

	Venue	Time	Group	Coach
Weds	Southwell	5-6pm	Orange/Green	Carl
	Technical	Technical	Tactical	
Specific	1) Keeping your opponent at the baseline during rallies 70% of the time	1) More Speed on the 1st serve, control of the direction on the 2 nd	1) Doubles set up and tactics	
Measured	1) During rallies looking if your shots are keeping the opponent at the back of the court, so they are not getting the chance to attack off a short ball.	1) 1 st serves having the first bounce in the service box and the 2 nd bounce being behind the baseline on 50% of serves. 2 nd serves being able to go towards a targeted area 50% of the time.	1) Players to be able to play doubles and understand basic court positions/ communication with a partner and each player's responsibilities on the court.	
Why?	1) This will also be down to the set-up for the shot e.g. recently we have been working on creating space between your chest and the ball so you can fully swing through the ball to keep it deep on your opponent's side.	1) The older player you get, the more the serve becomes a weapon to gain an advantage early in the point, so starting to make it more effective will help during matches.	1) In Orange and Green players now play doubles in matches, so it is very important that they understand how to set up the court and also what each players job is during the point	