhand, forehand volley, surprise volley (it could be forehand or backhand), and in the other half of the court, a net approach forehand.</p> <p>Exercise 3: The same as the previous exercise, but this time the instructor throws balls in the following order: backcourt, approach backhand, backhand volley, surprise volley (it could be forehand or backhand), and in the other half of the court, a net approach backhand.</p> <p>Exercise 4: The same as the previous exercise, but this time the instructor throws balls in the following order: backcourt forehand, surprise approach, two surprise volleys, and in the other half of the court, a net approach forehand.</p> <p>Exercise 5: The same as the previous exercise, but this time the instructor throws forehand or backhand balls indeterminately and the player returns from the backcourt, mid-court or volley according to how the instructor has thrown the ball.</p> <p>Exercise 6: tennis volley</p>	
30'	60'		
FINAL PART		<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: Winner</p> <p>Game 2: Olympic.</p>	
15'	30'		
TOTAL TIME			
60'	120'		

TRAINER:	DATE:
GROUP: 14 YEAR-OLDS	TRIMESTER: 4
SEMANA: 4	SESSION: MONDAY

MATERIAL TO BE WORKED ON: BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR	SESSION 2 HOURS	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: A forehand and backhand parallel rally to be played. If a couple reach a consecutive interchange of 20 passes all balls are stopped. The couple who have achieved the rally score 4 points and the other couples gain points according to the following scheme: 3 points for an interchange of 15 to 19 passes 2 points for an interchange of 10 to 14 passes 1 point for an interchange of 5 to 9 passes 0 points for an interchange of 1 to 4 passes The maximum possible number of couples is made. The player with the most points wins.</p> <p>Exercise 2: Flat services to be executed in the following way: services to be executed from the backcourt in pairs. When a player has got 8 services in, the other couple lose a life. Each couple has 10 lives. When a couple has no more lives left, they have one chance of recovering their 10 lives by getting 6 services into the service box. If this does not happen, the couple begin to accumulate negative lives. The couple who has the most lives when the time is up, wins.</p>	<p style="text-align: right; font-size: small; color: red;">EXERCISE 1</p> <p style="text-align: right; font-size: small; color: red;">EXERCISE 2</p>
INITIAL PART			
15'	30'		
MAIN PART		<p>CONTROL TRAINING CON POINTS</p> <p>Exercise 1: To be played in half the parallel court with players arranged as shown in the diagram: one student plays up court, another carries out the exercise, two wait out and two pick up. The instructor throws three balls (backhand, forehand and backhand) to the player who has to return them to the instructor's volley (control exercise). After these three balls, the instructor throws a fourth ball to the forehand of the other field where the player starts off a baseline point with his/her partner up court. If the down court player wins the point, they move up court; if the up court player wins, they gain a point. The player with the most points wins.</p> <p>Exercise 2: The same as the previous exercise, but the instructor throws balls in the following way: backhand, backhand, forehand and forehand to the other half of the field.</p> <p>Exercise 3: The same as the previous exercise, but the instructor throws balls in the following way: backhand, forehand and a surprise ball (to either the forehand or the backhand) and forehand to the other half of the field.</p> <p>Exercise 4: The same as the previous exercise, but the instructor is in the other service court so that the ball that starts the point is backhand. So the sequence of balls thrown is as follows: forehand, backhand, forehand and backhand in the other half of the field.</p> <p>Exercise 5: The same as the previous exercise, but the instructor throws the following sequence of balls: forehand, forehand, backhand and backhand to the other half of the field.</p> <p>Exercise 6: The same as the previous exercise, but the instructor throws the following sequence of balls: forehand, backhand and a surprise ball (to either the forehand or the backhand) and backhand to the other field.</p> <p>Exercise 7: Individual against doubles to be played. Three games to 15 points to be played (all couples pass through solitary position). The instructor puts the ball in motion above the doubles couple (once to each player). Singles players change every point; doubles partners change every two points.</p>	<p style="text-align: center; color: red;">Up court Down</p> <p style="text-align: center; color: red;">Court</p> <p style="text-align: right; font-size: small; color: red;">EXERCISE 1</p> <p style="text-align: right; font-size: small; color: red;">EXERCISE 2</p>
30'	60'		
FINAL PART		<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: King in pairs with the instructor setting the ball in motion.</p> <p>Game 2: The Junkyard.</p>	<p style="text-align: right; font-size: small; color: red;">GAME 1</p> <p style="text-align: right; font-size: small; color: red;">GAME 2</p>
15'	30'		
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: CONSOLIDATION OF BASELINE PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART		WARM-UP TECHNIQUE Exercise 1: Players rally in parallel as follows: rallying begins at a distance the players consider adequate to be able to rally 10 consecutive times. If ten passes are made successfully, one player goes forward to the volley position and they try to perform the same actions at the same distance; if they manage to succeed again, they carry out the same exercise but interchanging play positions. When both of the players have achieved this, they move up to the net and repeat the exercise this time volley to volley. After the volleying duel, they return to the first baseline to baseline rally and so on successively. Exercise 2: Flat services to be executed in the following way: each player challenges another player (the player that you challenge does not have to be the player who challenges you and a player who has already been challenged cannot be challenged). Each player has 10 lives. When a player has managed to get in 6 serves consecutively, the player who was challenged loses one life. When a player has no more lives left they cannot win, but they can continue taking lives away. The player who has not managed to take away the 10 lives, loses.	
MAIN PART		BASELINE PLAY TRAINING Exercise 1: Best of 21 points doubles game to be played as follows: players in field 1 have to hit forehand and those in field 2 have to play backhand (except volleys which can be played freely). Points are scored individually (when a couple win a point, each of them score). The player who loses the point leaves the court and joins the queue at the net post. The player waiting takes their place. Exercise 2: Adapted King in the half-court with games. Two simultaneous King games are played in half the parallel court. The pretenders to the King position always serve from the doubles alley and each plays a game (the other waits out). To move up to the King's court, a game must be won. All games count, those played in the King's zone as well as those played in the pretender to the King's zone. The player who gets the most games wins. The king can only play forehand. A direct service is worth double.	
FINAL PART		TEAM OR INDIVIDUAL GAMES Game 1: Doubles grand slam. Game 2: The Wheel.	
TOTAL TIME			
60'	120'		

MATERIAL TO BE WORKED ON: NET GAME

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS					
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">SESSION 1 HOUR</td> <td style="width: 50%; text-align: center;">SESSION 2 HOURS</td> </tr> <tr> <td colspan="2" style="text-align: center;">INITIAL PART</td> </tr> <tr> <td style="text-align: center;">15'</td> <td style="text-align: center;">30'</td> </tr> </table>	SESSION 1 HOUR	SESSION 2 HOURS	INITIAL PART		15'	30'	<p>WARM-UP TECHNIQUE</p> <p>Exercise 1: Using the whole court, the students and the instructor place themselves as shown in the diagram. In each set of partners, one plays and the other waits out. In the area of the blue couple, shots are taken in wheel rotation; in the area of the green and yellow couple, places are changed when one partner faults.</p> <p>Exercise 2: Flat services to be executed to the opponent's backhand and returns to the alleys. The partners who manage to deliver a service correctly and return to the alley win one point.</p>	
SESSION 1 HOUR	SESSION 2 HOURS							
INITIAL PART								
15'	30'							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">MAIN PART</td> </tr> <tr> <td style="text-align: center;">30'</td> <td style="text-align: center;">60'</td> </tr> </table>	MAIN PART		30'	60'	<p>POINTS TRAINING</p> <p>Exercise 1: 1+2 against 1+2. Players are spread out as shown in the diagram. Three games to 15 points are played with the instructor always putting the ball in motion over field 1. When a team reaches 8 points there is a change of fields. In each game the volley player changes. The volley player has a limited space in which to move around and play freely.</p> <p>Exercise 2: The same as the previous exercise, but baseline players can only play backhand.</p> <p>Exercise 3: 1 against 2 game to 11 points in half the cross court. To be played in half the cross court with the couple always serving (playing one point each). Points scored from volleys are worth double. Three games are played with each player passing through solo position.</p>	<p style="text-align: center;">Field 1 Field 2</p>		
MAIN PART								
30'	60'							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">FINAL PART</td> </tr> <tr> <td style="text-align: center;">15'</td> <td style="text-align: center;">30'</td> </tr> </table>	FINAL PART		15'	30'	<p>TEAM OR INDIVIDUAL GAMES</p> <p>Game 1: Winner</p>			
FINAL PART								
15'	30'							
TOTAL TIME								
60'	120'							

MATERIAL TO BE WORKED ON: NET APPROACH PLAY

SESSION TIME		DEVELOPMENT OF SESSION	DIAGRAMS
SESSION 1 HOUR SESSION 2 HOURS INITIAL PART		WARM-UP TECHNIQUE Exercise 1: Players keep up a parallel rally in the following way: the player should stop the ball and hit it after it has bounced. Exercise 2: Flat services to be executed against net approach returns aimed towards the cones.	
MAIN PART		TRAINING FOR NET APPROACH PLAY Exercise 1: Adapted Up and Downs (if the ball bounces in the service court, the returning player must advance towards the net). Exercise 2: Adapted baseline two, net two*. Players are distributed as shown in the diagram. The instructor puts the ball in motion. Points are only won in the volley area and each couple scores collectively. The player with the most points wins. If the baseline player wins the point, s/he moves to the net position and the player who has faulted moves to the baseline position. Baseline players who fault alternate playing and waiting positions. If a player has not hit the ball during a rally, they maintain their position until they hit a ball. If both members of a couple have participated in the rally and lost the point, they change positions with the couple who were waiting out. Exercise 3: The same as the previous exercise, but baseline players can only hit forehand and if the ball bounces in the service box, they must advance to the net. Exercise 4: The same as Exercise 2, but players can only hit backhand.	
FINAL PART		TEAM OR INDIVIDUAL GAMES Game 1: Winner Game 2: Olympic.	
TOTAL TIME			
60'	120'		

