

Week 9 marks a new stage in our lesson plans. In the previous eight weeks:-


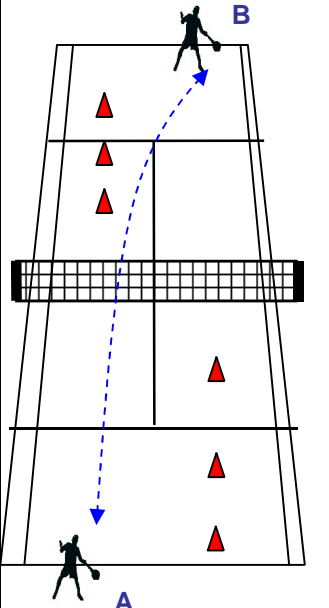
- Beginners have worked on Fundamental Motor Skills and Basic Strokes;
- Intermediates worked on improving strokes within the 5 playing scenario's; and
- Squad worked at developing strategy and shot selection within the 5 playing scenario's

Starting in week 9:-

- Beginners will work at the 5 playing scenario's, starting with Baseline;
- Intermediates will work at key match play concepts, starting with Consistency; and
- Squad will work at playing styles, starting with Counter Punching

WEEK 9	
Beginners	Baseline (Modified Position)
Aim	Move to position...keep good court position...simple and correct groundstroke action
Movement	Racquet and ball skills circuit
Activities	<p>Stop & Squash</p> <p>Once young players are comfortable with their swing pattern, one of the major difficulties will be hitting on the move. Getting the students to stop and set their feet is one of the hardest tasks (they usually run to close to the ball).</p> <p>This drill is a simple and fun exercise to help them set their feet the correct distance from the ball.</p> <p>Instruction:</p> <ul style="list-style-type: none"> • Start the students on the service tee (or other marked area) • The coach stands in front of the player and rolls the ball slightly out to the player's forehand side • Instruct (including demonstration) the players to move out to the ball and then "squash" it into the court. • Make the activity harder by rolling the ball wider and then rolling to both forehand and backhand sides. • After each "squash", players should return the ball to the basket. <p>Home base Drill</p> <p>The home base drill is a good progression from "stop and squash". Once the 'Mozzies' have experienced stopping and setting their feet while moving to the ball – introduce forehands and backhands.</p> <p>Instructions:</p> <ul style="list-style-type: none"> ▪ Two players start standing together on a centre mark. ▪ Coach begins by feeding (or dropping) for a running forehand to Player A. ▪ After playing his/her shot, Player A recovers back to the centre mark and the coach feeds for a running backhand to Player B who plays his/her shot and recovers. ▪ Feeds 5 - 6 balls and rotate. <p>The drill will practise moving to the ball as well as practising the concept of recovering ones ground.</p>
Games	Modified Rally (1 player hitting...1 player throws & catches)

Intermediate	Consistency
Aim	Present consistency as the #1 way to “win” a game of tennis
Footwork	The line game
Drills	<p>2 on 2 Baseline Battle: Longest rally Create a controlled rally situation where players learn to understand the ideal “rally speed” that they can maintain. Instruction:</p> <ul style="list-style-type: none"> • The coach or player begins the point with an underhand feed. The goal of the drill is to maintain a rally at the highest ball speed possible. • The coach should be constantly monitoring and correcting the tempo of the rally. • If there are too many errors then “slow down”. If the drill is not challenging enough for the players then pick-up the intensity. • This drill is effectively a “sparring” drill with the aim being not to win the point, but to create an intense rally situation. • The coach should keep the players bouncing on the balls of their feet in between strokes. <p>Consistency Game To encourage a “get the ball back at all costs” mentality to your students. This great drill rewards the player who returns every ball. Instruction:</p> <ul style="list-style-type: none"> • Players set up on court with at least one player on sidelines. • The coach or player starts the rally with an underhand feed and players rally out. • The waiting player replaces the player who makes an error, or, a winner is hit on their side of the court. • This drill can be played in either a singles or doubles format. <p>Scoring Options:</p> <ul style="list-style-type: none"> — Players score a point each time they are on the court - first to score 15 or 21 points wins. — Players score a set if they are on court for 5 rallies in a row – 1st to 3 sets.
Games	Chimps & Champs (load points to reward long rallies)

Squad	Lleyton Hewitt Counter Puncher	
Aim	Explore the counter puncher style. Use role model such as Lleyton Hewitt, one of the most successful counter punchers in the modern game, to motivate students.	
Technical	Correct Grip, stance & swing pattern for groundstroke	
Tactical	% tennis – Cross court, net clearance, margin for error, topspin	
Physical	Speed & Agility	
Mental	Concentration, patient point building	
Warm Up	Stroke Warm Up The Fan	
Drills	<p>Cross Court Consistency [Backhand court]</p> <p>This baseline drill develops stroke consistency and builds defensive & offensive cross court patterns.</p> <p>Instruction:</p> <ul style="list-style-type: none"> • Place markers as illustrated to cut down court area. Players A & B play cross court. • Hit backhands and inside out forehands. • The manipulation of spin, speed, depth and angle are crucial to winning points in this limited court area. • The point starts with an underhand feed. • Progress to starting point with serve 	 <p data-bbox="129 1467 459 1518">Cross Court Consistency</p>
Point Play	5+ rally to score	