

# Gameplans for Bux Mont & USTA Teams in 2022

## Week 1

### Theme: Positioning

When: A. Positioning during one up/one back on both sides. A. Positioning during two up/one up & back or both back.

Why: Covering the higher percentage shots an opponent can hit and moving into the correct position for your team will help you maintain a strong neutral and aggressive stance.

**Dead Ball Drill (10 - 15 minutes):** Have a normal dead ball warm up that includes groundstrokes, volleys, and overheads.

**Drill 1 (25-30 minutes):** One up & back on both sides. This drill will take longer because we are working a lot on the non-playing person shifting and getting them to understand they need to move and be active during the point, though they are not hitting the ball. We can go over, in a simple way, the 4 zones of Gigi Fernandez. This is the non-active player is shifting up when the ball is ahead of the net player they will move forward and aim to poach and/or cover the ball down-the-line if an outside shot. When the ball is hit past themselves, they must shift back in order to cover the middle of the court. Further, they are waiting for the ball to pass the opponent's net player before they move up again. Play one up & back on both sides-feed one ball to the baseliner and one to their net player. First ball has to be cross court Play on ad side as well. Players are watching the type of ball their partner and opponent hits in order to understand where they need to stand.

**Drill 2 (10 minutes):** 2 players at the net and 2 back. Net players are working on shifting in a way so they are covering the majority of the court and leaving the low percentage ball open. When the ball is on their side, the net player should be slightly closer to the net in order to look for the poach and/or easier volley. Feed to the baseline and play to 11 points.

**Drill 3 (10 minutes):** 2 players at the net and one up & one back; Same as above and play to 11 points. Focus on pressuring the player that is up at the net and/or "hot seat."

**Drill 4 (10 minutes):** Play one back on both sides. Feed can go anywhere. This is open and work on developing the positioning.

**Drill 5:** Remainder of time play by using the serve and making sure they work on the shifting.

## Week 2

**Theme:** Serve plus 1 and Return plus on 1 deep cross-court.

Developing Consistency while pushing the opponent back and creating short balls, unforced/forced errors, and/or setting up your partner. Aim to hit a deep ball that pushes the opponent back.

**When:** From the serve and return developing a solid rally ball in order to take control of the point.

**Why:** Our goal is to take control of the point via a rally ball, which will increase your consistency and have a lower risk, while, at the same time, controlling the opponent. If we are able to control the point, we are able to be the first player to the net and develop an offensive position. The back player aims to hit the ball deep cross court into the outer third of the court, which will open up the court and force the opponent to hit a defensive ball and/or play on the defense position-wise; therefore, setting up your partner, creating a short ball, and/or making a mistake.

**Dead Ball Drill (10 - 15 minutes):** Have a normal dead ball warm up that includes groundstrokes, volleys, and overheads.

**Drill 1 ( 10 minutes):** Have players hit cooperatively cross court in order to capture the rhythm and consistency we are looking for during the rest of the session. Incorporate down-the-line as well. You can have 2 balls at the same time. Have 2 on one side and 4 on the other side. Have everybody play on the 2 person side.

**Drill 2 (10 minutes):** Have all players back. First 2 balls cross court, then players can come in or stay back, depending on the type of ball they received from the opponent.

**Drill 3 (15-20 minutes):** One up/One back on both sides. Illustrate that your feed is simulating the serve/return. The back player gets both balls and hits the ball cross-court, aiming to take control of the point.

**Drill 4 (10 minutes):** Players serve on the deuce side, and the pro feeds a volley to net player. Then after some time, you can have the player serve to the ad side and pro feed a volley to the net player.

**Drill 5 (10 minutes):** Finish until the rest of the class. Focus on Serve/return plus 1 going cross court to take control.

## Week 3

### Theme: Defensive Situations

When: The opponent has come to the net off a weaker serve, short ball or snuck in the net.

Why: The opponent is on the offensive and you are trying to go from defensive to offensive or hit a good defensive ball that forces the opponent to commit an unforced or forced error. Goal to neutralize their offensive tactic.

Tactic: Passing shots ( two step) and Lobs

When: 1. Passing shots ( two step): When a player is attacking you via an approach shot, swing volley, or sneak attack ball, you ( the baseliner) aim to keep the ball low to their feet, use the alleys, or middle. Later, we will discuss the lob as well. The two step is focused on hitting the ball low, so you can force the opponent to hit a weaker volley, set up your partner, or hit a ball that gives you more court to hit your next shot. Further, this shot creates more consistency, for you, in addition to forcing the opponent to beat you with a solid volley. 2. In addition to the aforementioned defensive tactics, you will bring the opponent in by hitting your two step passing shot, which will open them up for the lob. Look to see the location of the players and you can pick which side will be the most effective when executing the lob.

**Dead Ball Drill /warm up (15 minutes):** In addition, you have a line drill with 4 players while having two volley players hitting the ball down-the-line. The baseliner can work on hitting the ball low.

1. Drill # 1 (20 minutes): Two up at the net and one up/one back. Feeding two passing shot balls to the deeper player. No lob on feed. They are working on the two step passing or using the middle/alleys.
2. Drill # 2 (10 minutes): Two up/two back. Feeding two passing shot balls to the deeper player. No lob on feed. They are working on the two step passing or using the middle/alleys.
3. Drill # 3. ( 10 minutes): One up/one back while two up: First ball is a lob, then play it out. Feed their net partner with a volley
4. Drill # 4 (10 minutes). One up/one back on both sides. Open play. Work on developing and creating a short ball in order to attack and the opponenet work on the aforementioned defensive tactids.
5. Serve Play: Attack the 2<sup>nd</sup> serve and come in.

## Week # 4

### Theme: Transition Shots

When: Given a short ball by the opponent.

Why: Gets 2 players to the net while the opponents have one up and one back. Teams that have both players at the net have the advantage while the opponents are one up/one back.

Where: For this practice focus on hitting the ball deep cross court, work on hitting approach shot down the middle, and down-the-line

**Tactical/Shot of the day: Approach Shot-** Focus on hitting the ball flatter and deeper to keep the ball lower and increase pace on the shot. If you have trouble with flatter technique, you can work on hitting the ball deeper, without emphasis on flatter ball to push the opponent back.

**Dead Ball Drill /warm up (15 minutes):** Groundstroke warm up- work on depth and consistency ( 40% of a basket). The rest you can have approach shot, volley and overhead. Use targets for the visual.

**Drill # 1 (20 minutes):** One up/ one back on both sides: Pro feeds shot ball to the back player and they must hit deep cross court and come in to the net. Players hitting the approach looking to hit volley into open court if opportunity arises; they can hit at net player if given a short ball as well. 2<sup>nd</sup> feed is a volley to the net person. Play games to 7 or rotate all courts, depending on the number of players.

**Drill# 2 (20 minutes):** One up/ one back on both sides: Pro feeds short ball to the back player and they must hit down the middle or down-the-line and come to the net. Approaching team can use sidelines if both players bunch up for the middle approach. Next feed is a volley to the net person. Play games to 7 or rotate all courts, depending on the number of players.

**Drill # 3 (20 minutes):** One up/one back on both sides. Open play. Players working on building the point to create a short ball and attack. Understand where to hit the ball after approach shot to maintain offensive position. Know when you come in for the approach and when not to come in.

**Drill #4 Serve/Return (15 minutes):** Play with intention on attacking the approach shots. Returner must attack the second serve. Good serve can give you a short ball and open up the court.

**\*\*Knowing what to do with volley for 2<sup>nd</sup> part. Returner options, and down-the-line.**

Understanding the options of after your approach

Wrap up: Reiterate plan of the day and tease next week.

## Week # 5

**Theme: Transition Volleys - A volley after hitting the approach to take control of the point and have two players at the net before the opponent.**

### **Tactic - Stop Sign movement and not overcommitting**

**When:** After hitting the approach, you will come to the net. However, you cannot sprint to the net and overcommit, because you will be vulnerable to the lob and/or receiving the passing shot. You should aim to make it around the service line before your opponent hits the ball. You should hit your transition volley around the service line and hit the ball deep, especially if the ball is below the net. However, if they hit a weak, high ball, you are welcome to put that ball away at the opposing net player.

**Why:** Many players come too far up after their approach and are not covering a lot of court. We aim to maintain the staggered position in order to cover the highest amount of square footage of the court.

**Where:** Lower balls, faster ball, out wide balls, you can go deep with the transition volley. Easy, high ball you can attack. Hit the high ball to closer player.

**Dead Ball Drill/Warm Up (15 minutes):** Groundstroke warm up- work on depth and consistency ( 40% of a basket). Have 2 volleys, then overhead in order to work on transition volley

**Drill # 1 (20 minutes):** One up/ One back on pro side/ one up/ one player starting at blue line on opposite side. Feed a transition volley and have them hit the ball deep. Give the players lower/higher balls. Hit a feed to the partner. Play games to 7 or rotate.

**Drill # 2. (20 minutes):** One up/ One back on pro side/ one up/ one player starting at blue line on opposite side. Feed a transition volley, but mix up the feeds—sometimes give them easier ones and sometimes more difficult volleys. Give the players lower balls. 2<sup>nd</sup> ball hit a feed to the partner. Play games to 7 or rotate.

**Drill # 3 (20 minutes):** One up/One back on both sides. Players are incorporating building the point to hit a transition volley. Play games to 7 or rotate.

**Drill #4 Serve/Return (15 minutes):** Play with intention on attacking the approach shots. Returner must attack the second serve.

**Wrap up:** Reiterate plan of the day and tease next week.

**\*\*\*watch quality of ball you hit.**

## **Week # 6**

Review Previous 5 weeks of themes.