# LIVE CALL

## Sunday

## Aug 13, 2023

**Jorge Capestany**

**Q 1:** You had a drill progression for teaching slice, what was it? **Sean**

# Progressions for Slice

**Chop Suey Drill (Backhand techniques course)**

**Q 2:** Do you have practice plans for MS and HS teams? **Bill**

# Practice Plans

1. [Lesson Plan Section](#)

2. [Lesson Template](#)

**Q 3:** I have one player who improves quicker than the other. Question: how do you teach them at the same time?
**Maria**

# Players of Different Levels

**SEMI-PRIVATE LESSONS**

- **Projects for each player**

- **Set times for each player**

- **Deadball vs Live Ball**

**SAMPLE LESSON TIMELINE:**

- **Warm Up** 10 minutes

- **Player 1 projects** 30 minutes

- **Player 2 projects** 30 minutes

- **Point Play: Strategy** 20 minutes

**Q 4:** Any advice on helping students choose the right racquets & strings **Chuck**

# Choosing the right racquet and strings

**Understanding Strings and Rackets course**

**Tennis Warehouse - Reviews**

**Q 5:** Partner poaches a lot but is hitting volleys that are weak and going right to opponents. They are returning them back to him or for easy winners. **Don**

# Partner making poaching errors

**Steps for Reviewing What Works**

**1.** **Bad Strategy vs Bad execution**

**2.** **Learning new skill vs winning now**

**Q 6:** I coach high school tennis. I know correct footwork technique for strokes but would love more ideas in getting it to motivate the kids and getting it to stick. Do you have any plans to offer a Footwork Drill section **Valerie**

# Footwork with Players

**1.** **Fitness segment in classes?**

**2.** **Footwork Number drill & distances**

# Footwork with Players

## Six Truths about Tennis Specific Movement

**1.** Points last 5-7 seconds

**2.** Change direction 4-5 x per point

**3.** Take 4-5 steps for each direction change

**4.** 70% of movement is lateral

**5.** 20-25 seconds rest between point

**6.** Work to Rest Ratio of 1-4

## Access the Tennis Drills Fitness courses *in the Lab*

**Q 7:** Ideas for helping our students with mental health. **Becca**

# Fitness in Group Lessons

Something is going on with kids' mental health

Change in our discipline policy (more Grace)

New Course – in the Lab

# THE END