

Lesson Theme: All About Spin

Objectives: Understanding what controls spin and how/when to use it

Skill Level: 3.0 / 3.5

Duration: 90 minutes

Equipment Needed: Balls



Mins	Activity	Details	Teaching Points	Comments
5	Meet & Greet	Welcome, names, housekeeping		
7	Technical Warm Up	Select activities from the WARM-UP MENU.		Warm-up should include volleys, groundstrokes, serve and return.
10	Play & Observe	Real Game w/o restrictions		Circulate and encourage but no teaching yet.
3	Collect Balls & H2O			Make it quick!
2	Debrief / Observations	Praise effort and focus. Explain that your particular interest was how, if at all, players used spin in their games.	Spin can be an effective tool for helping to keep the ball in play, as well as to cause trouble for opponents.	If players did not attempt many shots with deliberate spin, make a note of that. A lack of attempting spin often indicates a lack of confidence in using it.
3	Direct Instruction	This is where you'll introduce today's theme.	There are three kinds of spin: Backspin - when the ball is spinning back toward the hitter. Topspin - when the ball spins away from the hitter after being struck. Sidespin - when the ball spins left-to-right or right-to-left.	Make it clear that you can be a good player without hitting with a lot of spin. But understanding how spin works can provide advantages when sending the ball and receiving it.
2	Direct Instruction	Sidespin: Why it Matters and When to use it.	Useful for spinning the ball away from a player or into their body. Especially useful when returning serve.	

2	Direct Instruction	Key Factors: Path, Angle, Speed	Slightly open paddle face. Paddle swing path is across the back of the ball, using a pendulum-like swing. The faster the acceleration of the paddle, the more spin.	
7	Group Activity: Send and Spin Progression	Working in pairs, down the line and on half court. Player A drops the ball, and after it bounces, hits the ball to their partner while trying to apply sidespin. Progression: Player A sends an easy serve and Player B tries to return it with sidespin. Player A stops the ball and then serves again. Switch after 4 attempts.	Notice the flight path and rebound when hitting with sidespin. Use both FH and BH. Try to adjust the target to compensate for ball flight.	The players will be quite wild initially. Help them to compensate for the curve of the flight path when aiming. It can be useful for them to have very small swings initially.
5	Play Real Points	Play Real Points, but try to use sidespin when returning serve.	Reinforce controlling path, angle and speed to control spin.	
2	Debrief & H2O			
2	Direct Instruction	Topspin: Why it Matters and When to Use it.	Useful for shortening the distance a ball will travel or making it 'dip' down low. Especially useful when hitting balls with speed, like a serve or drive.	Most players will have much more success on FH than BH. Explain that this is why many players drive the ball with two hands on the BH side.
2	Direct Instruction	Key Factors: Path, Angle, Speed	Neutral paddle face. Paddle swing path is low-to-high, brushing up the back of the ball. The faster the acceleration of the paddle, the more spin.	
7	Group Activity: Serving with Topspin	Working in pairs crosscourt and on half court. Player A serves the ball to Player B. Player A tries to use topspin and Player B stops the ball and serves it back, with topspin.	Notice that topspin allows the serve to be hit higher over the net and still stay in play. This allows to hit with speed and have more margin for error than a 'flat' serve.	Players who are having success should be encouraged to hit serves faster and/or deeper.
5	Play Real Points	Play Real Points but try to use topspin when serving.	Reinforce controlling path, angle and speed to control spin.	
2	Debrief & H2O			
2	Direct Instruction	Backspin: Why it Matters and When to Use it.	Useful for making the ball skid and stay low after bouncing. Can be used when returning serve, but very useful when dinking.	

2	Direct Instruction	Key Factors: Path, Angle, Speed	Open paddle face. Paddle swing path is high-to-low (if the ball is higher), or level (if the ball is lower). The faster the acceleration of the paddle, the more spin.	
5	Group Activity: Spinning Dinks	Working in pairs crosscourt and from the NVL, Player A and Player B have a slow dinking rally where they try to add a small amount of backspin. Switch crosscourt direction, so players can use FHs and BHs.	Notice the importance of the paddle angle in controlling how high the ball travels. Practice manipulating angle to find the right one.	Encourage a stable wrist when dinking. Players will often try to use too much wrist and have wild results.
10	Play Real Points	Encourage players to try to use spin when serving, returning or dinking.	Reinforce controlling path, angle and speed to control spin.	
5	Wrap Up	Summarize key points	Path, Angle, Speed are the factors that control spin. Using them at the right time and in the right way can improve consistency and make life more difficult for opponents.	Use this wrap up to identify improvement, encourage practice, and promote future lessons or events.

Instructor Notes: