



Physical Education Studies

Support materials for practical examinations

Tennis

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Introduction

The purpose of these materials is to support teachers and candidates in preparation for the Physical Education Studies practical examination.

Skills set for tennis

These materials outline the examinable skills set for tennis. Five (5) of the skills, selected by the examination panel, will be examined and these will be communicated to the candidates at the commencement of the examination. Unless specified, candidates will be expected to have the ability to execute skills on both the forehand and backhand sides.

Observation points

Observation points are provided for each skill in the skills set. They are provided for the purpose of teaching and coaching and are designed to assist examination candidates in their personal skill development.

Examination drills

The examination will contain a number of drills through which the selected skills will be assessed. These materials outline a number of drills indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program.

Tactical framework

In the competitive performance section of the examination, candidates will participate in a modified competitive situation, which will be based on some of the tactical problems in tennis. The tactical problems for the examination are outlined in the tactical framework and will be selected by the examination panel. The skills that provide the basis for the solutions to these tactical problems are also included in the framework.

In the competitive performance section of the tennis examination, students will be assessed on the execution of skills, setting up an attack, court positioning and decision making that effectively solve the tactical problems presented by the modified competitive situation.

Acknowledgement

Some of the information in these support materials has been drawn and adapted from Tennis Australia's *Tennis Australia player development: Stroke and tactical fundamentals* (http://www.tennis.com.au/TA_Matrix/pdf/Stroke_Tactical_Fundamentals.pdf) and *National Academy core drills*.

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1. SERVE – FLAT, SLICE, TOP-SPIN

Note: All of the observation points hold for the flat, slice and top-spin serves, with the exception of impact point. The impact point for each type of serve is noted separately.

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: Continental • Serving stance: perpendicular to the net, front foot is angled towards the net post, and back foot behind the front, parallel to the baseline • Non-hitting hand supports the ball and throat of the racquet 	<p>Backswing</p> <ul style="list-style-type: none"> • Shoulders rotate, hands split, bodyweight transferred onto the back foot • Tossing arm raises up towards the net post and leads the hitting arm • The palm of the hitting hand remains down facing the ground before the hitting arm bends to provide for a fluent throwing motion <p>Forward swing</p> <ul style="list-style-type: none"> • Bodyweight transfers to the front foot through leg drive • Hips uncoil followed by the shoulders (or trunk) • Elbow extends and racquet follows an upward and outward swing path with the upper arm and forearm rotating outward • Tossing arm tucks in close to the body to allow for continued acceleration of dominant arm • Shoulders align more vertical than horizontal at impact with the eyes focusing on the impact point <p>Impact</p> <ul style="list-style-type: none"> • Flat serve: ball contact made in line with front foot and in front of the body • Slice serve: ball contact is made in line with the front foot and in front of the body, with the racquet contacting the outside of the ball • Top-spin serve: ball contact is made to the non-hitting side of the front foot and in front of the body 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet head decelerates and finishes on the opposite side of the body • Natural upper arm internal rotation and forearm pronation complete the action • Landing completed on the front foot

2a. RETURN OF SERVE – FOREHAND

Preparation	Execution	Completion
<ul style="list-style-type: none">• Grip: eastern forehand, semi-western forehand or western• Stance: knees are slightly flexed Sound support base is assumed• Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand	<p>Backswing</p> <ul style="list-style-type: none">• Commenced with circular motion• Hitting hand positioned between the shoulders and hips, with non-dominant hand balancing the backward trunk rotation• Shoulders rotate further than the hips (to create a separation angle)• Racquet and hand are still visible on the hitting side of the body• Back knee is flexed <p>Forward swing</p> <ul style="list-style-type: none">• Legs extend and body segments uncoil (with hips rotating to face the net at impact), intending to transfer body weight forwards• Racquet and hand drop below the ball and racquet is swung with abbreviated (i.e. short and compact), low to high trajectory <p>Impact</p> <ul style="list-style-type: none">• Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body• Head remains stable and eyes focused on impact point• Wrist and forearm remain stable	<p>Follow-through</p> <ul style="list-style-type: none">• Racquet decelerates across the body• Relaxation at the elbow

2b. RETURN OF SERVE – SINGLE-HANDED BACKHAND

Preparation	Execution	Completion
<p>Single-handed BH</p> <ul style="list-style-type: none"> • Grip: eastern backhand • Stance: Knees are slightly flexed • Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand • Non-hitting hand to initiate grip change 	<p>Single-handed BH</p> <p>Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed and commences a circular swing • Shoulders rotate further than the hips (to create a separation angle) • Back knee is flexed in preparation of forward body weight transfer <p>Forward swing</p> <ul style="list-style-type: none"> • Arms separate • Legs extend, weight is transferred to the front foot and body segments uncoil • Racquet and hitting hand drop below the ball and racquet is swung with a low to high trajectory (and shortened, circular swing) <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Hips and shoulders remain perpendicular to the net • Wrist and forearm remain stable 	<p>Single-handed BH</p> <p>Follow-through</p> <ul style="list-style-type: none"> • Hitting arm continues to extend out and up through the impact zone, facilitating racquet deceleration • Non-hitting arm straightens: hand to hand forms a line • Hitting shoulder finishes high • Hips open slightly to begin recovery

2c. RETURN OF SERVE – DOUBLE-HANDED BACKHAND

Preparation	Execution	Completion
<p>Double-handed BH</p> <ul style="list-style-type: none"> • Grip: hitting hand – eastern backhand; non-hitting hand – eastern forehand • Knees are slightly flexed • Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand • Non-hitting hand to initiate grip change 	<p>Double-handed Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed Non-hitting arm is similarly flexed and raised • A short, compact circular swing is commenced • Shoulders rotate further than the hips (to create a separation angle) • Both knees are flexed <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend, weight is transferred to the front foot and body segments uncoil (i.e. hips and shoulders are facing the net at impact) • Both arms work in unison to generate maximum amount of power through a short and compact swing • Racquet and both hands drop below the ball and racquet is swung with a low to high trajectory <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Wrist and forearm remain stable 	<p>Double-handed BH Follow-through</p> <ul style="list-style-type: none"> • Both arms extend fully through impact and finish high • Racquet decelerates accordingly

3a. APPROACH SHOT – FOREHAND

(Note: All the observation points hold for the forehand approach shot and forehand groundstroke with the exception of 'alignment' during the preparation, and 'dynamic movement to the ball and target' during execution and completion. These are noted separately within the observation points for the forehand groundstroke).

See page 14 for observation points for this skill.

3b. APPROACH SHOT - BACKHAND

(Note: All the observation points hold for the backhand approach shot and backhand groundstroke with the exception of 'dynamic movement to the ball and target' during execution and completion. These are noted separately within the observation points for the backhand groundstroke).

See page 15 and 16 for observation points for this skill.

4a. NET VOLLEY – FOREHAND

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: continental to eastern forehand • Stance: knees are slightly flexed • Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Slight shoulder turn with hitting arm remaining in front of hitting shoulder • Balanced and neutral shoulder-head alignment is maintained • Length of swing is compact but dependent on time available and intent of shot <p>Forward swing</p> <ul style="list-style-type: none"> • Knees/hips extend and left foot steps forward to transfer weight through the volley • Racquet head is above the wrist Strings move along a horizontal line and the racquet face is vertical, creating a longer hitting zone • Head remains stable with eyes focused on impact point <p>Impact</p> <ul style="list-style-type: none"> • In front of the body • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet follows path towards the target • Deceleration of body weight to recover

4b. NET VOLLEY – BACKHAND

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: continental to eastern backhand • Stance: knees are slightly flexed • Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand • Non-hitting hand initiates any grip change 	<p>Backswing</p> <ul style="list-style-type: none"> • Shoulders aligned horizontally to the ball path • Balanced and neutral shoulder-head alignment is maintained • Dominant arm remains slightly flexed. Non-hitting arm provides racquet head stability with the elbow raised • Racquet head is kept above the wrist. Strings in line with the path of the ball <p>Forward swing</p> <ul style="list-style-type: none"> • Arms separate • Knees/hips extend and right foot steps forward to transfer weight through the volley • Racquet head is kept above the wrist. Racquet face is vertical creating a longer hitting zone • Head remains stable and eyes focused on contact point <p>Impact</p> <ul style="list-style-type: none"> • Ball-racquet impact occurs in front of the body • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet follows path towards the target • Non-hitting arm straightens and remains back: hand to hand forms a line • Deceleration of body weight to recover

5. GROUNDSTROKE - FOREHAND and

3a. APPROACH SHOT - FOREHAND

(Note: All the observation points hold for the forehand approach shot and forehand groundstroke with the exception of 'alignment' during the preparation, and 'dynamic movement to the ball and target' during execution and completion. These are noted separately within the observation points for the forehand groundstroke).

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: eastern forehand, semi-western forehand or western • Stance: knees are slightly flexed to assume a sound support base • Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand • Approach shot: balanced and neutral shoulder-head alignment is maintained 	<p>Backswing</p> <ul style="list-style-type: none"> • Commences in a circular motion • Hitting hand positioned between the shoulders and hips, with non-dominant hand balancing the backward trunk rotation • Shoulders rotate further than the hips (to create a separation angle) • Racquet and hand are still visible on the hitting side of the body • Back knee is flexed • Approach shot: dynamic movement to the ball <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend and body segments uncoil in sequence (i.e. hips and then shoulders rotate to face the net at impact) • Racquet and hand drop below the ball and racquet is swung with a low to high trajectory <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet decelerates across the body • Hitting shoulder finishes high • Approach shot: dynamic movement toward the target

6. GROUNDSTROKE – SINGLE-HANDED BACKHAND and

3b. APPROACH SHOT – BACKHAND

(Note: All the observation points hold for the backhand approach shot and backhand groundstroke with the exception of 'dynamic movement to the ball and target' during execution and completion. These are noted separately within the observation points for the backhand groundstroke).

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: eastern backhand • Stance: knees are slightly flexed • Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed and commences a circular swing • Shoulders rotate further than the hips (to create a separation angle) • Back knee is flexed with stance perpendicular to the net • Approach shot: dynamic movement to the ball <p>Forward swing</p> <ul style="list-style-type: none"> • Arms separate • Legs extend, weight is transferred to the front foot and body segments uncoil in sequence • Racquet and hitting hand drop below the ball and racquet is swung with a low to high trajectory <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Hitting arm continues to extend out and up through the impact zone, facilitating racquet deceleration • Non-hitting arm straightens: hand to hand forms a line • Hitting shoulder finishes high • Hips open slightly to begin recovery • Approach shot: dynamic movement toward the target

7. GROUNDSTROKE – DOUBLE-HANDED BACKHAND and

3b. APPROACH SHOT – BACKHAND

(Note: All the observation points hold for the backhand approach shot and backhand groundstroke with the exception of 'dynamic movement to the ball and target' during execution and completion. These are noted separately within the observation points for the backhand groundstroke).

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: Hitting hand – eastern backhand; non-hitting hand – eastern forehand • Knees are slightly flexed • Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed Non-hitting arm is similarly flexed and raised • A compact circular swing is commenced • Shoulders rotate further than the hips (to create a separation angle) • Both knees are flexed with the stance generally perpendicular to the net • Approach shot: dynamic movement to the ball <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend, weight is transferred to the front foot and body segments uncoil in sequence • Both arms work in unison to generate maximum amount of power • Racquet and both hands drop below the ball and racquet is swung with a low to high trajectory <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Both arms extend fully through impact and finish high • Racquet decelerates accordingly • Hips open slightly to begin recovery • Approach shot: dynamic movement toward the target

8. BACKHAND SLICE

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: eastern backhand or continental • Stance: knees are slightly flexed • Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed and non-hitting arm is similarly flexed and raised to provide racquet head stability • Shoulders rotate at least as far as the hips • Back knee is flexed with stance perpendicular to the net <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend, weight is transferred to the front foot and body segments uncoil in sequence (with hips and shoulders remaining perpendicular to the net) • Hands/arms separate • Racquet head remains above the wrist <p>Impact</p> <ul style="list-style-type: none"> • Racquet is accelerated in a shallow 'U' shape (high-low-high forward swing) trajectory with its face staying vertical creating a longer hitting zone • Head remains stable and eyes focused on contact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet follows path towards the target • Non-hitting arm straightens: hand to hand forms a line • Hips open slightly to begin recovery

9. BACKHAND DROP SHOT

Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: subject to disguise but generally, eastern forehand, eastern backhand or continental • Knees are slightly flexed 	<p>Backswing</p> <ul style="list-style-type: none"> • Hitting arm remains slightly flexed and non-hitting arm is similarly flexed and raised to provide racquet head stability • Shoulders rotate at least as far as the hips • Back knee is flexed with stance perpendicular to the net <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend, weight is transferred to the front foot and body segments uncoil in sequence (with hips and shoulders remaining perpendicular to the net) • Hands/arms separate <p>Impact</p> <ul style="list-style-type: none"> • Racquet head remains above the wrist and racquet trajectory is high-low • Head remains stable and eyes focused on contact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Follow-through is abbreviated, with the racquet finishing low (at approximately waist height) and pointing in the direction of the shot • Non-hitting arm straightens: hand to hand forms a line

10. FOREHAND TOP-SPIN LOB

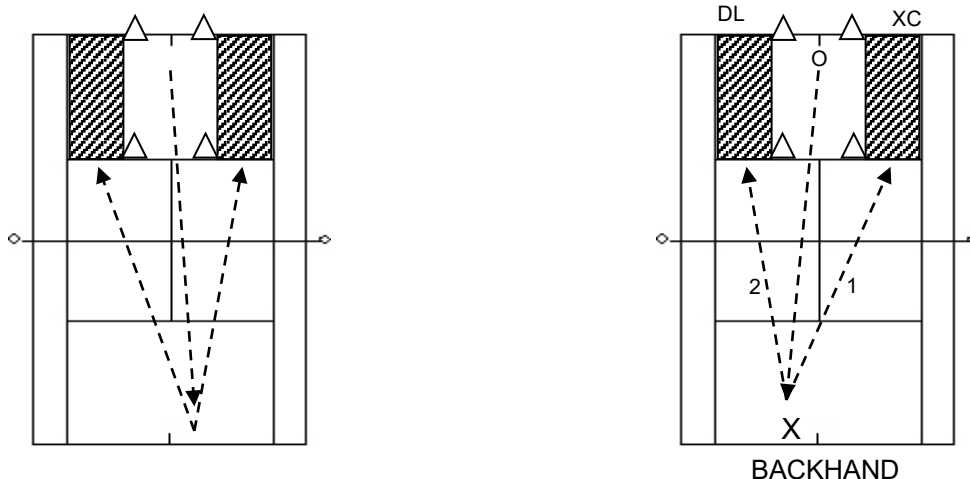
Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: eastern forehand, semi-western forehand or western • Stance: knees are slightly flexed to assume a sound support base • Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Commences in a circular motion • Hitting hand positioned closer to hips than shoulders and with non-dominant hand balancing the backward trunk rotation • Shoulders rotate further than the hips (to create a separation angle) • Racquet and hand are still visible on the hitting side of the body • Back knee is flexed <p>Forward swing</p> <ul style="list-style-type: none"> • Legs extend and body segments uncoil in sequence (i.e. hips and then shoulders rotate to face the net at impact) • Compared to the forehand groundstroke, the racquet and hitting hand drop further below the ball and with a more pronounced upward racquet swing (greater vertical acceleration). Trunk orientation is more upright <p>Impact</p> <ul style="list-style-type: none"> • Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body • Head remains stable and eyes focused on impact point • Wrist and forearm remain stable 	<p>Follow-through</p> <ul style="list-style-type: none"> • Arm and racquet extend fully through impact and finish high • Racquet decelerates accordingly

11. OVERHEAD		
Preparation	Execution	Completion
<ul style="list-style-type: none"> • Grip: continental • Racquet in a neutral position (elbows away from the body) with support and grip change provided by the non-hitting hand 	<p>Backswing</p> <ul style="list-style-type: none"> • Right leg moves back for a right-handed player. Body weight is consequently shifted onto the back leg • Both knees are flexed in preparation for leg drive • Both arms raised together, racquet is closed with racquet angle at 45° • Hitting arm is bent to provide for a fluent throwing motion <p>Forward swing</p> <ul style="list-style-type: none"> • Legs fully extend to lead uncoiling of other body parts (i.e. hips and trunk rotate to a position near parallel to the net) • Elbow extends and racquet follows an upward and outward swing path with the upper arm and forearm rotating outward • Non-hitting arm tucks in close to the body to allow for continued acceleration of dominant arm <p>Impact</p> <ul style="list-style-type: none"> • Racquet-ball contact made in line with or to the right of the front foot and in front of the body • Head and shoulders aligned, eyes focused on impact point 	<p>Follow-through</p> <ul style="list-style-type: none"> • Racquet head decelerates and finishes on opposite side of the body • Natural upper-arm internal rotation and forearm pronation complete the action

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These drills are indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program.

Drill 1: Forehand groundstroke or backhand groundstroke



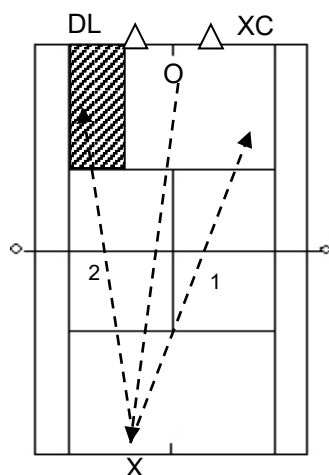
Key

X	= player		= targeted area
O	= feeder/ball machine	XC	= cross-court
△	= markers	DL	= down the line
→	= player movement		
-----	= ball movement		


Drill description

1. Player is fed balls to the forehand or backhand side from a feeder or the ball machine.
2. Hit one forehand/backhand cross-court (1); the next down the line (2) and so forth.
3. Hit a forehand/backhand groundstroke into the given area (from service line to the baseline, singles sideline to half of the back box (see diagram).
4. After each shot hit, the player recovers towards the middle of the court ready for the next shot, then the ball is fed by the feeder / machine.

Drill 2: Backhand slice



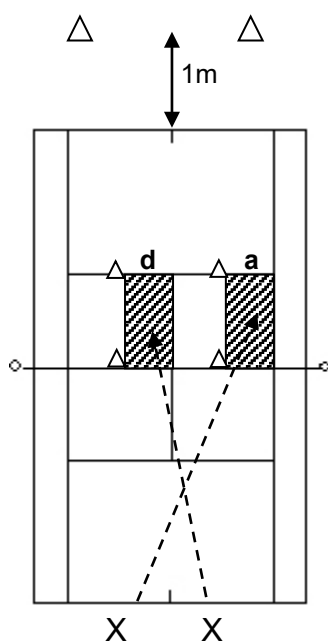
Key

X	= player		= targeted area
O	= feeder/ball machine	XC	= cross-court
△	= marker	DL	= down the line
→	= player movement		
-----	= ball movement		

Drill description

1. Player is fed balls to the backhand side from a feeder or the ball machine.
2. Hit one backhand slice cross-court; the next down the line and so forth.
3. Hit backhand slice into the given area (from service line to the baseline, singles sideline to half of the back box (see diagram)).
4. After each shot, the player recovers towards the middle of the court ready for the next shot, then the ball is fed by the feeder / machine.

Drill 3: First serve flat



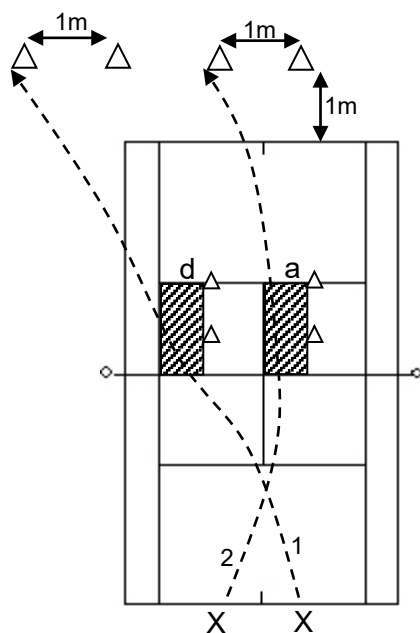
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. Player hits flat first serves (from deuce court and from ad court).
2. Player to hit to target areas: middle of each service box to "T" for deuce court (d) and out wide for ad court (a).
3. The ball must bounce in the target area with the serve being flat.
4. A second bounce should be a minimum of 1m behind the baseline to be considered advanced.

Drill 4: Slice serve



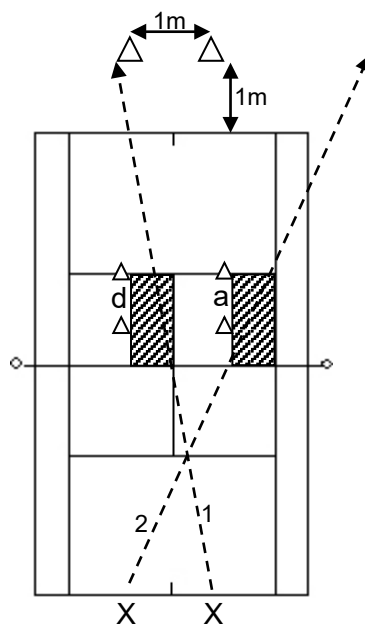
Key

- | | | | |
|---|-----------------------|-------|-------------------|
| X | = player | → | = player movement |
| O | = feeder/ball machine | ----- | = ball movement |
| △ | = marker | ▨ | = targeted area |

Drill description

1. From the deuce court (d), the player must slice the serve out wide and the second bounce of the ball should land one metre beyond the doubles sideline.
2. From the ad court (a), the player must slice the serve to the T and second bounce of the ball should bounce one metre behind the baseline and one metre either side of the baseline centre mark.

Drill 5: Top-spin serve



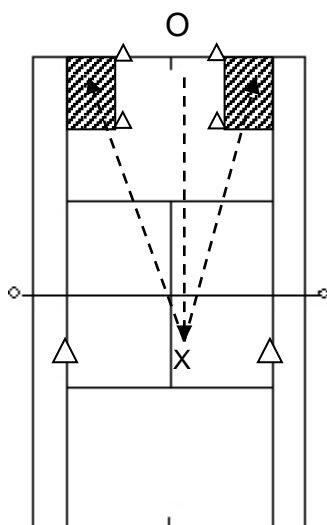
Key

- | | | | |
|---|-----------------------|-------|-------------------|
| X | = player | → | = player movement |
| O | = feeder/ball machine | ----- | = ball movement |
| △ | = marker | ▨ | = targeted area |

Drill description

1. From the deuce court (d), the player must hit a top-spin serve to the T and the second bounce of the ball should be one metre behind the baseline and one metre either side of the baseline centre mark.
2. From the ad court (a), the player should hit a top-spin serve wide, with the ball passing through the doubles sideline before the baseline.

Drill 6: Forehand net volley or backhand net volley



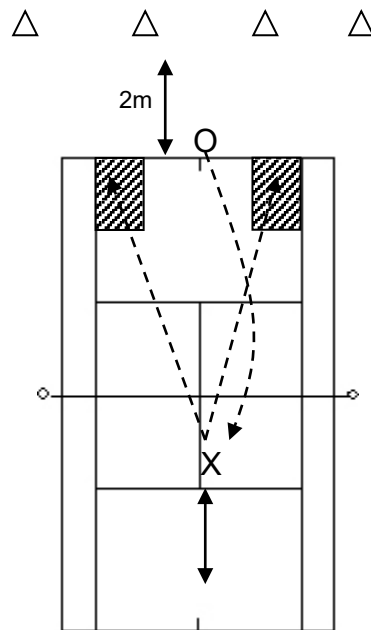
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. Player stands in a volleying ready position, three quarters of the way back in the service box, behind the markers, ready to receive a ball from a feeder or ball machine. The player can move forward to volley from this position but should re-assume that position prior to any subsequent volley.
2. Player executes forehand or backhand net volley, alternating between hitting cross-court and down the line.
3. Player must hit the volley in the target area.
4. Player must return to starting position before the next volley before the feeder or ball machine feeds the next ball.

Drill 7: Smash



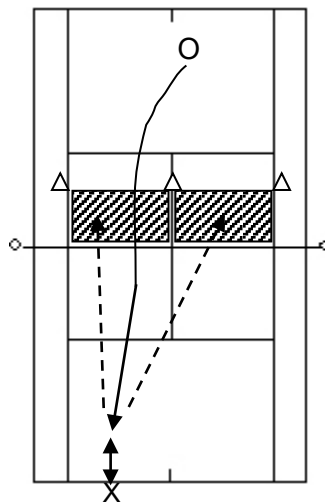
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. Player receives lobs from the feeder or ball machine that require the ball to be contacted no further back than half-way between service line and baseline.
2. Player must aim at the target areas and alternate his/her smashes in the cross-court and down the line directions.
3. Second bounce of the ball should land a minimum of two metres behind the baseline.

Drill 8: Drop shot – backhand



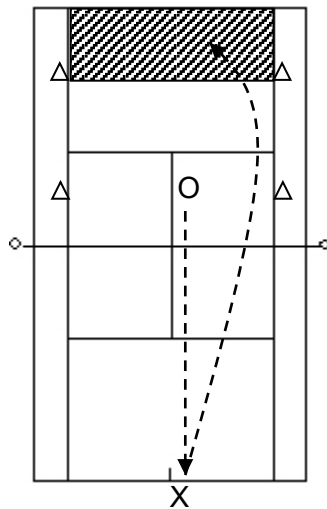
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. Player is fed balls by the feeder or ball machine to the backhand side. The fed ball is to land inside the ad court service box and bounce relatively high so as to allow the player to contact the incoming ball inside the baseline.
2. Player must hit the drop shot into the targeted area and should aim to have the ball bounce two or more times inside the service box.

Drill 9: Top-spin lob – forehand



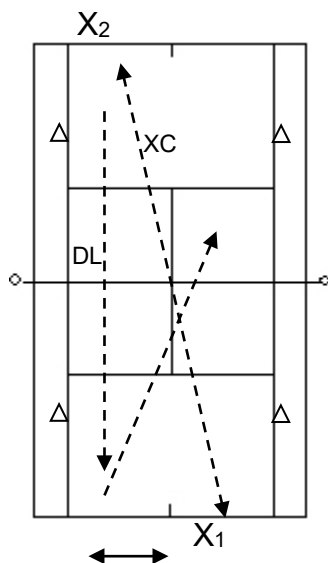
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. Player is fed balls to forehand by the feeder or ball machine and must try to get a lob over the feeder's head.
2. Feeder must stand half-way between net and service box.
3. Ball must land in targeted area and must be hit with top-spin.

Drill 10: Forehand groundstroke, backhand groundstroke



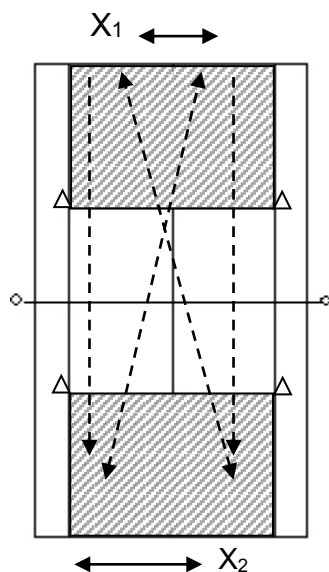
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. X₁ and X₂ have a cross-court forehand rally (XC).
2. Three balls must be hit over by each player.
3. Either player can then change direction down the line (DL) upon receiving a short ball landing in front of the markers.
4. Players then play out the point.
5. The drill can be repeated, starting with a cross-court backhand rally.

Drill 11: Forehand groundstroke, backhand groundstroke, backhand slice



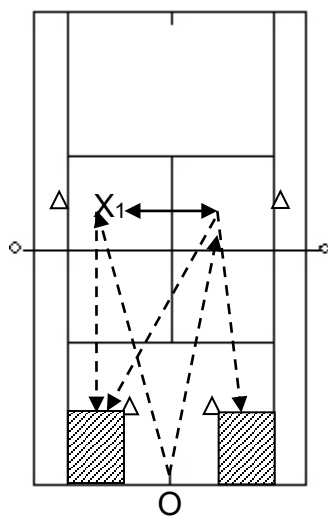
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. The feeder or X₁ feeds in to X₂'s forehand.
2. Both X₁ and X₂ must hit three cross-court forehands into the target areas.
3. Once three successful cross-court forehands have been played, X₁ can change direction down the line (again into the target area) and begin moving to the backhand side.
4. X₂ is designated to hit all shots cross-court. A further three shots are required to be played by each player cross-court (with their backhands – slice or top-spin) before X₁ is able to again change direction.
5. The drill continues and players change roles.

Drill 12: Forehand net volley, backhand net volley



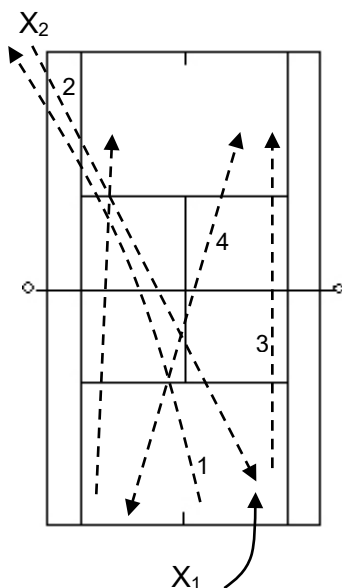
Key

X	= player	→	= player movement
O	= feeder/ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. X₁ hits a forehand net volley down the line to the target area from a feeder and recovers to the centre line and half way between the net and the service line.
2. X₁ hits a backhand net volley down the line to the target area from a feeder.
3. X₁ hits a backhand net volley cross-court to the target area from a feeder.

Drill 13: Slice serve, forehand ground stroke, backhand ground stroke



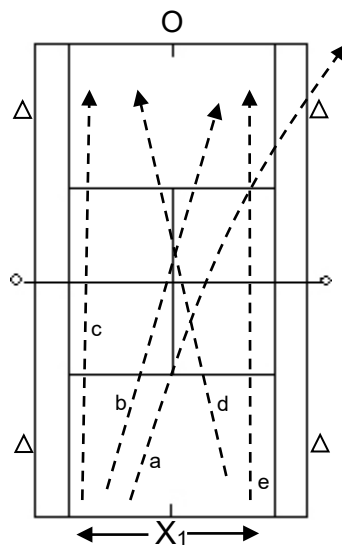
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. X₁ hits a slice serve out wide from the deuce court.
2. X₂ returns it deep cross-court.
3. X₁ runs and hits a forehand down the line into X₂'s ad court.
4. They then play a three-shot backhand cross-court rally, then X₁ hits fourth shot down the line then play out the point.

Drill 14: Top-spin serve, backhand ground stroke, forehand ground stroke



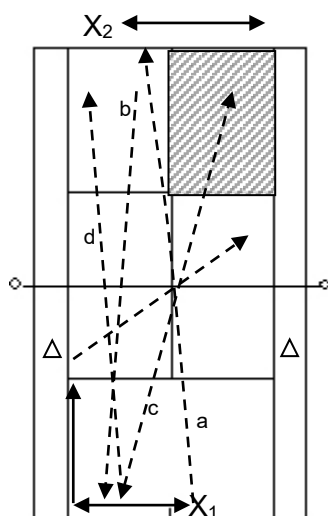
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. Feeder has six balls ready to feed. X₁ begins with one serve, regardless of the serve being in or out, the feeder begins after this.
2. X₁ serves a top-spin serve into the ad court out wide (a).
3. The feeder then directs six balls to the player.
4. X₁ hits two backhands cross-court (b); the third stroke is a backhand down the line (c).
5. X₁ moves into the deuce side of the court, hits two forehands cross-court (d) and the third stroke is a forehand down the line (e).
6. Between each shot the player recovers towards the middle of the court and when the feeder feeds the ball they can move for the next shot.

Drill 15: First serve flat, backhand ground stroke, forehand ground stroke, approach shot, volley or smash



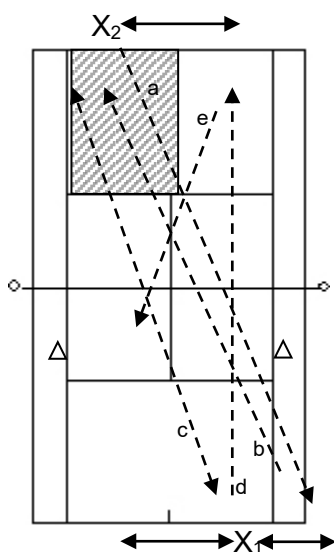
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. X₁ hits a flat serve down the T on the deuce side (a).
2. X₂ returns back to the backhand side (b).
3. X₁ hits a backhand cross-court then the players rally backhands cross-court (c) for three strokes (must be in the back box).
4. On the fourth hit, X₁ runs around the backhand and hits a forehand down the line (d), then comes into the net for a volley or smash to play the rally out, aiming to get past the markers to an attacking position.

Drill 16: Slice serve, forehand ground stroke, backhand drop shot



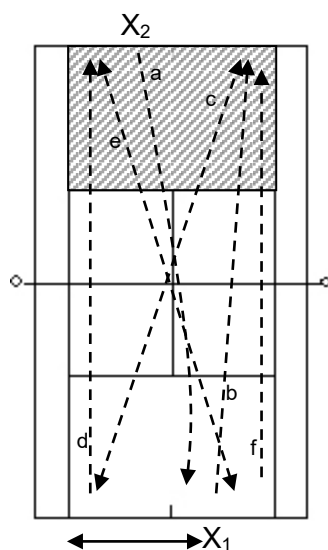
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
Δ	= marker	▨	= targeted area

Drill description

1. X₂ hits the slice serve into deuce court to X₁'s forehand (a).
2. X₁ returns cross-court into target area (b).
3. Cross-court forehand rally then occurs with X₁ hitting three cross-court forehands (c).
4. On the fourth stroke, X₁ hits forehand down the line (d).
5. X₂ then hits a backhand drop shot (e).
6. Play out the point.

Drill 17: Flat serve, forehand ground stroke, backhand ground stroke, backhand slice



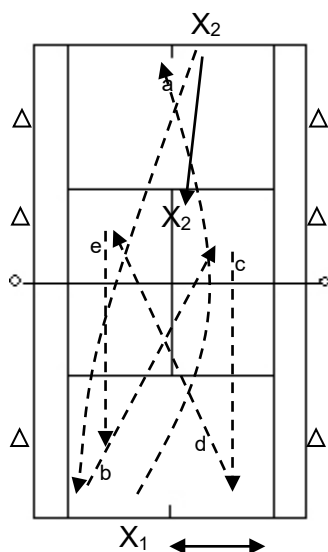
Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
△	= marker	▨	= targeted area

Drill description

1. X₂ flat serves down the T to X₁'s backhand (a).
2. X₁ returns the ball down the line into the target area (b).
3. X₂ hits the ball cross-court (c) and X₁ then hits three backhands cross-court into the target area; on the fourth stroke, X₁ hits backhand slice down the line (d).
4. X₂ hits forehand cross-court (e).
5. X₁ moves over and hits three forehands cross-court then on the fourth stroke hits forehand down the line (f) and play out the point.

Drill 18: Flat serve, forehand ground stroke, backhand ground stroke, forehand top-spin lob



Key

X	= player	→	= player movement
O	= ball machine	-----	= ball movement
Δ	= marker		

Drill description

1. X₂ slice serves the ball out wide on the ad court to X₁'s backhand (a).
2. X₂ comes into the net to a position in front of the markers and tries to stay within this zone.
3. X₁ hits a backhand low and cross-court (b).
4. X₂ volleys a backhand down the line (c).
5. X₁ hits a forehand cross-court (d).
6. X₂ volleys down the line (e) and continues like this until X₁ has hit three forehands and three backhands cross-court.
7. X₁ hits a forehand top-spin lob over X₂'s head (f).
8. Play out the point.

Variations

1. X₁ is a feeder.
2. Ball may be fed to X₂ to hit volleys:
 - 3 x down the line
 - 3 x forehand crosscourt
 - 3 x backhand crosscourt

Tennis tactical framework

Tactical problems	Off-the-ball skills	On-the-ball skills
OFFENCE		
Setting up to attack (creating space)	<ul style="list-style-type: none"> • Perception • Anticipation • Footwork • Coordination (differentiation, orientation etc) • Select optimal target areas 	<ul style="list-style-type: none"> • Groundstrokes <ul style="list-style-type: none"> ▪ Forehand ▪ Backhand ▪ Backhand slice ▪ Cross-court ▪ Down the line • Return of serve • Approach shot • Drop shot • Serve
Winning the point	<ul style="list-style-type: none"> • Perception • Anticipation • Footwork • Coordination (differentiation, orientation etc) • Change the rhythm and tactics during the match • Attack the short ball • Winning plays (1-2 sequence) 	<ul style="list-style-type: none"> • Net volleys <ul style="list-style-type: none"> ▪ Forehand ▪ Backhand ▪ Cross-court ▪ Down the line • Return of serve • Passing shot • Attacking drop shot • Lob (forehand and backhand) • Smash • Serve
DEFENCE		
Defending own space	<ul style="list-style-type: none"> • Perception • Anticipation • Footwork • Coordination (differentiation, orientation etc) • Limit directional changes 	<ul style="list-style-type: none"> • Low service • Return of serve • Ground strokes (forehand and backhand) • Backhand slice • Hold the line on low volleys • Play consistent percentages
Defending against an attack	<ul style="list-style-type: none"> • Perception • Anticipation • Footwork • Coordination (differentiation, orientation etc) 	<ul style="list-style-type: none"> • Return of serve • Backhand slice • Lobs <ul style="list-style-type: none"> ▪ Forehand ▪ Backhand • Centre the ball • Hold the line on low volleys