

High Performance Squad Training 2 hours

Squad Activities	Time allocation 120mins squad (6 players)
Warm - up	15 mins
Match 1	20 mins
Match 2	20 mins
Match 3	20 mins
Match 4	20 mins
Prize allocations/clear-up	10mins
Rotations between activities	10mins total

Match 1:

Singles – Returns can ONLY go Cross Court then at the 10 minute mark change to returns can ONLY go down the line.

At the 20 minute mark discussion will be held:

Cross Pros	Cross Cons
Big angle – get server running	Longest distance giving server time
Lowest part of the net easier	Create and angle get an angle back
Longest distance, most time to recover	Goes to opponent's stronger stroke
Attack a weaker stroke	Approach shots must be good
Gives time to follow into net	
Line Pros	Line Cons
Shortest distance in court	Highest part of net
Attack opponents weaker side	Difficult to hit when server is into the body
Allows lateral continuation of movement to the net.	If not struck well gives opponent an easy cross court angle

Match 2:

Server starts at 0-30 down every service game. Aim of this match – setup is for players to play the high percentage shots and force their opponent to have to hit a winner to close the game out.

Percentage Tennis Components	
Net Height	Reduce the margin for error by increasing the height over the net.
Cross court Key	This reduces the likelihood of an error because it's the lowest part of the net and the longest distance. Crosscourt keeps you in the point, down the line finishes the point.
Emergency Action	It's not the prettiest shot, but the lob can get you out of tricky situations. Remember you only have to stay in the point to give yourself an opportunity to win it.
Timing is everything	Consider the score before you try a risky shot, wait for the right attacking opportunity. 40-0 up is a good time, whereas deuce is too risky.
Strategy matters	You might be playing safe tennis, but that shouldn't stop you thinking about what you opponent's game plan is. Be prepared to adapt your game plan mid match if things aren't going your way.
Fit or fade	Percentage tennis means hanging in points for longer periods, so fitness is paramount. You need endurance and the ability to change directions quickly.

Match 3:

Doubles – played from Deuce. Play first to eight games. Focus of this set-up is a follow on from match two, highlighting pressure points.

6 techniques to manage pressure during a match:

- 1) Take deep breaths before a serve or return and breathe out as you make contact.
- 2) Have a ritual or habit between points this creates the ability of the player to switch to performance mode, and relax between points.
- 3) Visual the shot before you hit, usually when you make an error like a double fault or you were doubtful before you even hit it.
- 4) Practice with goals and objectives – repetition is the mother of skill. Draw on practice in matches to remind yourself you are prepared to win and fight.
- 5) Be performance orientated, not result orientated. Everyone likes to win, however losing motivates you to perform better. You hunger to treat a loss as a stepping stone towards getting better increases with a loss.
- 6) Enjoy pressure – this enjoyment comes from seeing the fruits of your preparation. Constantly remind yourself why you play tennis, positivity effects what the mind believes over time.

Match 4:

Doubles – serving team play either serves into the body of the I formation.

Into the body serves advantages	I formation advantages
Reduce angle of returner	Force returns to return down the line
Pop up easy volley for serves	Eliminate a strong player on the team
Eliminate a weapon of returner	Target the weaker opponent
Shortest distance – fastest serves	Change the pace of play