

## **Tennis**

**July 23, 9:00 a.m. – 9:50 a.m.**

**Lisa Hart, Concordia University, NE (Men & Women) - Simple & Effective Singles & Doubles Strategies – B105**

### **Singles**

- The importance of patterns in a singles point
- High % vs Low % shots
- Focusing on what isn't working vs focusing on how to beat your opponent.
- Things to say to your player to calm them down (optimal performance cannot happen if a player isn't calm)
- The importance of high % of serves and returns
- When to change directions during a point

### **Doubles**

- Serving Signals
  - Where to serve
  - What are you going to do- Poach, stay, Fake?
  - Formations (Regular, I formation)
- How many times should you return down the line per game?
- Returns – Signals for higher levels, 2 back formation vs 1 up/1 back formation
- Strategy needs to change and be simplified based on personnel and level.
- How a doubles team should treat each other (positive, enthusiastic, forgiving, body language)

**July 23, 10:00 a.m. – 10:50 a.m.**

**Lisa Hart, Concordia University, NE (Men & Women) - How to Run an Exciting & Productive 60-Minute Practice – LNS Tennis Courts**

- How do we know if our practice is productive?
  - Players aren't bored (looking at watches, on phones, engaging in other activities, asking to go to the bathroom, asking for water breaks)
  - Hit a lot of balls, accomplish something, improve something, and work on something that is uncomfortable.
  - Smiling, engaged Kids, leaving wanting more! 😊
  
- Be willing to change game plan in the middle of practice if necessary. Don't be a slave to what is written down on the paper. Players aren't robots.
  
- 60-minute Practice Examples (go through in detail 2-3 lesson plans of a dynamic, fun 60-minute practice)