

	Venue	Time	Group	Coach
Fri	Woodthorpe	4.15-5.30pm	Orange/Green	Chris
	Technical	Technical	Tactical	
Specific	Develop pace of 1st & 2nd serve / develop good service action with enough pace on ball to gain advantage or keep point level at the start	Creating more topspin on FH with loop on backswing / use off body rotation through balls	Taking short ball opportunity - looking for ball to attack on / maintain court position by taking balls on the rise on both FH and BH	
Measured	1st serve / ball in / second bounce off baseline / 2nd serve - keep opponent on b/line	7 out 10 FHs past Service line keep oppoent at back of the court	Coach Observe	
Why?	Serve needs to be an advantage. With good technique players can get spin and speed which will give them this. If advanced enough can keep advantage even on 2nd serve	Adding loop adds length to a swing and therefore more racket speed to impart on the ball. As players progress they need to develop 'weapons' on the court which can put opponents under pressure.	Players need this skill especially as they move up to yellow ball where the ball bounces much higher. It also takes time away from opponent and makes hitting winners and finding space much easier.	