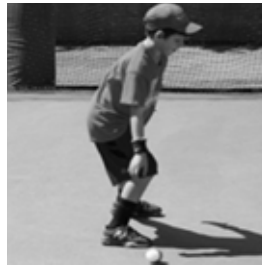




1. OVERHAND BALL THROW

OBJECTIVE: TO DEVELOP GOOD THROWING MECHANICS WHICH WILL HELP IN THE DEVELOPMENT OF THE SERVE

Execution: Coach to show the players and parents the different skills to be practiced at home before the next camp.



1. The player stands on one side of a fence
2. Player places the ball on the ground just behind the back foot (feet should be in serving position, shoulder width apart)
3. Player reaches down to pick up the ball and then throws it upwards and forwards over the fence. The action should continuous from pick up to release
4. Player releases the ball at with the arm straight so that it goes high over the fence onto the next court

TEACHING POINTS FOR PLAYERS AND PARENTS	ATHLETIC SKILL
 <p>Base of Support : The player should work on developing a strong stable base when they are throwing the ball. The feet should be stable throughout the throwing action.</p>	<ul style="list-style-type: none"> • Dynamic Balance
 <p>Coordination of the Arms: During the throwing motion, the player should try to engage the non-dominant arm by extending it up and forwards. This will replicate the serving action.</p>	<ul style="list-style-type: none"> • Complex Coordination • Upper and Lower Body Strength



Athletic Skill Homework

2. JUMP ROPE

OBJECTIVE: TO DEVELOP GOOD COORDINATION SKILLS AND FOOT SPEED

Execution:

1. Each player needs a jump rope of the right length
2. Player must learn to:
 - i. jump rope on the spot 50 times with both feet together.
 - ii. jump rope on the spot 50 times with alternate feet
3. Player must learn to:
 - i. jump rope moving to the left 25 times with both feet together.
 - ii. jump rope moving to the right 25 times with both feet together

TEACHING POINTS FOR PLAYERS AND PARENTS

Coordination: The player should work on keeping the arms close to the body and moving the arms in a rhythm. The feet should be QUIET throughout with the player landing on the balls of the feet.

ATHLETIC SKILL

- Complex Coordination
- Upper, Core and Lower Body Strength
- Balance