

Lesson Theme: Third Shot Drives

Objectives: Learn to control height and speed when driving the ball

Skill Level: 3.0 / 3.5

Duration: 90 Minutes

Equipment Needed: Balls and Cones/Markers



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!
5	Debrief / Observations	<p>Praise effort and focus.</p> <p>Mention that your particular interest was what happened when players attempted third shot drives against opponents at the net.</p>	<p>Drives can play an important role in causing trouble for opponents.</p> <p>Effective drives are:</p> <ul style="list-style-type: none">a) in playb) lowc) fast <p>Our drives were not always consistent/effective</p>	<p>If players did not attempt many drives, make a note of that. While drops have a place in PB, they are not always the only or best option.</p> <p>A lack of drive attempts 'lets opponents off the hook' and often indicates little confidence in their own ability to drive well.</p>
5	Direct Instruction	Understanding Speed and Height Control	<p>In order to have a good drive, we must be able to control the speed and height of the ball.</p> <p>Speed is a function of how fast the paddle is moving at contact. Height control is about manipulating the paddle face and swing path.</p>	<p>Height: paddle angle; swing path.</p> <p>Speed: Speed of paddle at moment of contact.</p>
15	Drop & Drive Progression (FH/BH)	Step 1: Player A (from baseline) tosses the ball, lets it bounce, and then drives it "through the window". Player B stops the ball and does the same.		<p>It is helpful for players to imagine a small window (1 to 1.5 paddle heights) over the net.</p> <p>This 'window' is the height target they are aiming for.</p>

		<p>Step 2: Player A sends a slow, arcing ball to Player B (similar to a return of serve). Player B lets the ball bounce and drives it. Player A stops the ball and does it again. Switch after 3 attempts.</p> <p>Step 3: Player A hits an easy serve, Player B hits an easy return, Player A hits a drive. Player B then serves, A returns, and B drives.</p>		<p>Instead of demonstrating all three steps in the progression, demonstrate a single step and have players do the activity. Then demonstrate the next step and have them do that progression.</p>
10	Play Real Points with restrictions	Real game, but third shot must be an attempted drive.	Reinforce key teaching points (e.g. controlling paddle angle, swing path)	
5	Debrief / Observations	Good use of drives. Height control is improving.	<p>Would be good to give opponents less time to react. Two ways to do this:</p> <p>1) hit harder 2) hit sooner (apex or before)</p>	Note that hitting harder and hitting sooner are <i>not</i> the same thing, but two different ways to achieve the goal of taking away time.
7	1, 2, Drive (Down the Line and XC)	Practice hitting the ball sooner and/or harder.	Relaxed hand/arm. Body rotation for speed.	
13	Play Real Points with restrictions	Real game, but third shot must be an attempted drive.	Reinforce key teaching points (e.g. controlling paddle angle, swing path, hitting earlier or harder)	
5	Wrap Up	Summarize key points	<p>Drives can be useful. Path and angle control height. Hitting the ball harder/sooner gives less time to react.</p>	Use this wrap up to identify improvement, encourage practice, and promote future lessons or events.

Instructor Notes: