

LIVE CALL

Sunday

Jan 2, 2022

Jorge Capestany





Q 1: Gamification ideas I can introduce into my HS players in-house match play sessions. I want to simulate real match day pressure into our practice matches.

David R

Match Play

- Use Lesson templates
- Regular Matches
- Modified Match Play (pressure)
- **Test:** Do they play better in practice than matches?
- Creative Ways to Add Pressure to Practice



Q 2: I'm starting a Junior High tennis team. I'm anticipating some with no experience. What type of drills should I do to help the beginners start learning the game?

Cullen

Players with little Experience

- Use Stroke Production (hand fed by teammates)
- Instant Tennis
- Rally Builders
- It's OK if it looks ugly!



Q 3: See pros standing very close to the net when playing doubles. What is the advantage to this, if any? **Janet**

Doubles Player at Net

- Pros stand close because they can (reflex wise)
- They get huge angle benefits
- Is it even a good thing for **your** player to volley?
- Rec player get lobbed too easily
- Test it (college example)



Q 4: I coach girls high school tennis. What are your best footwork and racket head speed drills for players, whether it be singles or doubles? **Paula**

HS footwork and racket head speed

FOOTWORK:

- Just do **live** ball drilling
- Make anything tennis specific (work/rest ratios)

RACKET HEAD SPEED:

- Plastic bag
- Net Slammer (DB-7) - [Watch](#)



Q 5: I want to add some fun games for next season. What are some of your favorites for singles and doubles? **Paula**

Fun Games

SINGLES:

- Post Drill Baseline - [Watch](#)

DOUBLES:

- Overhead Game - [Watch](#)



Q 6: Best way to help students that swing on their volleys. **Pete**

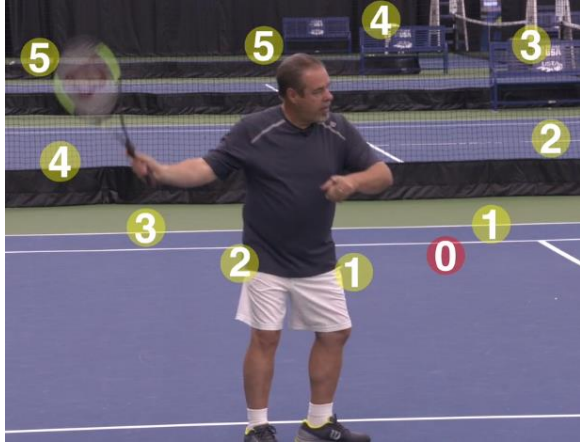
Proper Volley Technique

Can Volley Drill - [Watch](#)

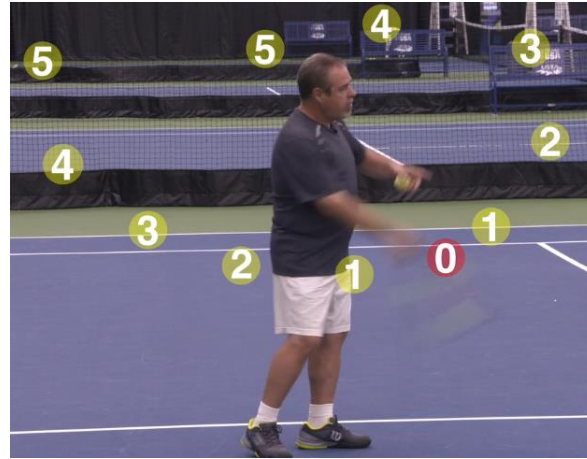


Q 7: How can I help my student that does not follow through, he just pokes at the ball - **Bill**

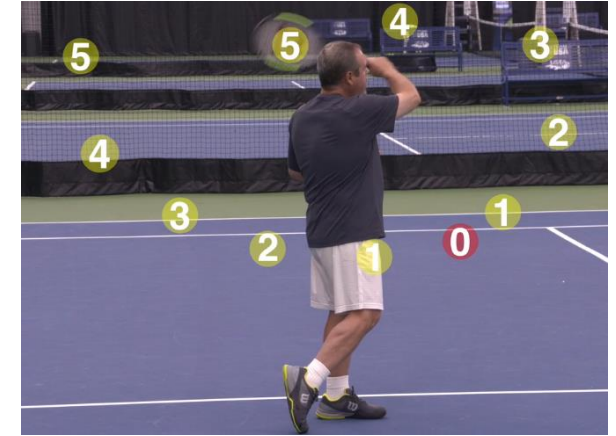
Lack of Follow Through



Full Backswing - 5



Point of Contact - 0



Full Follow Thru - 5

- Segmented Swing
- Kiss the Bicep
- Vampire Follow Through



Q 8: What are some basic strategies I can teach a new player? - **Mac**

Basic Strategies:

- Will they give it to me, or will I have to take it?
- Use MY strengths
- What do they do poorly?
- Isolation
- It's Chess

LIVE

Q & A