SESSION OBJECTIVES

- Learning to play from the net in singles (Orange / Green ball)
- Combining different game situations in singles (Orange / Green ball)
- Learning to play basic doubles as a team / doubles court positioning (Orange / Green ball)
- Basic doubles formation - “one up, one back” (Orange / Green ball)
- Serve and return in doubles (Orange ball)

SESSION OUTLINE

0-5 MINUTES
WELCOME AND EXPLAIN THE SESSION

5-10 MINUTES
SINGLES WARM UP: Orange ball

10-15 MINUTES
PREVIOUS SESSION’S PRACTICE - CONSISTENCY AND MOVING THE OPPONENT IN A RALLY: Orange ball

15-40 MINUTES
COMBINING DIFFERENT GAME SITUATIONS IN SINGLES: Orange ball

40-55 MINUTES
BASIC INTRODUCTION TO DOUBLES PLAY: Orange ball*

55-65 MINUTES
DEVELOPING SERVE AND RETURN IN DOUBLES: Orange ball

65-75 MINUTES
DEVELOPING CONSISTENCY IN A DOUBLES RALLY: Orange ball

75-85 MINUTES
PLAYING A GAME OF DOUBLES: Orange ball

85-90 MINUTES
CONCLUSION

VARIATION / ADDITIONAL

90-120 MINUTES
FREEPLAY DOUBLES: Orange ball
(THE COACH SHOULD PROVIDE THE PARTICIPANTS WITH ACCESS TO THE SLOWER BALLS)

*each player covers one service box
### SESSION 4 CONTENT

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>WELCOME AND EXPLAIN THE SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 MINUTES</td>
<td>ACTIVITY</td>
<td>Ask players what was done in previous session, how they played in their practice since session 3, and explain objectives of this session.</td>
</tr>
<tr>
<td>5-10 MINUTES</td>
<td>ACTIVITY</td>
<td>In pair players play a throw and catch game of singles in the service boxes. Divide both service boxes into 2 to create area targets for the server to aim at. Normal rules apply however the player ‘serving’ changes after each point. The serve is thrown overarm, every other throw is underarm. Serve must go cross court and players then throw the ball inside the service box, trying to move their opponents.</td>
</tr>
<tr>
<td>CHECKPOINTS</td>
<td></td>
<td>Check for gentle movement at the start, gradually getting slightly faster as the warm up progresses. Does each player know their partner’s name?</td>
</tr>
<tr>
<td>10-15 MINUTES</td>
<td>ACTIVITY</td>
<td>In pairs, players warm up their strokes, counting their longest rally. Start the rally with a serve. Mix pairs after 3 minutes. Players can score points if they can remember how to score.</td>
</tr>
<tr>
<td>CHECKPOINTS</td>
<td></td>
<td>See ‘checkpoints’ and ‘solutions’ from previous sessions. Try not to give a lot of instruction, allow players to warm up their strokes and focus on their tactical goals of consistency and moving the opponent.</td>
</tr>
<tr>
<td>DEMONSTRATE</td>
<td></td>
<td>The activity, emphasising trying to move the opponent and using simple, short swings.</td>
</tr>
<tr>
<td>15-40 MINUTES</td>
<td>COMBINING DIFFERENT GAME SITUATIONS IN SINGLES: Orange ball</td>
<td></td>
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<td>----------------</td>
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</tr>
<tr>
<td><strong>ACTIVITY</strong></td>
<td>The aim of this activity is to allow the players to play using different game situations covered during the course.</td>
<td></td>
</tr>
</tbody>
</table>
| **CHECKPOINTS**| a) Are players using different game situations?  
|               | b) Are players more comfortable at the baseline?  
|               | c) Do players understand when to approach?  
|               | d) Do players know what to do when the opponent approaches the net? |
| **TYPICAL OBSERVATIONS** | • Players lack movement and do not recover  
|                | • Players get caught in the middle of the court  
|                | • Rally breaks down too readily due to decision making and range of choices |
| **DEMONSTRATE**| Demonstrate how the rally could develop giving the following demonstrations:  
|               | • Serve and then rally to conclusion from the back of the court  
|               | • Serve and then look to approach the net to volley  
|               | • Return and then look to approach the net to volley  
|               | Participants should understand that they can choose what to do within each point and should play where they feel comfortable using a court length and ball of their choice. |
| **EASIER**     | Let them choose only one game situation to practice, use a slower ball or smaller court. |
| **HARDER**     | Players must use different game situations in successive points; use a faster ball or longer court. |
### BASIC INTRODUCTION TO DOUBLES PLAY: Orange ball*

**ACTIVITY**
In groups of 4, players have a doubles rally, all players start by hitting groundstrokes but can come forward to the net too. Focus on consistency and finding spaces to hit the ball to.

**CHECKPOINTS**
- Use short swings and focus on ‘touch tennis’ to find angles and space
- Use communication and team work, e.g. calling ‘mine’, covering the middle, ‘high 5’s’ after each point
- Encourage players to move forward and volley if they feel comfortable

‘ONE UP/ONE BACK’: This is the doubles formation where one player is at the net and the other player is at the baseline

**TYPICAL OBSERVATIONS**
- Players hit too hard...See (a)
- Players play as individuals and/or encroach on partner’s space...See (b)
- Players stay back all the time...See (c)

**DEMONSTRATE**
The activity, showing:
- Importance of communication and covering your space
- How you can play at the net or the baseline
- Hitting into spaces

**EASIER**
Encourage players to play groundstrokes but not to approach the net.

**HARDER**
After first volley in the rally, every other shot must also be a volley.

*Each player covers one service box

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### DEVELOPING SERVE AND RETURN IN DOUBLES: Orange ball

**ACTIVITY**
Repeat the previous activity but this time on the full Orange courts.

**DEMONSTRATE**
The need for slightly longer swing and higher trajectory on the return.
An emphasis on the angles of the new court.

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**RULES CHECK**
Ensure that servers are aware of the footfault rule. Although it is unusual for this to be applied in matchplay at starter level, servers should be aware of the rule.
### 65-75 MINUTES: DEVELOPING CONSISTENCY IN A DOUBLES RALLY: Orange ball

| ACTIVITY | Repeat the previous exercise but try to maintain a cooperative rally after the return, still trying to avoid the net players who can try to intercept (poach). Rotate court positions after 3 rallies, ensuring each player performs every role. |
| CHECKPOINTS | a) Turn shoulders in good time on return and groundstroke and use a simple swing  
b) Direct racket face and swing in the direction you want the ball to go  
c) Players should stay at the net unless lobbed |
| TYPICAL OBSERVATIONS | Difficulty in directing the ball cross-court...See (a) and (b)  
Net players retreat to the baseline during the rally...See (c)  
Note – volley instruction takes place in week 4 so players should not worry about their technique here. |

| DEMONSTRATE | The activity, focusing on:  
• returning and rallying cross court to avoid the net players  
• recovering and using a good ready position  
• how the net player can try to intercept |
| EASIER | Continue with exercise in service boxes for a little longer. |
| HARDER | Servers and returners may also approach the net after the serve and/or return. |

### 75-85 MINUTES: PLAYING A GAME OF DOUBLES: Orange ball

| ACTIVITY | Group watches while coach uses 4 players to demonstrate a game of doubles using tennis game scoring with "No-Ad" scoring method at deuce (no advantage). |

| DEMONSTRATE |  
• Start with serve from deuce court, then switch sides after each point  
• Returning side stay on same side of court but server and partner switch sides after each point  
• ‘One up/One back’ formation  
• Explain that in the first game one player from Pair 1 serves; in the second game a player from Pair 2 serves; in the third game the player from Pair 1 who did not serve in the first game then serves; in the fourth game the final player who has not served will serve; in the fifth game the first player from Pair 1 serves again |

### 85-90 MINUTES: CONCLUSION

| ACTIVITY | Coach summary of the session and key points covered. This could be done as a question and answer session. Reinforce the importance of communication, cross-court play and finding space in doubles. Encourage all group members to play one game of doubles before session 5. |
### VARIATION / ADDITIONAL

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<th>90-120 MINUTES</th>
<th>FREEPLAY DOUBLES: Orange ball</th>
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<td><strong>ACTIVITY</strong></td>
<td>In groups of 4, players play games of doubles, using a ball of their choice. Play 4 games then mix players. Players must call score after each point.</td>
</tr>
</tbody>
</table>

*This activity can be unsupervised – the coach should provide the participants with access to the slower balls*

### RULES CHECK

Check that the players are aware of the rules covered so far, and in particular the different ways in which a point is won or lost.

Check that the players understand the different scoring formats covered and when they can be used – tennis game scoring, match tie-break scoring and “No-Ad” scoring method (play 1 game point at deuce, receiver’s choice of sides).

Explain and demonstrate how players serve in sequence in doubles.