

**LIVE CALL**

**Sunday**

**Dec 11, 2022**

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**Jorge Capestany**



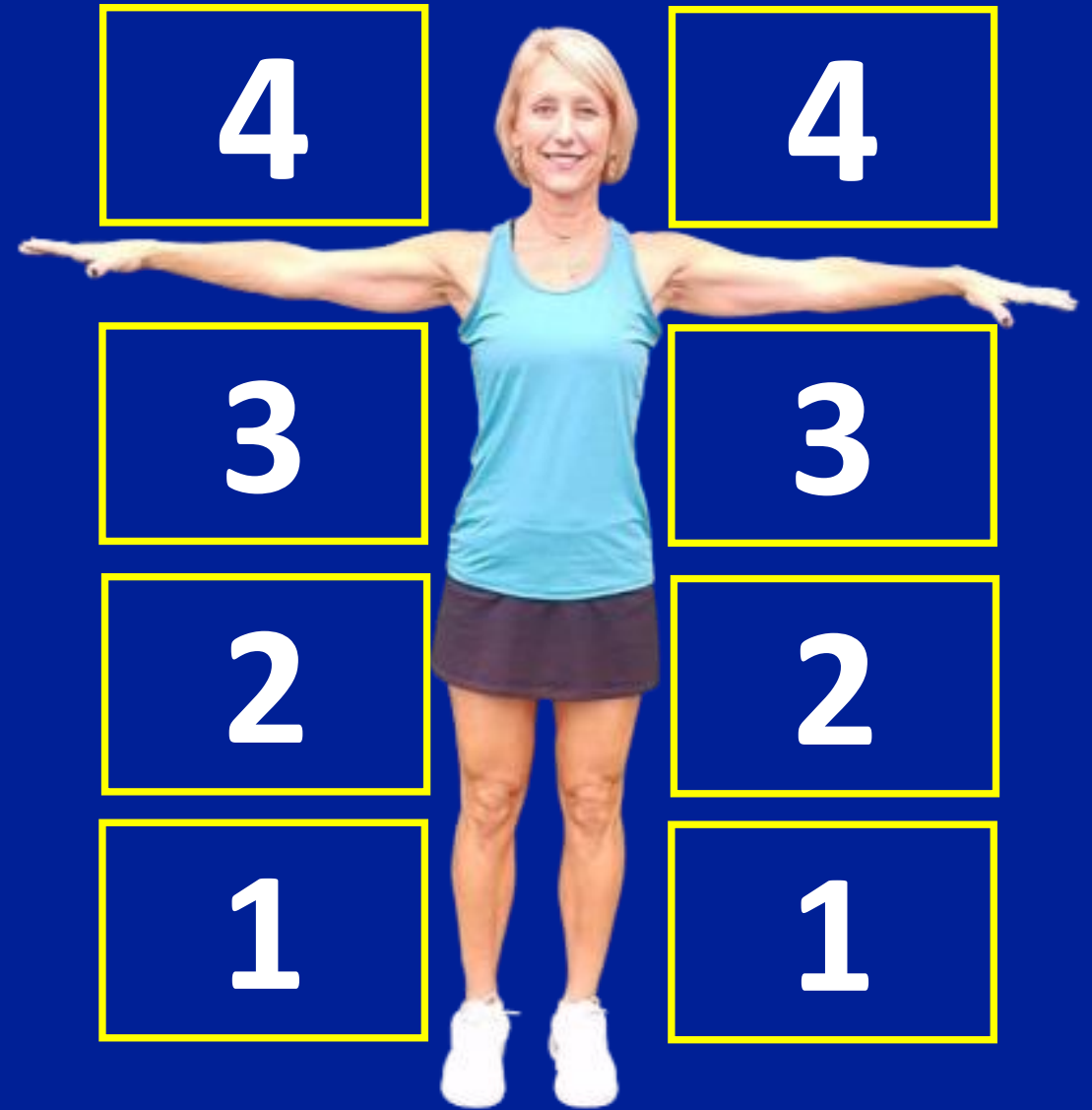


**Q 1:** When should we teach students when to use a swing volley vs. block volley.

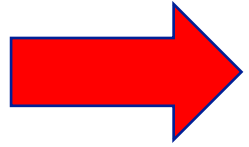
**Robert**

# Types of Volleys

1. Routine (block or punch)
2. Low Volley
3. Stretch Volley
4. Block Volley
5. Tweener (sucker)
6. Half-Volley
7. Swing Volley



# A Good Volleyer Can Do 3 Things



1. **Add** power to the incoming ball
2. **Match** the power of the incoming ball
3. **Decrease** power of the incoming ball



**Q 2:** What are the key points of strategizing in doubles besides general tennis, aiming at the weaker partner and playing to their **Emily**

# The TWO Doubles Laws

## **LAW 1: Close to Close**

- Player closest to the net hits to the opponent closest to the net

## **LAW 2: Deep to Deep**

- Player deepest in the court hits to opponent deepest in court

# 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 3:** Any ideas on regenerating tennis in a small (28K population) would be helpful. **Rick**



# Growing a Program in Your Town

## **JUNIORS:**

1. Offer a full slate of programs (By Grades or Age)
2. Leverage MS & HS coaches
3. Offer match play opportunities

## **ADULTS:**

1. Survey to learn what they want
2. Build in social play opportunities



**Q 4:** Where do I go to learn more about zone doubles tactics?  
**AI**

# Doubles Zone Tactics

**This is the concept of dividing the court into Zones & Runways**

Six Depth Zones

<sup>2</sup>  
**HOPE**  
TENNIS

Zone 6

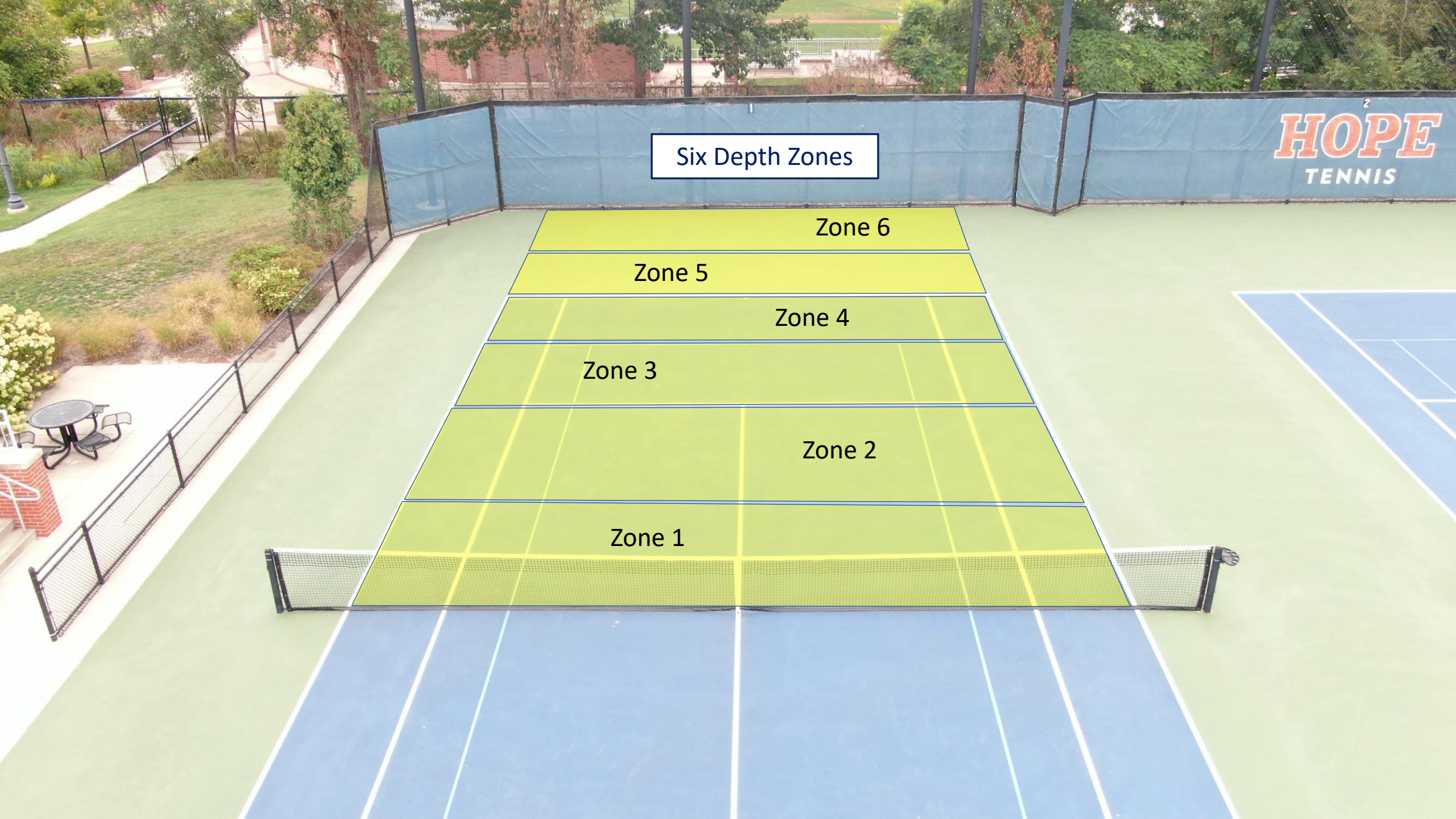
Zone 5

Zone 4

Zone 3

Zone 2

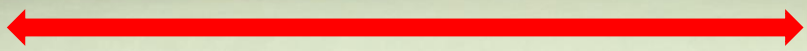
Zone 1





# RUNWAYS

<sup>2</sup>  
**HOPE**  
TENNIS



4 Options

**A**

**B**

**C**

**D**



# Doubles Zone Tactics

## The 6 Zones of Doubles - Mark Fairchild



**Q 5:** What is your time cadence for private lessons - from warm up to ending?  
**Jill**

## Two General Type of Privates

- 1. One off (technical)**
- 2. Recurring (roadmap)**



# Private Lesson **(Lesson Plan)**

## **1. One off (technical)**

- **Diagnosis**
- **Deadball**
- **Live ball (sparring)**
- **Point play (no scoring)**
- **Match Play (winner/loser)**

## **2. Recurring (roadmap)**

- **Create Vision**
- **Roadmap (5 Play situations)**
- **Projects (each semester)**

Player Vision Sheet	
Player	<b>Carli</b>
Pro	<b>Jorge</b>
Date	<b>Dec 25, 2033</b>
<b>Vision:</b> The player's vision is the <b>style of play</b> they should use when they are in the 18's.  It is important to have a clear vision even for young players, because it will determine how they should be playing and practicing now.	
THIS player's vision is	<b>All Courter</b>
<b>Projects:</b> Projects are 2-3 things that each player has identified that needs to be worked on. This is usually done with the coach. Without these projects, it can be very easy to have a whole year's worth of lessons and not really get anything done. It also holds the pros accountable and helps us to be "project" oriented as opposed to "tips" oriented.	
<b>Current projects are:</b>	
1. <b>Second Serve</b>	
2. <b>Forehand topspin</b>	
3. <b>Dropshot</b>	



**Q 6:** If you have an hour with high school or middle school- how do you structure it - from warm up to end **Kim**

# HS or MS Practice (Lesson Plan)

## The 5 Play Situations

1. Serving
  2. Returning
  3. Baseline Play
  4. Net Play (transition)
  5. Passing & Lobs
- Fun class ender



**Q 7:** What is the best way to learn to modify drills? **Mark**

# How to Modify Drills

## How to Modify Tennis Drills course



**Q 8:** Modern strokes emerging - what are your thoughts on integrating versus the standard stroke taught in USTA? **Bill**

# Modern Strokes





**Free Website:**

**[JorgeCapestany.com](http://JorgeCapestany.com)**