

Skills 3 Class 2 of 4

Equipment: Colored circles, ball caddies, name tags (if needed)

Introductions - 5 Minutes

1. Name
2. Ask a question or state a safety rule/guideline learned
3. Remind participants to drink water when needed.

Today's Line Up

Discuss video on groundstroke videos

Serve and Return using body movement and topspin

Drive or drop challenges

Play – putting it all together

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

Discuss video <https://youtu.be/X2FQHZ3abqk>

What did you learn?

1. Hold paddle like it is a skillet and use a bowling motion.
2. Weight transfers from back foot to front foot and step forward.
3. Start with paddle back and move smoothly through the ball in an upward motion.

Serve and ROS using body movement and topspin – instructor demo – 5 minutes

Player practice topspin – instructors feed balls to players at NVZ – 15 minutes

1. Player returns to instructor using topspin.
2. Each player attempts 5-6 times then rotates a few more times with other players.

Player practice topspin – instructors feed balls to players at transition area – 15 minutes

1. Same as above

Player practice topspin – players at baseline – 15 minutes

1. 4 players at baseline, one side serves to opposite corner (there are 2 servers).
2. Servers use body weight for power and topspin to serve to receiving player.
3. Receiving player uses body weight and groundstroke with topspin to return to server.
4. Each server will have 5 serves and receivers will have 5 return of serves. Change places and repeat. Servers and receivers should alternate sides after their second round.

Drive or Drop Challenges – instructors' demo – 5 minutes

1. When do you drive
2. When do I drop
3. Where is the other team
 - a. Are they staggered
 - b. Is one player up and one player moving

- c. Are they both at the NVZ
 - I. Are they giving up the middle
 - II. Are they both in the middle so ball can be driven down the line
 - III. Can I lob?

Players Drop or Drive Drill – 20 minutes

1. 4 players at the baseline
2. Serving team serves up the ball
3. Receiving team returns the ball
4. Serving team must decide if they should drop or drive
5. Each server has 2 opportunities to serve and make a decision
6. Change roles – servers become receivers and receivers become servers

Let's Put it together and play

Ask the players what the focus should be

Deep Return

Deep Serve

Drop or Drive

Getting to the NVZ

What should the 4th shot be

Moving with my partner

Communicating with my partner

Red/yellow/green shot selection

Cool Down Stretches (See separate sheet) – 5 Minutes