

TENNIS CLINICS - DAY 1

KEY TAKEAWAYS

WARM UP WITH INTENT

SET UP / TIMING RHYTHM	Having a different focus for each stage of the warm up
SOLID SET UP	Being balanced & in position before the ball bounces
TIMING	Creating a consistent contact point (waist high, slightly in front & comfortable distance away from the body)
RHYTHM	Accelerating just before contact to avoid slapping the ball.

RALLY SKILLS - SPACE AND MOVE

READING THE BALL	Correct reading of the direction, height, speed, spin, depth
SPACE & MOVE	Understanding when you need to create space from the ball

TECHNICAL INTERVENTIONS

PREPARATION	Ensure you are using your shoulders to turn the body when preparing before the ball bounces
ARM & BODY TOGETHER	When starting to swing forwards, turn your arm and body together, try to get your body facing the net before you follow through
MAINTAIN BALANCE	Finish in a tip stance with both feet on the ground, don't throw yourself off balance

CLUB I FORMATION

<p>WHAT IS I FORMATION</p>	<p>Where the server and servers partner start close to the middle of the court, so the opponents don't know which way you will move</p>
<p>TIMING OF THE MOVE FOR THE VOLLEYER</p>	<p>Decide if you are staying or poaching and move at the sound of the serve.</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

SERVE & RETURN

<p>WHEN SERVING</p>	<ul style="list-style-type: none"> • Control Direction - the angle of the racket at contact controls the direction of the serve • Consistency - try to maintain your balance after you hit your serve • Control Direction try to keep your racket in-line with where you want the ball to go
<p>WHEN RETURNING</p>	<ul style="list-style-type: none"> • Balance - Get behind the ball still • Dealing with a fast serve - Prepare close to the impact point and send the ball back rather than slap it back. • Control Direction - Hit the inside & outside of the ball to control direction

CHIP LOB

<p>WHEN TO USE IT</p>	<p>Use this off a weaker serve or when someone is really proactive at the net or if you want to paint a different picture</p>
<p>GRIP</p>	<p>Try to use a chopper grip to open the racket face slightly</p>
<p>SWING</p>	<p>Create a more low to high and try to finish with the racket on the same side of the body</p>

ANGLED RETURN

WHEN TO USE IT	Use this off a weaker serve and follow it in behind it, forcing the player to hit up
GRIP	Try to use a chopper grip to open the racket face slightly
SWING	More of a back to front swing with the racket again finishing on the same