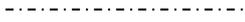
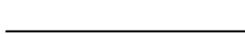




## COACHING SESSION PLANS SHOT PRACTICE LIST.

The shot plans listed below are only a guide to help coaches decide which shot if any they would like to introduce to their players: depending upon the players skill and ability level.

The following information will help understand the text and diagram symbols:

- Point = pt
- Players movement is shown with a line and arrow symbol 
- Feeding the ball is shown with a dotted line 
- The direction in which the ball travels is shown with a solid line 

### SERVE:

- Basic Serve and Return

### HITTING ACTION:

- Bent Arm Hitting Action
- Straight Arm Hitting Action

### DRIVE SHOTS:

- **Front Court**
  - Cross Court Drive Shot From Front Court
  - Straight Drive Shot From Front Court
- **Back Court**
  - Cross Court Drive Shot From Back Court
  - Straight Drive Shot From Back Court

### DROP SHOTS:

- **Front Court**
  - Straight Drop Shot From Front Court
  - Cross Court Drop Shot From Front Court
  - Straight Check Drop Shot From Front Court
  - Cross Court Check Drop Shot From Front Court
- **Back Court**
  - Straight Drop Shot From Back Court
  - Cross Court Drop Shot From Back Court
  - Straight Check Drop Shot From Back Court
  - Cross Court Check Drop Shot From Back Court

### VOLLEY SHOTS:

- **Front Court**
  - Straight Drop Volley Shot From Front Court
  - Cross Court Drop Volley Shot From Front Court
  - Straight Power Bent Arm Volley Shot From Front Court
  - Cross Court Power Bent Arm Volley Shot From Front Court
  - Straight Overhead Power Volley Shot From Front Court
  - Cross Court Overhead Power Volley Shot From Front Court
  - Straight Overhead Drop Volley Shot From Front Court
  - Cross Court Overhead Drop Volley Shot From Front Court
- **Back Court**
  - Straight Power Bent Arm Volley Shot From Back Court



- Cross Court Power Bent Arm Volley Shot From Back Court
- Straight Overhead Power Volley Shot From Back Court
- Cross Court Overhead Power Volley Shot From Back Court
- Straight Overhead Drop Volley Shot From Back Court
- Cross Court Overhead Drop Volley Shot From Back Court

#### **ANGLE & BOAST SHOTS:**

- **Front Court**
  - Soft Angle Shot From Front Court.
  - Power Boast Shot From Front Court.
  - Spin Boast Shot From Front Court.
  - Power Angle Shot From Front Court
  - Reverse Angle Shot (Front Court Only)
- **Back Court**
  - Soft Angle Shot From Back Court.
  - Power Boast Shot From Back Court.
  - Spin Boast Shot From Back Court
  - Power Angle Shot From Back Court.

#### **LOB SHOTS:**

- **Front Court**
  - Straight Lob Shot From Front Court.
  - Cross Court Lob Shot From Front Court.
- **Back Court**
  - Straight Lob Shot From Back Court.
  - Cross Court Lob Shot From Back Court.

#### **ADVANCED SHOT PRACTICES:**

- Drives From Front Court: Attack/Defence.
- Drives From Back Court: Attack/Defence.

#### **Combination Shots:**

- Front Court Angle Shots/ Drop Shot.++
- Boast Shot/Drop Shot/Lob Shot.++

#### **SERVE PRACTICES:**

- Front Court Power Serve
- Front Court Spin Serve
- Length Serve
- Lob Serve
- Power Back Wall Nick Serve

++ To be completed.