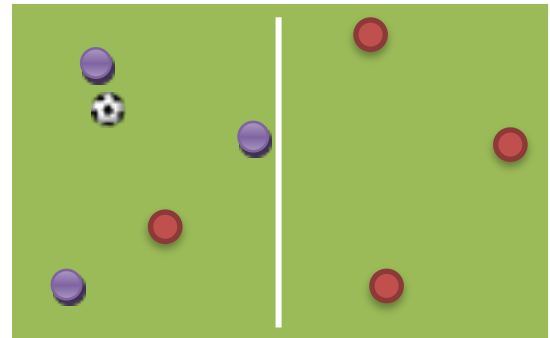


**Topic****3 v 1 Tennis**

◇ Players

◇ Cones

◇ Balls



◇ Area: 2 12x10 yard grids

**Organization:**

Mark two grids 10 x 10 yards depending on numbers, 3-yards apart.

Use 3 teams of 3 (adjust organization if numbers are greater).

Use bibs to distinguish the three groups.

Two groups of 3 go into the squares. One of the third group also goes into one of the squares.

Coach plays a ball into the defended square. The 3 players try to keep the ball away from the one defender.

After three passes they are allowed to pass the ball to the other square.

Only when one player in the other square has touched the ball is a defender off the field allowed to enter that square.

The previous defender comes out of the square to take a rest. Defending chores are equally divided in this way.

When a mistake is made and possession lost, the offending team then change to become the defenders and the former defenders take their place in the square (Coach to act as referee. Be warned!).

**Emphasize the following coaching points:**

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- Encourage the attackers to be looking for the opportunity of making the pass across the square. Must keep their heads up.
- The two players "off-the-ball" have to move and work hard to open up a good passing angle for the player with the ball.
- The player with the ball may have to screen the ball away from the defender while awaiting a better supporting angle from a team-mate.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they become the "eyes" of the player with the ball.

**Target:**

- Have fun, but try to avoid being the defending team.