



VOLLEYS

Long-term technical development

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Introduction

- Positive effects of net game development:
 - Receiving skills, spatial orientation, dynamic balance,
 - Tactical intentions and court coverage,
 - Movement and body mechanics,
- Specificity: mostly player has to control power of incoming ball instead of creating power,
- Coach should use progression in methodology.

9&under playing competencies

- When in favourable situation player is able to direct the ball away from the opponent,
- Shot selection (decision making skills) is based on visual clues,
- Applying the principles of court coverage,
- Using volley technique without limiting flaws,
- When in favourable situation player is volleying from balanced position,
- Show intention to intercept all passing shots (and lobs).

12&under playing competencies

- When in favourable situation player is able to create advantage or finish the point,
- In addition to the visual clues player is able to consider his own position when deciding about the next shot,
- Player is able to adapt to different incoming ball characteristics,
- Player is able to apply all movement patterns and appropriate body mechanics,
- When in favourable situation player is able to direct the smash away from the opponent,
- Player wins majority of points when playing at the net

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16&under playing competencies

- Player is aware about the opponent's situation and seizes opportunity to approach the net by approach shot or volleys,
- Player seizes opportunity to use drive volleys in order to create advantage or finish the point from the mid court,
- Play is comfortable in finishing the points with the smash and drop volleys.

Note: competencies should be demonstrated in official matches.

Technical development

Areas of technical development:

1. Fundamentals (BTR),
2. Movement,
3. Body mechanics,
4. Stroke efficiency.

Tools to analyse and develop:

1. $P_{(\text{path})}A_{(\text{angle})}S_{(\text{speed})}$,
2. Biomechanical principles (BIOMECH),
3. Match charting.

Technical development



Volley			
Technical element	Players		
<u>FUNDAMENTALS</u>	9& under	12& under	16& under
Attention & Receiving skills	✓		
Reaction speed	✓	✓	
Balance	✓	✓	
Timing & Rhythm	✓		
<u>MOVEMENT</u>			
Court coverage movement patterns	✓		
Hit & step	✓	✓	
Step & hit	✓	✓	
<u>BODY MECHANICS</u>			
Block volley	✓	✓	
Volley with FT		✓	
Volley with BS		✓	✓
Touch volley		✓	✓
Pouch volley			✓
<u>STROKE EFFICIENCY</u>			
Adaptability			✓
Variety			✓
Disguise volley's intention			✓

Zmajic & Filipcic, 2016.

Conclusions

- Continuous tracking, analysis and development of playing competencies,
- Coach should create optimal conditions/ challenge,
- Main tactical intention to be practiced is to finish a point,
- Tactical and technical development go together.



Videos on YT
channel:
AFTennis

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Thank you for your attention!



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