

DRILLS FOR 2 TO 8 PEOPLE

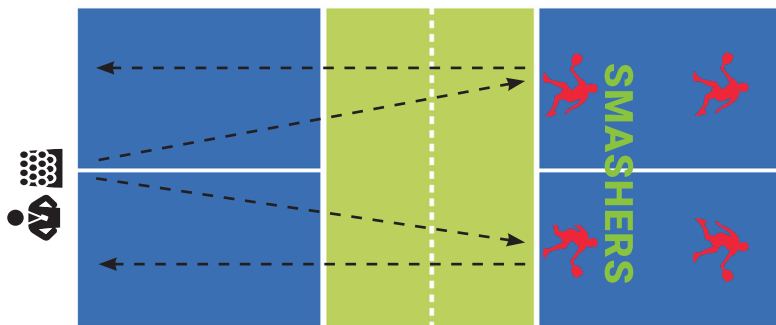
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL TEN

The Smash

Exercise 1:

The coach stands back with a basket of balls. Two players stand up the other end, one on the left side of kitchen line and one on the right side of kitchen line. The coach will feed 2 smashes to each player before they switch with the person behind them.



Technical teaching points:

- Players should use the continental grip and prepare early by turning sideways into a 'trophy position' (illustrated right). They try to smash the ball down into the court.
- Markers can be placed down deep toward the baseline or at angles towards the sidelines for the players to practice different smashes.



TROPHY POSITION

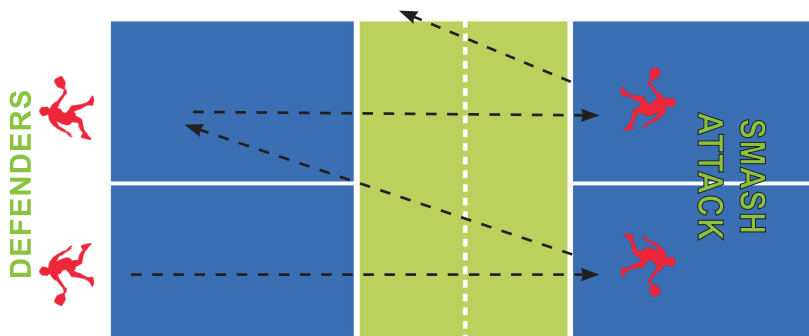
Tactical teaching points:

- Hitting angles on a smash is a great tactic as it will move one player away from court to retrieve the ball thus creating more space to win the point.
- Remind players that a smash down to the opponents feet is a great way to give them no space or time to react.

Game: Smash and defend.

Two players will stand behind the baseline. Two players will stand up at the NVZ. The Baseline players will take it in turns to feed a lob crosscourt to a net player. Providing it is a fair feed, the point is then live. After the first smash any shot can be played, ie, Another lob, a drive or a dink ect.

Switch roles every 6 points. First to 10 points wins.



Note: When players think of smashing, more often than not, they think they must hit the ball hard. Remember to tell them to be patient and not always go for too much.