

LIVE CALL

Sunday

Feb 20, 2022

Jorge Capestany





Q 1: Do you have a selection criteria that can be used for women's 3.5/4.0 team tryouts. I find on any given day the players levels vary so much a single day tryout is a crap shoot and can be very political. **Arthur**

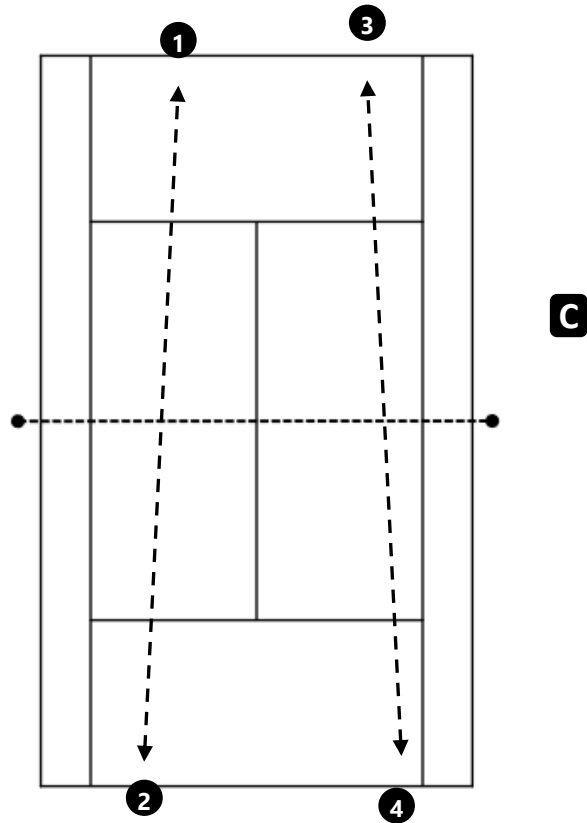
Jorge's Line-up Criteria (tryouts)

- 25% based on challenge matches
 - 25% based on what see every day at practice
 - 50% based on what I think you'll do against the field
-
- **Other considerations:**
 - NTRP computer ratings
 - UTR level



Q 2: How many tennis ball hits per minutes in practice rallies at various levels of play (baseline to baseline) is a general guide for people? For example: at level 2.5-3.0, 30 balls / minute, at the junior level 40 balls / minute, **Pierre**

SINGLES DRILLS



Tempo Drill - Watch

187) Tempo Drill: Level: 2.5 & Higher

This drill gives players a tangible goal on their shots.

The goal is to hit as many balls as possible in the court in one minute. Players rally with a partner on just half of the court.

If the ball goes out of play, the players simply pick up from the same score with a new feed. **Feeds to not count towards the score.**

Players should do a baseline-to-baseline version and a net-to-baseline version. **Typical scores would be:**

Level	Baseline / Baseline	Baseline / Net
Beginner	10-25	10-25
Intermediate	15-30	25-40
Advanced	30-45	35-55

In theory, the net-baseline version will have a higher score because there is less distance for the ball to travel between players.

However, this can be greatly affected by the player's volley skills.

The key in this drill is for each player to know what their number is so they can improve on their personal best.



Q 3: We have 90 minutes of court time on only 1 court at an indoor club once a week for the next 3 weeks before our season starts. **Devin**

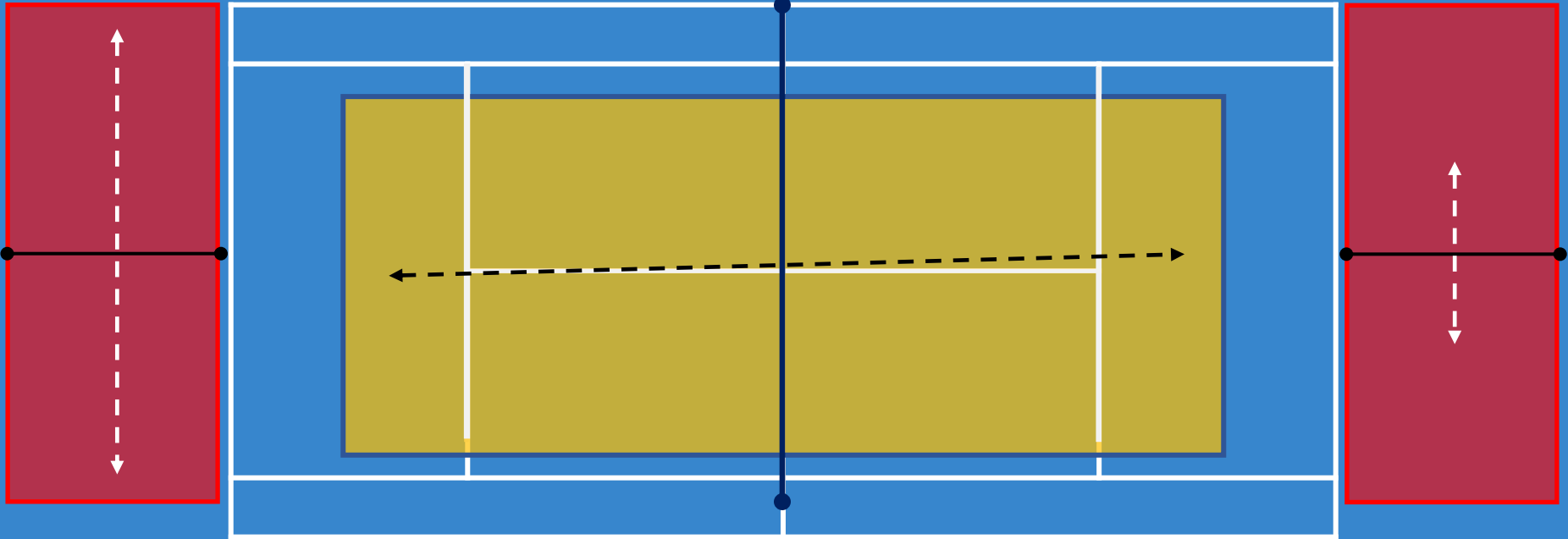
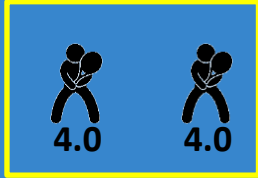
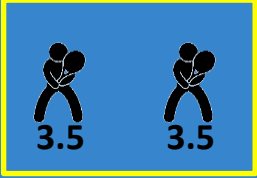
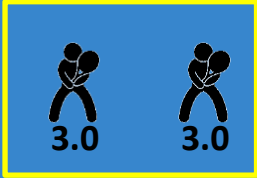
Stations #1 - Watch

Stations #2 - Watch

Use mini courts - Watch

COMBINATION COURT

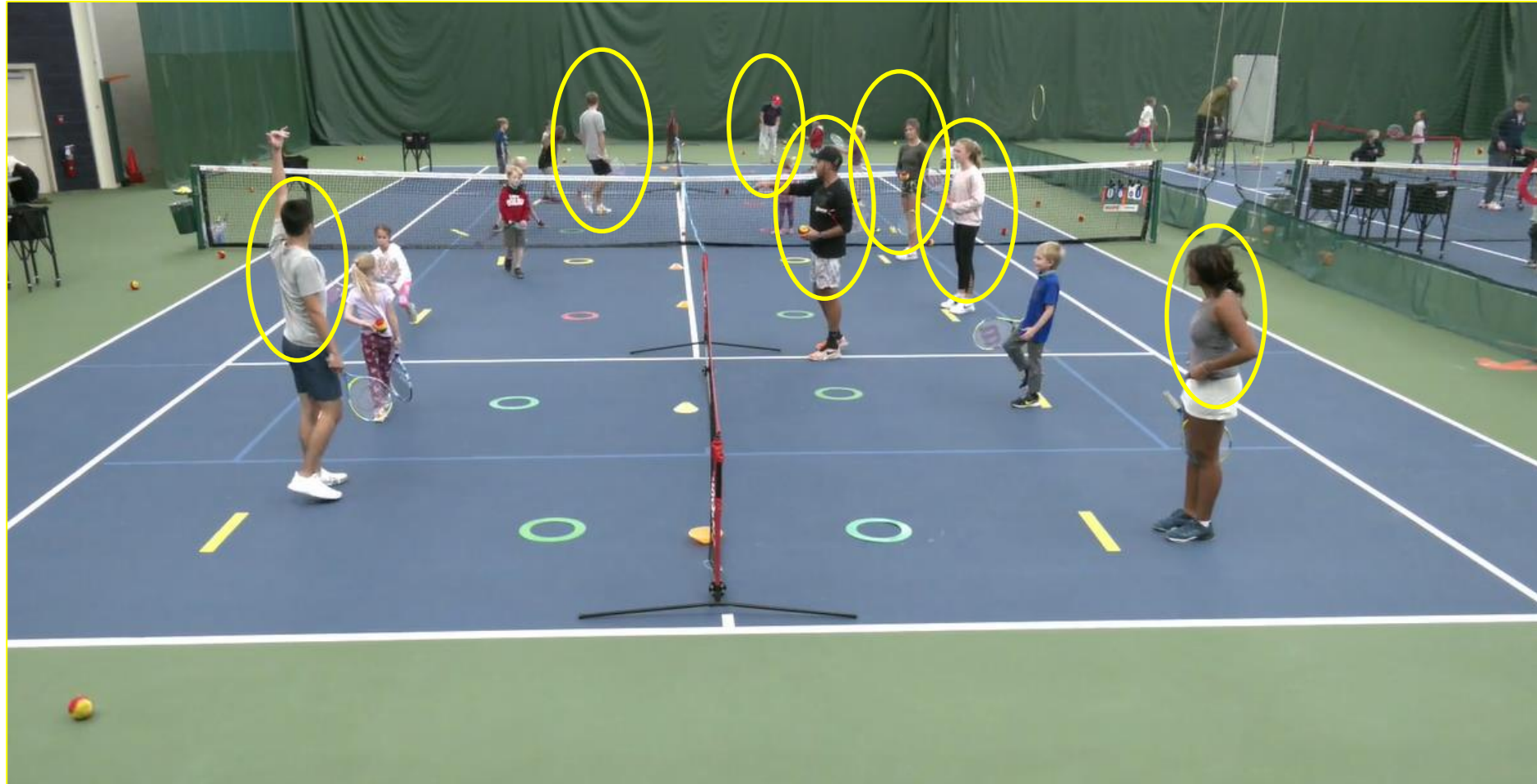
(Orange and Red together)





Q 4: What are your best tips for dealing with players of different abilities in the same clinic? **Jim**

Use HS or College Players



DRILL: Serve T-c-Tac-Toe





Q 5: How do you get players to move their feet? What are the best drills? Several of our HS players plant themselves on the court between shots during matches and in practice. **Joules**

Footwork Number - Watch

Pre-Movement Drill - Watch



Q 6: How do I become more consistent and reduce unforced errors? **Phil**

Understanding YOUR Optimal Power Level

Watch



Q 7: The job of each partner in doubles.
Thanks, **Joel**

Doubles Job Descriptions

The SERVER's Job Description:

- Call out the score before every point.
- Identify and serve to the opponent's weakness.
- Tell your partner where you are going to serve.
- Make your next shot after the serve.
- Put 70 % of your first serves in play.

The RETURNER's Job Description:

- Put the return in play at all costs.
- Position yourself in the center of the server's possible angles.
- Attack weak serves with your body and not by simply swinging harder.
- Make sure your second shot is a volley.
- Use your return to set up your partner. Do not try to hit a winner.

The SERVER's PARTNER's Job Description:

- Be moving your feet before the serve is struck.
- Move around a lot so the returner has to worry about you.
- If the return goes cross-court, "release back" two steps.
- Play your volleys at the other net player. (close-to-close)
- Help your partner choose a target for his serve.

The RETURNER's PARTNER's Job Description:

- Help call serves that are close to the line.
- Move in and poach, when the server is hitting a low volley.
- Do not move in until the return has gone past the opposing net player.
- If your partner is struggling with his returns, start back at the baseline.
- If the return goes to the opposing net player, stay put and cover the middle.
- Keep the returner pumped up and confident.



Q 8: I need help with more ideas of drills and games when positioning the players in a one up one back position. Traditional doubles lineup. Live ball point play ideas. **Brad**

Triples Drill - Watch

Doubles Dance - Watch

LIVE

Q & A