

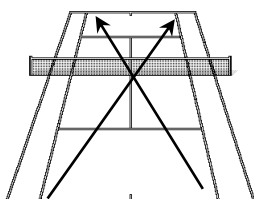
## SAMPLE 60 MIN SESSION

Theme: *Directional Rules*

### 15 MIN PHYSICAL R.A.M.P.

- *Raise heart rate – Skipping* (3-5 min)
- *Dynamic Flexibility Routine* (10-12 min)

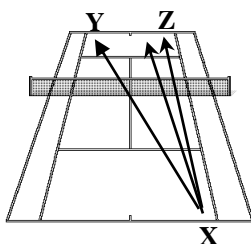
## LIVE BALL



### Drill 1 – RULE 1 (CC TO CC) - Rally Speed & Consistency Test (12 min)

- Rule 1 – Cross court to Cross court – Deuce & Ad Court
- With 1 ball - hit 100 balls with partner cross court
- Pair to keep count of errors. Coach times drill
- Do 4 rotations – change sides and ends.
- Tally total errors for pair for each game – calculate average
- Goal is less than 10 errors in under 3 minutes
- *Ad crt to Ad crt – hit 80% backhands for right handers (Rally Speed / Consistency)*

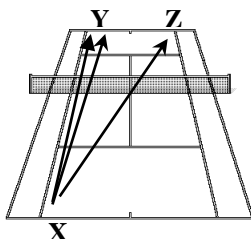
BREAK – Hydrate & Rest (3 min)



### Drill 2 CC rally – look for stretch and approach DTL (10 min)

- X Hits to Y & Y hits back to X – continue until X has an opportunity to hit to Z
- X Hits- **Rule 4** (CC to DTL) towards Z only when Y is stretched (in alley)
- Then attack the net and play out the point
- Must have a 80 / 90% success rate of net approaches
- Start on a score of 10 and must reach 20 points or 0 in under 10 mins
- *Rally Speed / Targets / Posture & Technique / Limit errors / work as a team*

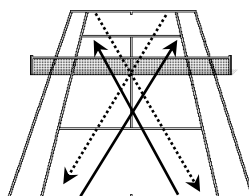
NO BREAK – only Hydrate



### Drill 3 CC rally – look for stretch and approach DTL (10 min)

- As above but the other way
- *Rally Speed / Targets / Posture & Technique / Limit errors / work as a team*

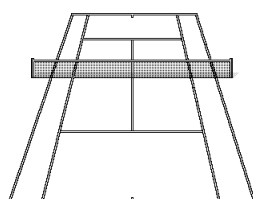
BREAK – Hydrate & Rest (3 min)



### Drill 4 – Return of 1<sup>st</sup> Serves (12 min)

- **Serve** ¾ Court 60–75% Power. (*Work Pronate / Posture & Targets*)
- **Return** – Wide Base / Strong back Posture / Racquet head above hands
- **Return Open Stance** – *Lock & Load / Hit then Step on wide ball (power step)*
- **Return** - *X-Court or deep middle/ High percentage return / good shape on ball*
- Serve **wide** in both Ad court & Deuce court

NO BREAK – only Hydrate



### Drill 5 – Serve Progressions (10 min)

- Normal Progressions
- Target serving – Start on a score of 10 and reach 20 or 0
- Then add in Serve and Volley at the end of every session down the line
- 2<sup>nd</sup> S's – 10 test in a row (repeat 3 times)