

THE FAMOUS FIVE **by Peter Farrell**

Playing Standard: ITN 2 to 6

Long Term Player Development Pathway: Phase 5

Your opponent is at the net. You want to get the ball past him or her. What are your options?

1. THE DRIVE PASS: hit hard, with minimal spin & low over the net. This shot uses brute power to force an error from the volleyer - if she can get to it.

2. THE `CHIPPED` PASS: hit softly, with a little underspin, low over the net. Many volleyers have trouble controlling low, soft shots, especially when they carry underspin (slice).

3. THE `WHIPPED` PASS: hit at a medium pace, with heavy topspin, low over the net. Lots of topspin makes the ball dip to the volleyers feet. No one likes to play shots off their shoelaces!

4. THE OFFENSIVE LOB: hit at a medium to fast pace, with lots of topspin, this shot dips when it gets over the volleyers head. When it bounces the topspin makes it `run` towards the fence.

5. THE DEFENSIVE LOB: hit at a slow to medium pace, with no spin, but lots of height. Gives the baseliner plenty of time to recover, and the net player plenty of time to agonise over the coming smash...

.....

For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach –
see www.tenniscoachireland.ie

For more information on the ITN:
http://www.tennisireland.ie/player_database/what_is_the_itn

For more information on the Long Term Player Development Pathway:
http://www.tennisireland.ie/coaches/player_development_pathway