

## 2016 COACHES WORKSHOP

### FEEL/FOOTWORK/FUN

#### POP/CATCH/HIT

This is an excellent sequence for improving feel for the ball and “good hands”.

- With the ball in your hand throw it in the air and catch it on your strings with out the ball bouncing.
- Start with the ball on your strings , pop it in the air and catch it on your strings with out the ball bouncing.

With a partner pop and catch the ball back and forth to each other.

TIPS – notice where the player is tight and get them to relax that area, typically this is the elbow or the shoulder.

#### AIR TENNIS

there is no better setting to practice perfect technique than with out the ball. With this drill you can teach ideal foot patterns and strokes while getting in shape.

- Pick 2 spots on the court . One is the starting point and the second is the imaginary ball. Split step, move to the second spot and hit an imaginary ball, move back to the starting point. Start with forehands, then backhands and finally alternating.
- Form a line at the fence and set a zig zag pattern with cones/dots/ caps down or across several courts. Start with a split step, move to the first imaginary ball, swing, shuffle to the middle, split step, move to the next spot, swing, etc. You can do this sideways so you are only hitting forehands or backhands or forwards and backwards.

TIPS – start slowly, proper execution is critical. You are looking for a full swing with a live arm and body. Stress that this is a highlight video so make it look good! Know your technique and get your players to do it.

#### TOTAL DOMINATION

this is a great cool down game that gets your players to work together

- form teams of 3. this game requires a feeder at the net post. One team on each base line . Feeder feeds one player and you play out the point. Who ever wins gets a second player, if they win again they get 3 players. Any time you loose you go back to 1 player. You only get a point when you win with 3 players.
- TIPS – Feed the ball quickly so each team has to be organized and the game goes quickly. Play to 3.