

Buddy Coaching Session Planner



Your Tennis Practice Diary for Video 1

Modern Tennis International Step by Step Guide to Greatness

Video 1

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www.playmoderntennis.com

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Modern Tennis Buddy Session Diary Planner

Introduction – Your voyage of discovery starts here!

How to use this diary

This diary is designed to help you plan your own 'Buddy' tennis practice sessions. We realise that in today's modern lifestyle, time is of a premium and many people don't make enough time for themselves, especially with regards to leisure. You and a practice partner(s) or as we call them your 'Tennis Buddy (ies)', can run a decent practice anything from 15 minutes onwards, depending on the time that you have available.

The Structure

The monthly lesson downloads, are designed to give you plenty of time to practice before we send you the next month's download. They are laid out in easy to follow progressions. We highly recommend you stick to them to get the absolute best out of your potential

One Step at a Time

This diary has been designed to be worked through in order. If you jump straight into later practices you are likely to struggle. So please start at the beginning whatever level your tennis is at as it's the best way to internalise this system

Do exactly what it says

In fact, we strongly recommend that you do precisely that. *So don't worry if you feel you need more time to practice the progressions, especially if there are two shots to practice.* In any sport, you will find the top sports people doing just that. You are NEVER too good to re visit the basics in order to hone your skills. Whenever a shot goes amiss, it is normally one of the basic fundamentals that needs fine tuning.



These fundamentals although very simple, are the foundations beneath your advanced skills and must never be overlooked!

Standalone

Modern Tennis Methodology is currently unique in its processes and fundamentals. Everything you need to know is in this package. This will allow you to progress quickly through the lessons from complete novice to expert in the making.

If You Get Stuck

We all make mistakes now again and if you lose your way you will have access to our online help and support experts at team@playmoderntennis.com

We will now take you through the steps to success!

Step 1- Receiving your monthly download and eBook

1. Upon receiving your monthly download, simply watch it to your heart's content again and again on your PC or download it onto your MP4 player.
2. Through the aid of this powerful visual learning, your brain will quickly pick up the progressions.
3. Also read the eBook supplied. This medium will back up all that you have seen and even better, you may want to print it off and take it with you to the court.

Step 2 – Arrange your practice session

Arrange a regular weekly tennis practice time at your club, local park or centre with a practice partner(s). Yes you can have more than one!

In fact if there are 2 to 4 of you all practicing together then that not only makes it more fun because you can play doubles but also should anyone not be able to make a session then there will always be someone else to play so you won't miss out.



If you find the time to play more than once a week.... then so much the better!

Step 3 - The Modern Tennis Practice Session

So now you are on court. The first thing here is to agree the shot(s) that you are going to practice as per this diary. The Modern Tennis practice session format is very simple to follow indeed.

We have carefully broken down your lesson into 6 phases.

Phase 1:

The Warm up including;

- **Stretching and light movement**
- **1 - 5 timing**
- **tactical practices**

This should include a game of throw and catch whilst moving each other around. As you improve, you can include some light 'hitting with the racket'.

After a series of rallies to each other, you may spice things up by playing points at this stage. It makes things more interesting and gets you in the mood to play.

More importantly, you will maintain your timing as shown via the downloads. You will also begin to learn about tactical shot placement and the importance of being consistent whilst keeping your errors down to a minimum.

You may if you so wish to do some light jogging exercises across the court depending on the time that you have. These are all called 'ply metrics' where you are stretching and warming up on the move to prevent injury.



Phase 2: The Easy Feed

Once you have received your monthly download, then you will be ready to start your progressions as shown. For each progression shown you need to easy feed to each other.

The easy feed phase is where you and your partner take turns to feed balls to each other in such a manner where you can hit the ball easily. The best way is when the ball is fed 'underarm' from the hand.

As the player moves back (where appropriate) you can either continue to feed with your hand or racket. You will get more control holding the racket by the throat this way.

Take turns to feed 10 to 20 easy feeds each.

Please note; we highly recommend the use of a net extension kit on most practices of the easy feed and part point practices. This gives players time to stroke the ball and also gives an accurate guide to the height you should aim over the net

Phase 3: The Rally

The rally phase is where you and your partner exchange similar shots back and forth over the net in a cooperative fashion. For every progression shown, you will need to rally with each other. This makes the Modern Tennis learning experience so much more fun!

Set yourselves an easy target of say a 5 ball rally and then gradually build up to 10, 20 and so on. As you build your rallies, don't be afraid to move each other around the court a bit more.



Please note; The rally phase can even be applied to serving. Just start on opposite sides of the net and serve across the court to each other. Whenever you hit a successful serve in the correct service box then you will be allowed to move back. If you hit an unsuccessful serve, you simply stay where you are.

Phase 4: The Part Point

Once you have completed the progressions shown on your video, it's then time to put the shot into a game situation. Simply take turns to feed a ball to each other so that you start a rally with the shot being practiced and then proceed to play out the point using any shot you wish.

Feel free to incorporate a tennis scoring system here, or you can simply play up to say 10 points with one of you starting the rally each point. After the first game then swap over with the other player feeding the ball in to start the rally.

It is during this phase, that you can really work on your tactical game.

You will accomplish this by working on your shot placement and consistency. As you practice each download, you will also *discover* which shots suit you personally, and at what time and situation during the rally you would prefer to play them.

Phase 5: The full point

Now it's time to put it all together!

Don't worry if you feel that you haven't mastered a particular shot in one lesson! Very few people actually do and you have plenty of time to practice. The idea here is to complete every on court session with a full tennis point.

Well after all, that's the idea isn't it.... to be able to play tennis?

So in that case always finish off with a few games. Play a full set if you have time.



You may play full court or even half court if it makes you feel comfortable.

You may also serve under arm but we urge you to practice your over arm serve wherever possible.

Don't forget that the rules of tennis can be found on your eBook (supplied).

Building your Tennis Weapons

As a result you will build your strengths and weapon shots that you love to use time and time again. You will also get to know what your partner's (now opponent at this time) strengths and weaknesses are, and therefore you will be able to formulate a game plan to defeat them!

The trouble is, they will be doing the same to you! This is what makes the game of tennis so exciting and wonderful to play. There are such an array of shots and tactics at your disposal. Modern Tennis will help you discover them all.

Phase 6: Cool down and feedback

After you have played a few games, and if time allows, you can cool down by having a few easy rallies to cool down. Use this time to chat with your partner about what you learned and experienced from the session. This will help reinforce the teaching points. Please remember the good shots you hit and focus on them. In life you get what you focus on and in tennis it's just the same! Now all you need to do is to shake hands and make sure that you have another practice session all booked in your diaries.

Your personal Modern Tennis practice session organiser

We will now help you plan your month's training starting from when you receive each new monthly download. We have devised the following weekly planner, showing you which shot progressions to practice during each week. We will assume that you are playing once a week. Should you be able to play more; then simply repeat the weekly programme. Remember, you cannot practice anything too much!



The Secret to Modern Tennis

Get these basic fundamentals right at all levels of the game and you will always hit the ball in front giving you more confidence and control to do what you want to with the ball!

T

'Tracking the ball with your racquet'

T

'Timing with 1- 5 counting'

F

'Feeling the ball

F

and Finish

Follow these fundamentals and discover your true potential!



Video 1 – Confidence and Control

**THE SECRET FUNDAMENTALS OF MODERN TENNIS
AND THE TOPSPIN FOREHAND**

Week 1 – Please complete the following progressions as shown on the video.

1. **Modern Tennis timing – Count 1 on the bounce and 5 on the catch with a throw and Catch cooperative rally.**
2. **Once mastered you then play using tennis points trying to move each other around in the service box**
3. **Push and Pose with the index finger through the throat**
4. **Repeat with a choked racquet grip**
5. **Grip variation**
6. **Introduction to “Ready Position”**
7. **Push and Pose from ready position**
8. **Repeat with a full grip**
9. **Rallying whilst slowly moving back to the baseline**
10. **Full court rally using the topspin forehand**
11. **Practice hitting the ball from side to side so that you move your partner around the court.**
12. **Play plenty of part points**
13. **Play full points from either half or full length court. Each point to start with an underarm/overarm serve**
14. **Feedback**

IMPORTANT! *“Please spend plenty of time mastering the tracking, timing and finishing aspects (TTFF)”*

Remember to take turns in ‘easy feeding’ to each other before having a 10 shot rally on every progression.

Date(s) of practice:

Suggested date of next practice for this chapter:



Video 1,

Week 2 – Please complete the following progressions as shown on the video.

- 1. Modern Tennis timing - throw and Catch rally. Then play tennis points**
- 2. Push and Pose with the index finger through the throat**
- 3. Repeat with a choked racquet grip**
- 4. Grip variation**
- 5. Introduction to “Ready Position”**
- 6. Push and Pose from ready position**
- 7. Repeat with a full grip**
- 8. Rallying whilst slowly moving back to the baseline**
- 9. Full court rally using the topspin forehand**
- 10. Practice hitting the ball from side to side so that you move your partner around the court.**
- 11. Play plenty of part points**
- 12. Play full points from either half or full length court. Each point to start with an underarm/overarm serve**
- 13. Feedback**

IMPORTANT! *“Please spend plenty of time mastering the tracking, timing and finishing aspects (TTFF)”*

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Date(s) of practice:

Suggested date of next practice for this chapter:



Video 1,

Week 3 – Please complete the following progressions as shown on the video.

- 1. Modern Tennis timing - throw and Catch rally. Then play tennis points**
- 2. Push and Pose with the index finger through the throat**
- 3. Repeat with a choked racquet grip**
- 4. Grip variation**
- 5. Introduction to “Ready Position”**
- 6. Push and Pose from ready position**
- 7. Repeat with a full grip**
- 8. Rallying whilst slowly moving back to the baseline**
- 9. Full court rally using the topspin forehand**
- 10. Practice hitting the ball from side to side so that you move your partner around the court.**
- 11. Play plenty of part points**
- 12. Play full points from either half or full length court. Each point to start with an underarm/overarm serve**
- 13. Feedback**

IMPORTANT! *“Please spend plenty of time mastering the tracking, timing and finishing aspects (TTFF)”*

Remember to take turns in ‘easy feeding’ to each other before having a 10 shot rally on every progression.

Date(s) of practice:

Suggested date of next practice for this chapter:



Video 1,

Week 4 – Please complete the following progressions as shown on the video.

- 1. Modern Tennis timing - throw and Catch rally. Then play tennis points**
- 2. Push and Pose with the index finger through the throat**
- 3. Repeat with a choked racquet grip**
- 4. Grip variation**
- 5. Introduction to “Ready Position”**
- 6. Push and Pose from ready position**
- 7. Repeat with a full grip**
- 8. Rallying whilst slowly moving back to the baseline**
- 9. Full court rally using the topspin forehand**
- 10. Practice hitting the ball from side to side so that you move your partner around the court.**
- 11. Play plenty of part points**
- 12. Play full points from either half or full length court. Each point to start with an underarm/overarm serve**
- 13. Feedback**

IMPORTANT! *“Please spend plenty of time mastering the tracking, timing and finishing aspects (TTFF)”*

Remember to take turns in ‘easy feeding’ to each other before having a 10 shot rally on every progression.

Date(s) of practice:

Suggested date of next practice for this chapter:



Step 4

Plan

Now that you have tasted the full Modern Tennis system, you are now free to plan any future training sessions by revisiting any of the sessions that we have shown you.

Practice Matches

You should now have an understanding of how a practice session should be run. Now you have all the tools that you need to be able to play a great game of tennis. Please continue to book your practice time as usual. This time allow more time for practice matches as well as running shot/tactic specific sessions.

Ratios

A good ratio to focus on is to have at least two practice sessions for every practice match.

Tactical

As you become more technically astute then you will naturally focus on your tactical and physical side a lot more.

Fine Tune

Your practice matches will outweigh your technical training, but now that you have all the progression tools that you need, feel free to fine tune any shot you wish. This is a particularly healthy exercise for you to do, but we advise not to change anything too radically if you are about to play in an important competition or tournament.