

	Venue	Time	Group	Coach
Sat	Woodthorpe	9-10am	Red 3	Dave
	Technical	Technical	Tactical	
Specific	1) Setting up behind the ball and not getting caught with a difficult contact.	1) Forehand and backhand technique	1) Creating a rally of 6 from 50% of rallies.	
Measured	1) During rally's players can * beat the bounce * - be on balance behind the ball as it is bouncing. 5/10 shots.	1) Players to be able to control the height and speed of the ball during a rally 5/10 shots.	1) Player's to be able to get a rally of 6 (forehands and backhands) 50% of rally's.	
Why?	1) At this stage of your tennis is it very important to get into good habits that you will always fall back on, moving to the ball in time and with the correct footwork will help you get early success in building a rally.	1) It is important for players to understand and experiment how the speed of the racket and the angle of the strings will effect where the shot will go and also where they would like it to go.	1) We have worked a lot on the technique of the shot with a coach throwing the ball to a player, the next step is keeping the rally going now and not seeing each shot isolated.	