

	Venue	Time	Group	Coach
<b>Sat</b>	Woodthorpe	5-6pm	Yellow 1	Matt W
	Technical	Technical	Mental	
<b>Specific</b>	1) Chopper grip on serve.	1) To hit their forehand after their serve	1) Give 100% effort during training	
<b>Measured</b>	1) Video analysis	1) Serve and forehand in 7 out of 10 points	1) Player to score their effort after each lesson	
<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. Add to their serve variety.	1) Players need to look to hit their strongest shot early on in the point to give them more chance of winning the point.	1) This will enable players to gain more from each lesson. They will hit more balls and therefore improve at a faster rate.	