





Tactical use and Skill phases for

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Tactical Problem: Attack pressing zones and forcing opponent back from the net

Skill development: Topspin Lob

Teaching Points	SKILL PHASES	
<p>Tactic:</p> <ul style="list-style-type: none"> Keeps the opponent away from the net Force opponent back off of the net Attacking pressing zones Set self up to move to the net <p>Skill:</p> <p>Topspin Lob</p> <ol style="list-style-type: none"> After split-step move into position to make stroke. Bring racquet and wrist below the level of the ball. Brushing the ball with a low to high racquet action. Follow all the way through and end up with weight on front foot. <p>Imagery cues</p> <p>Timing is after split-step.</p> <ul style="list-style-type: none"> Move to position Racquet and wrist below ball Brushing from low to high Follow through 		
	1) After split -step move into position	2) Racquet and wrist below ball
		
	3) Low to high racquet action with brushing	4) Follow through and weight to front foot

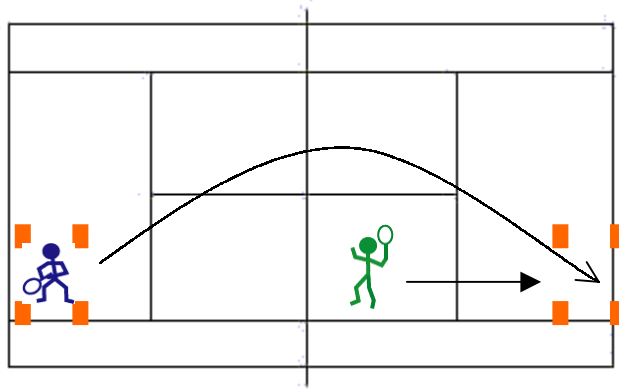
TACTICAL PROBLEM: Attack pressing zones and forcing opponent back from the net**SKILL FOCUS: Topspin lob**

Possible introductory activities

- Hit-up

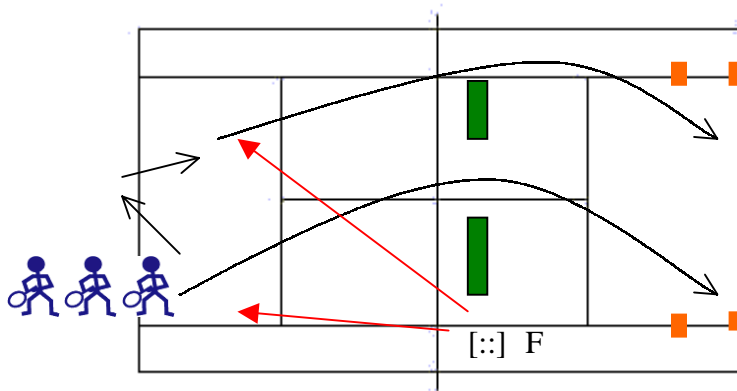
Focus on:

- Weight transfer forward
- Low to high racquet movement
- Brushing the ball

**Aim:** To topspin lob balls into target area from self-feed.**Cues:**

- One player at baseline with 2 balls and racquet
- Partner at net with/without racquet
- Player at baseline does a topspin lob to the target area from a self feed
- Partner chases ball and catches it with racquet hand at waist height (or use a racquet and hit it in the air and catch it or play the point out)
- Each partner does two, then switch

Extension: Have a scoring system where the person hitting can earn points for getting it in the target area without their partner tracking the ball down and the person tracking the ball down can get a point for catching the ball before it hits the ground a second time

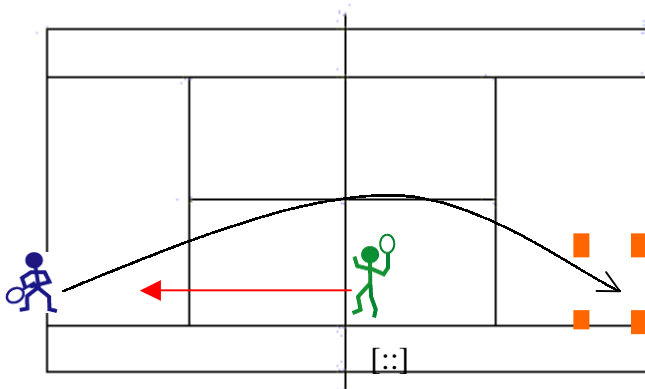


Aim: To feed two balls for the player who will complete topspin lobs over the poles at the net into the target areas.

Cues:

- Players line up behind the baseline
- Feeder (F) delivers first ball to person after they split step
- Person topspin lobs over pole at net and into the target area
- Player returns to the baseline and does split step before second shot
- Feeder delivers a second ball to the other side of the court where the player returns it with another topspin lob into the target area
- Player hitting then returns to the end of the line

EXTENSION: Make the target area smaller and add player at net to smash lob if it is not high enough.

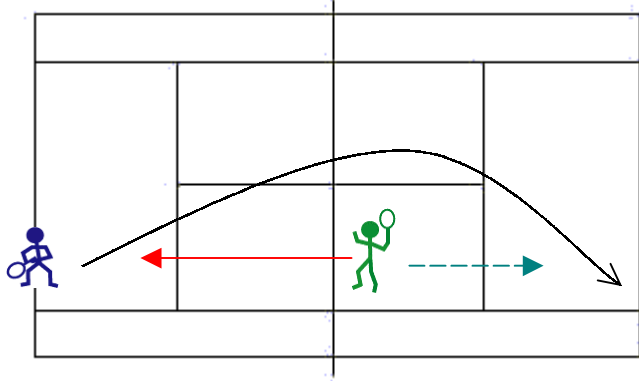


Aim: Feed ball from net to partner to deliver topspin lob over head and into target area.

Cues:

- Player stands behind the baseline
- Partner at net feeds a ball then puts racquet up high to block low lob
- Player topspin lobs over feeder into target area
- Take five shots each then switch

EXTENSION: If player topspin lobs over partner they get a point. If they fail to do so they lose a point. The winner is the first one to reach five points or have their partner reach minus five.

	<p>Aim: To make the drill more game like by having the feeder and player carry out the point</p> <p>Cues:</p> <ul style="list-style-type: none"> • Feeder delivers the ball from the net (or close to) to their partner who is behind the baseline • Player topspin lobs the ball over the feeder • Feeder cannot move until the ball has been struck • Feeder can self-feed ball to self when running it down to begin rally • The point is played out in a half court • Player who wins the point is the server for the next point <p>EXTENSION: Play on full court</p>
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Possible Culminating Activity: Monarch of the Court

Key Rule: Must win third point to become Monarch

Pictures and Explanations of Topspin Lob Lesson Plan



Introductory activity: In partners, students played “Hit-up”, a short court game in which the ball can only be hit upwards. This helped the students get the motion of hitting a controlled lob shot in preparation for learning the topspin lob.



Derek and Kevin gave a brief introduction to the topspin lob and when it should be used. Focusing on weight transfer forward, low to high racquet movement, and brushing the ball.



To get the idea of the topspin lob, the students first practiced the lob from a self-feed over their partner (without racquet) who chased down the ball and caught it in the hitting zone as if returning the shot. The partners switched positions after every second lob.



The class was split into two separate groups to hit a ball from a feeder over a pole and into a target area with proper topspin lob technique. This drill has since been changed to a three ball feed to give each student more hits and have less time standing in line.



Students practiced topspin lob with small amounts of pressure from a partner in a drill called “In Your Face”. One player fed a ball from the net to their partner behind the baseline whose lob had to be high enough to go over the feeder who was trying to smash the ball if it was too low.



As a culminating game to the previous drill, the students played the point out after the ball was lobbed over the feeders head. The feeder was not allowed to move from the net until their partner struck the ball, but off of the first lob could use one hit for control to continue the rally. This was useful in incorporating the lob into a game like situation and accentuating its effectiveness.

Lesson Plan

Unit: Tennis

Equipment: Racquets, balls (regular and transition), targets (cones)

Tactical Focus: Attack pressing zones and force opponent back

Lesson Focus: Topspin lob

Skill Objective: Execute topspin lob consistently and with moderate accuracy

<u>Time</u>	<u>Lesson Content- Activity</u>	<u>Teaching Points and Organization</u>
Introductory Activities		
4-5 min.	Hit-up	Have them in partners
	with one ball, playing inside service line and doubles side line.	
	One player begins play by dropping the ball on the net to their opponent's side. The opponent returns the ball after it bounces once.	
	<u>Rules:</u> 1. Must bounce before it can be hit	2. Must
	hit the ball upwards	3. Can't
	earn points until ball has been returned off serve	
	Points earned if ball bounces more than once or goes out of bounds	
		<u>Extension:</u> Use end-lines and
	doubles side lines	
Skill/Concept Development		
1-2 min.	Talk and demonstration of topspin lob	<u>Focus:</u> Weight
	transfer forward, low to high racquet movement, brushing the ball	
		- Have students practice by
	themselves and look for spinning seams	
2-3 min.	Self feed and chase	Have class get into pairs with
	two balls for each twosome. Targets are set up at the end	
	of each court for them to hit to. One player self feeds the ball to themselves and hits the	
	ball to the target using the topspin lob. The other player is at the net without a racquet	
	and is their to chase down the ball as soon as it has been hit. The person chasing the ball	
	down should catch it at their waist with their racquet hand. The player hitting the ball	
	should practice the three cues (weight transfer forward, low to high racquet movement,	
	brushing the ball). Each player should hit two balls and then switch.	
<u>Time</u>	<u>Lesson Content- Activity</u>	<u>Teaching Points and Organization</u>
	Scoring system- One point for the hitter if it is hit in the deep target area and their partner	
	doesn't track the ball down. One point is awarded to the person running the ball down if	
	they catch it. Play to a set amount of points.	
	<u>Extension:</u> Use a racquet to hit ball up and then catch it	

4-5 min. “Hitting the target” 3- ball feed Split the class into two or more groups (depending on class size). Set up a target area at the back of the court for players to aim into (either in the corners or one in the middle of the back). Put up a pole at the net for the players to hit over. Have players in each group line up behind the baseline. The feeder will deliver a ball to the first person in line after they perform a split-step. The player will return the ball using a topspin lob and then return to the baseline and receive a second ball to hit another topspin lob. The player will then return to the back of the line.

Another option: Have maximum of four in a group and have them hit one ball and return to the end of the line.

Simplification: Have players self feed the ball to themselves to get it over the poles and into the target area.

Extension: Make the target area smaller and add a player at the net to smash low topspin lobs.

Question: Where should you be contacting the ball? Why?

Anticipated Answer: In front

of you and underneath it in order to get it up over the opposition.

5-6 min. “In Your Face” Have players get into pairs and number themselves 1’s and 2’s. Number 1’s get 5 balls (minimally). The targets will be set up from before (cones in a square). One player feeds the balls to partner who is standing behind the baseline. The player who feeds is going to stand at the net and put his/her racquet in the air to block the shot. The player hitting the feed will use a topspin lob to get it over their partner and aim it to the back of the court where the target will be set up. Take five shots each and then switch.

Simplification: Make the target larger or don't have the feeder standing at the net to smash low shots.

Extension: Turn it into a game where player who topspin lobs over partner gets a point. If they fail to do so they lose a point. The winner is the first one to get five points or have opponent get to minus five. Rotate every five feeds and keep track of score.

<u>Time</u>	<u>Lesson Content- Activity</u>	<u>Teaching Points and</u>
<u>Organization</u>		

Culminating Game

5-10 min. “Up and Over” Have players from previous game stay together or have class find new partners. The feeder and their partner are going to carry out the rally. Feeder plays the ball from the net to partner who is behind the baseline. The receiving player topspin lobs the ball over the feeder. The feeder cannot move until the ball has been struck. The player chasing the ball down can self-feed the balls to themselves and then return the ball to begin the rally. The point is played out and the player who wins the point is the server.

Simplification: Ball can bounce twice before returning it if it goes over feeder’s head.

Extension: Play on full court

Question: Why would you use this shot in the game?

Anticipated Answer: To attack pressing zone or get opponent back from the net