

Goal of the Day: "Let's control"

COACH'S TIPS:

1. Attitude, concentration, attention, and intensity in the game.
2. Control of emotions.
3. Overcome adversities.
4. Play an effective and attractive game.
5. Play with intensity while avoiding unforced errors.
6. Always be well positioned on the court (neutral, defense and in attack).

INITIAL PART 30' "Develop skills"

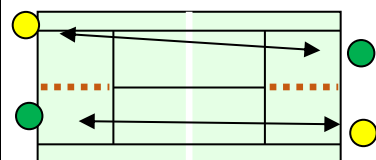
Exercise 1: Baseline rally.

Exercise 2: Baseline against volley (1st and 2nd volley) and lob against overhead rallies.

Exercise 3 (10') Baseline rally as follows: Both players have to step the baseline after each shot and trying to hit the ball on the rise (impact point between hip and shoulders). The players must move forward or backwards depending on the flight of the opponent's ball.

Organization

Warm-up & Develop abilities

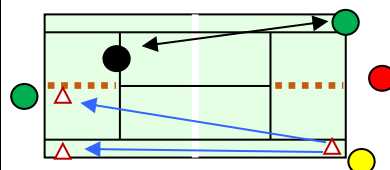


MAIN PART 60' "Footwork & Game Control"

Exercise 1 (15') (A) The Coach volleys to the player and he has as to move him side to side. When the player recognizes an opportunity he must walk to the ball and hit a winner to the gap. (B) As the graph shows, both players must direct their shots towards the cones; one player only hits inside in or out FH vs. another who hits FH & BH.

Exercise 2 (15') (A) Same as before but now the player hits twice towards the coach's volley and "2 consecutive winners". (B) 1 player waiting, 1 player Fitness and 1 player grabbing balls.

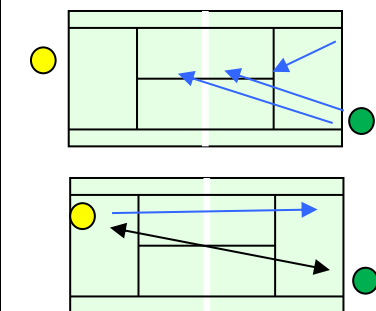
Coach Volley / Directions



Exercise 3 (15') The coach puts the ball in play to the green player who keeps a rally with the yellow player as follows: the blue player hits two forehand crosscourt shots and a backhand crosscourt, and the yellow player hits a forehand crosscourt, a forehand down-the-line and a backhand down-the-line shot.

Exercise 4 (15') Both players keep a cross court forehand rally and between 1 and 3 shot, Player "A" can change down the line FH. After that (with the same ball) both players keep a cross court backhand rally, and also between 1 and 3 hits, and now the Player "B" it is who must change with his backhand down the line (player A only can change down the line forehand and player B down the line backhand).

Live ball



FINAL PART 30' "Lear how to compete"

Tactical Patterns of serve and returns

Game 1 (10') Tie Break only with 1 serve.

Game 2 (10') Tie Break Return & volley (server only 1 serve)

Game 3 (10') Tie Break "Regular".