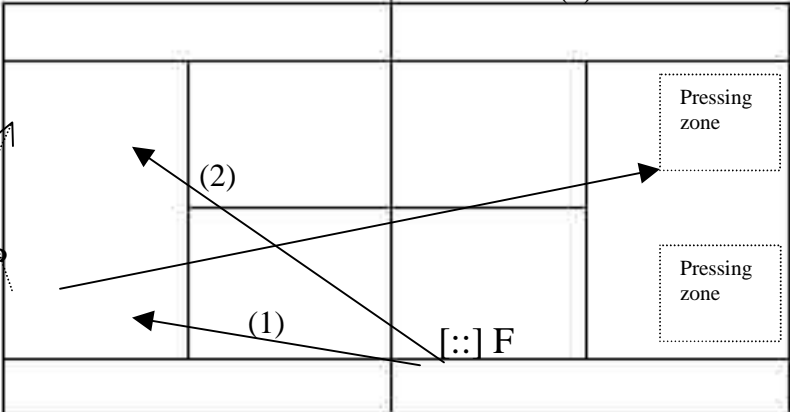
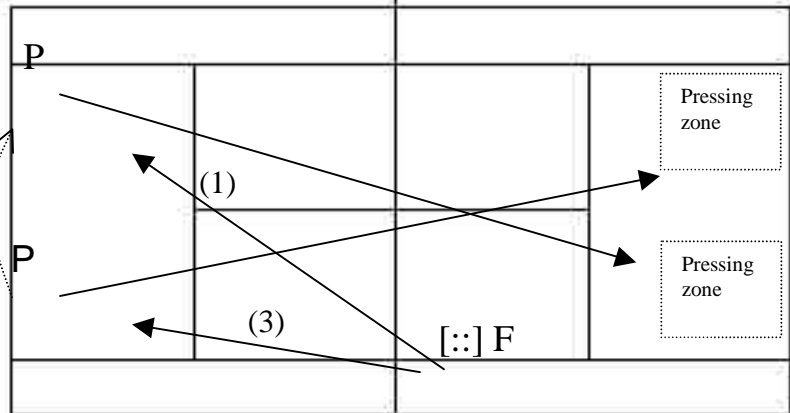
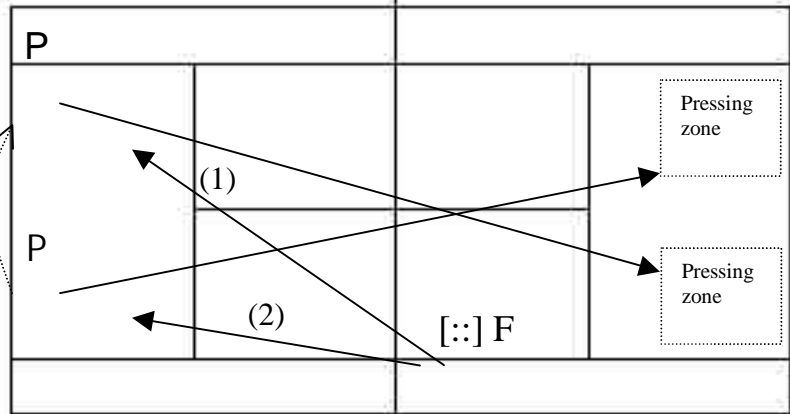


TACTICAL PROBLEM: Maintaining pressure on opponent by hitting to pressing zones with spin
SKILL FOCUS: Base-line Drives for consistency and depth

Diagram of court set-up	Key points
<p>Ball-feeder F: Start with 3 balls. Send the ball (1) to the near side of the court. After P hits and returns to the center send ball (2) to the far side.</p> 	<p>Aim: To feed mid-court balls for players (P) to hit cross-court to the pressing zones.</p> <p>Cues:</p> <ul style="list-style-type: none"> • Wide base. Body coiled. Racquet back before bounce, • Weight transfer back foot to front. • Ball struck as falling in front of leading foot. • Hold finish to show stable
<p>Ball-feeder F: Send third ball (3) to next P then pick up two balls. Send ball (1) to far side of the court, send ball (2) to new player on near side of court.</p> 	<p>Aim: To feed second ball to be hit inside out across court by P, then feed third ball for next P to hit across court.</p> <p>Cues:</p> <ul style="list-style-type: none"> • P move across court side-ways, pushing off outside foot. • P return to behind base-line then move forward to next shot • Body coiled, wait for ball to drop <p>Same again for new player.</p>
<p>Ball-feeder F: Pick up two balls. Send ball (1) to far side of the court, send ball (2) to new player on near side of court, and so on.</p> 	<p>Aim: To feed two balls at a time so that two players can hit across court at the same time.</p> <p>Cues:</p> <ul style="list-style-type: none"> • Strike ball in hitting zone in front of the body • Racquet head go from low to high. • Use height and spin on ball to get depth.