

	Venue	Time	Group	Coach
Mon	Woodthorpe	6.15pm	Yellow 2	Carl
	Tactical	Technical	Tactical	
Specific	1) Doubles tactics.	1) More Speed on the 1st serve, control of the direction/top spin on the 2 nd .	1) Finishing points after a mid-court ball.	
Measured	1) Understand how to use the Eye formation and Australian vs opponents, but also understand how to play effectively vs it if the opponents use it.	1) 1 st serves having the first bounce in the service box and the 2 nd bounce hitting the wall/fence on 50% of serves. 2 nd serves being able to go towards a targeted area 50% of the time with top spin.	1) During points/drills be able to win 70% of points from a mid-court ball.	
Why?	1) The older player you are, the more doubles you play e.g. for your club in the Men's/Ladies teams. So understanding the tactics and set ups are very important.	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) If you have hit a good shot to earn the short ball, the next step is not finishing points and not getting nervous on the last shot.	