



Building progressions for accuracy and tactical awareness

Progression

From simple to difficult

From closed to open skill

How long do we stay in a closed skill routine?

As short as possible, but as long as necessary.

When do we move to the next level of
a progression?

After a set time

After a set number of shots

After a set number of rallies (scoring)

When the coach decides **(0-100)**

When do we as coaches decide to
move to the next level?

Definitely before the players start feeling bored.

Not before, they have reached a **relaxed rhythm**.

As soon as they start looking for the “short cuts”

How do we train accuracy?

Setting targets

Encouraging attacking shots against loose (inaccurate) shots

This option combines accuracy with tactical awareness

= understanding the **WHEN** and **WHY** to play a shot &

training the use of attacking and defensive options, **PERCEPTION,**

DECISION, ANTICIPATION, DOT distance/opportunity/time

Practical session:

Observing coaches decide when to move to the next level.

Observe how accuracy develops as we progress and watch out for “short cuts”

3 – 4 players per court; players not involved in the rally stay in the back left corner

Winner of the rally always stays, loser leaves, player C serves...

1. Warm-up

Player A serves from the left, player B returns with a straight drive or volley, then straight drives to the back.

2. Adding an attacking shot

If a player moves in front of the opponent he/she may (**DECISION**) attack to the front left corner (volley boast/cross volley), defending player must retrieve and play to the right back corner (cross drive or lob)

3. Adding a counter-drop

When attacked the defending player can move to the front and optionally play a straight drop. The following shot must go to the back right corner.

4. Adding a second attacking shot

Now the attacking player can also play short to the front right corner, but again only if he/she is in front of the opponent.

5. Introduce scoring = conditioned game