

	Venue	Time	Group	Coach
Mon	Woodthorpe	5.15pm	Green /Yellow	Dave
	Technical	Technical	Tactical	
Specific	1) Receive ball to move/stop/ hit with ball in correct position, i.e. to side, ball dropping at correct height, not too close, time ball to hit ball in front of body.	1) Work on trading shot on both forehand and backhand which is aimed down the middle over lowest part of net.	1) Achieve a rally of 10 with 7/10 balls landing close to or past the service line	
Measured	1) Player to get in correct position 7/10 times	1) Players to be able to trade 5/10 times effectively on both FH and BH	1) Players to be successful 3/5 times	
Why?	1) To be able to become consistent players need to work on their movement and receiving skills to be in the correct position as often as possible. This will help them achieve more balls over the net and in the court.	1) If players can trade well then they are harder to beat. There are other shots n tennis hwich are more attacking but players need to be able to be consistent to make them harder to play against.	1) Once players can work together and consistently hit the ball in then they can start to hit lots more balls during their lessons which leads to a faster rate of improvement	