

Objective of practice: Consistency with flat forehand and backhand. Reminder of the forehand and backhand technique with less movement.

COACH FEEDBACK:

1. Focus on the global technique with the flat forehand and backhand.
2. Adjust to the ball hitting between hip and shoulder.
3. Trajectory of the shot: parabolic (swing from down to up).
4. Control the power of the shot (in between the limits of the court).

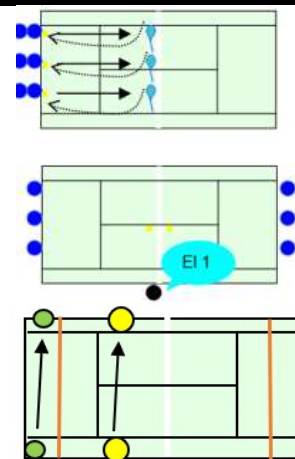
SKILL ZONE 30' (Combining technique with coordination)

Exercise 1 (10') Relays. Make different teams and they have to line-up at the end of the court. Each team has a tennis ball and in front of every team (at the end of the court) there has to be a tennis racket. Each player has to run with the tennis ball until the racket. The player has to pass the tennis ball to the his/her teammate with a forehand or backhand shot.

Exercise 2 (10') Game of the "scarf" adjust to tennis. Make two teams, where there are standing in front of each other (10m apart). In between both teams there has to be two tennis balls. The players have to each choose a number and when the coach calls out loud the number they have to go pick up the tennis ball and take it to the basket next to his/her team. The first one on doing so gets 1 point.

Exercise 3 (10') The players get into pairs, both playing from the doubles ally. One of the players, without the tennis racket, troughs a ball to the other player. This player hits the ball with a parabolic technique back to the other player, who will catch it without a bounce. The coach has to watch that the players do the right forehand and backhand technique /swing from down to up).

Organization



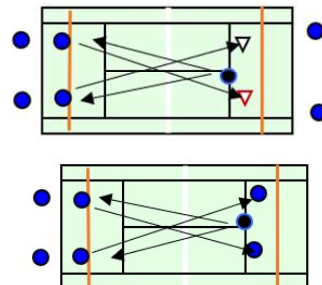
MAIN PART 60' (Learn during competition)

Reminder of the forehand and backhand technique

Exercise (15') Before starting the exercise the coach has to explain to the player that he/she has to hit the ball high and controlling the power of the shot in order to hit the designated cones. 4 players will be designated into two lines. Two of these four players will be standing behind the coach, and they will be picking up the balls that the other two will be hitting. Both players that are on the line will be hitting two balls, alternatively, one player on the forehand side and the other on the backhand side. When the players pick up 20 balls, they will change their position with the other two hitting. Direction of the ball; cross-court.

Exercise (15') Same as exercise 2, but now the coach will feed the ball so that the players will have to move and adjust to the ball. The players that pick up have to try get the balls before they bounce twice with a cone on their hands. For each player that is able to get it gets 1 point. Wins the team that gets 5 points.

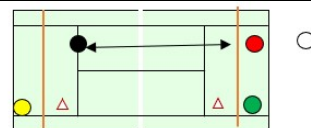
Coach-volley half of the court / Designated exercise; rally on half court.



Exercise 1 (15') (A) coach-volley. The coach will move the player forward and backwards, with the goal of getting 10 balls. After 10 balls the player will try to pass the coach (passing-shot). The coach will focus that the player adjusts to the ball properly, hitting the ball between the waist and the shoulders. (B) The other two players will maintain a consistent rally down-the-line, trying to hit the cones as many times as possible.

Exercise (15') (A) Same as the exercise 1 but now the player will have to play the 10 balls only using the forehand and then using the backhand, working on the movement and adjustment. (B) Same as before but just using the forehand.

Rally with cooperación + points



Final part 30' (Compete to have fun)

Game 1 (15') The prison: All the player will line up at the end of the court. The coach, placed on the other side of the court, will maintain a rally of five balls with each player, and they have to play each ball on the service box. If the player misses, he will have to be in "prison" (placed on the side of the court with cones). In order to get out of prison, another player has to touch his teammate while he is rallying with the coach. If this happens, the player will get out of prison and get at the end of the line to play again.

Game 2 (15') Singles Grand Slam