

CONTENTS TO BE WORKED ON: TECHNIQUE AND TACTICS (LEARNING OR REVISION OF FOOTWORK FOR DIFFERENT TYPES OF OFFENSIVE GAME)

SESSION TIME		DEVELOPMENT OF THE SESSION	CHARTS
SESSION 2 HOURS	SESSION 3 HOURS	TECHNICAL WARM UP Exercise 1: Forehand and backhand baseline rally. Exercise 2: Crosscourt forehand to forehand rally. Exercise 3: Crosscourt backhand to backhand rally. Exercise 4: Serves aimed at the cones.	
INITIAL PART			
30'	45'		
MAIN PART		«SET TASKS» TRAINING Exercise 1: The coach puts the ball in play and the players carry out crosscourt forehand controls rallies recovering to the middle after each shot. If the player hits with his feet inside the court, an offensive shot to the gap or a short crosscourt shot should be played in the following way: if the student hits into the yellow or red area, a cross support stance should be used and if the student hits into the blue area, an open stance should be used. Exercise 2: The same as the previous exercise, but backhand to backhand: if the player hits into the yellow area, the cross support stance should be used and if the player hits into the blue area, an open stance should be used. <hr/> CART TRAINING WITH COACH Exercise 1: The coach throws a ball (to the center) of the player's forehand, who plays an offensive shot inside the court using a cross support stance. Exercise 2: The same as the previous exercise, but the coach throws more to the player's forehand who plays an offensive shot inside the court using an open stance. Exercise 3: The same as exercises 1 and 2, but the coach throws the ball towards the backhand of the player so that he plays an offensive shot using an inside out forehand with cross support stance. Exercise 4: The coach throws a ball (to the center) of the player's backhand who returns an offensive shot inside the court using cross support stance. Exercise 5: The coach throws a ball towards the backhand of the player who returns it inside the court using open stance.	
30'	45'		
30'	45'		
30'	45'		
30'	45'		
FINAL PART		SINGLES OR TEAM GAMES Exercise 1: Singles game.	
30'	45'		
TOTAL TIME			
120'	180'		

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

SESSION TIME		DEVELOPMENT OF THE SESSION	CHARTS
SESSION 2 HOURS	SESSION 3 HOURS	TECHNICAL WARM UP	
INITIAL PART		<p>Exercise 1: Forehand and backhand baseline rally.</p> <p>Exercise 2: Crosscourt forehand to forehand rally.</p> <p>Exercise 3: Crosscourt backhand to backhand rally.</p> <p>Exercise 4: Baseline against volley, and lob against overhead rallies.</p> <p>Exercise 5: Serves aimed at the cones.</p>	
30'	45'		
MAIN PART		CART TRAINING WITH COACH	
30'	45'	<p>Exercise 1: The coach throws a ball to the player in the yellow area who plays a forehand approach shot using cross support stance.</p> <p>Exercise 2: The coach throws a ball to the player in the blue area who plays a forehand approach shot using open stance.</p> <p>Exercise 3: The coach throws a ball to the player in the red area who plays an inside out forehand approach shot using cross support stance.</p>	
30'	45'	CART TRAINING WITH COACH	
		<p>Exercise 1: The coach throws a ball to the player in the red area who plays a backhand approach shot using cross support stance.</p> <p>Exercise 2: The coach throws a ball to the player in the green area who plays a backhand approach shot using open stance.</p> <p>Exercise 3: The coach throws a ball to the player in the green or red area who plays a sliced backhand approach shot with tango step.</p>	
FINAL PART		“SET TASKS” TRAINING	
30'	45'	<p>Exercise 1: Two players (in wheel rotation) hit serves to the backhand of the receiver who should hit them towards the cones.</p> <p>Exercise 2: The same but the serve should be aimed at the returning player's forehand.</p> <p>Exercise 3: The same but to the other service box.</p> <p>Exercise 4: The same as the previous exercise, but the player hits serve and volley (doubles position) and follows the point to its conclusion.</p>	
		Exercise 5: The same as Exercise 4, but to the other service box.	
TOTAL TIME			
120'	180'		

COACH:		DATE:	
GROUP: UNDER 18		WEEK Nº: 1	DAY: WEDNESDAY

CONTENTS TO BE WORKED ON: TECHNIQUE AND TACTICS (COMBINING PLAY SET-UPS WITH DIFFERENT TYPES OF ATTACK SHOTS)

SESSION TIME		DEVELOPMENT OF THE SESSION	CHARTS
SESSION 2 HOURS	SESSION 3 HOURS	TECHNICAL WARM UP	
INITIAL PART		<p>Exercise 1: Forehand and backhand baseline rally.</p> <p>Exercise 2: Crosscourt forehand to forehand rally.</p> <p>Exercise 3: Crosscourt backhand to forehand rally.</p> <p>Exercise 4: Baseline against volley, and lob against overhead rally.</p> <p>Exercise 5: Serves aimed at the cones.</p>	
30'	45'		
MAIN PART		CART TRAINING WITH COACH	
30'	45'	<p>Exercise 1: The coach throws balls from the cart to the player who hits a long crosscourt forehand to set up a play and a down-the-line or crosscourt backhand attack shot.</p> <p>Exercise 2: The coach throws balls from the cart to the player who hits a long crosscourt backhand to set up a play and a down-the-line or crosscourt forehand attack shot.</p> <p>Exercise 3: The coach throws balls from the cart to the player who hits a long forehand to set up a play and a short sliced crosscourt backhand attack shot (with or without tango step).</p> <p>Exercise 4: The coach throws balls from the cart to the player who hits a baseline shot to set up a play and a follow-up attack to the gap with inside out forehand.</p>	
30'	45'	"SET TASKS" TRAINING	
		<p>Exercise 1: The coach throws the ball from the deuce side of the baseline to a player who hits it (after the shot recovering the middle) back with a long set-up shot. The coach follows on by returning the ball so that the student can play a forehand down-the-line attack shot or a short crosscourt backhand shot.</p> <p>Exercise 2: The coach throws the ball from the advantage side of the baseline to a player who hits it (after the shot recovering the middle) back with a long set-up shot. The coach follows on by returning the ball so that the student can play a backhand down-the-line attack shot or a short crosscourt forehand shot.</p>	
FINAL PART		"SET TASKS" TRAINING	
30'	45'	<p>Exercise 1: Two players (in wheel rotation) hit first serves to the receiver who should aim the return towards the cones.</p> <p>Exercise 2: The same but to the other service box.</p> <p>Exercise 3: The same as the previous exercise, but the player hits serve and volley (doubles position) and follows the point to its conclusion.</p> <p>Exercise 4: The same as Exercise 3, but to the other service box.</p>	
TOTAL TIME		Exercise 5: Singles game.	
120'	180'		