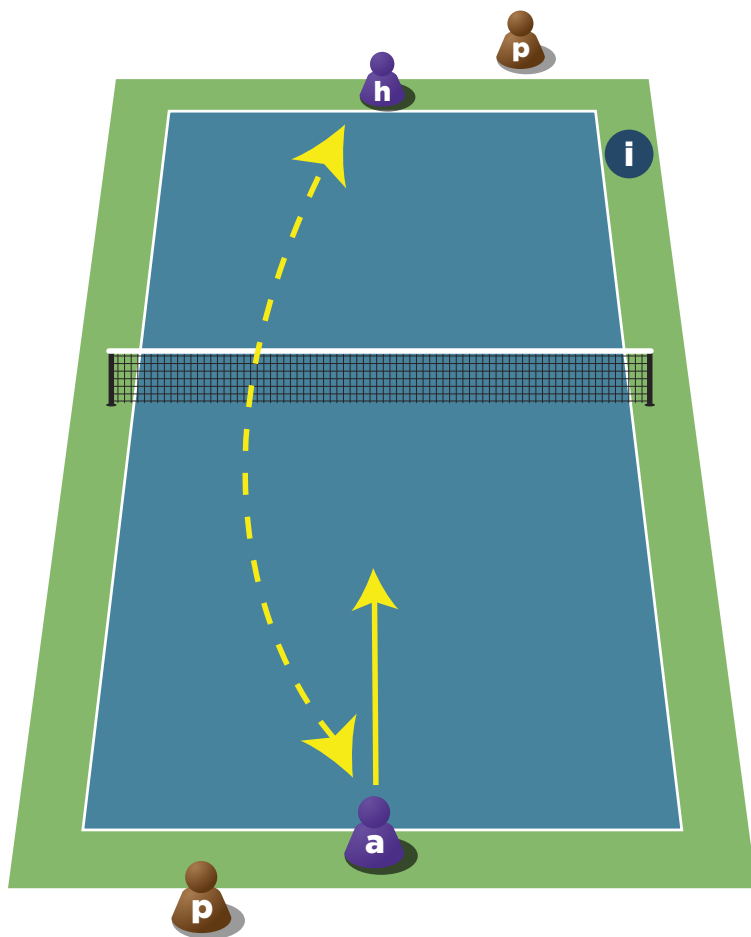


## Approach Shot & Play Net



### TACTIC:

Finishing the point at the net or being more consistent than the opponent from the baseline.

### ACTIVITY:

Players are in teams (Net players and Passers). Both teams start at the baseline. The passer starts by feeding a short ball to the Net player who hits an **approach shot and must move to the net**. The point is played out. The Passer is allowed to use any shot. If passer wins, they replace the net player on the other side on the net.

### Fundamental Teaching Points:

1. Ensure players **walk through** their approach shot and must **split step** after their approach shot.
2. Ensure baseliners are in a neutral **ready position** and **quick to respond**.
3. Ensure player at the net have a **catching action** with **racquet looking at the target**.

### LESS CHALLENGING:

1. Allow passers to use passing shots only.
2. Allow passers to play cross court or down the line only.
3. Allow players to stand closer to the net.

### MORE CHALLENGING:

1. Allow players to use full court.
2. Allow passers to feed to the BH side only.
3. Allow passers to use passing shots and lobs.
4. Allow passers to hit the ball randomly.