

Skills 2
Class 4 of 4
Put It All Together

Equipment: Ball Caddies, Colored Dots, name tags

Introductions - 5 Minutes:

1. Name
2. Best individual improvement from class
3. Remind participants to drink water when necessary.

Today's Line Up

Drop shot

Dingles

Serve and return using groundstroke, forehand and backhand

Partner play

Play

Player Assessment

Cool Down

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

Drop Shot slinky drill – instructor demo role of each (server and receiver) – 5 minutes

Drop Shot drills – 15 minutes (reminder, these are cooperative drills to make each person successful and confident in decision making and skill development)

4 players on the court at NVZ, one side will start the ball, the other player will receiver and drop the ball back to server

Server goals:

1. Player at the NVZ line 'serves' a ball to player on opposite side starting at the NVZ
2. The drop ball, if successful, will be returned by the server making a decision: is this a red ball, a yellow ball or a green ball
3. All balls returned by the server to the receive need to be a ball which can be returned as a drop by the receiver

Receiving player goals:

1. Starting in the ready position at the NVZ hit three 'reset balls' or dinks back to server
2. After 3 successful drops, take a few steps back and drop the ball back to the server. Continue this pattern until the receiver is back at the baseline. Take 4-5 drop returns, then start working your way back to the NVZ
3. Once you've returned to the NVZ, switch roles and start the same pattern on the other side

“HAVE TO” Game– Deep Serves and Returns, 3rd shot drop – Get to the NVZ – start dinking - 20 Minutes

1. Serves – Have to be deep (behind circles), if not then it’s a loss of serve/side out.
2. Return of Serve – Has to be deep (behind circles), if not it’s a point for the serving team.
3. Play – If both serve and return are deep, the game continues
4. 3rd shot needs to be a drop shot by the serving team
5. 4th shot, by the receiving team, cannot be a kill shot. Make a good decision as to where to return the ball.
 - a. The player at the NVZ?
 - b. Or the player moving up to the NVZ?
 - c. The space between the opposing team players
 - d. Maybe, down the line of the player in front of you, if they have moved into the middle
6. The first team to 5 points wins (or 10 minutes). Then rotate 2 players on and 2 players off court.

Play – Let’s try and put it all together using the remaining time- Coach Players to:

1. First 4 shots – serve, return of serve, drop shot, 4th shot decision
2. Partnering – Who has middle, call for balls, help with wide and long ball calling (WATCH!) Communicate.
3. Paddle ready – Weight on pads of feet, paddle up.
4. Footwork – Footwork first, shuffle.
5. Communication
6. Making the decision to hit a shot which will:
 - a. Keep the team in the point
 - b. Put the ball away

After the ball is dead, coaches will quickly discuss other options the player may have had, positioning, and what was good about the play

Player Assessments

While players are playing, assessors will arrive at least 30 minutes prior to the end of class for player assessments. They will take two players at a time to run them through an IPTPA assessment. These assessments are designed to help the player see where they excel and where they need additional work. They are not necessarily a rating system but a good starting point. We will start introducing DUPR to players who are interested, so they may start playing games with like abilities.

Review/Questions:

Summary/review of today's lesson, answer any questions.

Remind players, Skills 3 is developed for those players who can proficiently:

1. Hit both backhand and forehand on groundstrokes, drop shots, and dink shots.
2. Have a good understanding of footwork, positioning, and partner strategy (all of these will be a focus of Skills 3 development, as this is always an area of improvement)
3. Communication with your teammate

Cool Down Stretches (See separate sheet) – 5 Minutes