

**Today's Goal:** Consistency on the backhand and the forehand shots.

**COACH'S TIPS:**

1. Review the technique of the underhand serve (both forehand and backhand) on place.
2. Review the technique of the forehand and the backhand using the concept of the "snail" without much movement
3. Work in the overall coordination of the player and in specific towards tennis (perception, throwing, movements, balance, etc.)
4. Develop the player's ability to control the ball using a racket (hat will help control the shots - trajectory, direction, height, and distance)

**SKILL ZONE 30' (Work on coordination)**

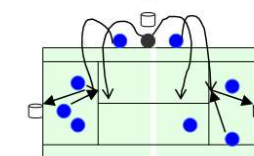
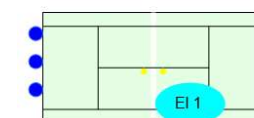
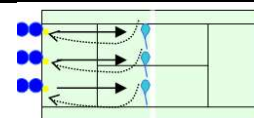
**Game 1 (10')** Relays – We create teams and each team lines up in the back of the court. Each team has a tennis ball. In front of each team, at the other side of the court (by the net), we will place a racket. Each player has to run with the ball to the racket. Once the player gets there, the player has to throw the ball by hitting a forehand or a backhand to their teammates. Once the teammate catches the ball, the he/she have to do the same thing all over again.

**Game 2 (10')** "Steal the Flingsock" adapted to tennis – we will make 2 teams and they will stand in front of each other with 10 meters of separation. In the middle of both groups, we will place 2 tennis balls. Each team, has to assigned a number to each player. When the coach says their number out loud, the player assigned to that number has to sprint to get a ball and back to their team. The first one who does it gets one point for their team.

**Game 3 (10')** "Catching bombs" – We will make 2 teams and each team will stand in one side of the court. The coach and one player from each team will stand by the net poll throwing reallt high balls to both sides of the court. The first team that catches more balls and puts them in the basket assigned wins. We should play this games as many times as player has each team, so every team member throws balls with the coach.

**Organization**

**Games to work on the overall player's coordination**



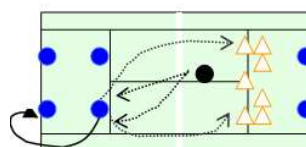
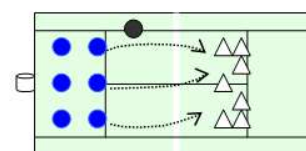
**MAIN PART 45' (Tennis part)**

**Exercise 1 (15')** All the players will stand in one side of the court, and in the other side off the cone we will place cones. Following the proper technique of the underhand serve, the players should serve alternating one forehand and one backhand (we will make lines so they do not serve all at the same time). Each time a player touches a cone gets 1 point. Whoever gets the most points, wins.

**Exercise 2 (15')** We will make 2 lines with 4 players each. Two players from each line will stand in one side of the court and the other 2 will stand behind the coach. The players in the line have to hit (alternating with each other) 2 balls fed by the coach, one forehand and one backhand, trying to hit the cones. Make sure we tell the players that they have to hit a high and control ball so they can hit the cones. The players behind the coach, have to catch the balls their teammates hit before they bounce twice. Once the catchers get 20 balls, we will rotate 2 players at a time.

**Exercise 3 (15')** Same as the previous exercise but now the coach makes the players move a little bit before hitting the ball.

**Working on control the power and trajectory of the ball**



**GAMES 45' (Learn by competing)**

**Game 1 (15') Names:** we will partner the players up and give a ball to each team. One of the teams will be on the court and the others will be waiting by the net polls. The coach will rally with each team until one of them misses. For each right shot they hit, they will get a letter towards the name of one of the team members. Once they miss, they go to the net poll, and another team takes their place. Whenever they come back to rally with the coach, they carry on with the letters they got in previous rallies. The team that gets the names of both players faster, wins.

**Game 2 (15')** Grand Slam – singles

**Game 3 (15')** Grand Slam – doubles

