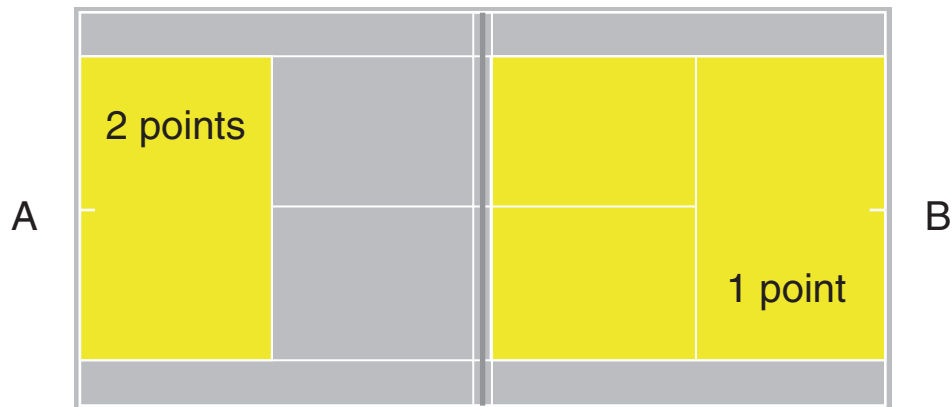




KEEPING THE BALL IN PLAY: THE DEEP GAME (SAMPLE)



GOAL: To develop rallying consistency by hitting ground strokes deep in the court

TARGET AGES: 10 to 18

SETUP: Two players at the baseline

PLAY: Players begin rallying

- SCORING:**
- One player earns a point each time the ball lands in the court
 - The other player earns 2 points for balls landing beyond the service line
 - Players call out their scores
 - The winner is the first player to reach 21 points
 - After one game, players change roles



OBSERVATIONS

Either make notes on individual performance, player by player, or on the team's overall ability to perform the key components of this tactic: *hitting the ball higher over the net, keeping the ball away from lines, using topspin, not going for winners, and hitting deep shots when returning strong offensive shots.*

Hitting higher over the net—Johnny needs work here. He often hits the ball too close to the top of the net; **Keeping the ball away from lines**—Evan needs work here. He gets impatient in rallies and then goes for lines; **Using topspin**—James needs to work on a low-to-high swing; **Not going for winners**—most players aren't trying for winners (use Louis as example); **Hitting deep shots when returning offensive shots**—players don't focus on getting the ball deep, but rather return offensive shots with offensive shots.

(continued)



KEEPING THE BALL IN PLAY: THE DEEP GAME (SAMPLE) *(continued)*



KEYS TO KEEPING THE BALL IN PLAY AND DEEP IN THE COURT

- Don't hit too close to the lines.
- Use topspin and hit with a low-to-high swing.
- Don't go for winners.
- When returning an offensive drive, be sure to get your racket back early.
- Hit the ball higher over the net.



COMMON ERRORS

- Attempting to return strong offensive shots with flatter harder shots
- Players make contact with ball too high
- Players have improper swing on topspin shots



QUESTIONS FOR PLAYERS

- What were you trying to do in this game?
- What did you have to do to be successful?
- How can you improve your ability to keep the ball in play and keep it deep?