

## 2012 Australian Grand Slam Coaches Conference

### Teaching Changing Pace and Time Management on the Orange Court

#### Butch Staples

##### Basic Principles:

- A lot of learning and not much teaching
- Create a learning environment
  - Live many experiences
  - Meet with relative success
  - Willing to take risks
  - Use outcome goals to motivate and measure achievement
  - Let the activities teach
  - Ask questions
- Contrast skills
  - distributed practice versus massed practice
  - differentiated experiences
- Adaptations

##### Pace, Distance and Time

- The relationship - the obvious and the not so obvious
- High and deep, soft and short, far and fast, close and fast
- What impacts pace? Racquet head speed, associated vectors and incoming ball speed

##### Court Position and Time

- Player A's court position and time and player B's court position and time

##### Activities

- Hitting speed - How many balls exchanged in 20 seconds
- 3 Ball Rhythms - Groundstroke-to-groundstroke, groundstroke-to-volley and volley-to-volley
  - Compare number of hits in 20 seconds
- 2 on 1 - net versus hot seat and baseline
- Dropy, Peaky, Risey - Exchange medley - catch/block/hit progression
- Demo with the players calling R-P-D at the baseline as coach hits different balls
- Groundstroke that makes ball rise as it crosses the baseline
  - Partner calls out rising, peak, dropping
- Stroke Rhythm - foundation of efficient movement and the production of effortless power
  - Groundstrokes - Top of the Roller Coaster, Around the Clock, Rainbow and the Pot of Gold, Massawippi, Loopiness and Whippiness
  - Volleys - Pillow Hands
- Four players on the baseline
  - Who has the best opportunity to get to the net
- Contrasting Ball Controls
  - One side high/Other side low
  - One side topspin/Other side underspin
- Triangle volleys - demonstrates available time to do recoveries
- Side-to-side movement versus forward-and-back movement
  - Check-step versus Split-step
- Recover before ball bounces on other side of the net
- Hand feed 6 balls to partner moving on baseline from side to side
  - Verify amount of time it takes players to execute the drill