



# Challenger September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><b>Match play</b> 1</p> <p>Facing as many styles and opponents as time permits. Game planning for each opponent and adjusting as things change</p>	2	<p>HTA Houston challenger 3</p> <p>ID: 809660316</p> <p>12-18s</p> <p>ID: 800039716</p> <p>10s</p>
4	<p><b>Back to basics week after tournament</b> 5</p> <p>Groundstrokes with focus on topspin and height above net. 100 serves to target. Groundstroke competition</p>	<p><b>Groundstrokes crosscourt and down the line</b> 6</p> <p>Skyball/ lobbing back and forth. best groundstroke competition</p>	<p><b>improve consistency and know what is safe</b> 7</p> <p>serves vs. returns and one ball singles competition</p>	<p><b>Minicourt warmup</b> 8</p> <p>3/4 groundstrokes. Baseline groundstrokes crosscourt. Baseline groundstrokes down the line. Reflex volleys. Serves and returns. point play</p>	9	10
11	<p><b>Focus on front court game</b> 12</p> <p>Team reflex volleys moving in with lobs. Lobs VS. overhead playouts. Serve and volley doubles points</p>	<p><b>Groundstroke points</b> 13</p> <p>Moving in on any shot ball and playouts. overhead doubles playouts. net team VS. baseline team. 4 ball playouts. winner move-up, loser move down</p>	<p><b>Serve and volley crosscourt points</b> 14</p> <p>Knockout/ putting attacking points together. team reflex volley moving up from baseline. serve and volley doubles points</p>	<p><b>Approach, volley, overhead playouts</b> 15</p> <p>Lobs VS. overhead playouts. serves to targets to improve control. serve and volley doubles tiebreakers</p>	16	17
<p>Deer Park challenger 18</p> <p>ID: 800014216</p> <p>12-18s</p> <p>ID: 800039716</p> <p>10s</p>	<p><b>Crosscourt groundstroke points with dropshots</b> 19</p> <p>100 spin serves with high net clearance. Doubles high/low VS. net team</p>	<p><b>Serves VS. returns</b> 20</p> <p>Progressive groundstroke work. 100 spin serves with high net clearance.</p>	<p><b>Baseline point play</b> 21</p> <p>serve and volley point play. Knockout/ putting attacking points together. No bounce net play. Complete the</p>	22	23	24
25	<p><b>Groundstroke point competition</b> 26</p> <p>Target serves VS. returns double sets to begin week of competition</p>	<p><b>Best groundstroke competition</b> 27</p> <p>100 spin serves. crosscourt groundstroke points. serve and volley points</p>	<p><b>Serves and return of serve focus</b> 28</p> <p>Tiebreaker competition. Learn the importance of each point and focusing on the court</p>	<p><b>Competitive play in preparation for tournament</b> 29</p> <p>Warmup and singles sets, then doubles sets</p>	30	