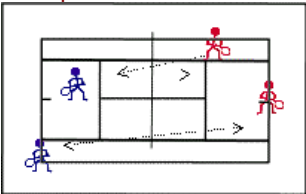
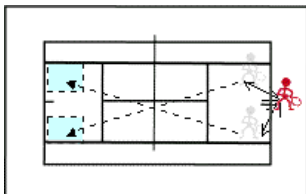
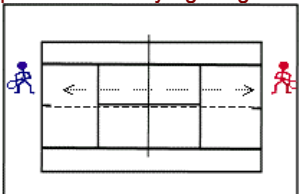
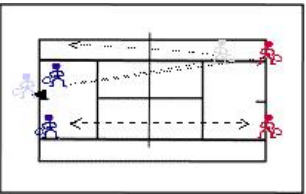
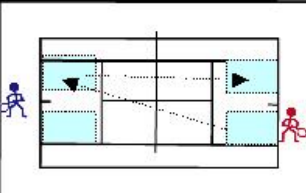
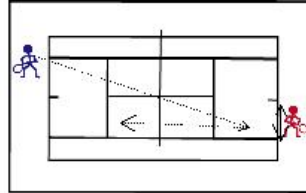
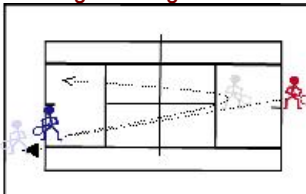
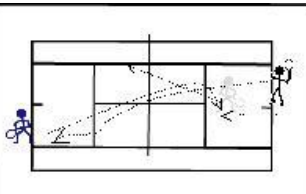


## DRIVES

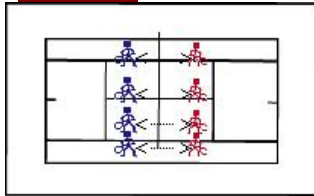
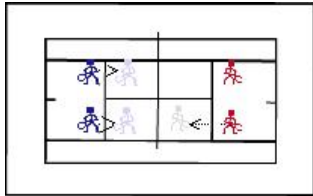
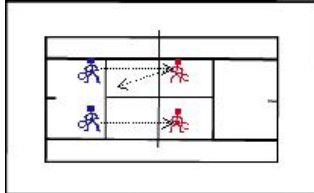
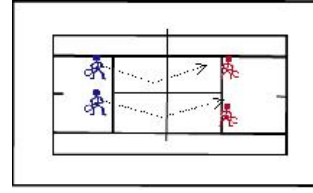
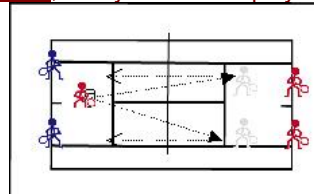
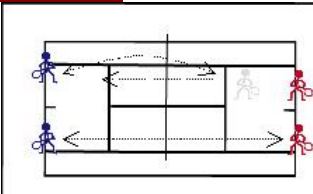
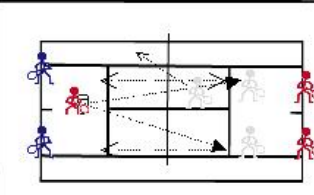
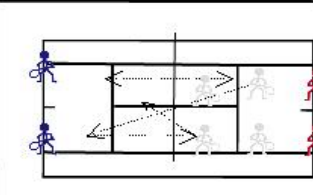
Name: \_\_\_\_\_

Date and Signature	<b>DRIVES practice focus</b>	Co-operative <b>Game/Task</b>	Competitive
(1) _____ _____	Half to full court length. Perform shots with movement around the full court. Return to <b>base</b> position after each shot. Use height and one touch control to set-up for the ball. <b>Adjust</b> to hit ball in hitting zone at waist/knee height in front of leading foot. Perform rally with partner changing grip hitting both forehand and backhands. Target 20 shot rally. Rarely miss court in 3-ball feed drill.	6 shot rally with partner or coach then play out the point. 	3-ball feed hitting to pressing zones. 
(2) _____ _____	Short to half and then full court. Play with greater consistency. Handle high and low bouncing balls, consistently hitting the ball in the hitting zone. Start mini court from partner feed. Use backhand and forehand brush progressions. Use height for time, recovering to <b>base</b> position 1m behind the base-line. Read situation to <b>decide</b> to move forward or back. Split-step to <b>cover</b> space as opponent strikes the ball.	Target 10 shot competitive rally with ball hit to spaces with varying height. 	Play 5 game after 4 shots rarely missing in first 4 shots. 
(3) _____ _____	Half to Full court Control depth and placement of shot. Show ability to put pressure on an opponent in a game by <b>deciding</b> to move into court when anticipate a short ball. Hit (50%+) to the pressing zones beyond the service lines. Able to direct the ball across court or down the line as needed. Always set-up a good <b>base</b> . Split-step to <b>cover</b> opponent's target area. Use time to <b>adjust</b> body position to ball.	6 shot rally to pressing zones. <u>Co-op play cross-court or down-line game.</u> 	Play half court v whole court game winning points by using the space in the full court. 
(4) _____ _____	Full court Ability to control your shots using spin (slice and topspin) and demonstrating good technique on drives. Footwork around the court should show <b>base</b> and anticipation movements (coasting in or moving back). Split step prep to <b>cover</b> target area and always <b>adjusting</b> for weight transfer when not under pressure.	Rally in 5-game with spin to pressing zones. Move in to take advantage of short balls or good length hits. 	Integrate first and second serve into 5-game with effective base position off serve. 

Date and Signature	DRIVES practice focus	Game/Task	
(5)	Full court Demonstrate use of spin (slice and topspin) on both drives. Employ power and depth in strokes effectively to win a point or make an opening (use windows 1, 2 and 3). Show correct positioning on court to play strokes based on opponent's target area and positioning. Use angles to create openings. Minimize unforced errors showing consistency on both sides. Movement should flow from base recovery to reading the play so that cover and adjust actions lead to high percentage, controlled tennis.	Co-operative Play competitive points using the <u>3-point unforced error game</u> . Lose a point for unforced error as well as opponent gaining a point.	Competitive Vary height or length of shot for situation in game. To pass game score for both players adds up to 15+ points.
(6) and Drill	Full court Demonstrate effective instruction of peers in relation to their individual ability. Develop a suitable partner progression to then coach six or more players in a drill based on: TACTICAL PROBLEM: "How to use spin to control power in shots to keep balls deep and attack spaces?" 1. TACTICAL FOCUS: Maintaining pressure on opponent by hitting to pressing zones with spin 2. SKILL FOCUS: Base-line Drives for consistency and depth Finish with a culminating game using tactical problem and skill focus.	Apply effective skill cues to improve peers drives. <u>Transfer skill cues into game play</u> . Can use 3-ball feed drill sheet from website.  Drive Cues BASE ❑ GRIP                      Grip change, ready position ❑ STANCE                  Wide base ❑ SWING                  Early prep, low to high ADJUST to BALL        Weight on back foot ❑ CONTACT                Perpendicular, roll over RECOVER                  Balance. Push-off to base	

**NET-PLAY**

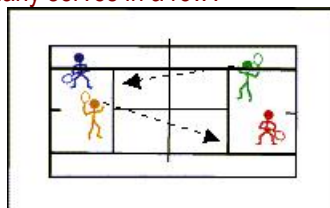
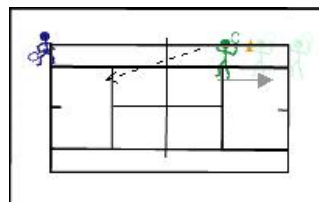
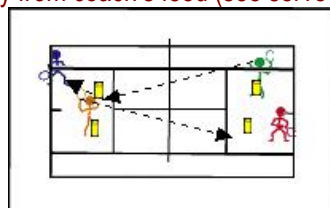
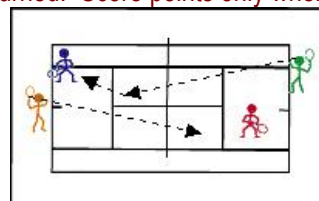
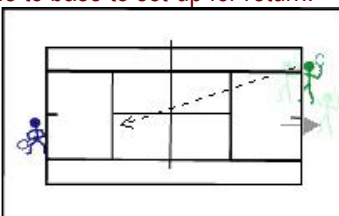
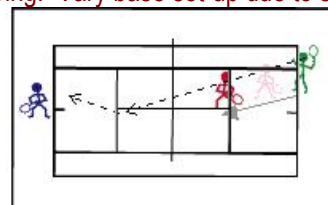
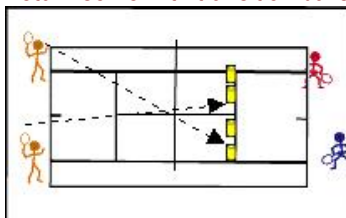
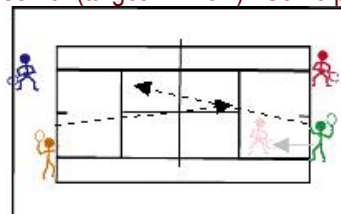
Name: \_\_\_\_\_

Date and Signature	NET-PLAY	Co-operative	Game/Task	Competitive
(1)   	Half court full length Goalkeeper drill controlling direction and height of the ball. Volley against partner moving into the net. Keep volley low and steer to either side. 70% accuracy from partner feed. Focus on <b>base</b> position ready to hit with <b>cover</b> action as partner feeds/strikes the ball. Return to base area at net between hits. Show use of offensive and defensive lobs in a competitive game.	Volley rally working in from the service line. <u>Rally in Dink tennis in service box.</u> 	Play dink tennis <u>4+ volleys then play out the point.</u> 	
(2)   	Half court full length Control placement and depth of volley from partner's brushing drives – <b>base</b> and <b>split-step cover</b> before hit. Apply volley competitively in a game situation by working into the net. <b>Read</b> opponent to move in or <b>cover</b> space. 75% success rate on competitive feed. Adjust body position to demonstrate the approach shot.	Volley against partner in brushing drill. 	Play <u>bounce-volley game successfully.</u> 	
(3)   	Full court Putting volley away. From <b>base read</b> to narrow down opponent's angles. <b>Adjust</b> to ball to approach the net off a slice shot with 'split step' action into <b>base</b> to prepare to play a volley. Demonstrate a drop-shot and follow to net for volley. Show ability in a game to hit a smash into space. 60% success with these shots. Technically accurate volley with ability to vary the length and angle of a volley with 'chop' action spin.	From <u>base-line</u> hit an approach shot of coach feed, volley next shot - play out point. 	<u>Rally with partner. Point starts when ball enters service-box.</u> 	
(4)   	Full court Demonstrate low volleys and half volleys. Show ability to play volleys successfully, keeping the ball low and away from opponent. Able to effectively do the intercept volley (poach) for doubles in intercept volley drill from base and cover movements as adjust to hit the ball. 80% success rate in competitive practice. Show the ability to hit a topspin lob <b>adjusting</b> to let ball drop. Demonstrate drop shot and <b>base</b> in a rally from the baseline to set up a point.	From base-line hit ball off coach's bounce feed using a volley or half-volley coming into the net. 	Finish point at the net in coach fed drill. Use intercept volley in <u>2 Up 2 Back doubles.</u> 	

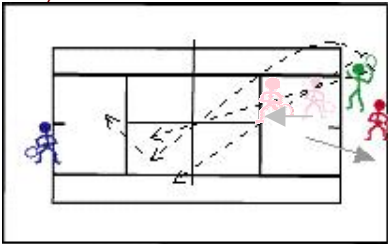
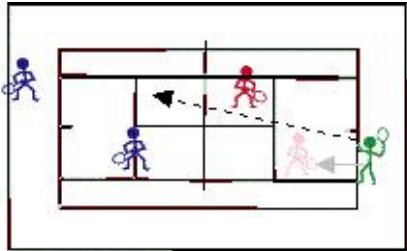
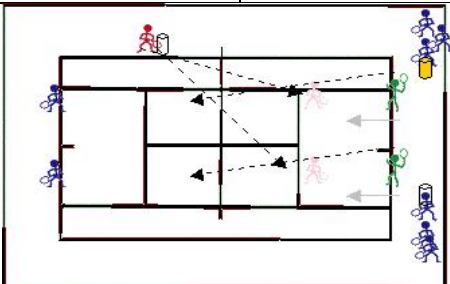
Date and Signature	NET-PLAY	Co-operative	Game/Task	Competitive
(5)	<p>Full court</p> <p>Use of the volley in the game situation should be effective with consistency. Movement should show ability to <b>read</b> when to attack net with <b>cover</b> action, <b>adjustment</b> and recovery to <b>base</b> to guard opponent's target area. Keep volley deep, low and controlled. Serve volley on both first and second serves in doubles. Able to have 60% success rate serve and volleying in singles game. Able to chip and charge to the net to volley with 70% success rate. Demonstrate 90% effective smashes in a game.</p> <p>To pass game score for both players adds up to 15+ points.</p>	<p>Partner feed from behind the base-line, then hit a drop-shot to play out point:</p> <p>Use topspin lob on both sides.</p> <p>Smash to win point.</p>	<p>You <u>only</u> gain points at the net:</p> <ul style="list-style-type: none"><li>• Serve and volley</li><li>• Chip and charge</li></ul> <p>Lose points for unforced errors.</p> <p>No lobs until volley played. Up to 10 points.</p>	
(6) and Drill	<p>Full court</p> <p>Demonstrate effective instruction of peers in relation to their individual ability.</p> <p>Develop a suitable partner progression to then coach six or more players in a drill based on:</p> <p>TACTICAL PROBLEM:</p> <p>1. TACTICAL FOCUS: Using power to attack from the net and guard back court space</p> <p>2. SKILL FOCUS: Smash and volley drill</p> <p>OR</p> <p>TACTICAL PROBLEM: How in doubles do you attack the net as a pair?</p> <p>1. TACTIAL FOCUS: Setting up to attack by getting to the net on short balls.</p> <p>2. SKILL FOCUS: Approach Shot, Half-Volley and Volley</p> <p>Finish with a culminating game using tactical problem and skill focus.</p>	<p>Apply skill cues and <u>create effective game play tasks</u> to improve serve performance</p> <p>Can use and adapt drill net-play drill sheets from the course website</p> <p>Potential cues to consider:</p> <ul style="list-style-type: none"><li>▪ Grip – Backhand grip</li><li>▪ Base – Wide stance, Split-step center half court</li><li>▪ Cover – Push-off outside foot</li><li>▪ Adjust – Weight forward, push-off other foot</li><li>▪ Racquet Head - Punch down, or chop up into target</li><li>▪ Recover – Base for next shot</li></ul> <p>See task card on the course website</p>		

## SERVICE

Name: \_\_\_\_\_

Date and Signature	SERVICE practice focus	Co-operative	Game/Task	Competitive
(1) _____ _____	Half to full court length. Show accuracy with service hitting to one side of the service box with a stepping into court to recovery to <b>base</b> position behind the base-line. Maintain consistency of serving. 80% success with 2 serves.	Demo overhead serve in small court game. How many serves in a row? 	<u>Serve-in and step back game.</u> Progress to baseline. 	
(2) _____ _____	Half-full court length. Hit to side, line and middle of service box. Perform topspin second serve. Show consistent serving with a high % of second serves going in. 60% success with spin on second serve. Show ability to win the second phase tennis game by serving the ball into play and effectively setting up in a <b>base</b> position to <b>cover</b> responding to opponent's return.	Serve accurately to a ball can for partner to block catch the ball on racquet. Serve and play out rally from coach's feed (see serve drill). 	Serve with spin. Play <u>second phase tennis</u> in a half, full-length court. The game starts after a serve returned. Score points only when serve. 	
(3) _____ _____	Full court Show Flat/Topspin/slice services with accuracy. After serving with transition balls show effective positioning - serve and return to <b>base</b> either by split-stepping as going to net or moving behind the base-line. Play effectively in serve drill <b>split-stepping</b> as opponent strikes the ball. Develop the use of power in the service. <b>Adjust</b> as ball arrives 50% first serve, 90% with the second serve.	Serve with spin into the service court from the baseline to base to set-up for return. 	Serve for a <u>whole tie-break</u> without losing due to poor serving. Vary base set-up due to serve. 	
(4) _____ _____	Across court to Full court Return of serve: Show ability to play a variation of service returns for singles and double games. <b>Read a respond</b> to opponent's serves. 90% second serves returned, 50% first serves returned. Split step from <b>base</b> to <b>cover</b> target area as ball struck. Ability to hit ace serves and none returnable serves by moving the ball. Effective base for serve-volley and serve stay back.	Serve with declared accuracy so that opponent should return serve with transition balls. 	<u>Continue serve</u> game where you try to win points in a row as server (target 4 in row). Serve play point. 	



Date and Signature	SERVICE practice focus	Game/Task					
(5)	<p>Full court</p> <p>Direct return of serve on backhand and forehand side to pressurize server. Strategic use of the service in doubles and singles - serve down middle and into body with partner covering anticipated returns. Show ability to correct own mistakes to encourage consistent serving. 95% topspin serves going in with the ball kicking. 70% slice serves going in with the ball breaking. 50% flat serves in with the ball keeping low. <b>Read</b> opponent's response to serves setting up in <b>base</b> position from serve to allow time to <b>adjust</b> to the ball to set-up an attacking position.</p>	<p>Serve to maximize opportunity to win point. Serve with variation. Play co-operative points mixing up ability to serve and stay back or serve and volley (especially serve/volley in doubles)</p> 	<p>Play <u>situation tennis</u> demonstrating effective use of the serve to win points and close out a set. Serve accurately in doubles to help partner poach and cover the net.</p> 				
(6) and Drill	<p>Modified to full court</p> <p>Coach two peoples serve improving their consistency, accuracy, use of spin and when appropriate, power. Demonstrate effective instruction of peers in relation to their individual ability. Develop a suitable partner progression to then coach six or more players in a drill based on:</p> <p>TACTICAL PROBLEM: How to serve consistently and put pressure on the opponent?</p> <p>1. TACTICAL FOCUS: Serve the ball consistently into the court and recover behind the baseline. Return serve consistently and recover for response.</p> <p>2. SKILL FOCUS: Serve – topspin, slice and flat. Recovery to play return.</p> <p>Finish with a culminating game using tactical problem and skill focus.</p>	<p>Apply skill cues and <u>create effective game play tasks</u> to improve serve performance</p> <p>Can use and adapt drill net-play drill sheets from the course website</p> <p>Potential cues to consider:</p> <table><thead><tr><th>SERVE</th><th>VOLLEY</th></tr></thead><tbody><tr><td><ul style="list-style-type: none"><li>Base – shoulder width, weight slightly more on back foot</li><li>Toss, extend none-racquet hand as racquet taken back ('L' shape)</li><li>Toss in front of leading foot, high above head</li><li>Lead with thumb to strike ball with open racquet</li><li>Brush up and over ball (topspin) or at and around pole (slice)</li><li>Snap wrist down as follow ball into net.</li></ul></td><td><ul style="list-style-type: none"><li>Grip – Backhand grip</li><li>Base – Wide stance, Split-step center half court</li><li>Cover – Push-off outside foot</li><li>Adjust – Weight forward, push-off other foot</li><li>Racquet - Punch down and chop up into target</li><li>Recover – Base for next shot</li></ul></td></tr></tbody></table> 		SERVE	VOLLEY	<ul style="list-style-type: none"><li>Base – shoulder width, weight slightly more on back foot</li><li>Toss, extend none-racquet hand as racquet taken back ('L' shape)</li><li>Toss in front of leading foot, high above head</li><li>Lead with thumb to strike ball with open racquet</li><li>Brush up and over ball (topspin) or at and around pole (slice)</li><li>Snap wrist down as follow ball into net.</li></ul>	<ul style="list-style-type: none"><li>Grip – Backhand grip</li><li>Base – Wide stance, Split-step center half court</li><li>Cover – Push-off outside foot</li><li>Adjust – Weight forward, push-off other foot</li><li>Racquet - Punch down and chop up into target</li><li>Recover – Base for next shot</li></ul>
SERVE	VOLLEY						
<ul style="list-style-type: none"><li>Base – shoulder width, weight slightly more on back foot</li><li>Toss, extend none-racquet hand as racquet taken back ('L' shape)</li><li>Toss in front of leading foot, high above head</li><li>Lead with thumb to strike ball with open racquet</li><li>Brush up and over ball (topspin) or at and around pole (slice)</li><li>Snap wrist down as follow ball into net.</li></ul>	<ul style="list-style-type: none"><li>Grip – Backhand grip</li><li>Base – Wide stance, Split-step center half court</li><li>Cover – Push-off outside foot</li><li>Adjust – Weight forward, push-off other foot</li><li>Racquet - Punch down and chop up into target</li><li>Recover – Base for next shot</li></ul>						