

TEAM:

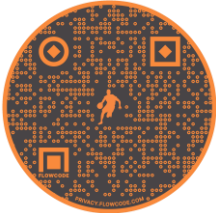
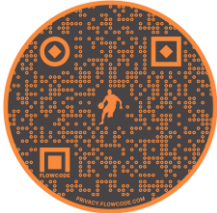
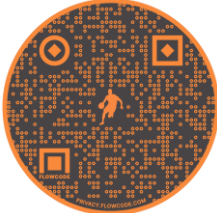
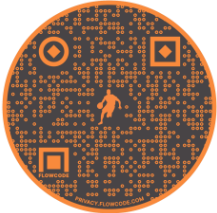
DATE:

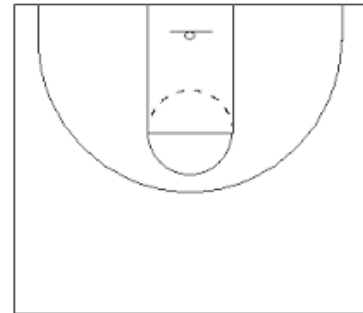
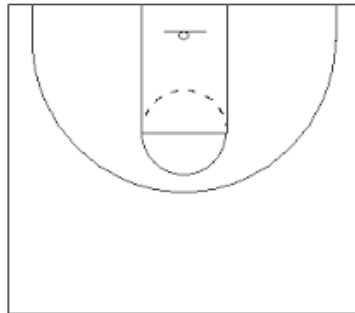
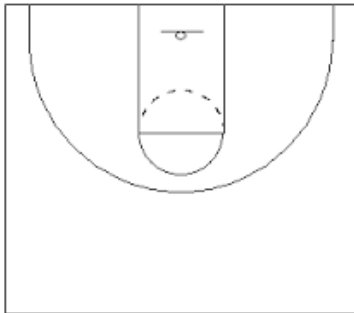
GOALS:

SESSION 5

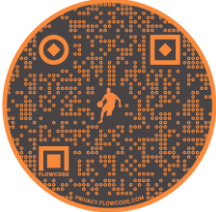
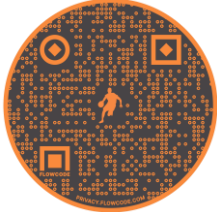
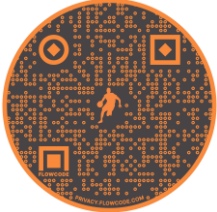
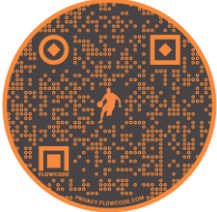
SUGGESTED PRACTICE TIME (50-60 MIN)

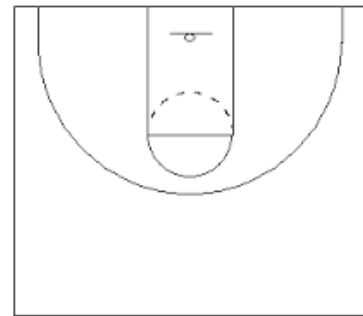
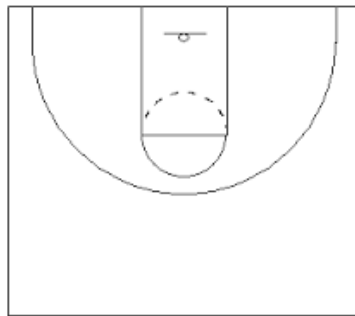
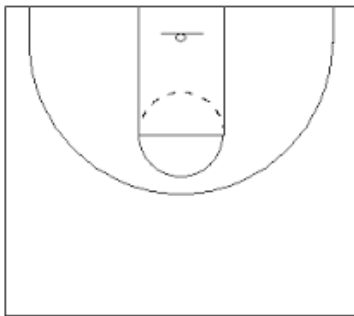
LEVEL: **BEGINNER**

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BALL- HANDLING SERIES	TENNIS BALL DRAG RACE
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	PAIRS
EQUIPMENT	N/A	2 BALLS	1 BALL PER PLAYER	TENNIS BALL
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	STATIONARY TO MOVING, FULL OR HALF COURT	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



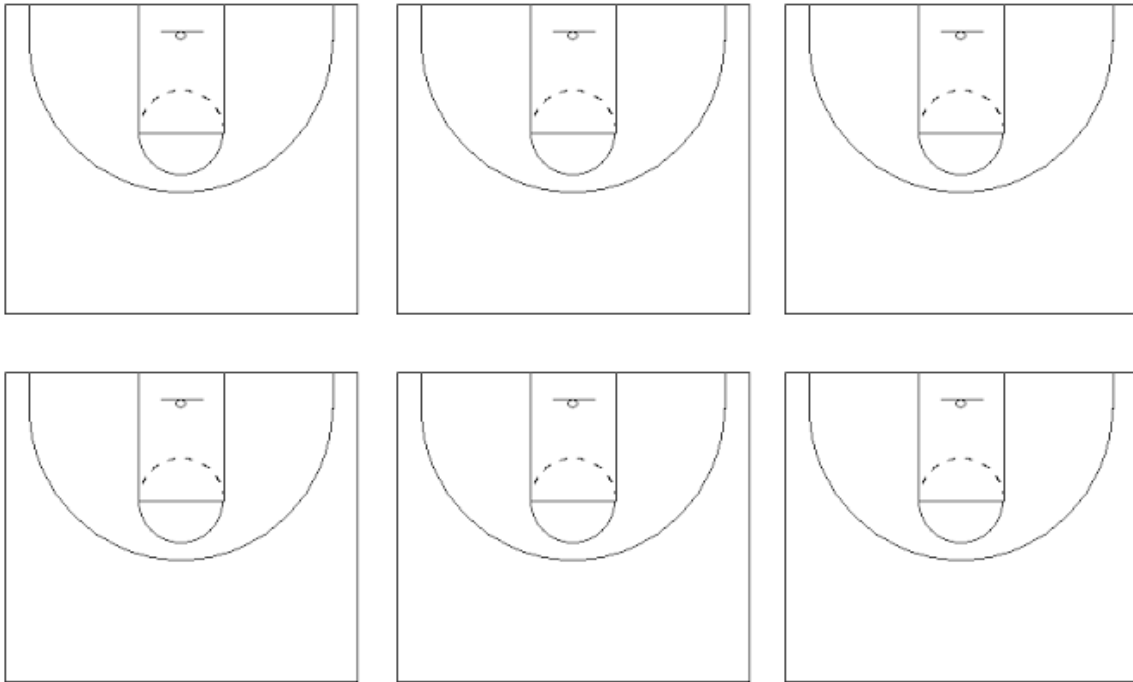
NOTES:

SKILLS & DRILLS	CHANGE OF PACE CHASE DOWN	SPOT SHOOTING	LATERAL QUICKNESS BUILDER	HOW TO CLOSE OUT
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL/ OFFENSE OPTIONAL
EQUIPMENT	1 BALL EACH	1 BALL PER PLAYER	LADDER OPTIONAL	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 SPOTS FOR MAKES, TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, ADD OFFENSE TO PROGRESS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

TEAM SCRIMMAGE:



NOTES: