



**TENNIS**  
FOR BRITAIN



# KNLTB

## **PATHWAY FOR DEVELOPING THE FOREHAND**

### **SIMON WHEATLEY**

# STAGES OF DEVELOPMENT

Children aged 3 +



3-5

4-8

7-9

7-11

9 +

# STAGES OF DEVELOPMENT

Teenager/Adults



Beginner

Improver

Intermediate

Advanced

# DEVELOPING FOREHAND SKILLS

Basic Coordination

BLUE Stage

Floor tennis

Hand to hand rally

Self feed drills

Partner feed drills

RED Stage

Racket to racket rallying

# GENERAL COORDINATION

## Basic eye-hand/Eye foot Coordination Development

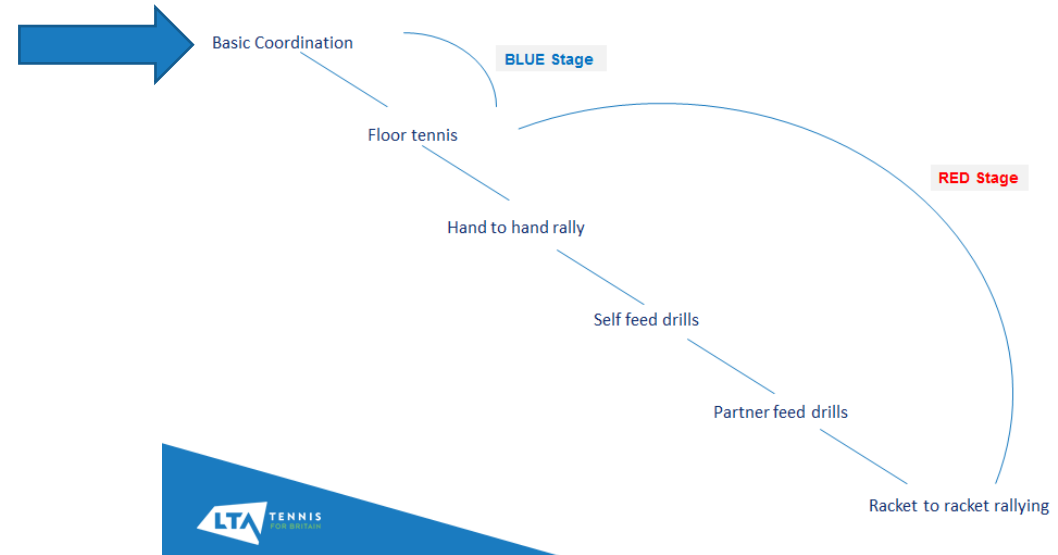
- Life movement & coordination (home/out & about)
- Organised Play (School) – Teacher
- Unorganised play – Parent/gym leaders (fun warehouses)



# GENERAL COORDINATION

- Sports generic (Coach) (Blue stage)
  - Without racket
    - Balloon tennis
    - Stations
  - With racket
    - Handling skills
    - Dribbling skills

## DEVELOPING FOREHAND SKILLS



# FLOOR TENNIS

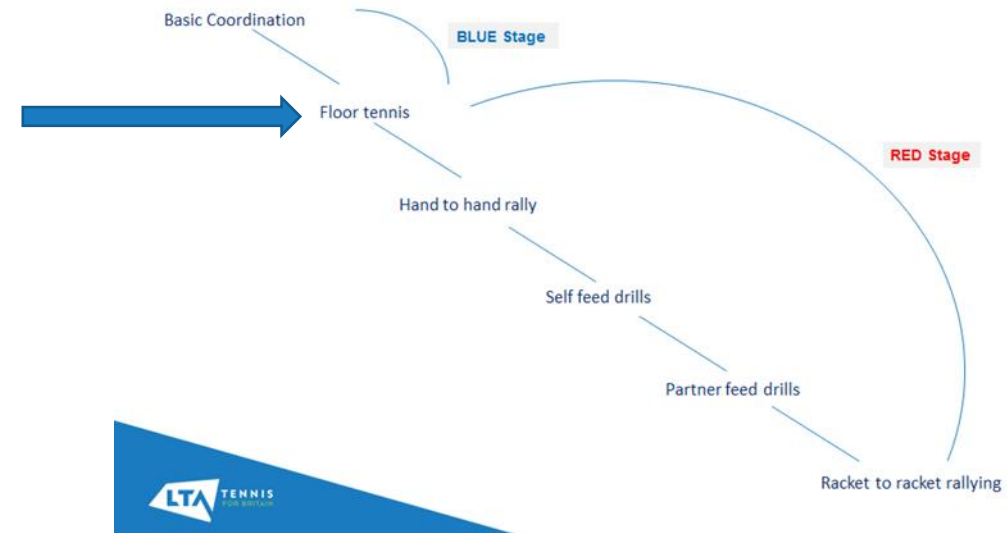
## Stop before sending:

- Without movement
- With movement
- With variation/coordination

## Don't stop before sending:

- Without movement
- With movement
- With variation/coordination

## DEVELOPING FOREHAND SKILLS





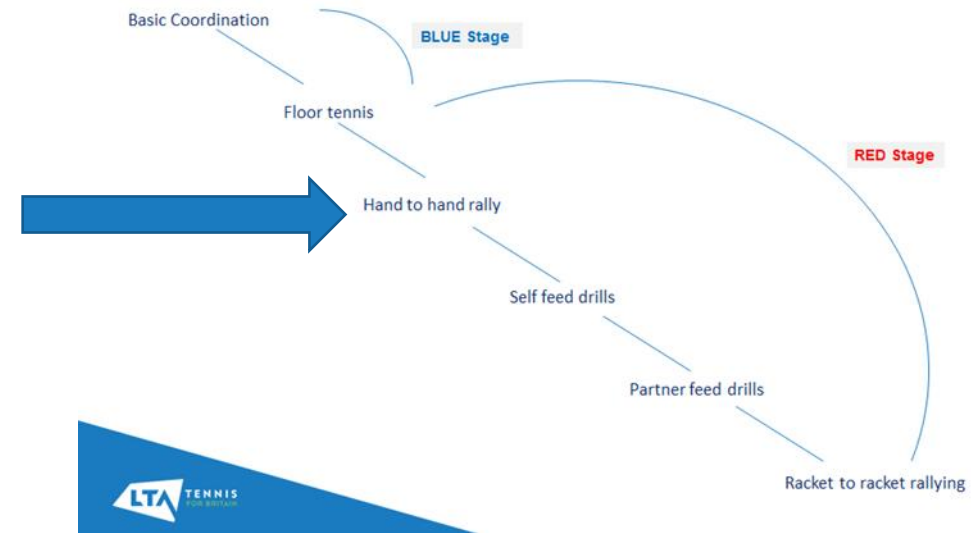
# FLOOR TENNIS IDEAS

STOP & SEND



# HAND TO HAND RALLYING

## DEVELOPING FOREHAND SKILLS



- Without movement
- With movement
- With variation/  
coordination



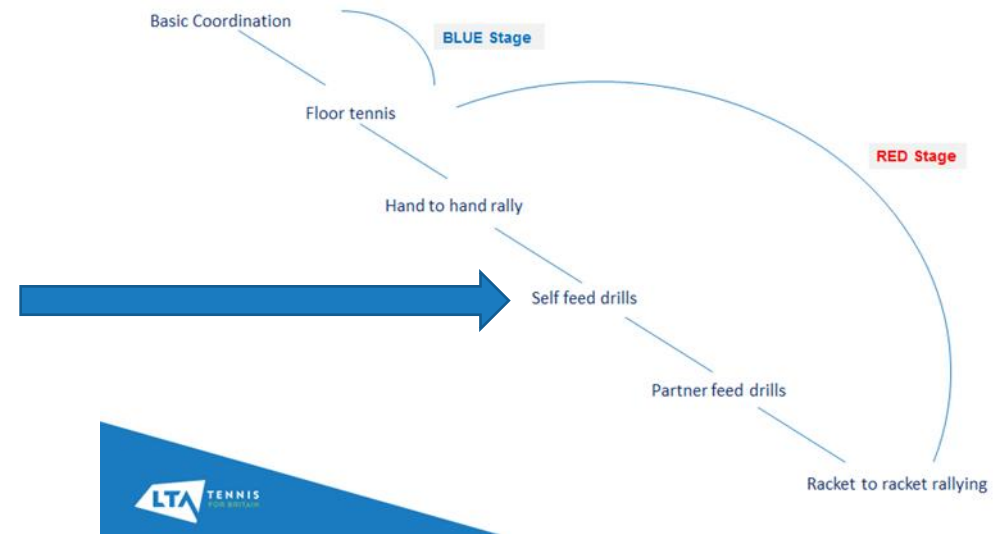
# SELF FEEDS

## FH & BH

- On the spot
  - Different targets
- Whilst moving
  - Difference Target
- In pairs

**TOP TIP: Swing forward when ball hits ground**

## DEVELOPING FOREHAND SKILLS

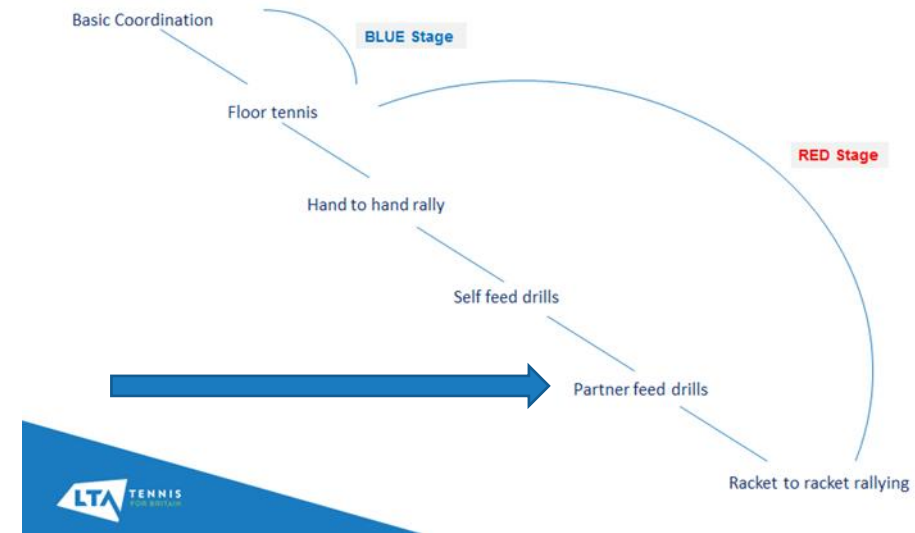


# PARTNER FEEDS

FH

- Without movement
- With movement
- With variation/ coordination

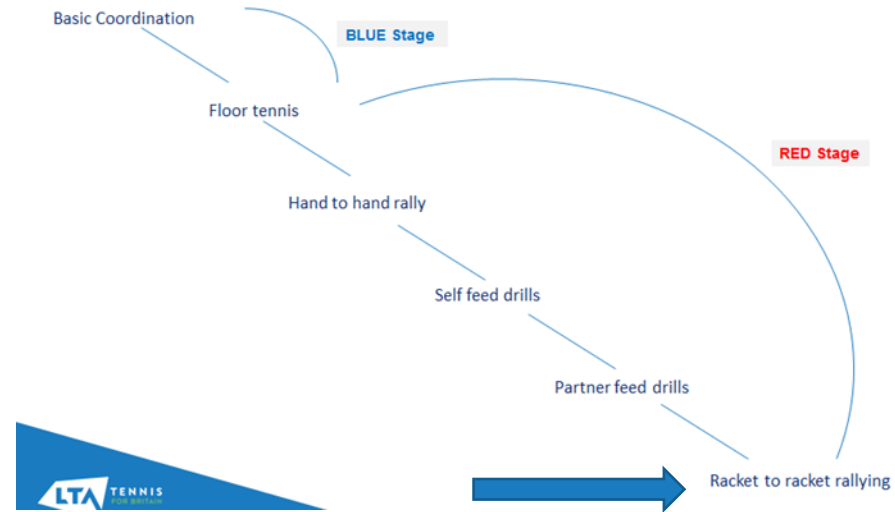
## DEVELOPING FOREHAND SKILLS



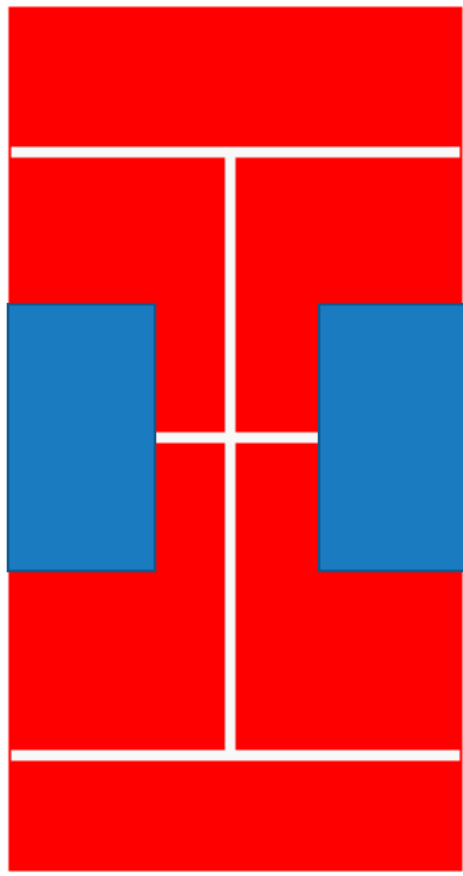
# RACKET TO RACKET

Without Movement  With Movement

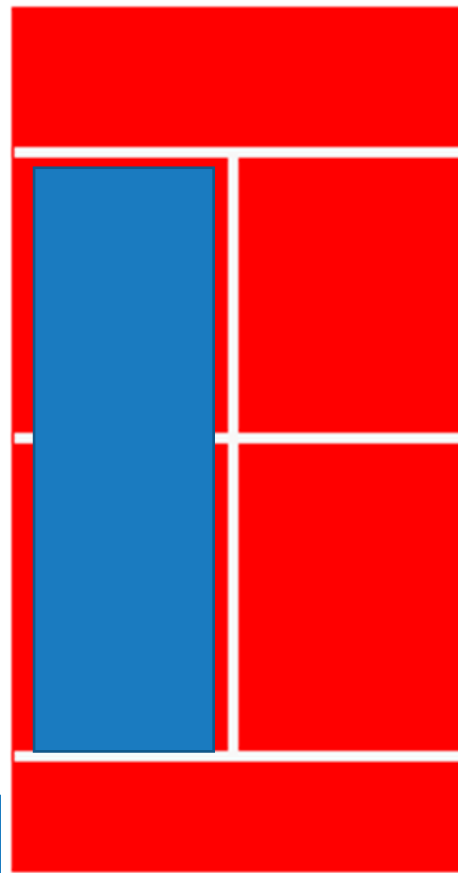
## DEVELOPING FOREHAND SKILLS



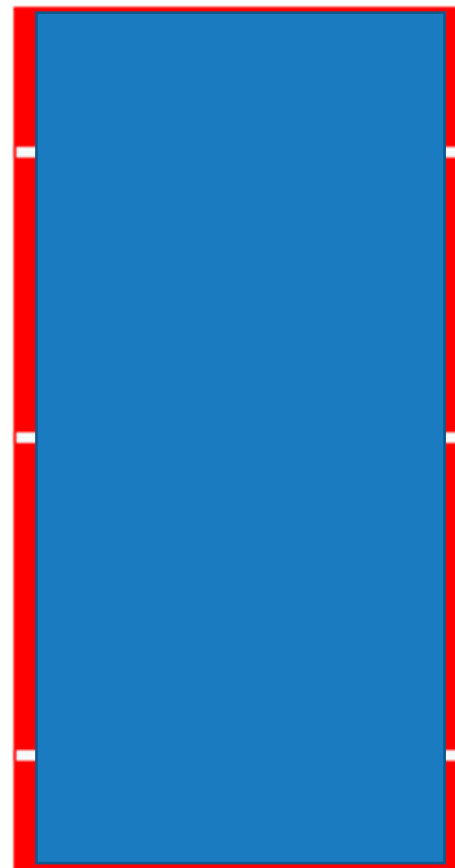
### TAP



### PUSH



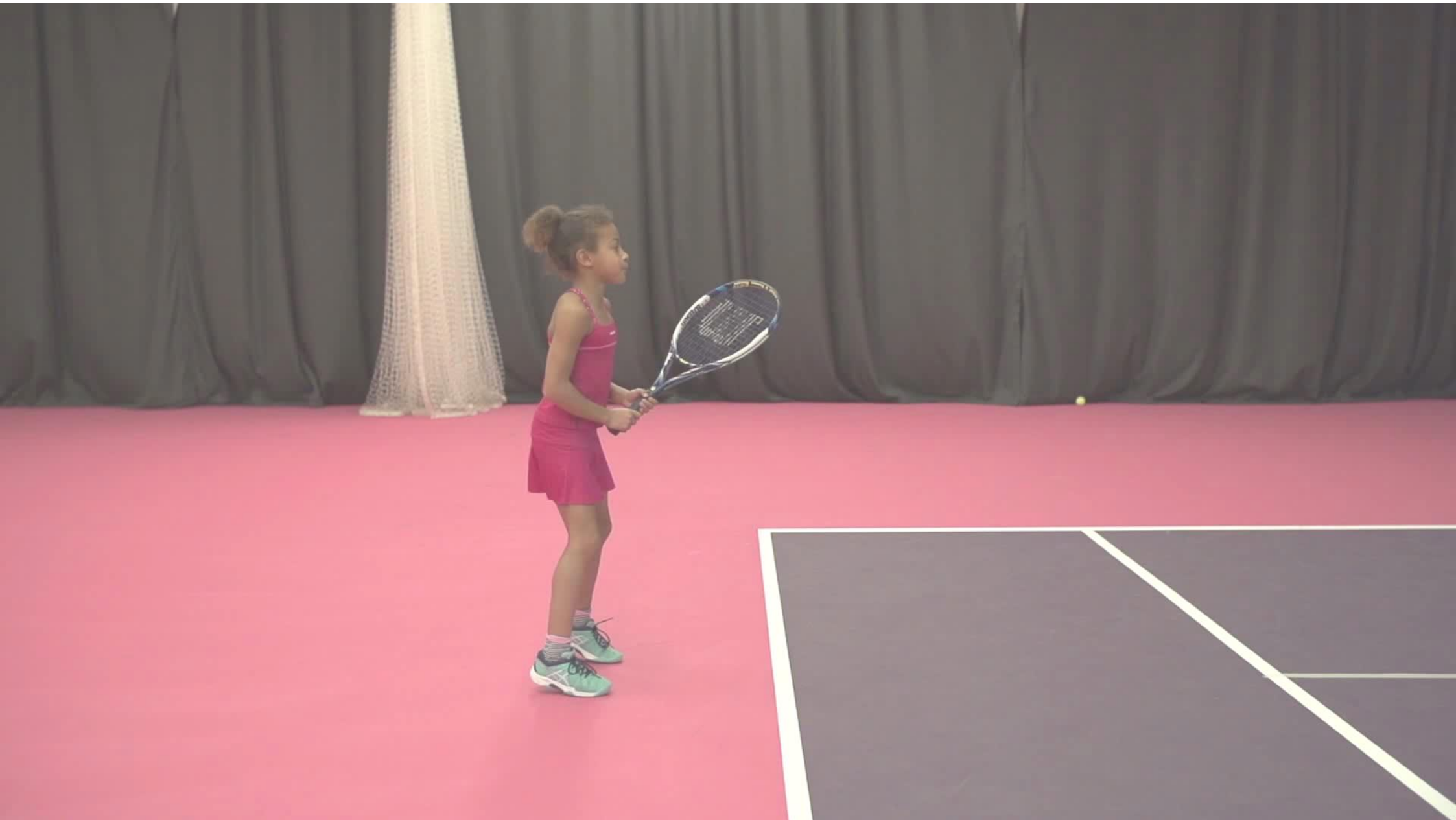
### HIT



# STARTING TO RALLYING



# 8 & UNDER HIT/STROKE RALLY



# DEVELOPING GOOD TIMING

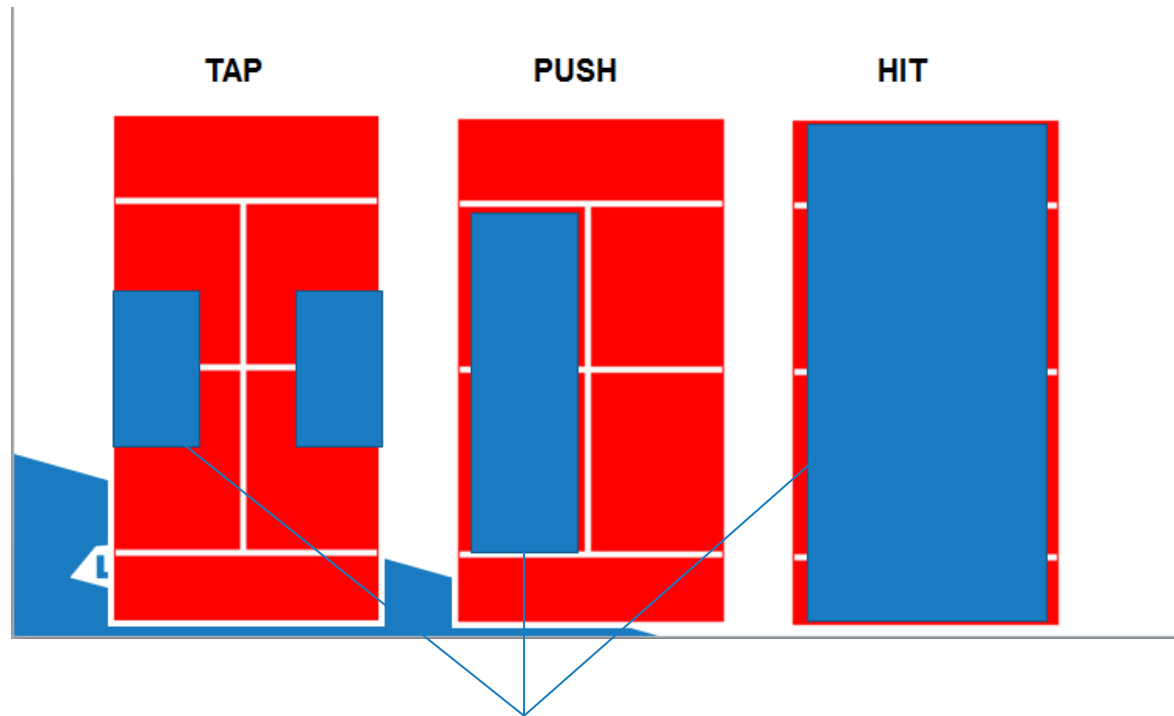
## Key principle

The more difficult the skill the closer you keep (prepare) your hand & racket close to the impact point

- Small swings when developing technique and dealing with difficult balls



# DEVELOPING FH SKILLS



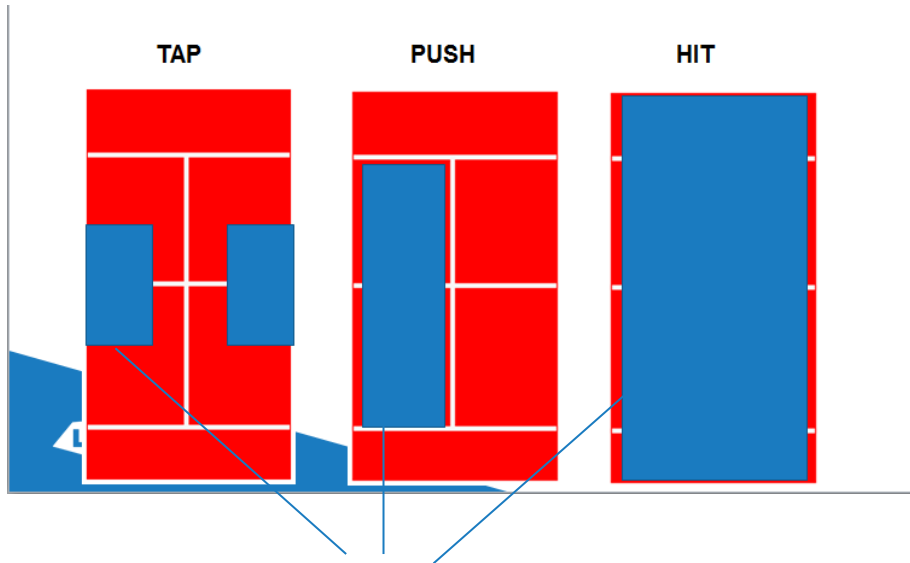
## Technical Development

Racket Work

Body Work

Footwork

# DEVELOPING FH SKILLS

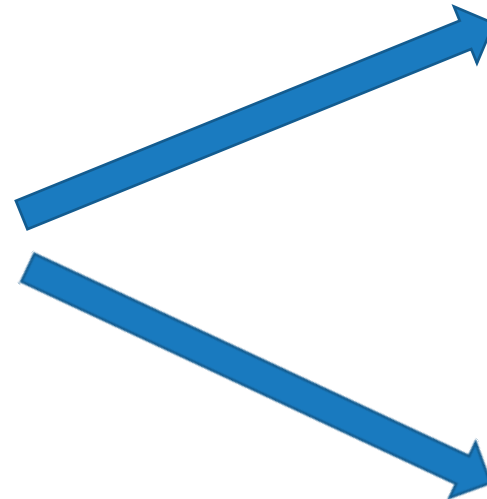


## Technical Development

Racket Work

Body Work

Footwork



Preparation

Hitting

Recovery

# PREPARATION DRILLS



# FOOTWORK TO GET BEHIND THE BALL



# FORWARD SWING EXERCISES

## STEERING WHEEL GROUNDIES



# DEVELOPING THE CONTACT POINT

STABLE WRIST



# COORDINATING THE FEET & BODY



# COORDINATION, FOOTWORK & RALLYING DRILLS





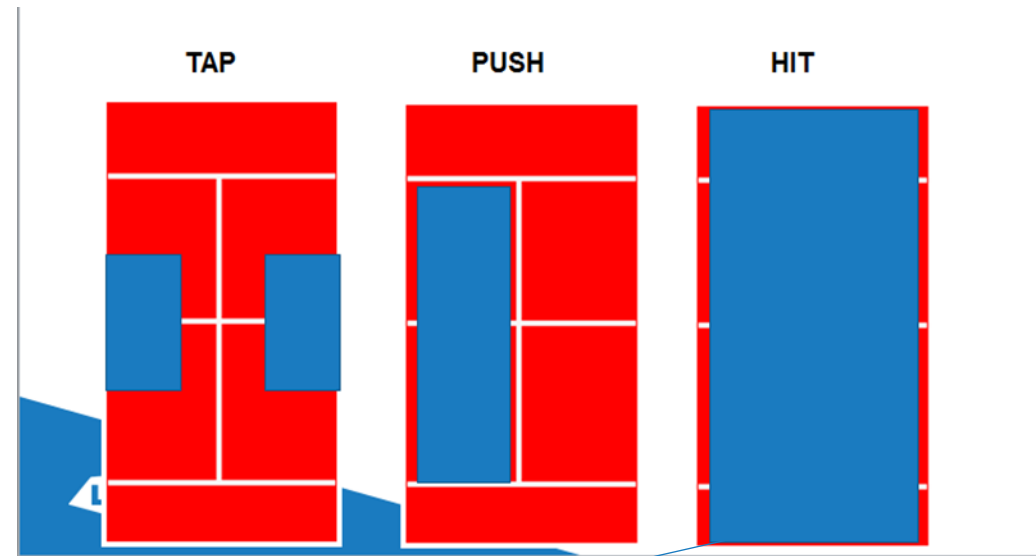
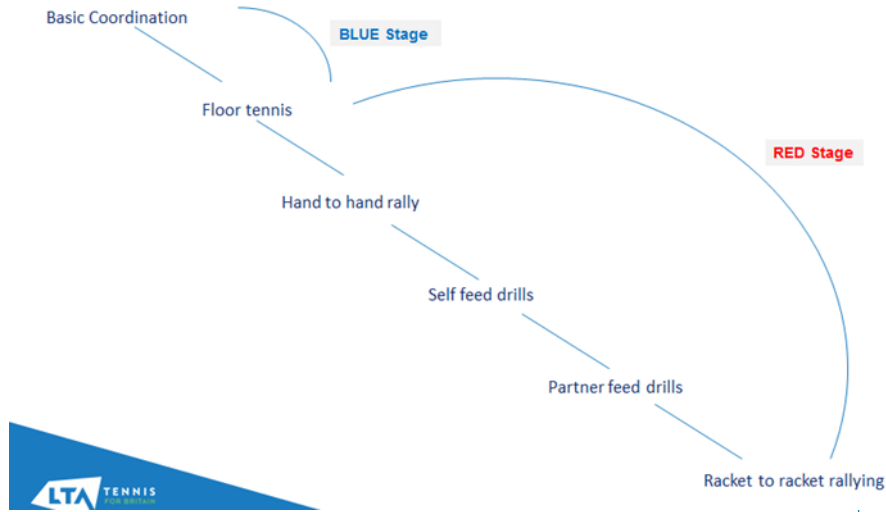
# TENNIS SPECIFIC MOVEMENT

## SPLIT STEPS



# DEVELOPING FH SKILLS

## DEVELOPING FOREHAND SKILLS



Rallying Skills  
Development

Attacking Skills  
Development

Defensive Skills  
Development

# DEVELOPING FH SKILLS

5 game situations	3 phases of play	9 Options
<ul style="list-style-type: none"><li>• Serving</li><li>• Returning</li><li>• Both back (FH)</li><li>• Coming to the net</li><li>• Passing</li></ul>	Attack	Power
		Precision
		Early
	Rally	Rally threshold
		Rally accuracy
		Rally tempo
	Defend	Stay in the point
		Neutralize back
		Turn point around

# FH RALLYING SKILLS DEVELOPMENT

## Prep phase 1

Sep – Dec

Balls over & in - don't miss

Balls in rising over baseline using moon balls

Rally quality rising over baseline - no moon balls allowed

Rally quality rising into opponent

Balls rising " " 4 in a row (make a mistake start again) how many sets of 4 possible....

Balls rising " " dominating the middle to the corners

## Prep phase 2

Jan – April

Balls rising " " change of rhythm one person hitting moon balls only, other hitting rising balls only)

Balls rising " " : Change of rhythm as above but opponent hitting slice only " "

Same but one player mixing rhythm up and other player staying constant  
Rising ball quality

## Prep Phase 3

May- July

Balls rising " " X Court rallies with off centre recovery

Balls rising " " 2 X 1 line

Balls rising " " 1 X 1 line

# FH ATTACKING SKILLS DEVELOPMENT

Attacking shot	Common game situation
<b>Power</b>	Slow ball Mid court forehand
	Ball in the middle from baseline
	Slower higher ball near the corner just inside the baseline
<b>Precision</b>	Attack down the line off a lower ball
	Attack with an short angle cross court
	Attack moon ball to the backhand
<b>Taking the ball early</b>	Short ball to approach the net
	Return of serve stepping in
	Intercepting a moon ball near the baseline on the rise

# FH DEFENDING SKILLS DEVELOPMENT

Attacking shot	Common game situation
Staying in the point	Tough ball on the run
	Tough ball deep down the middle forced to half volley
	Tough 1 <sup>st</sup> serve return
Neutralising	Backing up when receiving a moon ball deep on the forehand
	Return of serve
	2 time passing shot
Turning the point around	On the run counter attacking shot line/cross
	One time Passing shot

# THE SWEET SPOT

BY SIMON WHEATLEY

[WWW.CORECONTEXT.CO.UK/SWEET-SPOT/](http://WWW.CORECONTEXT.CO.UK/SWEET-SPOT/)

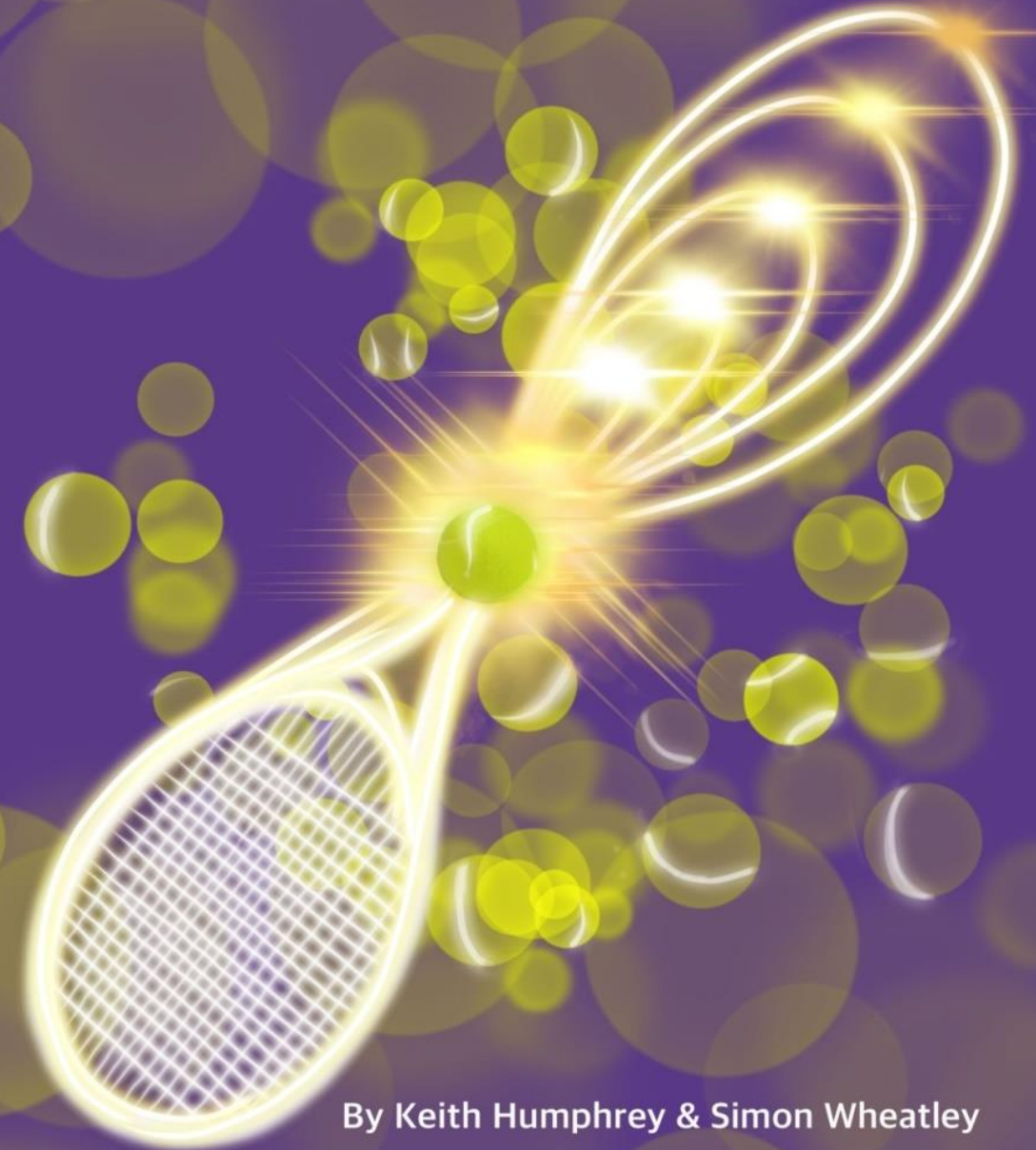
£20

**SHIPPING WORLDWIDE**



# THE SWEET SPOT

Unleashing Potential in Tennis Coaches, Players & Parents



By Keith Humphrey & Simon Wheatley

Foreword by Judy Murray & Louis Cayer

**THANK YOU**

**ANY QUESTIONS ????????**

**SIMON WHEATLEY**