

## Doubles Strategies Clinic Agenda

Dates: 5 Fridays, Dates: 10/1, 10/8, 10/15, 10/22 and 10/29

Time: 10:00 to 11:30 (1.5 hrs.)

Fee: \$175 (\$35/session) to be paid in full on 1<sup>st</sup> week

Skill Level: 3.0 to 3.5 minimum

Number of Students: 3 minimum; 4 maximum (first 4 sign-ups)

Goals Of Clinic:

1. Understand the importance of team work and communication.
2. Understand and practice basic doubles shots.
3. Know when to hit the basic doubles shots.
4. Understand when to hit down the middle or angle shots.

Schedule:

Day 1 (10/1)

1. Introduce the logic of doubles formations.
2. Practice hitting with a purpose.
3. Practice hitting down the alley and hitting cross court.
4. Learn the one-up and one-back formation.
5. Learn the most common serving and receiving positions.

Day 2 (10/8)

1. Learn serving and service receiving positions.
2. Practice volleying at net or at mid-court.
3. Learn the service return and the one-two punch
4. Learn when to move forward and when to back up

Day 3 (10/15)

1. Practice lobs and overhead skills.
2. Learn the two-up and two-back formation.
3. Learn how to apply and defend this formation.

Day 4 (10/22)

1. Encourage volleying at midcourt and moving forward.

2. Learn the 4-up doubles formation.
3. Practice the 10-foot connection between partners

Day 5 (10/28)

1. Introduce poaching moves.
2. Introduce Australian service formation.
3. Learn the recommended routine before receiving service.

Daily Agenda: Please be on time!!!!

1. 10:00-10:15 Perform stretches and warm up all strokes.
2. 10:15-11:10 Learn new skills, drills, and strategies.
3. 11:10 -11:30 Play games to practice new skills.