



TRAINING THEME

POSITIONING & COURT ZONES



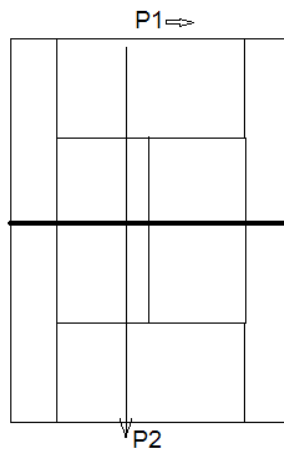
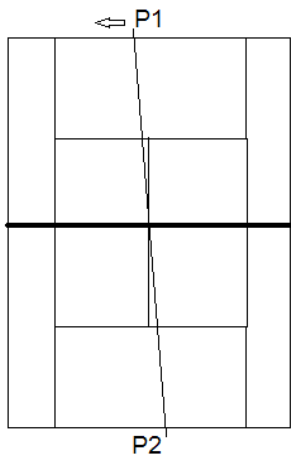
RECOVERY:
GETTING READY AFTER HITTING THE BALL
 Racquet in front
 Heels up
 Knees flexed



RECOVERY: WHERE DO I RECOVER TO?

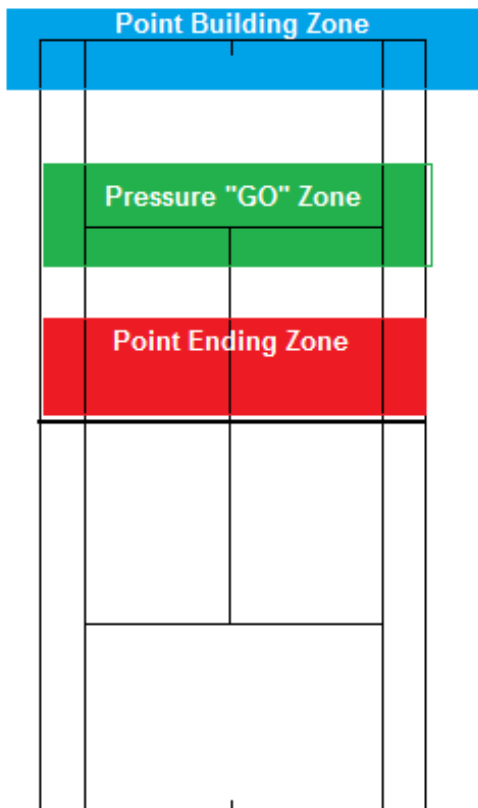
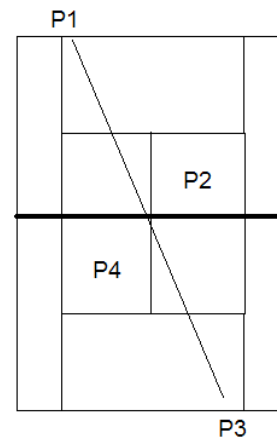
SINGLES

Recover crosscourt of the shot you hit to.



DOUBLES

Recover to the middle crosscourt of opposing team.



TENNIS COURT ZONES

WHAT DO THEY MEAN?
 WHAT SHOULD I DO IN EACH ZONE?

POINT BUILDING ZONE:
FULL BACK SWING
FULL FOLLOW THROUGH

PRESSURE "GO!" ZONE:
1/2 BACK SWING
FULL FOLLOW THROUGH
GO FORWARD!

POINT ENDING ZONE!
NO BACK SWING
FOLLOW THROUGH TO READY
TOUCH FIRST SHOT BACK IN PLAY
END POINT WITH VOLLEY - 2 SHOTS MAX