



Advanced Player Tournament Preparation

Accuracy – Targets, Racket skills, width, depth

Am

- Feeding with targets
- 2 man static drills
- Rotating rails

Pm

- Conditioned games
- Fitness
- Match Play

TUESDAY

Consistency – Drills (2 man), rotating drills, restricted drills

Am

- Competitive drills (scoring) – Rotating (2 man), Rotating (3 man) Cross changes side, Boast drive, add various options, Boast-drop-rail...etc
- Movement under pressure (Coach feeding) – feather drops, side-side, front-back, boast-drop

Pm

- Shot selection – attack-defend, central position, volley options
- Fitness
- Match play



Anticipation and Movement

Am

- “T” Position – Low, poised, balanced, bias, racket position, watch!
- Split step, first step, line to ball, racket prep, shoulder turn
- Position on the ball – balanced, controlled, strong = accurate
- Recovery to “T”

Drills

- Ghosting – attention to footwork, balance...etc
- Feeding – Back/Front corners; focus on anticipation and footwork.
- Drills – set pattern (no options), focus on footwork.
- Drills – with options, focus on anticipation.

Pm

- Long warm up and stretch
- Beep test
- Competitive drills
- Match play



Focus – Ability to concentrate when tired, “oxygen debt” – “bleep test”, bad ref. friends watching, frustrating opponent.

Intensity – Match level at all times!