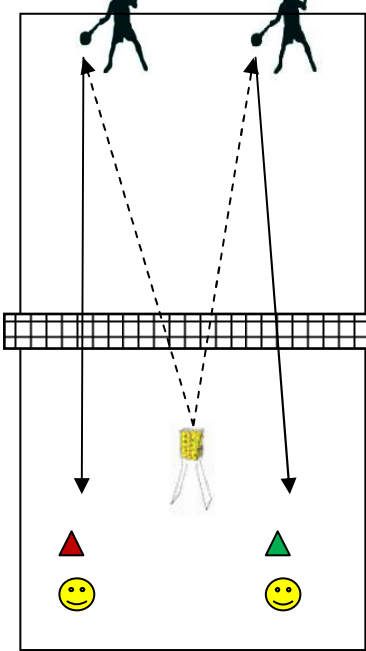
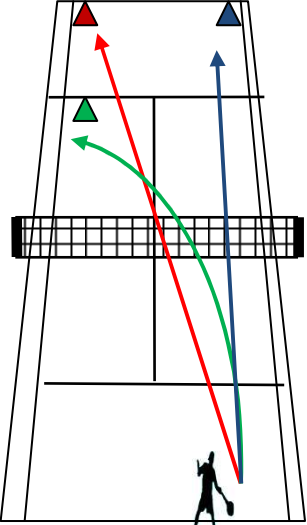
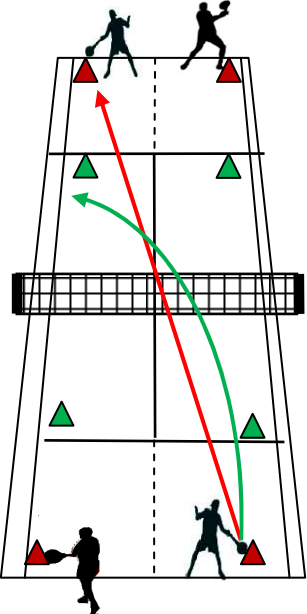
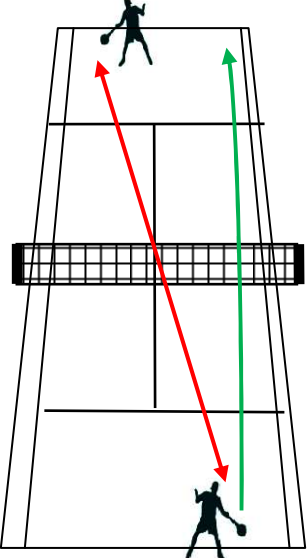


WEEK 21	
Beginners	Direction
Aim	<p>Lesson Objective:</p> <ul style="list-style-type: none"> to practise the skills necessary to direct the ball, specifically; techniques to: <ol style="list-style-type: none"> hit the ball cross court and down the line identify and move to a wide ball
Warm Up	<p>Speed – “Catch Me If You Can”</p> <p>Instructions:</p> <p>There are several variations to this game where the players practise short, fast sprints. Each one has the player starting in the same position.</p> <ul style="list-style-type: none"> Player A starts at the back fence in the ready position (the chaser). Player B (being chased) starts at the baseline. <p>The chaser aims to catch and tag Player B before they reach the service line or other marked area. Coach calls go and the chase is on.</p>
<p>Activities</p> 	<p>Target Practice</p> <p>Instructions:</p> <ul style="list-style-type: none"> Set up the court with two hitters down one end, and two catchers at the other end. Use different coloured markers to help the hitters direct their shots. The coach feeds, instructing the hitters to “hit down the line”, or to make it easier to understand towards a coloured marker. The catching players should attempt to catch the balls and collect these on their racquets. The total of successful catches should be kept. After 5 feeds each, the hitters and catchers should swap. After 10 successful catches for one team (indicating an accurate shot), alternate to hitting cross-court shots. <p>Take time to demonstrate the placement of both down the line and cross court shots.</p> <p>Cross Court to Down the Line</p> <p>Instructions:</p> <ul style="list-style-type: none"> Set up the court with four players and have them alternate between cross court and down the line shots [use coloured markers.] Aim to achieve “1 lap” in a modified rally with the coach helping to achieve the goal. “1 lap” would include a successfully placed shot by each player.. Always feed to the player where a mistake is made so he/she can practise directing their shot from a controlled feed. Keep everybody involved.

Intermediate	Direction
Aim	Using placement to make the opponent move
Warm Up	“Catch me if you can.”
<p data-bbox="169 483 245 510">Drills</p>  <p data-bbox="172 1106 475 1227">Use coloured markers to help players understand cross court and down the line target areas</p>	<p data-bbox="512 483 724 510">Direction Drills</p> <p data-bbox="512 517 1177 544">Basket Fed Drills progressing after each 4 ball drill.</p> <ul data-bbox="512 551 979 696" style="list-style-type: none"> • 4 x Forehand down line • 4 x Forehand Cross Court • 4 x Forehand Short Cross Court • Repeat to Backhand <p data-bbox="512 734 772 761">Combination Drills</p> <p data-bbox="512 768 1366 831">Introduce combinations once players have a feel for how to direct the ball cross court and down the line.</p> <ul data-bbox="512 837 1251 949" style="list-style-type: none"> • FHD Line – FHD X Court – FHD Short X Court • Repeat to Backhand • FHD Line – BHD Line – FHD X Court – BHD X Court <p data-bbox="512 987 1366 1155">By using basket drills players will get the repetition they need to master the “feel” of directing the ball to different parts of the court. In addition to the coaches guidance this repetition will help the players move the ball around the court – with the ultimate aim of moving their opponents during a match or point situation.</p>
Games	<p data-bbox="512 1272 868 1299">Champs and Challengers</p> <p data-bbox="512 1305 1203 1332">Coach designates the first two shots. For example:-</p> <ul data-bbox="512 1339 1385 1440" style="list-style-type: none"> - From the coaches feed the challenger must hit cross court and the champion must hit down the line. An error in that sequence is a mistake. <p data-bbox="512 1447 1366 1574">After the first two strokes to rally is played out under normal rules, but an emphasis on moving the opponent should be maintained. Consider awarding bonus points for the player who can play from forehand court to backhand court for 4 consecutive shots.</p>

Squad	Direction
Aim	Explore using placement to control point play
Warm up	Mini / Full Tennis; [1 point for ball clearing service line – revision from Week 20]
Technical	Using racquet angle, contact point and swing path to affect direction.
Tactical	Manipulating direction / placement at the appropriate tactical moment
<p>Discussion & Drills</p> 	<p>Introduce the 5 ball controls; Height, Spin, Speed, Direction, Depth <i>Coach: How can we pressure our opponent in addition to depth?</i> <i>Answer: Placement</i> <i>C: What options do we have with placement?</i> <i>A: Cross court, Down the line, Down the middle, short angles. [demonstrate options]</i></p> <p>Basket Drill – Aim for targets Deep X court; Short Cross Court; Down line as per intermediate lesson plan ... <i>progress to</i> ... Rally Drill – Aim for targets deep and short cross court <i>Coach to give feedback - “adjust the contact point to change direction”.</i> Players should mix up their shots between strong deep cross court drives and slower, heavily spun wider and shorter shots.</p> <ul style="list-style-type: none"> ▲ Deep Corners ▲ Short Angles
<p>Discussion & Drills</p>  <p>Pick the right ball to hit down the line</p>	<p>Changing Direction <i>C: What is the advantage of changing the direction of your opponents shot?</i> <i>A: Your shot will go into the open court; get them on the run.</i></p> <p>Basket Drill – Coach feeds from deuce or ad corner; players hit into the open court – practising the skill of changing the direction of the ball Rally Drill – Figure 8’s in doubles ... <i>progress to</i> Figure 8’s in Singles. In figure 8’s players alternate hitting down the line to cross court, changing the direction of the ball on every stroke. In the doubles format this will test the players ability to change the direction of the ball. The singles format will add the pressure of moving to the ball on balance and in time.</p> <p>Point play</p> <ul style="list-style-type: none"> • Two players commence a rally aiming deep cross court shots. • Either player may decide to hit down the line if the situation is right. • The criteria for changing the direction of the ball are:- <ul style="list-style-type: none"> - the ball is slower - the ball is shorter - the ball is at a comfortable height - the ball is not too wide. <p>all these criteria give the player changing direction time to balance and execute a shot that has more risk involved than another cross court return.</p> <ul style="list-style-type: none"> • Following a re-redirect the point is played out – with the key concepts of high percentage cross court play and tactical changes of direction maintained. <p>The point is worth double once direction is changed. <i>“change direction at the right time.”</i></p>