

## BTA Junior Boys Curriculum 2011/2012 Term

### The 5 game-based situations

**1 Starting the point**

**2 Building the point**

**3 Staying in the point**

**4 Turning the point around**

**5 Finishing the point**

### Core Drills

#### **1 Starting the Point**

- Ball can Serve and Return – 5 points for return, 1 point for service target hit.
- 2<sup>nd</sup> serve points, XC and full court, emphasis on kick serve for the boys.
- 1<sup>st</sup> and 2<sup>nd</sup> serve point patterns – deep return – 2<sup>nd</sup> shot goes XC – short return, build to weakness or line.
- Killer Return – Building shot off return
- Return choice – Block, Distance and Close
- Return to pressure – Building return to target area, i.e. Diamond.

#### **2 Building the Point**

- Roddick – 2 on 1 5 point from the net, must build from the baseline 1<sup>st</sup> before the approach.
- Dominator – Reactor
- Gonzo forehands – 2 on 1 3 forehand, XC, IO from middle, IO from wide and repeat.
- XC points – building pace only.
- XC hitting to targets – building pace only
- Full court points building pace only
- Patterns – 3 XC 1 L, 2XC 1 L, 1XC 1 L. Descending patterns 3,2,1 minute intervals.
- 1-2-3 depth drill on lines and XCs 3 minutes to score as highly as possible.
- 101

#### **3 Staying in the Point/ Turning the point around**

- Hewitt
- 3 minutes movement – 2 on 1
- Tsonga
- Death Drill

#### **4 Finishing the Point**

- Annacone Approach – Approach line, pass line and play point. Progress to pass anywhere.
- Blake Drill- 2 on 1 player on own hits big at all times, the 2 defend only.
- Mid court feed and play
- Henman – 2 on 1 – 1 Vollies 3 minutes movement and switch
- Smashes 2 on 1
- Plus 10 smashing – ½ court race to plus 10 pts.
- Rafter – feed from corner other player starts ¾ court moves forward when ball drops, volley goes anywhere and play.

#### **Conditioned Points**

- 2 points in a row to win a point
- 5 all
- Handicapped scoring i.e. 15-30 second serve.
- 1 set and 3 games. If you win the 1<sup>st</sup> you score 1 point. The start of the next set each of the 1<sup>st</sup> 3 games is worth 1 point.

- **September – December 14 Week Term**

*I have done a draft for the first term here – the concept is that I have core modules – building and starting in particular which are continued throughout the term whilst the others are cycled around these modules for variety. The reason for this is because there is a large variety of drills for building and I don't want the squads to get stale, so hopefully that will be prevented. The other thing is that I really want serve, return and consistency of good hitting to be my mainstays throughout the year. Also I have included turning around and staying as part of one group as they are pretty similar and we can tailor drills to suit the session.*

*For the 1<sup>st</sup> half term I decided that it would be good to keep the sessions as basic as possible in order for players to familiarise themselves with the core drills and to get them used to the philosophy of*

*lots of repetition and disciplined technique. Lots of depth hitting, XC hitting and patterns. Also more serve and return in this term as I think this is a big area of improvement from what I have noticed over the summer tournament swing.*

Week 1	75% - 25%	Building Point	Starting Point	
Week 2	75% - 25%	Building Point	Starting Point	
Week 3	50% - 50%	Building Point	Starting Point	
Week 4	50% - 50%	Building Point	Starting Point	
Week 5	25% - 75%	Building Point	Starting Point	
Week 6	25% - 75%	Building Point	Starting Point	
Half Term				
Week 7	50% - 25% - 25%	Finishing Point	Staying in Point	Building Point
Week 8	50% - 25% - 25%	Finishing Point	Staying in Point	Building Point
Week 9	50% - 25% - 25%	Finishing Point	Staying in Point	Building Point
Week 10	25% - 25% - 50%	Finishing Point	Starting Point	Building Point
Week 11	50% - 50%	Starting Point	Building Point	
Week 12	50% - 50%	Starting Point	Building Point	
Week 13	50% - 25% - 25%	Starting Point	Staying in Point	Finishing Point
Week 14	50% - 25% - 25%	Starting Point	Staying in Point	Finishing Point