

	Venue	Time	Group	Coach
Sat	Chilwell Olympia	10am	Orange 2	Chris/ Dan /Kate
	Technical	Technical	Tactical	
Specific	Develop chopper grip on overarm serve /correct path of racket	Hit topspin FHs / correct shape on BH	Controlling speed of ball to defend fast ball / add pace slow ball	
Measured	Do they check before the serve - Coach observed	5/10 rally balls	Coach Observe	
Why?	Give serve more variation when ready to learn different spins on the serve	Topspin on Forehand essential to control ball at Green and Yellow levels. Will enable them to hit the ball harder and keep it in the court.	Help with return of fast serves and enable them to defend and attack during points.	