

| | Venue | Time | Group | Coach |
|-----------------|--|---|---|-------|
| Thurs | Woodthorpe | 5-6pm | Yellow 2 | Chris |
| | Technical | Technical | Tactical | |
| Specific | Develop chopper grip on overarm serve /correct path of racket | Hit topspin FHs / correct shape on BH | Controlling speed of ball to defend fast ball / add pace slow ball | |
| Measured | Do they check before the serve - Coach observed | 5/10 rally balls | Coach Observe | |
| Why? | Give serve more variation when ready to learn different spins on the serve | Topspin on Forehand essential to control ball at Green and Yellow levels. Will enable them to hit the ball harder and keep it in the court. | Help with return of fast serves and enable them to defend and attack during points. | |