

**HAND FEEDING: WHY, WHEN AND HOW - 45 MIN (ON COURT)**

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**1. Introduction**

- Methodological considerations in teaching tennis

- Hand feeding:

- + Who
- + Why
- + When
- + How

**2. Different types:**

- Using the basket

- The student throws the ball with his hand

- The coach throws the ball with his hand

**3. Examples**

- Objectives:

- + Correction
- + Improvement

- Contents:

- + Technical
- + Conditioning
- + Footwork
- + Mental
- + Physical

**4. Analysis - Discussion**

+ Advantages

+ Disadvantages

**5. Conclusions**

**TECHNIQUE:**

- **Racquet acceleration (start with FH and then SBH – DHB):**
  1. Hand feed close to the net, no bounce, hit the ball fast with the racket and the ball hits the net
  2. Same as above, with no bounce, the ball should go over the net
  3. Same as above with bounce, the ball should go over the net and bounce inside the service box (first crosscourt and then down the line)
  4. Hand feed in the baseline, very low balls, very fast, focus on racket acceleration.
  5. Drop feed one player and then hit heavy topspin in service boxes (mini-tennis all topspin)
  
- **Stance for strokes:**
  6. Coach hand feeds open to the FH in order to favour the open stance FH
  7. Same for the 2HBH
  8. Same but hand feed short to favour the square stance FH, feeds 3-4 balls in a row, each one shorter.
  
- **Weight transfer:**
  9. Coach hand feeds and the player without the racket has to shadow the movement of the stroke and kick the ball with the right foot for the FH
  10. Same as above but with the racket
  11. Same as above but kick the ball with the left leg for 2HBH
  
- **Contact point:**
  12. Coach feeds from behind the player for him to move forward and impact with linear momentum
  13. Samuel Lopez drill, coach feeds with the hand, the player hits one FH and the other one he has to catch with the hand. Feed several balls.

**CONDITIONING:**

- **Coordination:**
  14. Coach feeds tennis balls and the players have to hit them with different parts of their body
  15. Same as above with different tennis balls (red is hit with the feet, orange is hit with the head, green is hit with the chest and yellow is hit with the hand)
  16. Same as above but feed a tennis ball and other types of ball and the player has to send it back with one or another hand
  17. Alternatively hand feed a tennis ball and a basket ball or another type of ball
  18. Coach rolls balls and the player has to try that the ball goes through his legs
  19. Same as above but with several players (the tunnel)
  20. Miranda drill rolling the ball within the alleys and it should stop there.
  
- **Orientation:**

21. Adjustment step – hand feed very close to the player with and without the racket
22. Long steps and adjustment step – very far from the player with and without the racket
23. In and out – hand feed balls behind and in front – 1<sup>st</sup> only FH, 2<sup>nd</sup> only BH
24. In and out (star) – FH and BH combined (set up with cones)
25. Feeding the chicken – Dudu seated feeds balls to Alex in the baseline and mid court

- **Speed:**

26. Richard, coach hand feeds rolling the ball from behind the player, between the legs, player stops the ball with 1 foot. Use foam balls
27. Same as above but roll 2 balls, one after the other
28. Goalkeeper – coach hand feeds in front of the player, the player has to stop the ball with the feet
29. Coach stands in front of the player, he rolls a ball to the player and he has to stop the ball with one foot before it crosses a given line.
30. Idem on clay court, the coach has to kick the ball at the end of sliding

- **Agility:**

31. Stefano Capriati drill, coach hand feeds or another player, both players move together using the alley, from the baseline to the net. Different possible variations
32. Coach hand feeds 6-8 balls very fast to the player, he has to avoid the balls to touch his feet. Quick feet. Player with the back to a fence or the net. Player with or without racket

- **Power:**

33. Upper body power. With medicine ball, hit with the medicine ball the tennis ball that is hand fed by the coach.
34. Same as above but the player uses a racket and not the medicine ball, the player has to rotate more

- **Balance - positioning:**

35. Coach kneeled and player without racket: coach rolls the ball and player rolls the ball
36. Same as above – coach hand feeds in the air and player does the same
37. Same as above – coach hand feeds in the air and player rolls back the ball
38. Same as above – coach hand feeds the ball and player has to catch and touch the ball when indicated

- **Agility:**

39. Coach hand feeds to the player, with no racket, who has to catch the ball with FH and BH very fast
40. Same as above but hitting with the racket (Bruguera drill)
41. Same as above but ball to FH hit with BH and ball with BH hit with FH

<b>TACTICS:</b>
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- **2<sup>ND</sup> Shot after the serve:**

42. David Ferrer – Piles drill – low 2HBH after the return

43. Hand feed ball to the body after the serve, for quick reaction on the 2<sup>nd</sup> shot after the serve

- **Inside out forehand:**

44. Gustavo Luza drills

- **Tactical patterns (Jofre):**

45. Player A serves, B returns, coach hand feeds to A who has to hit the balls that the coach feeds while B has to play the balls that A hits.

46. A serves, B returns, coach hand feeds to B who has to hit the balls that the coach feeds while A has to play the balls that A hits

47. A serves and then he drops feeds a ball that he hits to play a groundstroke or a mid court shot.

48. Playing mini-tennis with the hand.

49. One player with the racket and another player with the hand. They play points (Piles father).