

	Venue	Time	Group	Coach
Sat	Chilwell Olympia	9am	Red 2	Chris/Dan
	Technical	Technical	Tactical	
Specific	Develop chopper grip on overarm serve /correct path of racket	Correct shape on FH / BH in a rally of 10 with Coach	Control direction on both FH / BH	
Measured	Do they check before the serve - Coach observed	5/10 rally balls	Hot to target off both sides 7/10 in correct area in rally with Coach	
Why?	Give serve more variation when ready to learn different spins on the serve	Shape of swing (low to high/ forward and coming away from body) essential to be a consistent player	Can start to build points and work on moving oppoent around to win more points	