

**CONTENTS TO BE WORKED ON: TECHNIQUE AND TACTICS (FOOTWORK FOR DIFFERENT TYPES OF NET APPROACHES)**

SESSION TIME		DEVELOPMENT OF THE SESSION	CHARTS
SESSION 2 HOURS	SESSION 3 HOURS	<b>TECHNICAL WARM UP</b>	
<b>INITIAL PART</b>		<p><b>Exercise 1:</b> Forehand and backhand baseline rally.</p> <p><b>Exercise 2:</b> Down-the-line baseline rally trying to hit the cone.</p> <p><b>Exercise 3:</b> Short crosscourt baseline rally trying to get the ball into the service box.</p> <p><b>Exercise 4:</b> Baseline against volley, and lob against overhead rally.</p> <p><b>Exercise 5:</b> Serves aimed at the cones.</p>	
30'	45'		
<b>MAIN PART</b>		<b>CART TRAINING WITH COACH</b>	
30'	45'	<p><b>Exercise 1:</b> The coach throws a ball and the player in the yellow area plays a forehand approach using cross support stance, a position volley, an offensive volley and an overhead. Up to six repetitions should be played.</p> <p><b>Exercise 2:</b> The coach throws a ball and the player in the blue area plays a forehand approach using open stance, a position volley, an offensive volley and an overhead. Up to six repetitions should be played.</p> <p><b>Exercise 3:</b> The coach throws a ball and the player in the red area plays an inside out forehand approach using cross support stance, a position volley, an offensive volley and an overhead. Up to six repetitions should be played.</p> <p><b>Exercise 4:</b> The coach throws a ball and the player in the red area plays a backhand approach using open stance, a position volley, an offensive volley and an overhead. Up to six repetitions should be played.</p> <p><b>Exercise 5:</b> The coach throws a ball and the player in the green area plays a backhand approach using open stance, a position volley, an offensive volley and an overhead. Up to six repetitions should be played.</p> <p><b>Exercise 6:</b> The coach (outside the court) feeds and the player approach to the net and play the point out.</p>	
30'	45'		
<b>FINAL PART</b>		<b>SINGLES OR TEAM GAMES</b>	
30'	45'	<p><b>Exercise 1:</b> An adapted tie-break to seven points (only played in the middle cross-court and the server has three serves and must hit serve and volley).</p> <p><b>Exercise 2:</b> The same as the previous exercise, but with only two serves which should be aimed at the receiver's backhand.</p> <p><b>Exercise 3:</b> The same as the previous exercises, but the server only has one serve.</p> <p><b>Exercise 4:</b> The same as the previous exercises, but this time an open game.</p>	
<b>TOTAL TIME</b>			
120'	180'		