

	Venue	Time	Group	Coach
<b>Fri</b>	Southwell	4-5pm	Red 2	Carl
	Technical	Technical	Tactical	
<b>Specific</b>	1) Chopper grip on serve.	1) Controlling time with ground strokes	1) Setting up behind the ball and not getting caught with a difficult contact.	
<b>Measured</b>	1) Players to add into their routine to check they are holding the racket in chopper grip, video work to show players opening the strings too early before contact.	1) Players to understand how the height and speed of the ball during a rally/point can be used to defend or attack more effectively.	During points/rally's players can * beat the bounce * - be on balance behind the ball as it is bouncing. 8/10 shots.	
<b>Why?</b>	1) This will help players feel comfortable with the twist action on the serve and then develop slice/top spin when moving to orange ball.	1) As players become stronger and more confident on court they will start to look towards winning points rather than out rallying, with this happening understanding when to attack or defend will change the racket skill required for each shot.	1) Most of red tennis is won by players making mistakes and most commonly because a player is not on balance, working on the set up will help them from making as many unforced errors.	