

	Venue	Time	Group	Coach
Mon	Woodthorpe	4.15-5.15pm	Red 2	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) Control speed and length of low to high swing	1) Rally of 6 together, i.e. not with a Coach or Assistant	
Measured	1) Player to get in correct position 5/10 times	1) Able to hit ball into different targets which work on hitting ball different speeds/distances (7/10)	Player 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) To build the rally, players need to be able to control the speed of their shot. Often players hit the ball too low and hard at this stage when we are trying to work co-operatively. Once they can control ball together then we can help them hit ball low and hard to make them harder to beat.	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	