

3.5 Drill and Play

Session 4

Week 1

1/20/10

To put it away or not put it away – for groundstrokes

- Height of the ball
- Court position
- Body balance

Week 2

1/27/10

To put it away or not put it away – for volleys

- Height of the ball
- Court position
- Body balance

Week 3

2/03/10

Hit the ball vs. Play the point

- Objective – Don't hit a clean winner

Week 4

2/10/10

Belly button to the ball

- Move toward the person who has the ball
- Do not move toward the net

Week 5

2/17/10

Don't hit a defensive shot to offensive player

- Know your position on the court
- Know the position of your opponents on the court

Week 6

2/24/10

Soft angle

- Open the court
- Aim to the correct half of the court



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