

Skills 3
Class 3 of 4

Equipment: Ball caddies, colored circles

Introductions - 5 Minutes:

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

Today's Line Up

Punch and block volleys

Keeping the Servers or Receivers back at the baseline

Play putting it all together

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

Discuss 3rd Shot Drop Videos – Watched Prior to Class

Punch Volley – instructors demo – 5 minutes

Players drill – 10 minutes

1. Instructors serve the ball to player at NVZ
2. Each player gets 5 – 6 hits
3. Keep rotating players at least 2-3 rounds

Block Volley – instructors demo – 5 minutes

Players drill – 10 minutes

1. Instructors serve the ball to player at NVZ
2. Each player gets 5-6 hit
3. Keeping rotating players at least 2-3 rounds

Keep Away – how to keep the other team back – instructors' demo - 5 minutes

1. Why do we want to keep the other team back
2. What not to do when trying to keep opposing team back
 - a. A soft shot that doesn't bounce out after it hits in
 - b. or a soft shot which a fast player can get before the second bounce. This will allow that team back up to the NVZ or have the opportunity to lob the opposing team.

Players Drill – 20-25 minutes

2 players at NVZ and 2 players at the baseline. The object is for the players at the NVZ to keep the players at the baseline back. If the players at the baseline get to the NVZ, they win a point. If the NVZ players hold

them back and the baseline players make an error, the NVZ team gets a point

Instructor serves the ball from the NVZ to either player at the baseline

1. The player at the baseline who is served the ball then decides to drop or drive (no lobs) back to the players at the NVZ
2. The players at the NVZ have to make the decision to:
 - a. Punch volley the ball back to either player at the baseline.
 - b. Hit an overhead if the ball from the baseline player is high.
 - c. Hit a groundstroke to the feet of the baseline player using topspin.

First team to 3 wins. Switch roles and start a new game

Let's put it together and play - Remind Players to:

1. Serve the ball with a purpose
 - a. To the backhand of the receiver
 - b. If the receiver is close to the line – get it deep!
 - c. Use body weight and topspin
 - d. Don't creep up – stay back until you know where the ball is going to be returned
2. Receivers – deep return to 'T' or to back hands of either server.
3. Drop or drive – make a good decision.
4. Get to the NZ working your way up.
5. At the NVZ – red/yellow/green shots.
6. Dinking – allowing your team to stay in the point.
7. Resets – a reset is a drop or a block volley.
8. Paddle ready – Knees bent, paddle up, weight on the balls of your feet.
9. Move with your partner

10. Communicate - Discuss game strategy with partner before play and during play talk with your partner. Use: “mine”, “yours”, “watch”, etc. Also encourage each other.

Discuss the final week of class

We are putting it all together and helping to fine tune your skills, so you feel confident playing with others.

What skill would the players like to focus on more in depth for the final week?

Talk about getting together with other Skill 3 players or if you already have a group, invite people to play in.

Get out and practice!!

Cool Down Stretches (See separate sheet) – 5 Minutes