



Drills to Organise your Player's Game

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- GREAT QUALITY RALLY BALL : DEEP/ HEAVY/FAST /CONSISTENT
- GREAT DEFENCE: SLICE/ COUNTER/LOBS/PASSING SHOTS/ABSORBING
- ABILITY TO CHANGE DIRECTIONS
- ABILITY TO MIX UP THE GAME: HEIGHT/SPIN/PACE/DIRECTIONS
- TRANSITION: RECOGNITION/ PROPER ACTION
- SHOTS TO FINISH POINTS: BASELINE/ MID COURT/NET
- 3 BASIC SERVES : OUT WIDE/BODY/ T
- 3 RETURNS: NEUTRAL/ BLOCK/ ATTACK

PHILOSOPHY!

- WINNING COMBINATIONS: GROUND STROKE (2) /VOLLEY/DROP SHOT
- LONG POINT TACTIC (NADAL)
- BACKHAND TACTIC (BASIC)
- STRUCTURING THE POINT TO USE THE WEAPON
- MIDDLE/CROSS COURT TACTIC (SAFE ZONES) BASIC PLAY!
- CHANGING GEARS (ANALYSING/MAKING THE OPPONENT PLAY ERRORS, SURVIVING)
- FINDING THE WEAKNESS? WHERE TO SERVE FIRST?

DRILLS:

BASKET:

- DEFENCE /COUNTER (LATERAL MOVEMENT)
- PLACEMENT/DEPTH/POWER FROM 3 ZONES
- FINISHING SHOTS
- APPROACH/VOLLEYS/OVERHEADS
- RETURN OF SERVES

LIVE BALL

- CROSS COURT (BOTH SIDES)
- DOWN THE LINE (OUTSIDE SHOTS)
- CHANGING DIRECTIONS (STATIC VS RUNNING, CC/DTL, AND BOTH RUNNING)
- SLICE WHOLE COURT. SLICE VS TOPPSIN
- SEMI LOB/ HEAVY RALLY/FAST BALL (LOW)
- DEEP/SHORT (CHANGING HEIGHT/PACE AND SPIN)
- SNEAK IN ATTACK PLAY (PUSH OR PULL OFF THE COURT)
- SERVE/ RETURN TACTICS

ABILITY TO HANDLE, AND PERFORM WITH PRESSURE ON THE SCORE

- MODIFIED GAMES: LEADING (3-1 SERVING , 5/4 CLOSING)

EVEN: 4-4, 5-5

BEHIND: 1-4 SERVING, 3-5 SERVING, 4-5 RETURNING

MODIFIED POINTS: SERVING 0/30, 15/30 SECOND SERVE, 30/40 SECOND SERVE

PRESSURE SERVING GAMES: ONLY ONE DOUBLE FAULT PER GAME ALLOWED

ONLY TWO SECOND SERVES ALLOWED PER GAME

SERVE&VOLLEY 40/15 BOTH SERVES