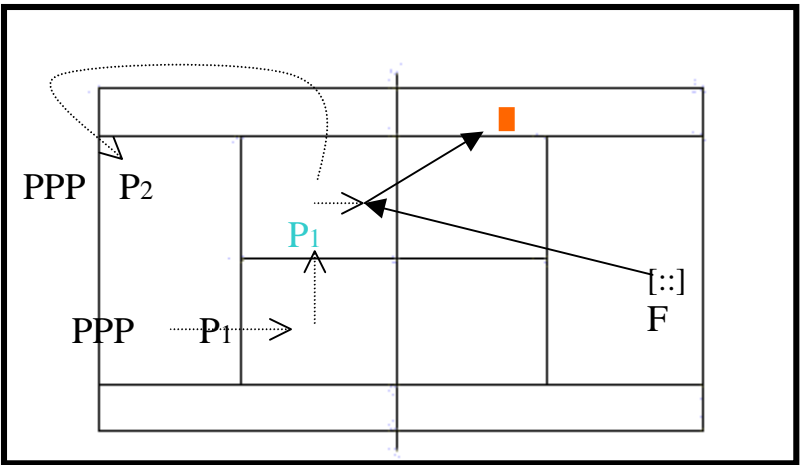
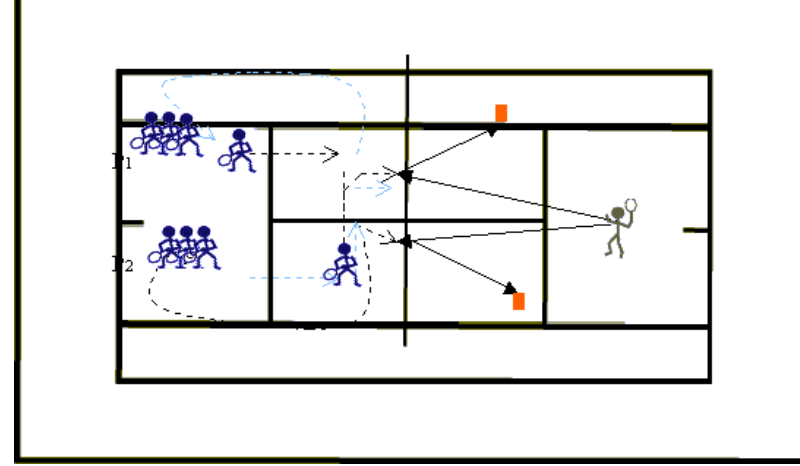
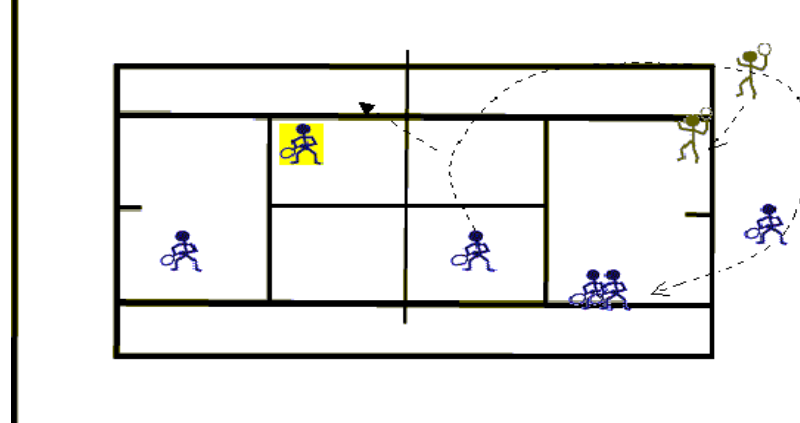


TACTICAL PROBLEM: Taking advantage at the net, attacking opponents' shots in doubles
SKILL FOCUS: Split-step, "poach" volley for doubles

<p>Introductory activity</p> <ul style="list-style-type: none"> • Dink tennis – co-op to game • Goal keeper drill • Mini tennis doubles with 2 points for a winning volley. <p>Encourage intercept volley from partner at net. Get net to win.</p>	<p>Focus on split-step prep. Punch action on volley with return to center. Develop chop action on volley.</p>
	<p>Aim: To feed a cross court ball for player 'P1' to move to and volley.</p> <p>Cues:</p> <ul style="list-style-type: none"> ▪ 'P' players in center of doubles court area ▪ As 'P1' split steps at net feed a ball across court – racquet up. ▪ 'P1' push-off outside foot, explode across court ▪ Then, push-off other foot to intercept ball ▪ Step into shot, volley punch ball at cross-court angled target.
	<p>Aim: To feed a cross court ball for player 'P2' to move to and volley, then feed again for "P1" to volley.</p> <p>Cues:</p> <ul style="list-style-type: none"> ▪ Pick up two balls to feed one then the other after first volley hit. ▪ Feed when P players split step in center of doubles court position ▪ Add topspin feed, hitting ball down like a table tennis serve ▪ 'P' recover behind opposite line
	<p>Aim: To make drill more game like.</p> <ul style="list-style-type: none"> • Player serve the ball to blue returner. If serve is not in then returner feeds ball from hand. • Next gray server sets up to serve. • Blue net players time split-step to cross net to poach ball return. • Net player recovers then circles around to back of cue. • Servers and returner can rotate after 8 points <p>EXTENSION: Add receiver partner (yellow) to try and get back intercept volley and play out point. Score points won.</p>
<p>Culminating Game: Monarchs of the court. Challenges serve to win 3 points to become monarch</p>	<p>Must win third point to become monarch.</p>

(NB: For tennis figures <http://www.educ.uvic.ca/Faculty/thopper/tactic/planning%20worddoc/tennis.doc>)

Tactical use and Skill phases for intercept volley

Tactical Problem: How in doubles do you attack the net as a pair?

Skill development: Intercept volley - Off partner's serve, off partner's return

Teaching Points

Tactic:

- Use volley to reduce opponents' time to respond.
- Volley allows open spaces to be attacked.
- Focus on re-directing force
- Need to communicate intent with partner
- Surprise opposition.

Skill:

Forehand volley

- 1) In prep phases split-step just before ball struck
- 2) Push-off outside foot transferring weight onto back foot.
- 3) Shift weight forward as ball approaches
Punch ball in front of the body.
- 4) Recovery back into the court for next shot

Backhand volley

- 5) As with forehand, make sure have backhand grip.
- 6) Shift weight forward as reach for ball
- 7) Stretch and punch or chop ball down.
- 8) Recover back into court

Imagery cues

Timing is just as opponent hits the ball.

- SPLIT - SHIFT
- PUSH
- PUNCH

SKILL PHASES



1) Split-step prep



2) Weight back foot



3) Shift forward



4) Recover into court



5) Split-step prep



6) Weight push off back foot











7) Shift forward and stretch



8) Recover back into court

TACTICAL PROBLEM: Taking advantage at the net, attacking opponents' shots in doubles

SKILL FOCUS: Split-step, "poach" volley for doubles

		<p>Shadow coach's movement for split step. Students imitating the movements after playing a doubles game where volley stressed.</p> <p>Focus on:</p> <ul style="list-style-type: none"> • Split-step as read opponent hit ball • Wide-base, push-off outside foot. • Weight shift sideways then forward • Chop action and recover to center
		<p>Aim: To feed a cross court ball for player to move to and volley away. Drill where Dr Hopper feeds a ball for students to intercept.</p> <ul style="list-style-type: none"> ▪ As 'P1' split steps at net feed a ball is fed across court – racquet up. ▪ 'P1' push-off outside foot, explode across court ▪ Then, push-off other foot to intercept ball ▪ Step into shot, volley punch ball at cross-court angled target.
		<p>Aim: To feed a cross court ball for player 'P2' to move to and volley, then feed again for "P1" to volley. Dr Hooper feeds to balls one after the other to increase shots and for players to volley on backhand and forehand.</p> <p>Cues:</p> <ul style="list-style-type: none"> ▪ Pick up two balls to feed. ▪ Feed when P players split step in center of doubles court position ▪ 'P' recover behind opposite line. <p>EXTENSION: Add topspin feed, hitting ball down like a table tennis serve</p>
		<p>Aim: To make drill more game like.</p> <ul style="list-style-type: none"> • Players serve the ball to coach. If serve is not in then coach feeds ball from hand. • Next server sets up to serve. • Net players time split-step to cross net and poach ball returned by returner. • Net player recovers then circles around to back cue. • Servers and returner can rotate after 8 points <p>EXTENSION: Add receiver partner to try and get back intercept volley and play out point. Score points won.</p>
<p>Possible Culminating Game: Monarchs of the court. Challenges serve to win 3 points to be come monarchs</p>		<p>Must win third point to become monarch.</p>