















FREE 3 WEEK DOUBLES LESSON PLAN

Please click on an image to open up the video of the exercise or handout

Wk no.	Focus of Lesson	Tactical	Physical Warm Up	Technical Warm Up	Main Part of Lesson	Match Practice	Review Lesson	
Time:			3 Minutes	5 Minutes	20 Minutes	20 Minutes	10 Minutes	2 Minutes
1	DOUBLES POSITIONING	Neutral Doubles Formation	 <p>5 Switch kicks and jog across the court</p>	 <p>Players rally in the service boxes, tipping the disc on the service line after each shot</p>	 <p>Give players doubles positioning handout and explain the role of the 4 neutral doubles positions</p>	 <p>Players play points, starting on the discs</p>	Play Tie break points starting with a serve in the neutral doubles formation. Focus on positioning.	Review Lesson
Time:			3 Minutes	5 Minutes	4 x 5 Minutes (20 Minutes)	20 Minutes	10 Minutes	2 Minutes
2	RECOVER TO POSITION AFTER SHOT	Crosscourt Rally	 <p>Various ball and racquet exercises while jogging across court</p>	 <p>Players rally in the service boxes, tipping the orange cone after each shot</p>	 <p>Players rally crosscourt, counting the number of shots they hit into the court within 5 minutes</p>	 <p>Players play out the point crosscourt, tipping the disc with their racquet after every shot</p>	Play Games. Focus on recovery after baseline shot.	Review Lesson
Time:			3 Minutes	5 Minutes	4 x 5 Minutes (20 Minutes)	20 Minutes	10 Minutes	2 Minutes
3	CROSSCOURT DEPTH	Depth past service line	 <p>Jogging diagonally forwards and backwards tipping the disc</p>	 <p>Players hit one groundstroke and then move forward to hit one volley in the service boxes</p>	 <p>Count the number of shots hit crosscourt past the service line within 5 minutes</p>	 <p>Play points crosscourt. All shots must go past the service line. Feed for 2 points each.</p>	Play Games. Focus on hitting good depth crosscourt.	Review Lesson
			Jog Diagonally Forwards & Backwards, tipping net and disc	1 groundstroke & 1 volley rally in the service boxes	5 Minute Drill: Count shots hit past service line crosscourt	Play points crosscourt. All shots must go past the service line		