

Skills 1
Punch Volley
Class 4 of 4

Equipment: Ball Caddies

Introductions - 5 Minutes

While warming up

1. Best individual improvement from class
2. Remind participants to drink water as needed.

Today's Line-up

Punch Volley – forehand and backhand

Round Robin Play w/score announcement

Player Assessments

Wrap up/ Answer Questions

Cool Down

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

Punch Volley – instructor demonstrates

1. Hit ball to opponent in ready position from transition area
2. Opponent (at the NVZ) punches the ball back to feet
3. Show forehand and backhand punches
4. What is the purpose of a punch?
 - Keep opponents back
 - Hitting to feet makes it harder for opponent to return
 - Possible opponent pops up the ball and gives an opportunity for an overhead put away

Round Robin Play – 45 Minutes - Coach Players to:

1. Partnering – Plan strategy before the game, who has the middle. Help with wide and long ball calling (WATCH!)
2. Paddle ready – Knees bent, paddles up, weight over pads of feet, eye on ball.
3. Footwork – Footwork first; you can tell where a ball is going to. Start moving your feet in that direction to meet it, don't wait, you should always be shuffling your feet as the ball is moving around the court (ALL PLAYERS).
4. Contact the ball in **front** of you.

Player Assessments

Split up players and have them go through assessments using the partner system. Have each player counts their own best out of 10 and report to instructor. Assessments are not a rating but give each player the opportunity to recognize what skill they need to work on.

Wrap up:

Summary of skills taught and answer any questions.

Cool Down Stretches (See separate sheet) - 5 Minutes to Comfort Level