

BTA Junior Girls Curriculum 2011/2012 Term

The 6 game-based situations

- 1. Starting the point**
- 2. Trading in the point**
- 3. Building the point**
- 4. Staying in the point**
- 5. Turning the point around**
- 6. Finishing the point**

Core Drills

Starting the point

- Box targets in service box
- Ball Can Serve and Return – 5 points for return, 1 point for service target hit
- Deep middle return
- Predetermined points – ie. Serve must go wide, return must go middle and then play
- 2nd serve points, cross court and full court emphasis on varying second serves for the girls
- 2nd serve return to outside the box target

Trading in the point

- **BASE PACE**
- 1, 2, 3 Depth Drill
- 30 shots between service line and baseline
- Tempo drill
- Planted on baseline
- One up one back – one shot with both feet inside the baseline, one shot behind
- No Winners

Building the point

- **Think Outside the Box** – bonus points ie. Serve and first shot outside the box = bonus point, return and first shot outside the box = bonus point
- 2 cross 1 line
- Central hitting, hit to space when possible to build
- Trading cross adding in variations, ie. A more aggressive shot, high aggressive loop, more angle etc...
- Dominator – Reactor
- 2 on 1 building pace

Finishing/Staying

- **DRIVE VOLLEY** to target and play the point
- Approach to target and play
- 2 on 1 movement
- Tsonga
- Tough feeds
- Mid court feed and play
- Feed down the line from tramline, opponent goes cross and play
- Hitting deep middle when under pressure to stay in the point

Main focuses for the girls

“Less input more output”

The concept for the girls is to keep their basic game very simple but of a high quality so they have a good base level to fall back on under pressure in matches, but can also use it as a platform to express themselves as players on top of that. I want them to put their effort into the right areas and get the ball where it needs to go to give them the upper hand as much as possible in points.

To achieve this they need to develop a solid trading base of **quality** to build from. From what I have seen of the girls I feel that it is too much all or nothing, either everything is going great, or it all falls apart. I aim to also work on the strengths of the girls but as their top level improves so must their base level also.

After watching the girls compete I also feel that they need to have a clearer idea of what they are trying to do with each ball. They often throw in 'nothing' balls which get punished and they are put under pressure. I want to work to eliminate these shots as well as teaching them to be the ones who punish the nothing balls. The main focus of the term will be on creating a good **base pace** of **quality**, then moving on to building the point, and then onto finishing.

The targets I have come up with are a version of the normal targets that I have seen all the coaches at Bromley use, just delivered in the way I feel is most effective for the girls. I have seen some good results after using the '**thinking outside the box**' target so I would like this to be used across the board. I believe that you should be trying to do something with every shot you hit, and this makes it simple... you are always trying to hit outside of the box. This could be defending, building, trading and will hopefully simplify the decision making as all they need to decide is how best to get it there, ie good depth when trading, depth and width when building, height and keeping it central when defending etc.

I also want to develop building on the serve not just starting the point. For this I am using box targets which overlap outside of the service box, but would be a 'good miss' and something that they need to do to develop confidence in these targets. All of the targets I have can be adjusted to fit the level of player easily but I would like to point out that the girls will surprise you in what they can do when they have a very clear goal. I had high expectations and was surprised by how well they could hit the targets repeatedly.

So the main focuses will be a good trading **base pace** and more effective building **outside of the box**. On top of this other areas that need work are; variation on the second serve, return deep middle, defending deep middle, and drive volleys.

This is my proposed plan for the girls for the term and any comments or suggestions would be very helpful. I will pick Mark's brain to find out which particular drills the girls respond well to and add them in. Staying in the point works hand in hand with finishing so that will be included in the finishing sessions. The topics in bold are the main focus of the sessions.

Girls Syllabus

Week 1. **75%** - 25% **Trading** – Starting

Week 2. **75%** - 25% **Trading** – Starting

Week 3. **50%** - 50% **Trading** – Building

Week 4. **75%** - 25% **Building** – Trading

Week 5. **50%** - 50% **Building** – Starting

Week 6. **75%** - 25% **Starting** – Building

HALF TERM

Week 7. **50%** - 50% **Building** – Finishing

Week 8. **75%** - 25% **Finishing** – Building

Week 9. **75%** - 25% **Starting** – Finishing

Week 10. **50%** - 50% **Trading** – Building

Week 11. **50%** - 50% **Building** – Trading

Week 12. **75%** - 25% **Finishing** – Building

Week 13. **50%** - 50% **Finishing** – Starting

Week 14. **50%** - 50% **Starting** – Finishing