

# Module 6

## Strategy

### Week 1

#### Lesson 1: Play Middle, Play Higher, Play Slower

Play baseline points down the middle (10 minutes)  
Play serve and return points down the middle (10 minutes)  
Play baseline points high and slow (10 minutes)  
Play serve and return point high and slow (10 minutes)

*Make sure to:*

*Be patient and play down the middle*

*Don't go for too much too early*

*Don't miss wide*

*Play high and slow because some pushers like pace*

*Play high to backhand*

*Look to take swinging volleys out of the air*

#### Lesson 2: Play With Angles, Groundstrokes Part 1

Play baseline points using angles (10 minutes)  
Play serve and return points using angles (10 minutes)

*Make sure to:*

*Pushers don't have to move as much if you play deep crosscourt*

*Get the ball moving off the singles sideline before it crosses baseline*

*Hit more angles off of an angled ball*

*Aim for service line with angle*

*Make pusher move up for angled ball*

*Usually easier to hit angles off the forehand than the backhand*

### **Lesson 3: Play With Angles, Approach Shots Part 2**

Play approach shot points using angles (10 minutes)

Play serve and return points using angle approach shots (10 minutes)

*Make sure to:*

*Play deep down the middle before looking to hit angle*

*Don't approach down the line when pusher is standing deep*

*Aim for service line*

*Get ball to cross singles sideline before it crosses baseline*

*Angle approaches make pusher run further to hit passing shot*

*Get pushers to move up into the court to hit passing shots*

### **Lesson 4: Master The Put Away Forehand And Return Part 1**

Practice put away forehand with ball feeds or ball machine (10 minutes)

Play points starting with put away forehand feed (10 minutes)

Play serve and return points practicing put away forehand (10 minutes)

*Make sure to:*

*Don't finish over the shoulder on high forehand put away*

*Swing across the body or down to the pocket*

*Don't use the lift and land footwork pattern on high balls*

*Use the back to front footwork pattern when ball is high*

*Load outside leg and kick that leg back after landing on the front foot*

*Don't miss ball long, aim just past the service line*

## **Lesson 5: Master The Put Away Forehand And Return Part 2**

Practice put away forehand with practice partner hitting serves (10 minutes)

Play return points with 2<sup>nd</sup> serves and practice put away forehand return (10 minutes)

*Make sure to:*

*Be clear on target and aim low over the net*

*Pick a spot and hit it there*

*Aim down the middle first, then go for more angles to open up court*

*Use the lift and land on strike zone balls*

*Use the back to front on high balls*