

Captains and Coach's Clinic
TOOLS FOR COMPETITIVE TENNIS

Angular Placement, Patterns, and Sequences

Levels of Pressure

Level 1: Keep the ball in play

Level 2: Create Lateral (side-to-side) and Frontal (forward and backwards) movement

Level 3: Apply pressure with Spins and/or Power

Tool: (COP) Change Of Pace

Level 4: Attack Weaknesses

Tool: Scouting techniques

Level 5: Create Offensive Opportunities

Tool: Building Expectations

Level 6 (for DOUBLES): Create confusion

In the beginning: Hit a ball from one deep corner deep to the opposite corner. **DEPTH = STROKE THE BALL HIGH!**

Our challenge: Learn the skills to move the ball with **ANGULAR PLACEMENT and then create offensive weapons from using **ANGULAR PATTERNS** and **SEQUENCES**.**

Part I: Angular Placement

Teaching demonstration:

- 1. Three balls with front toe opposite middle ball.**
- 2. Using normal stroke, drop ball to establish timing.**
 - a. EARLY—ball goes ACROSS the body**
 - b. SQUARE—ball goes STRAIGHT AHEAD**
 - c. LATE—ball goes AWAY FROM the body**

Function demonstration:

- 1. Demonstrate SENSE OF TIMING on service returns.**
- 2. Demonstrate why shots are MISSED.**
- 3. Demonstrate why shots are MADE.**

Developing a sense of timing (coach feeds ball)

Drill 1: Coach calls timing

Drill 2: Player calls timing

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RUN-ACROSS DRILLS (2 balls) starting from corner

- Drill 3: Forehand SQUARE—SQUARE
- Drill 4: Forehand SQUARE—EARLY
- Drill 5: Forehand LATE—SQUARE
- Drill 6: Forehand LATE—EARLY
- Drill 7: Backhand SQUARE—SQUARE
- Drill 8: Backhand SQUARE—EARLY
- Drill 9: Backhand LATE—SQUARE
- Drill 10: Backhand LATE—EARLY

START AT CENTER MARK (2 balls)

- Drill 11: Forehand SQUARE, Backhand SQUARE
- Drill 12: Forehand EARLY, Backhand SQUARE
- Drill 13: Backhand EARLY, Forehand SQUARE

Special Notes:

1. Have players SHOUT out timing BEFORE the ball hits the court on their side.
(Verbalization to enhance learning.)
2. Make CERTAIN that strokers LOOK THROUGH the contact zone and not at their target while hitting.
(Internalize learning and stroking.)

Alternate Method

- 1) Hit "OUTSIDE" of ball to go ACROSS the body.
- 2) Hit "BACK" of ball to hit STRAIGHT AHEAD.
- 3) Hit "INSIDE" of ball to stroke AWAY FROM BODY.

INTERNAL versus EXTERNAL LEARNING

INTERNAL: View strokes from WITHIN. **SENSE OF TIMING** is key to developing angular placement skills.

EXTERNAL: View strokes as a VIEWER of themselves. Developing **VISUALIZATION** skills will be their key to success.

C-TEST: Draw a "C" on forehead. Method to introduce concept.

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Part II: Angular Placement (Rallying Drills)

MID-COURT DRILLS: (Service line to service line)

**Level C: Foam balls Level B: Soft-pressure balls
Level A: Use Regular balls**

Drill STARTING positions:

“OUTSIDE”: Rallyers start in outside corners of service boxes.

“INSIDE”: Rallyers start in corners next to center service line.

Placement notation:

CROSS-COURT = “X” DOWN-THE-LINE = “D”

<u>Drill</u>	<u>Team AB</u>	<u>Placement</u>	<u>Team CD</u>	<u>Placement</u>
1	Outside	X	Outside	D
2	Outside	D	Outside	X
3	Inside	X	Inside	D
4	Inside	D	Inside	X
(Players switch places on their own side of the net.)				
5	Outside	X	Outside	D
6	Outside	D	Outside	X
7	Inside	X	Inside	D
8	Inside	D	Inside	X

Part III: PATTERNS and SEQUENCES

PATTERNS: Combination of strokes and/or movements in a SPECIFIC ORDER.

DEPTH PATTERNS: Vary height of stroke. Stroke HIGH to get depth.

Example: 2 HIGH (DEEP), 1 LOW (SHORT)

DRAW SERIES: Bring to net and attack!

ANGULAR PLACEMENT PATTERNS: Hit in NUMBERED order.

2-1: 2 to one target and 1 to another target

“21 DEEP BACKHAND”: 2 to deep FG and 1 to deep BG.

“21 SHORT BACKHAND”: 2 to deep FG and 1 to short BG.

“21 DEEP FOREHAND”: 2 to deep BG, and 1 to deep FG.

“21 SHORT FOREHAND”: 2 to deep BG, and 1 to short FG.

1-2: 1 to one target and 2 to another target

“12 DEEP BACKHAND”: 1 to deep FG, and 2 to deep BG.

“12 DEEP FOREHAND”: 1 to deep BG, and 2 to deep FG.

3-0: 3 to one target, 0 to the target you name

“30 DEEP BACKHAND”: 3 to deep FG

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SEQUENCES: Combinations of patterns

1-1: 1 to one target and 1 to another target

"DOUBLE 11 DEEP FOREHAND": 1 to deep BG, 1 to deep FG, REPEAT

"DOUBLE 11 DEEP BACKHAND": 1 to deep FG, 1 to deep BG, REPEAT

Drill 1: Coach feeds and calls pattern.

Drill 2: Coach feeds, player calls pattern.

Drill 3: Coach feeds and calls sequence.

Drill 4: Coach feeds, player calls sequence.

Drill 5: Players rally and execute patterns and sequences.

Coaches Notes

1. Level C: Use patterns to keep ball in play and move opponents.
2. Level B: Use patterns/sequences to attack weakness.
(SCOUT OPPONENT and make game plan with patterns.)
3. Level A: BUILD EXPECTATIONS to CREATE OFFENSIVE OPPORTUNITIES. Example: 2-1 then 3-0 DEEP FG.

VOLLEYING

THOUGHTS ON VOLLEYING:

1. LET THE STRINGS DO THE WORK!
2. LOOK "THROUGH" THE VOLLEY
3. Return quickly to a position of "DYNAMIC BALANCE"
4. BODY VOLLEY: RAISE ELBOW, step, and let strings do work!

FRONT-COURT VOLLEYING DRILLS

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1	Outside	X	Outside	D
2	Outside	D	Outside	X
3	Inside	X	Inside	D
4	Inside	D	Inside	X
(Players switch places on their own side of the net.)				
5	Outside	X	Outside	D
6	Outside	D	Outside	X
7	Inside	X	Inside	D
8	Inside	D	Inside	X