

TACTICAL PLANNING

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- 1- PLANNING IN GENERAL**
 - a. Long term short term
 - b. Yearly plan with:
 - i. Peaks (1-2-3 in the juniors or many for pros)
 - ii. pre-competitive phase
 - iii. preparatory phases (general, specific)
 - iv. macrocycle
 - v. microcycle
 - vi. Daily plan
 - vii. Lesson plan

- 2- TERMINOLOGY**
 - a. Strategy
 - b. Tactic
 - c. Patterns

- 3- PLANNING CONSIDERATIONS**
 - a. Time frame
 - b. From general to specific
 - c. Progressive
 - d. Developing and maintaining skills
 - e. Tactics require decision making i.e. open training
 - f. Group training: plan situations to individualize responses

- 4- TACTICAL PATTERNS**
 - a. Planning/selection of patterns for gamestyle or deal with opponents
 - i. Most frequent
 - ii. Easiest to difficult
 - iii. Most important for outcome
 - b. Cover both sides of the coin, to understand game and anticipate
 - c. Patterns could be developed with shot before, shot, shot after

- 5- TACTICAL FRAMEWORK for technical training**
 - a. Phases of play
 - b. Zones on court
 - c. Ball received
 - d. Ball sent

3 EXAMPLES FROM GENERAL TO SPECIFIC

- 6- **MOVING THE OPPONENT PROGRESSION**
 - a. Tactical themes: Take control of the middle, win crosscourt battle...
 - b. Patterns selection: When serving, returning...
 - c. Decision-making: changing direction: when and also which intention

- 7- **RALLYING PROGRESSION DURING THE YEAR**
 - a. Raising the norms for consistency, accuracy and tempo
 - b. Maintaining tempo when moving: closed and open drills
 - c. Maintaining rally against change of rhythm
 - d. Starting a rally ball when needed after serve or return
 - e. Notion of rally threshold

- 8- **DEALING WITH MOONBALLS PROGRESSIVELY:**
 - a. How many moonballs in a row the opponent can hit to our backhand?
 - b. Tactical pattern to deal with the situation
 - c. Tactical progression to intercept moonball
 - d. Decision white/black or grey

- 9- **GAME BASED: SITUATIONS**
 - a. Doubles: defensive situations at mid-court

- 10- **WRITING A STORY TO MEMBERS**

Lets see how to play against people

 - a. Who place the ball well
 - b. Who hit hard
 - c. Who come to the net
 - d. Who push the ball back
 - e. Others: Lefty; underdog

- 11- **QUESTIONS?**