

TENNIS CLINIC

KEY TAKEAWAYS

TAP & HIT

Creating a consistent contact point
continuation from Day 1

SET UP	Tapping the ball up and then moving allows you time to find your balance before you hit.
FEET ACCURACY	Be accurate with your feet, try to make sure that your contact point is correct to maintain your balance
CROSS COURT	We play cross court, as this is what we do in doubles!

WINNING THE BATTLE Avoid the V

CREATING WIDTH	Width is more important than depth as it keeps the volleyer out of the game.
OUTSIDE / INSIDE	Try to avoid just hitting the back of the ball, this will send the ball down the middle, you want to hit the outside and inside of the ball
AVOID THE V	Try to play with width and look to get the ball in to the tram lines, avoiding the V

WINNING THE BATTLE Own the V

UNDERSTAND YOUR TERRITORY	As a volleyer it is super important to understand which ball is yours and which ball is not, having the V on the court helps you do this
MINE / YOURS	A simple rule to follow is: if you can reach the ball in one step it is your ball to intercept. If you take more than one step you are probably poaching your partner's shot.
ATTACK	When it is your ball try to intercept to the side of the volleyer not at the baseliner

THE PLANNED POACH

<p>INTERCEPTING VS POACHING</p>	<p>Intercepting is taking a ball in your territory, poaching is taking a ball outside of your territory</p>
<p>TIMING OF THE MOVE</p>	<p>A planned poach is premeditated, you have to move at the sound of the serve as your partner will be switching to your side</p>
<p>WHERE TO MOVE TO</p>	<p>This depends on the direction of the serve. You always move forwards:</p> <ul style="list-style-type: none"> • Wide serve - both feet on same side of centre line • Body serve - feet either side of centre line • T serve - both feet other side of centre line

POACHING THROUGH ANTICIPATION

<p>ANTICIPATION VS PLANNED</p>	<p>Very similar but this is NOT premeditated. You have to read the player, read the game</p>
<p>TIMING OF THE MOVE</p>	<p>You have to move when the racket of the other player is starting to move forward. Remain still and calm to not make the returner think you're going to poach (be a statue) and then move like bolt.</p>
<p>WHERE TO MOVE TO</p>	<p>This depends on the direction of the serve. You always move forwards:</p> <ul style="list-style-type: none"> • Wide serve - both feet on same side of centre line • Body serve - feet either side of centre line • T serve - both feet other side of centre line

FAKE & STAY

WHY?	The aim of this is to lure your opponent to go down your line
TIMING OF THE MOVE	Step towards the middle of the court when the serve bounces, then come back to your original position.
WHERE TO VOLLEY TO	If you get the chance to intercept, make sure you volley back towards the side of the feet of the other volleyer

ONLY OVERHEADS

ATTACK OR DEFEND	Don't always try and "kill" the ball, if you are off balance push the ball back in, if you are on balance you can attack the overhead. Attack with precision over power.
PREPARATION	Prepare the racket straight back and pause in the tick or trophy position.
HOW TO MOVE	Turn your body sideways and move with side, shuffle or cross over steps.