

Skills 2
Class 3 of 4
Attack this NOT that!

Equipment: Ball Caddies, Colored circles, name tags

Introductions - 5 Minutes

1. Name
2. Say 1 rule or guideline
3. Remind participants to drink water when needed.

Today's Line Up while doing warm up

Serve/Return of Serve

Drop shots Intro

Moving to the NVZ with partner

Red, Yellow, Green Shots

Play

Cool Down

Warm-up Stretches (See separate sheet) - 5 Minutes

Serve/Return of Serve Drill – 10 minutes

1 Ball caddy at one end for servers

1. Deep serve – try serving to different spots. At the "T", to the receivers forehand, receivers backhand.
2. 4 players on the court. After 5 Volley Serves rotate one position with 2 players on and 2 players off.

Introduction to Drop Shots – Instructors demo – 5 minutes

1. What is the purpose of a drop shot?
 - a. To allow your team to stay in the point
 - b. It's a soft shot, the same as a dink, using your shoulder and following through
 - c. The ball should be starting to descend once it crosses the net so it is an unattackable ball, forcing the opponent to hit into the net or hitting the ball high
2. Remind players to bend their knees, hit the ball out in front of them, not when the ball gets to them.
3. Allow room to hit the ball by moving one leg behind.
4. WATCH the ball hit the paddle

Player practice - 20 minutes

1 ball caddy with instructors serving up the ball to players

1. Instructor serves ball to player in transition area.
2. Player drops the ball back into the kitchen area
3. If players are progressing well, have players move to the baseline
4. Encourage using their backhand and forehand, if possible, to return the ball.

Discuss Red-Yellow-Green Video Also called Attack When You See THIS not That! – instructor demo – 5 minutes

1. Red - Ground to knee. If the ball is in this zone, it is unattackable - soft dink back.
2. Yellow - Knee to belly button. Caution - **Make a decision** to dink or volley.
3. Green - Belly Button and above. Attackable. GO FOR IT!

Red-Yellow-Green Drill – 10 minutes

4 players on the court. Dink/Volley with the person across from you. Decide as the ball is coming to you if it's in the Red-Yellow-Green zone and what you should do.

Play a Game of Dingles – 10 minutes

4 players are on the court. Play as a regular game, but all players “serve” from the NVZ line. First 4 hits must be dinks, then any shot is acceptable. Again, think about whether you should attack the ball or not after the first 4 dinks.

Moving with your partner to the NVZ instructor demo – 5 minutes

1. Importance of moving to the NVZ
2. Be smart and don't run to the NVZ if your opponent is ready to strike the ball.
3. Once opponent is striking the ball, stop, adjust yourself to the placement of the ball, return the ball with drop shot
4. If the shot is good and you see the ball is going over and not attackable, then move forward.
5. If your return shot is attackable for the opponent, stay where you are and defend, attempt to hit another unattackable drop shot until you and your partner get to the NVZ

Moving to the NVZ drill – 15 minutes

4 players on the court

1. First player serves deep to the opponent
2. Receiver returns a deep return to either server
3. Receiver runs to NVZ to be with partner
4. Servers stay and drop the ball after the bounce

5. If the ball is unattackable, move toward the NVZ as a team.
6. If the receiving team returns the ball prior to getting to NVZ, STOP and drop the ball back over until you and your partner get to NVZ.

Let's Play – Remainder of time - Remind Players to:

1. Deep serve
2. Deep return
3. Get to the NVZ – servers stay until after the second bounce. Working your way up to NVZ
4. Get to the NVZ – receiving team to the NVZ before second bounce return
5. **Soft dinks** – Hit soft returns & play a dinking game instead of back court hard/long hits.
6. **Paddle ready** – Knees bent, paddles up, eye on the ball, weight over balls of feet.
7. **Communicate** –During play, talk with your partner, “mine”, “yours”, “watch”, etc. and also encourage each other.
8. **Shuffle** – Make sure all players are shuffling to where the ball is on the court.
9. **Middle**- Cover the middle – forehand normally covers the middle

Review/Questions:

Summary review of today's lesson, answer any questions. Practice;)

Cool Down Stretches (See separate sheet) – 5 Minutes