

## A Systematic Approach for **Singles** in a Team Tennis Practice

Objective: How to Run an Effective Team Practice

### Dynamic Stretch Warm-up

1. Formal: Coach or Player Led
2. Informal: On their own

### Warm-up Alternatives

Standard

Progressive

Integrated

### Serve

Server Position: Singles & Doubles; Deuce side & Ad side

Serve Type: Open then either 1stS/2ndS or 2<sup>nd</sup> serve only (for RS player)

Serve Targets: ABC (Alley, Body, Center)

### Return of Serve:

Neutral, Step-up (Y footwork), Edge vs 2<sup>nd</sup> S, Deep Down the Middle

### Serve/Return +1 or +2 singles & doubles

### ABC Tennis Player Basics

A – Active Feet (include “RI” Recovery Intensity)

B – Breathing (exhale on the hit); Why? Promotes Relaxation, Rhythm & Timing; Counteracts the Choke Response

C – Center of Gravity (low); wide stance; Alternative: Centered – In Balance

### Styles of Play

Counter-Puncher (consistency, variety of shots, grinder mentality w offense capability)

Aggressive Baseline (create offense w a 1<sup>st</sup> strike mindset; “smart aggressive,” look to step up into the court)

All-Court (transition to the net appr shot/appr v); opp might be more comfortable with 1B-1B

Note: Serve & Volley but seldom used

Develop a primary style of play and a secondary style of play (execution issue or opponent problem?)

### Style of Play Drills:

CP – drive, high moonball, low slice if within your skill set

AB – offense-defense

A-C – approach shot or approach volley

## **Up & Down the River Games** (Keep Score – Competition)

### **Style of Play Games**

CP Game – Feed + 2/+3 shots each worth 2 points (solid shots but not winners)

AB Game – Inside the Baseline or Winner +2 (after the return of the feed)

A-C Game – Approach Shot or Approach Volley (non-winner) off feed or return of feed

A-C Alternative Game – Start 1 Back – 1 Back; In the Air +2/Air Winner +3

### **Patterns of Play Games**

#### **Two Most Basic Patterns**

Crosscourt Pattern – feed +2/+3 shots each crosscourt then open

Inside-Out (Forehand) Return of Feed Crosscourt then open (demo the pull shot dtl)

#### **Attack High & Attack Wide Patterns**

Moonball Start off feed then open

Cross Sideline before the baseline +2; Optional Add-on: Winner Across Sideline +3

Note: You don't always have to hit thru the court

### **Serve & Return of Serve Games**

1. 2 of 3-point games
2. Tiebreaker Style games (TB for time or until the top court finishes a regular TB)
3. Tiebreaker Style with 1 or 3 serves.
4. 3 Serves to Win 2 points.
5. Short Sets to 4 (TB @ 3-3) – coach selected match-ups, not up & down the river style

### **Additional Singles Games for Score**

Practice Defense: Opposite Corner or Same Corner Start

Practice Safety: Net Error +2 (with or without the serve)

Notes:

