



Solo Advanced - Drives

Shot type: straight hitting

Level:3

Duration: 45 mins

Parent/partner: No

Coaching points

- Spacing – Think about reaching out for the ball and maintain space between your elbow and your body
- Follow through – allow your racket to follow the line of the ball, with your racket finishing towards the front corner on the front wall.
- Think about linking your movement and racket preparation together, build the swing as you move onto the ball.

Shot variation

- Think about different heights and pace of shot, depending on your target.
- Height, front wall target – top panel, floor target, 5 floorboards behind the service box
- $\frac{3}{4}$ chip, front wall target – above service line, 5 floorboards 1 racket behind service box
- Hard and low, Front wall target – below service back of service (second bounce length?)

Solo practices (both sides)

- Driving the ball in straight lines, have the different targets set out for the different types of length. Work each target area until you are hitting consistent targets

Skills Challenges

- Starting at the front wall, aim to hit the ball straight let the ball bounce and then hit the ball straight a little deeper in the court. The aim for this drill is to move from front wall to back wall repeatedly while controlling your straight hitting.
- hitting straight can you hit one ball bouncing in front of the service line and one behind the service line
- hitting straight can you hit one ball hitting below service line and one above the service line, with the balls landing around service box

Straight kills

- self-feed in service box, then look to hit a straight ball looking at aiming for one bounce in front of the service line, then 2 bounces in front of service line. NO SIDE WALL

Challenge

- Can you hit 20 balls that bounce behind service box in a row?
- How many shots in a row can you complete one above the service line and one below with the ball landing behind the service line?
- With a target in the back corner, from a self-feed at the front of the court, how many 2nd bounce lengths can you hit from 10 feeds?

Ghosting

- One side front corner and back corner 20 ghosts total. Use the T!
- Really think about racket preparation whilst doing the ghosting!