

VI. Level 5 Matchplay

- ♦ 78' Court with Yellow Ball
- ♦ Suggested athlete rating: 5.0-8.0
- ♦ 25-27" racquet recommended
- ♦ Level 5 players benefit from instruction from tennis professionals.

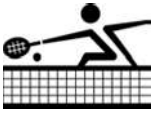
Assessing Player Readiness

Advanced Intermediate – Advanced players who have been successful in Level 4 and ready for traditional full court play. Level 5 athletes are able to sustain a 6-15 hit rally with movement, prepare and recover well, sequence a series of strokes, demonstrate strategy, control, power and placement. Level 5 athletes have skill and knowledge to compete in community tennis events. Level 5 athletes can sustain a 2 hour drill and play. Balance lessons by warmup, lesson focus, drill, game and wrap up.

A. Warm ups – Core strengthening, speed, agility

1. Core/Strength: Examples

- ♦ **Ball pushups**
 - ♦ Athletes begin in the prone position with abs on the exercise ball, hand flat on the floor in front and legs together and straight out, not touching floor. Contract abs and glutes.
 - ♦ Athlete does 3 reps of 12 push ups
 - ♦ Athlete attempts the same but with knees on ball
 - ♦ Athlete attempts the above but with ankles on the ball.
- ♦ **Partner Crunch**
 - ♦ Partners lie down, knees bent, feet flat with toes touching.
 - ♦ One partner has ball extended overhead on ground.
 - ♦ Both crunch up and exchange ball and return to lying position.
 - ♦ 3 sets of 12 reps
- ♦ **Planks**
 - ♦ Athlete assumes prone position on toes and elbows.
 - ♦ Contract abs and glutes
 - ♦ Hold for 30 sec.
- ♦ **Lunges with ball.**
 - ♦ Starting at baseline, step forward with a lunge, dipping back knee down, then reach sideways with a ball.
 - ♦ Repeat to the net then run back.



2. Speed/Agility: Examples

- ◆ Spider Drill
 - ◆ 8 cones spread out web formation.
 - ◆ Athlete starts at T
 - ◆ Always facing the net, 1 athlete at a time must touch each cone.
 - ◆ Run to the cone and shuffle back to T each time.
- ◆ 30 sec line drill: How many touches can be done in 30 sec?
 - ◆ Choose deuce or ad service box.
 - ◆ Athletes start 2 steps in front of service line and midway between singles sideline and center line.
 - ◆ Always face the net.
 - ◆ Cross over steps
 - ◆ Forehand touches center line and backhand touches singles sideline.

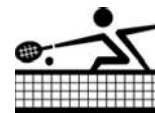
B. Power/Spins

- ◆ Power comes from legs and body rotation. Practice getting low to the ball and rotate shoulders.
- ◆ Spins vary the pace of the game
- ◆ Under-spin ball is struck with a high to level motion with continental grip. Under-spin ball bounces low and slow.
- ◆ Top-spin ball is struck with level to high motion with semi western grip. Topspin ball bounces high and fast.

C. Match play drills: Examples – Use drills that simulate play.

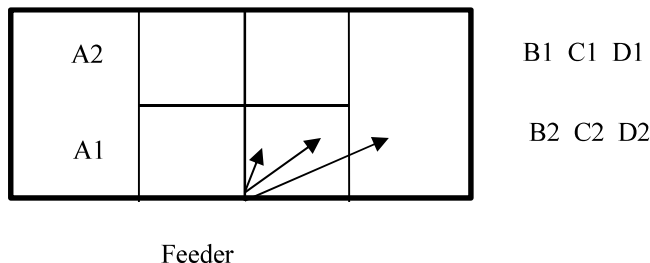
Singles

- ◆ Quick step
- ◆ Groups of 4 athletes line up on opposite deuce alleys at service line
- ◆ Ball is fed to the T position.
- ◆ 1st Athlete in each line runs out behind the ball and plays out point
- ◆ At end of point, athletes exit right and go to end of opposite line.
- ◆ Rally deep then move in, behind the center mark.
- ◆ Athletes start at baseline.
- ◆ Rally deep
- ◆ When ball lands short, move in and shorten backswing
- ◆ Play out point.



Doubles

- ♦ 3 ball challenge – Object to be the Champion doubles team.
- ♦ -Team A begins on opposite side of net at baseline as the Champions.
- ♦ -Rest of Doubles teams line up behind baseline. This side will be fed all 3 balls.
- ♦ -Feed ball to 1st baseline team (B) and play out point
- ♦ -If (B) wins, ball fed at service line and play out point. If lost 1st point return to end of line.
- ♦ Third ball is fed at the net if previous points have been won



D. Strategy

- ♦ Hit to open court.
- ♦ Hit to person at baseline
- ♦ Hit down the middle in doubles
- ♦ Use short angles
- ♦ Move in on short ball.
- ♦ Make your opponent move
- ♦ Vary shot selection, high, low, slow fast
- ♦ Doubles team stay laterally (side by side) together and move to net

E. Tournament Warm-up:

Each match has a 5 minute warm-up period. After the official has flipped the coin to decide server/receiver or side, players warm-up on the side they will begin play on.

- ♦ Rally straight ahead – 1 minute
- ♦ Practice volleys, lobs and overheads -1 minute
- ♦ Practice serves 2 minutes
 - ♦ Use two balls.
 - ♦ Serve 2 and receiver catches each one.
 - ♦ Receiver becomes the server and serves 2 back