



Solo Practices - Straight Drive

Shot type: Straight drive

Level:1

Duration: 30 mins

Partner/Parent: needed

Coaching points

- Grip – the 'V' between thumb and first finger should be inline with the inside edge of the racket, maintain a gap on the grip between first finger and middle finger and finally try and keep the same for both forehand and backhand
- Position – try and get shoulders to be facing the side wall
- Lunge – try and have one leg stepping across to the ball and ensuring the shoulders remain to the sidewall. Left foot across for forehand, right foot for backhand

Session Plan

Warm up

- Different cardio exercises, including court sprints, side steps high knees and walking lunges
- Co-ordination exercises, different throwing and catching of the ball. Examples throw the ball at the ball let it bounce then catch, modify with ½ hand catches, lunging to catch, bounce on the floor/no-bounce.
- Racket and ball exercises, balance ball on stings and walk around without the ball falling off, small bounces on the strings

Partner Feeding

- Start forehand first, feeder starts Infront of the box on the floor, through the ball to a height just above the front wall service line allowing the player enough time to position and try and hit straight back to the feeder.
- Once they have managed to hit back to the feeder a couple times, use the target of hitting as close to the top red line as possible to get the ball further to the back of the court, but while keeping to the coaching points
- Try this both sides

Solo

- See if your player can hit balls back to themselves with the ball not going cross court, let the ball bounce then hit again.
- Once the player can do 10 in one position, take a step further back away from the front wall
- Try this both sides

Challenge

- How many solo straight hit scan you do in a row?
- With a partner how many straight hits can you do between you?

Video link for exercise run through: (to be completed)