Kevin Ryan Total Tennis

Discover the "Total" Player in You!

Tactical Lesson Plans for Doubles

A) **Learn the 21 responsibilities of doubles player when receiver hits CC or DL (no lob).**

Learn the foundational truths about court position and the non-hitting partner. These lessons will help you understand how you move as a team and where to cover on crosscourt or down the line returns. (See handouts for more information).

B) **Learn 13 responsibilities for the doubles player when receiver lobs down the line.**

Learn how to position when a receiver team lobs down the line. You will learn how a team is to position if the lob is over the net player's head, if the lob is hit short, and if a lob is hit deep (playable by the net player). You will learn when to switch, how never to allow a lob to go over your head, what shots to play if your team has been lobbed and what shots to hit on a high ball. (See handouts for more information).

C) **Learn the four major doubles formations and <u>where</u> to hit the ball in a given formation.**

After a serve and return is hit doubles teams set in 4 main formations. This package will teach the main formations and where to hit the ball when your opponents are in a given formation. You will learn who is the weakest positional volleyer and when to hit to the closest person or the farthest person from you.