

General training

- 5 points to move on to next one, 3 shots win one point
- find weaker shots from II-IV to see what to practice

I Warm-up: feel and technique (7 mins)

- half-court, focus on isolated segments of technique
 - start with half speed, return only to service line. Add speed and finally target baseline
 - stance: footwork patterns for neutral stance forehand/backhand, knees
 - unit turn, swing: larger parts lead, smaller parts relax
 - ball contact: flat swing vs. topspin swing. Front contact point

II Offense (1) (21 mins)

Forehand baseline cross-court, forehand baseline down-the-line

Backhand baseline cross-court, backhand baseline down-the-line

- focus on depth: deep shots into target
- focus on strength: body coil/uncoil
- focus on speed: racket speed, with shadow swings

III Offense (2) (7 mins)

Forehand inside court cross-court, forehand inside court down-the-line

Backhand inside court cross-court, backhand inside court down-the-line

- focus on precision, focus on angles

IV Defense (10 mins)

- returning deep balls higher than BM
- focus on high cross-court shots
- focus on slices
- 1+1: attacking shot plus high cross-court



Special practice

I Better timing

- Reduce feeling rushed, get prepared early, gain more control of the game
- 'Time': between backswing and racket drop, create time by slower backswing and early preparation
- Drills to become aware:
 - 1) 2m behind the baseline vs at the baseline
 - 2) "Do I have time?" Backswing – time – racket drop
 - 3) Align with ball: go down (charge with knees bent) when ball is down, be up for contact when ball is up

II Positioning

- See-saw at baseline: opposite side of where the ball lands
 - Play crosscourt and move, play DTL and move
- Shadowing at net: same side as opponent
 - 1st shot at bl, 2nd shot at net and change position, have ball machine first cross, then same side

III Visualisation

- Create a clear picture of your next shot when the ball lands: direction, height, depth
- call out direction before contact
- the further back, the higher the return (drill: higher than BM)
- targets: 2x cross, 1xcross, 1 DTL, deep not allowing return from inside the court

IV Defensive style

- Return high balls to win time: Lobs, running lobs
- slice, dropshot



V Footwork fundamentals

- Routine before and during contact: (ready position) -> Split-Turn-In/Out- Watch -> (ready position)
- Split-step + body weight in detail:
 - 1 Lift: ball is at opponent's racket, land in "athletic position"
 - 2 Decide: FH or BH? Appropriate body turn
 - 3 Weight shift: as per incoming ball (FH/BH), shift your body weight to the leg of that side – this gets you going
 - 4 Move: go towards contact zone
 - 5 In/Out: touchdown on outer leg, charge it for contact
- Prepare semi-open stance: In/Out
 - cover more court with wide steps, or more steps
 - inside leg steps in, outside leg steps out
 - before contact shift weight from inside to outside leg (touchdown and charge), at contact 'release' on outer leg
- Recovery
 - step back into ready position after contact
 - crossover steps: outside leg steps in, inside leg steps out
 - follow by next split step

