

Introduction: Competitive Patterns

PATTERNS FOR WINNING

INTRODUCTION: “Patterns for Winning” is a program which provides teachers and coaches with material to introduce levels of pressure, placement (depth and angular), patterns, and sequences. Styles of motor skill

LEVELS OF PRESSURE

- 1) **Keep the ball in play!**
- 2) **Create movement!** Lateral (side to side) and/or Frontal (forward or backward)
- 3) **Vary POWER and/or SPIN!** (COP = Change Of Pace)
- 4) **ATTACK WEAKNESSES!** (Must SCOUT opponents!)
- 5) **Create OFFENSIVE OPPORTUNITIES!** (BUILD EXPECTATIONS!)
- 6) **DOUBLES– CREATE CONFUSION!!!**

KEYS to STROKING

- 1) Our “*racket goal*”: POMPOS—Path Of Maximum Probability Of Success
- 2) Our “*footwork goal*”: Get our body in position for POMPOS!
- 3) YOU CAN ONLY CONTROL WHAT YOU CAN CONTROL!!!

ANGULAR PLACEMENT

(Moving a ball from side-to-side)

Pressure Level 2: Creating MOVEMENT

Creating LATERAL movement is one of the most important elements in Pressure Level 2. Once a player has acquired these skills they can be integrated scouting to create Level 4 (Attack Weakness) and ultimately Level 5 (Creating Offensive Opportunities)

Internal Learning: Develop a *SENSE of TIMING*

Players who prefer internal (inside—out) production learn to move the ball laterally by hitting the ball in EARLY—SQUARE—LATE contact zones.

SKILL ACQUISITION: 3-BALL Demonstration

Place three balls in a court about 6 inches apart. Pro drops a ball at each of the three spots, takes a normal stroke, and notes the resulting ball path.

EARLY: Ball goes ACROSS THE BODY.

SQUARE (Parallel to the net) : Ball flies STRAIGHT AHEAD

LATE: Ball flies AWAY FROM THE BODY.

External Learning: Hit OUTSIDE of the ball: Ball goes ACROSS THE BODY!
Hit BACK of the ball: Ball goes STRAIGHT AHEAD.
Hit INSIDE of the ball: Ball goes AWAY from the body!

Grip differential: EASTERN GRIPS—Front foot is opposite the center ball.
MODERN GRIPS: Place front foot in line with the BACK ball.

Eastern Forehand: Front foot in line with middle ball.



EARLY!



SQUARE



LATE

Modern Forehand: Front foot in line with rear ball.



EARLY!



SQUARE



LATE

Two-handed Backhand: Eastern top grip



EARLY!



SQUARE



LATE



**CROSSCOURT
FINISH**



Down-the-Line FINISH

Angular placement: Skills Acquisition

Drill 1: Coach's request—student places with proper timing

Drill 2: Player calls and executes timing

Drill 3: Player crosses – 2 hits – SQUARE + SQUARE

Drill 4: Player crosses—2 hits—SQUARE + EARLY

Drill 5: Player crosses—2 hits—LATE + SQUARE

Drill 6: Player crosses—2 hits—LATE + EARLY

Timing/Angular Placement—additional thoughts

A. Explains why shots are missed!

B. Explains why shots are made!

Service Return Timing Analysis



EARLY

YES

NO!

NO!

YES

SQUARE

YES

YES

YES

YES

LATE

NO!

YES

YES

NO!

PATTERNS—HITTING BALLS IN NUMERICAL ORDER

A. 21 – MOST IMPORTANT PATTERN!

RULE 1: Always give your opponent at least 3 shots to hit!

RULE 2: Always vary (change) the third shot!

Special use: Versus an opponent who is SLOW!

B..12—"APPETIZER" PATTERN

Example 1. Use versus a player with a "BIG" forehand

Hit to strength, then "DOUBLE" weakness.

Example 2: Use versus a player who is VERY QUICK. Hit "COUNTERFLOW"

C. 11 – SIDE-O-SIDE (CREATES LATERAL MOVEMENT!)

d. 30 – 3 SHOTS IN A ROW TO THE SAME TARGET (Use for SEQUENCES!)

SEQUENCES—HITTING A SERIES OF PATTERNS

RULE 3: BUILD EXPECTATIONS (get your opponent to anticipate your next shot)

Tools: Double 21, Double 12, Double or Triple 11, 21 + 30