



LEARNING AND APPLYING FUNDAMENTAL TACTICAL PRINCIPLES

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HOW? → TECHNIQUE

WHEN? → TACTICS

WHY? → STRATEGY

WHO? → MENTAL /
PHYSICAL

FUNDAMENTAL TACTICAL PRINCIPLES

5
GAME
SITUATIONS

SERVE
RETURN
BASELINE
APPROACH & NET
PASSING

3

TACTICAL INTENTIONS

ATTACK
NEUTRAL
DEFEND

8 BALL CHARACTERISTICS

CONSISTENCY

HEIGHT

DIRECTION

DEPTH

EFFECT
RHYTHM
WEIGHT
INTENSITY

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POINT PATTERNS

DRILL 1

1ST SERVE

AND WEAPON

DRILL 2

DEFENSIVE RETURN AND RUN

DRILL 3

1ST SERVE

AND DEFEND

DRILL 4
BLOCK RETURN
AND ATTACK

DRILL 5

2ND SERVE

AND RUN

DRILL 6
OFFENSIVE RETURN
AND MOVE IN

DRILL 7
BASELINE
CONSISTENCY
“ALL UP TO 100”

DRILL 8
BASELINE
HEIGHT + DEPTH
“IN AND OUT”

DRILL 9
BASELINE
DIRECTION
“IN ALLEY U ARE
OVER”

DRILL 10
POINT PLAY
“TACTICAL MEMORY”

CONCLUSION:
THINK & HAVE FUN