SITUATION TRAINING
LESSON PLANNER

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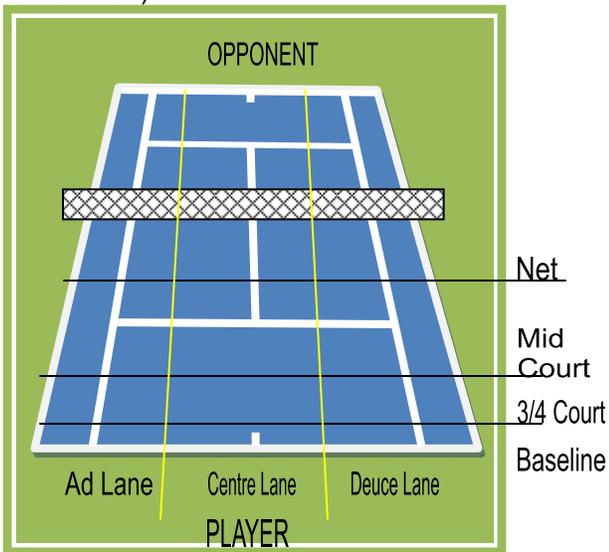Advanced Coaching Education

SITUATION TRAINING

POINT SITUATION

❑ INITIATE SERVE ❑ INITIATE RETURN ❑ BUILD

❑ ADVANTAGE ❑ FINISH ❑ STAY-IN

SHOT CYCLE

SITUATION (WHAT THE PLAYER RECEIVES)
(Mark on diagram location of player & opponent and the direction, trajectory and landing point of ball received)

OPPONENT

Net

Mid Court

3/4 Court

Baseline

Ad Lane   Centre Lane   Deuce Lane

PLAYER

RESPONSE (WHAT THE PLAYER SENDS)
(Mark on diagram location of player when sending ball, direction, trajectory and landing point of ball sent, and player's recovery location)

PHASE OF PLAY:

❑ DEFEND
❑ COUNTER
❑ RALLY
❑ FORCE
❑ ATTACK

OPPONENT
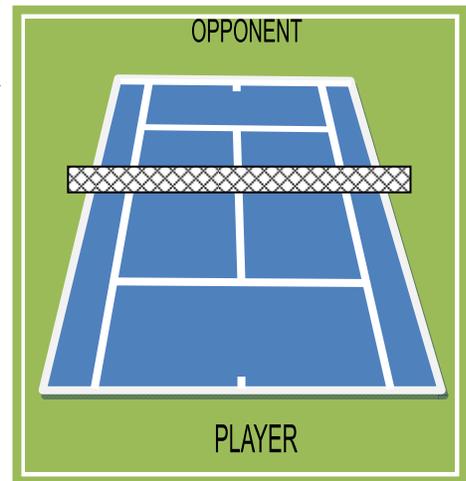
PLAYER

TECHNICAL CONSIDERATIONS

Identify any technical elements the player must focus on to accomplish the tactic (write any notes for that player). It is recommended to work on only 1 element at a time. This sheet can also be used for a series of lessons.

FOOTWORK:

❑ **Start step**   ❑ **Movement to ball**   ❑ **Set-up**   ❑ **Recovery**

NOTES:

BODYWORK:

❑ **Balance**   ❑ **Muscle relaxation**   ❑ **Linkage**

NOTES:

RACQUETWORK:

❑ **Grip**   ❑ **Set-up**   ❑ **Impact point**   ❑ **Racquet P.A.S** (Path/Angle/Speed)

NOTES:

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ACE COACH SITUATION TRAINING LESSON PLANNER

This planner was created to assist coaches in planning Game-based lessons for singles play.

The easiest way to ensure your lessons have direct application to match play is to use **"Situation Training'** (ST). ST allows a coach to identify tactical elements that a player encounters at their level of play, lay it out in an easy to understand format, and attach the relevant techniques required to be successful in that situation.

POINT SITUATION
Situations move from general to specific. The general description of a situation is the **"Point Situation"**. The Point Situation describes the steps of how a typical point unfolds:
- **Initiate:** Start the point from the Serve or Return
- **Build:** Exchange the ball from baseline to baseline
- **Advantage:** Challenge the opponent to gain an advantage
- **Finish:** End the point
- **Stay-in:** Neutralize an opponent's finishing attempt or, turn around their advantage

Note: Every point may not progress through each stage (e.g. A serve & volley sequence may progress from *Initiate* straight to *Finish*)

SHOT CYCLE
The specific description of a situation includes the cycle of elements that happen during an individual shot. It is composed of two distinct parts: What happens when the player receives the ball (called the "Situation"), and what happens when the player sends the ball (called your "Response"). Specifically defining all the elements in the Shot Situation helps a coach to recreate a realistic training environment.

- **Situation:** (What happens when you receive the ball). This includes where the players start (their location) and the characteristics of the ball the player receives from their opponent (it's Height, Direction, Distance, Speed or Spin). The context presents a challenge that a player must overcome or an opportunity they can capitalize on.

- **Response:** (What happens when you send the ball). This is the player's solution to the challenge or how they gain the advantage. It includes the characteristics of the ball they send to the opponent and the Phase of Play they are in (are they Attacking, Rallying, Defending, etc?)

TACTICAL-TECHNICAL CONNECTION
Before a coach teaches a player *how* to do something (e.g. the proper technique on a forehand), it is important the student understands *what* they are trying to do. Understanding the tactical situation helps players *play the game*. They become better problem solvers and decision makers by learning cause and effect relationships (i.e. when 'X' happens, I need to do 'Y' to be successful). Rather than technical instruction that just makes them 'look proper', they learn how and what techniques improve their play.

Using the Planner:
Step 1: Fill in all the details to lay out the situation (details can come from the player or, from the coach observing match play)
Step 2: Identify the key Technical Considerations that will help the player be more successful at responding to the situation.
Step 3: Perform your lesson (it is better to master one element at a time rather than, "Here are the 8 things you need to do")