

Figure 8 run

Level:	Orange stage
Purpose:	Develop and adapt efficient footwork patterns around the ball.
Instruction:	<ul style="list-style-type: none"> • Players work in pairs. One player stands still three metres from a cone. The other player must move around their partner and then the cones in a figure 8 shape. Both players should face the net at all times. • On the command change from the stationary player the mover must move in the opposite direction. After 30 seconds the coach says “swap” and the players swap roles.
Coaching notes:	<ul style="list-style-type: none"> • Encourage players to keep a low centre of gravity and keep their eyes forward and fixed. • Ensure players do it well rather than do it too fast.
Progression:	The standing player takes one step in any direction after the mover goes around them to keep changing the size and shape of the “8” and make the player adapt their movement.

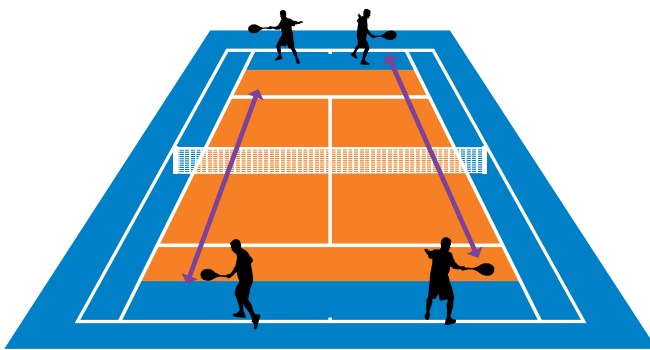
Battack

Level:	Orange stage
Purpose:	Develop reactions and upper-body rotations
Instruction:	<ul style="list-style-type: none"> • Players face a partner on either side of the tramlines. One player is the leader and the other the reactor. • The reactor starts in a ready position, the leader starts with their hands behind their back. • The leader then takes one hand out and puts it level with their shoulder and out to the side. The reactor must then touch this hand by reaching across. Right hand to right hand or left hand to left hand. • Start standing still and then progress to moving along the tramlines. • Perform for 30 seconds and swap roles.
Coaching notes:	<ul style="list-style-type: none"> • Ensure a very active ready position and make sure that the leader puts their hands out to the side rather than in front, forcing the reactor to reach further. • Encourage players to do it quickly but maintain form.
Progression:	<ol style="list-style-type: none"> i. The leader may put the hand out at different heights. ii. The leader puts out both hands, one open palm and one as a fist and the reactor must touch the open palm and leave the fist. iii. The reactor must always recover back behind the tramline between each touch making the movement less lateral.

Rally racers

Level: Orange stage

Purpose: Develop consistency with intensity in the rally



Instruction:

- Using a half court, players set up behind the baseline.
- The coach picks a card randomly from a deck; the players must then reach this number of shots in a rally. Face cards = 11.
- Players commence a cooperative rally with a partner, and the pairs race each other to achieve the rally length.
- Only one ball may be used for each pair.
- If the pair makes an error in the rally they must start again emphasising consistency over speed.
- Winning pair scores a point, play first to five points.

Coaching notes:

- Rally Racers helps students understand their rally speed, not so fast that they make unforced errors, but fast enough to compete in the game.
- Discuss the relevant height, speed and spin combination with the players.

Progression:

- i. If the Joker is picked, the coach picks another card and the players must double that number (i.e. joker + a face card = race to 22 shots).
- ii. Use different balls and court lengths to increase or decrease difficulty.
- iii. Create a baseline with a throw-down line that gradually moves back. Players must recover behind the baseline each time they hit to ensure that they maintain consistent depth.

Radar serve

Level:	Orange stage
Purpose:	Develop racquet face control to control direction away from the opponent
Instruction:	<ul style="list-style-type: none"> • One player serves while the other stands set to return serve. The returner must stand in one of the following positions and may not move: <ul style="list-style-type: none"> » kneeling down on both knees » standing but with feet crossed over » standing with feet together » standing in a ready position. • The server must say if they wish to direct the serve wide or down the middle. If the server gets the ball past the returner they score a point but if the returner can get their racquet on the ball then they win the point. • Servers can start by throwing or using an abbreviated action to develop an understanding of simple direction. • Play a short tiebreak taking turns to serve.
Coaching notes:	<ul style="list-style-type: none"> • Focus on helping players control their racquet face to develop direction. • Try to develop a fluent action and take note of where the second bounce lands. It must land past the returner. • Players should maintain good balance through the whole action.
Progression:	<ol style="list-style-type: none"> i. Start by serving from the service line and gradually moving backwards. ii. Returners may move but only between two markers.

Mr Freeze

Level:	Orange stage
Purpose:	Making and hitting to space; understand the importance of recovery.
Instruction:	<ul style="list-style-type: none"> • Two players start a competitive rally starting with a “friendly” underarm feed. • The coach selects one player who must stand still after they play their shot, and are only allowed to move once the opponent hits their shot. • The other player can recover and move as they please. • Play first to seven points.
Coaching notes:	This game will teach players the importance of recovering; and moving the ball and their opponent around the court, hitting the ball to open spaces.
Progression:	<ol style="list-style-type: none"> i. Use different balls and court lengths to increase or decrease difficulty. ii. This activity can be done throwing and catching to help players understand the concept before doing it with racquets.

MLC Tennis Hot Shots – Term 1 lesson planner

Week: 5–8 **Lesson time: 45–60 minutes** **Stage: Orange**

The aim of this series is to increase players' tactical understanding of the court through the use of modified court shapes, work on moving up the court and directing the return of serve. As an integral part of this the serve will also be practiced.

Lesson 5		Lesson 6		Lesson 7		Lesson 8	
Warm-up 1	Advanced Mirror Ball	Warm-up 2	Clock	Warm-up 1	Advanced Mirror Ball	Warm-up 2	Clock
Intro	Intro to objectives	Review	Approach and Volley	Review	Return it Right	Review	Court Shapes
Activity 1	Approach and Volley	Activity 2	Return it Right	Activity 3	Court Shapes	Activity 1	Approach and Volley
Activity 2	Return it Right	Activity 3	Court Shapes	Activity 1	Approach and Volley	Activity 2	Return it Right
Activity 1	Approach and Volley	Activity 2	Return it Right	Activity 3	Court Shapes	Coach's Choice	Choice from 3 Activities
Play	Court Shapes: Crosscourt	Play	Court Shapes: Narrow Court	Play	Depth Rally	Play	Doubles Approach

Content

Warm-up 1	Warm-up 2	Activity 1	Activity 2	Activity 3
Advanced Mirror Ball	Clock	Approach and Volley	Return it Right	Court Shapes
Purpose	Purpose	Purpose	Purpose	Purpose
Develop lateral movement and complex coordination skills working with a ball.	Develop multidirectional movement, and dynamic balance while stretching and bending.	Link the approach shot, correct movement and volley.	Develop basic direction on return of serve down the line and crosscourt.	Understand the court and target zones: <ul style="list-style-type: none"> • short wide court – for angles • crosscourt – promotes more open stance and angular swing shape.

Advanced mirror ball

Level: Orange stage

Purpose: Develop lateral movement and complex coordination

- Instruction:**
- Players start in pairs facing each other in a ready position ready to move sideways. Players move sideways while chest passing a soccer-sized ball between each other.
 - Players move sideways and reach the end of the court and twist and throw the soccer-sized ball in a forehand and backhand motion.
 - Players move sideways throwing two tennis balls between one another.

- Coaching notes:**
- While moving sideways ask the students to keep their head and shoulders level, not bobbing up and down.
 - Adjust the length over which the players are passing the ball in the progressions of mirrors.
 - With the harder progressions start the activity statically and start moving once a rhythm has been set.
 - Adjust the width of the activity so the players are regularly changing directions.

- Progression:**
- i. Players move sideways kicking the soccer ball between each other.
 - ii. Combine the previous two progressions, kicking the soccer ball and throwing the tennis ball while moving sideways (great complex coordination activity).

Clock

Level:	Orange stage
Purpose:	Develop multi-directional movement, and dynamic balance while stretching and bending
Instruction:	<ul style="list-style-type: none"> • One player starts in the centre of a circle of six cones (two red, two blue and two yellow, placed one-metre apart). • On one of each colour a ball is placed. • The player's partner stands outside the circle and calls out a colour. • The player must collect the ball from that colour and place it on the empty cone of the same colour, then return to the centre of the circle. • Do six colours or colour combinations and swap roles.
Coaching notes:	<ul style="list-style-type: none"> • Players must maintain an athletic ready position and keep their feet within the circle. • They should use their knees when bending and keep their head up as much as possible.
Progression:	<ol style="list-style-type: none"> i. Specify which hand the ball must be picked up with. ii. Specific pick up must be with the outside hand or by crossing over. iii. Use a combination command; for example, red, blue, red, yellow, blue etc. to create a sequence. This sequence can be given all at once or built up one colour at a time.

Approach and volley

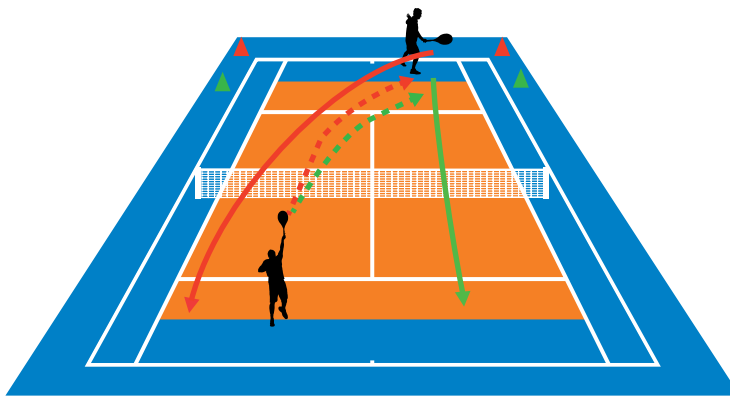
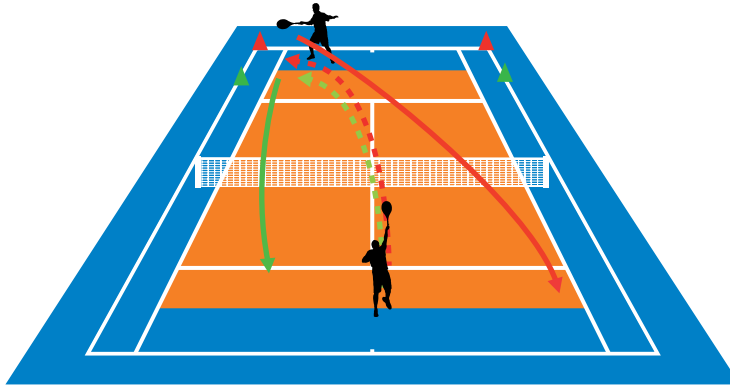
Level:	Orange stage
Purpose:	Practice approach and volley
Skills and fundamentals	Approaching the net
Instruction:	<ul style="list-style-type: none"> • Player A starts just behind the service line and drop hits to Player B on the opposite baseline. • Player A follows their shot to the net. • Player B returns the ball to Player A in a cooperative way to volley and the rally can be played out. • Repeat three-four times and then rotate the role of each player.
Coaching notes:	Coach the timing and performance of the split step and make sure the volley is contacted in front with a simple swing.
Progression:	<ol style="list-style-type: none"> i. Player A starts the rally with a short feed to Player B who hits an approach shot. This progression places greater emphasis on the approach shot. ii. Players rally, with the intention of keeping the ball deep. Once one player drops the ball short inside the service line, their opponent will play an approach shot and attack the net. <p>Note: these progressions are done at "sparring" pace, challenging but allowing for lots of volleys.</p>

Return it right

Level: Orange stage

Purpose: Know the court zones

Instruction:



- Set up the court as illustrated dividing it into two zones. The red zone indicates the return must be hit back crosscourt; and the green area is the attacking zone and allows the returner to go down the line. The zone relates to the position of the player when they strike the ball.
- One player serves a combination of first and second serves and the other returns crosscourt and down the line based on where they are when they strike the return.
- Servers should serve to both the ad and deuce court.
- Serve 10 balls and rotate roles.

Coaching notes: Consider that the speed or angle may also influence the type of shot needed to be played from each zone. A wider deep serve may go down the line, for example, but try not to introduce too many options for players to consider.

Progression: Once the players become confident with playing the right shot from each zone, open the drill into a competitive points-based situation with players competing against one another.

Court shapes

Level: Orange stage

Purpose: Court awareness: understand the court geography and hitting accurately to target zones

Instruction: Changing the court shape will challenge players to automatically build technical skills that allow them to perform certain tactics. It helps them to understand the angles of the court. Divide the court into four quarters and block specific quadrants to create the desired coaching situation.

Micro court – one service box each end

Good for students who are just beginning to rally, the small court makes them focus on a good contact point, short swing and consistency.

Mini court – two service boxes each end

Faced with a wider court the players now have the option of moving their opponent around the court using different angles and attacking the opponent's weaker shot, while recovering after each shot and using forehands and backhands.

Narrow court – half-court down the line, including doubles alley

The longer court will promote a fuller swing with players using depth, and a change of swing shape to make the ball go both short and deep to challenge their opponent. Consider encouraging transition to the net with narrow court as passing shots are more difficult.

Crosscourt – half-court crosscourt, including doubles alley

Crosscourt promotes an open stance and angular (rotation) swing and thus the development of topspin to take the ball off the side of the court, while receiving the ball angled across them will also challenge the players. Use both forehand and backhand courts.

Deep court – played behind the service boxes

With shots landing in the service box considered "out", players must ensure a full swing and hit both backhands and forehands, recover after their strokes and control the racquet face in order to hit the ball into open corners.

Coaching notes: While these court shapes will help players improve their technique and tactics, only with the coach's expert guidance will this be a quick and effective process.

Orange play options	Teaching points
1 5+	<p>Play points where competitors receive a bonus point for achieving a five-plus shot rally (or appropriate number selected by coach). Players can work at:</p> <ul style="list-style-type: none"> • developing consistency and cooperation • increasing the tempo of the rally after the first five shots.
2 Combos	<p>Players are given a bonus point for making their opponent hit a combination of shots. For example, they are given a bonus point for making their opponent hit a forehand then a backhand, or a ground stroke then a volley. Coach can set a higher number of combinations depending on the players' standard. Players can work at forcing their opponent into awkward situations, for example:</p> <ul style="list-style-type: none"> • moving their opponent side to side • moving their opponent forwards and backwards.
3 Court shapes, e.g. crosscourt:	<p>Play points where competitors are only allowed to hit crosscourt. Players can work at:</p> <ul style="list-style-type: none"> • accuracy of stroke • practicing specific stroke type, crosscourt forehand, inside-out forehand, crosscourt backhand. <p>Variations can be played using any of the other parameters in the court shapes activity (micro court, mini court, narrow court, deep court etc.)</p>
4 Depth rally	<p>Play points where competitors receive a bonus point every time they hit the ball over the service line (or target area set by the coach appropriate for players' standard) and inside the baseline. Players can work at:</p> <ul style="list-style-type: none"> • lengthening their swings • using their legs and bodies to create force and depth.
5 Doubles approach	<p>Players compete in doubles. The point is started by Team A who underarm serves into the service box. Team B hits an approach shot and both players attack the net to play out the point. Players can work at:</p> <ul style="list-style-type: none"> • pressuring their opponents with the approach shot • moving to the net correctly, including a split step • covering passing shots and lobs • finishing the point.

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