

# Movement education

1. How to teach movements
2. Basics
3. Ready position
4. Service
5. Drive
6. Push strokes / Volleys
7. Over head strokes
8. Footwork & Tacticals

# Teaching movements

- I. Pulse sequence & Strike phases
  - (1) Preparation phase
  - (2) Contact/strike phase
  - (3) End phase

# Teaching movements

## II. Functional exercise row

1. Movement presentation (deductiv)
2. Shadow speeding
3. Movement with dead ball
- 4. *Throw the speeder***
5. Pass/Strike the ball to the learner (just one speeder, break, one speeder ..)
6. Pass/strike the ball to the learner without breaks
7. Simple rallies relating to the learning movement
8. Strike combinations (old & the new movement), one sided
9. Strike combinations two sided
10. Strike combinations with more possibilities
11. Playing with tactical specifications without pointing
12. Playing with tactical specifications with pointing
13. Match

# Basics

## I. Grip



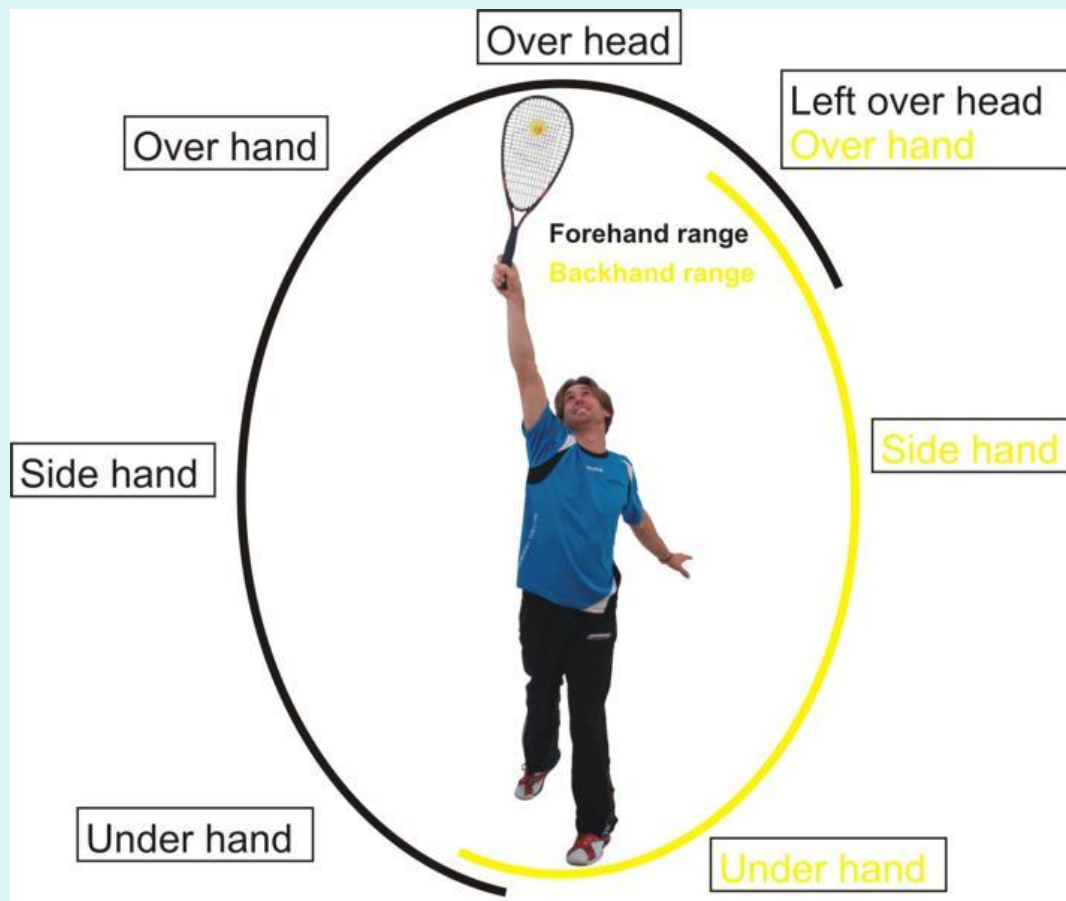
**NO !**



**YES !**

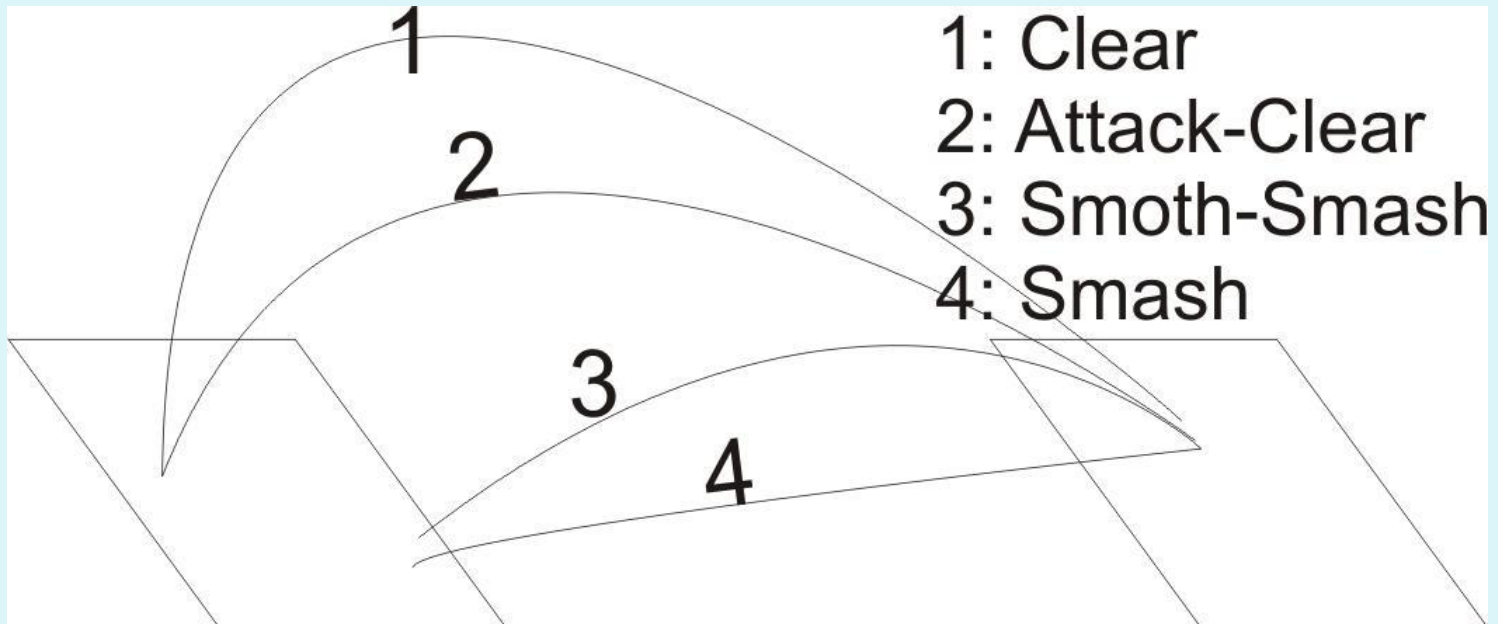
# Basics

## II. Strike ranges



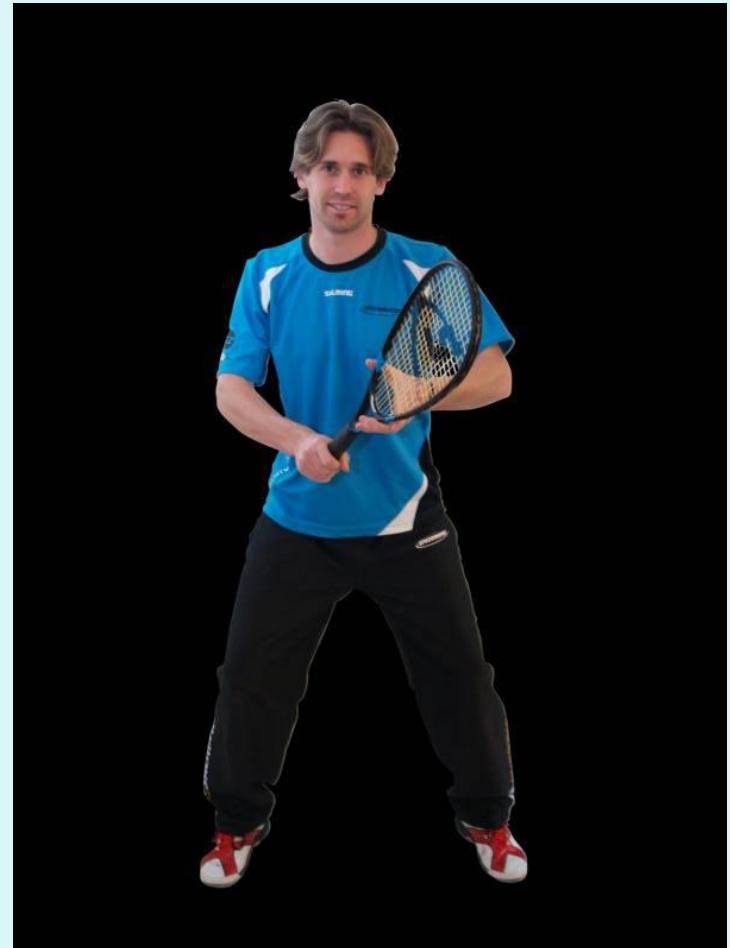
# Basics

## III. Flight path



# Ready / Basic position

- Semi-continental grip
- Spread your feet shoulder / hip width apart
- Hold the racket centrally in front of your body
- In between strokes you should always go back to the basic position
- Take the center of the front line as orientation and resume there after hits
- Basic position there after every hit



# Serve

## Preparation phase

- Stand sideways with your left foot in front (pointing to the front) and right foot in the back at a slight angle (pointing to the side)
- Racket shows to the back with stretched arm
- The centre of gravity is on the back
- The left hand holds the Speeder with its head down



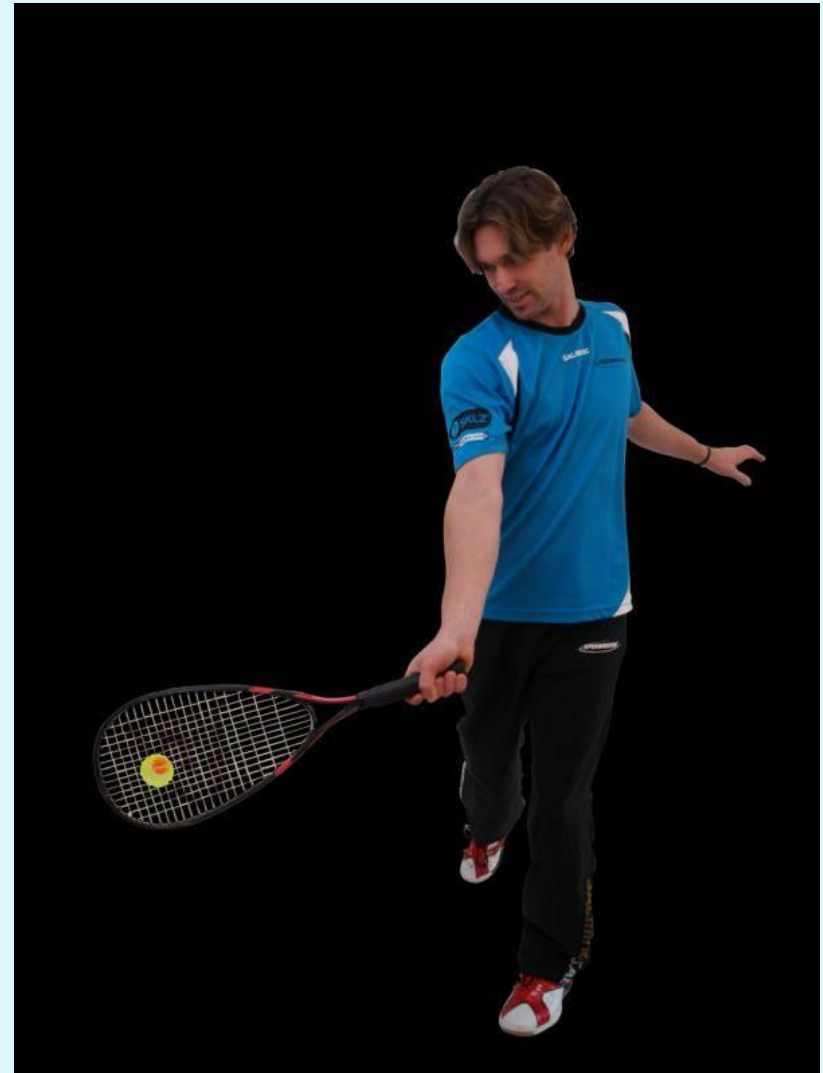
lateral



# Serve

## Contact phase & Hitting Position

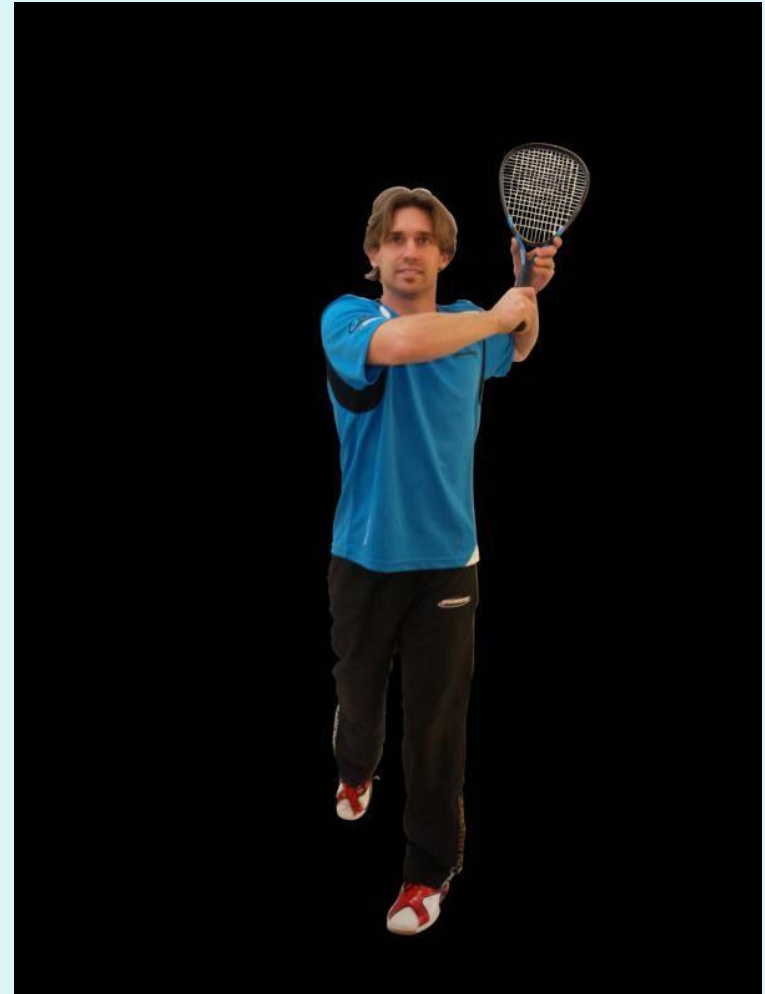
- Drop (not throw) the Speeder
- Simultaneously swing your hitting arm near to your body to the Speeder while rotating your upper body towards your opponent (Hip & foot too)
- Hit the Speeder in front of your body to the right
- Shift your weight to the left foot



# Serve

## End phase & finishing position

- Hitting arm swings out towards the left shoulder
- Right foot is set forward to get into the basic & central position



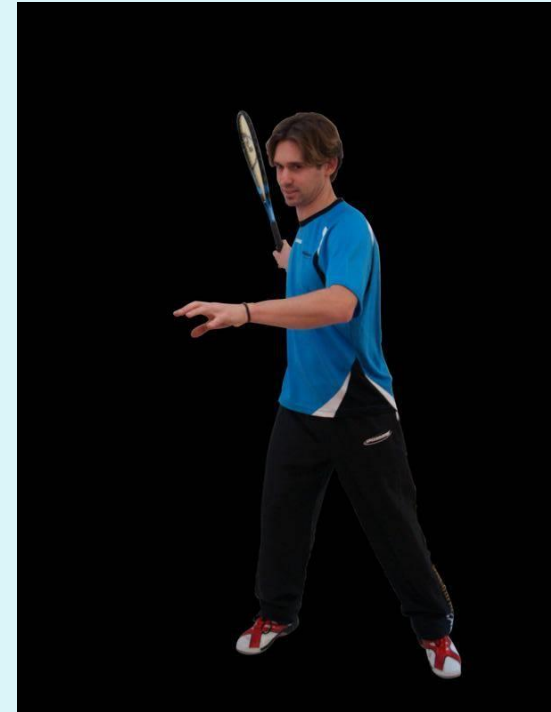
# Serve



# Drive - forehand

## Preparation phase

- Middle grip
- Move your upper body opposite of the hitting direction (left shoulder goes forward)
- Hitting arm goes backward
- Body weight shifts to the right foot
- Knees are slightly bent during the whole movement to guarantee optimal balance

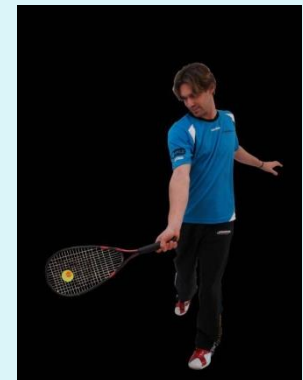


Lateral  
Service

# Drive - forehand

## Hitting / Contact phase

- The racket face points toward the direction you want to hit the speeder
- Body weight shifts to the left foot
- Upper body rotates in the hitting direction (forward)
- Right arm swings forward and hits the Speeder in front of the body



Service

# Drive - forehand

## End phase

- Racket swings out toward the left shoulder
- Resume to basic & central position as soon as possible



Service

# Drive - Forehand



# Drive - backhand

## Preparation phase

- Backhand grip
- Rotate upper body so that your right shoulder goes forward
- Racket shows back
- Body weight shifts to the left foot
- The knees are slightly bent during the whole movement to guarantee the optimal balance



sideward  
lateral



# Drive - backhand

## Hitting / Contact phase

- The racket face points toward the direction you want to hit the Speeder
- Body weight shifts to the right foot
- Upper body rotates in the hitting direction
- Hitting arm swings forward and hits the Speeder in front of the body



# Drive - backhand

## End phase

- Racket swings out
- Resume basic position as soon as possible



# Drive - backhand



# Push strike & Volley

- Hitting point directly in front of your body
- High control
- Fast actable (pressure on your enemy) / Short movement
- Good for defense / Block shots
- But: Less power

# Volley forehand & backhand

## Preparation phase

- Stay frontal
- Swing back shoulder high
- Backhand: Keep your left hand on the heart until the movement goes forward (use backhand grip)



# Volley forehand & backhand



## Hitting / Contact phase

- Short step forward (diagonally)
- Push your arm forward (stretch your elbow)
- Racket shows sideward
- Slow down the movement quickly after the contact point
- Backhand: Left arm swings back





# Volley forehand & backhand



## End phase

Go back to the ready position as fast as possible

# Push strike & Volley

## Differences in processing

- Rebound effect
- No step forward
- Hitting point directly in front of the body -> Possibilities
- Push strokes in combination with the right footwork to reach far away balls



# Over head hit

## Preparation phase

- Middle grip
- Hitting arm is bent and the racket is held above your head
- Body weight is on the right foot, which is placed a step behind the left foot
- The knees are slightly bent during the whole movement to guarantee the optimal balance



# Over head hit

## Hitting / Contact phase

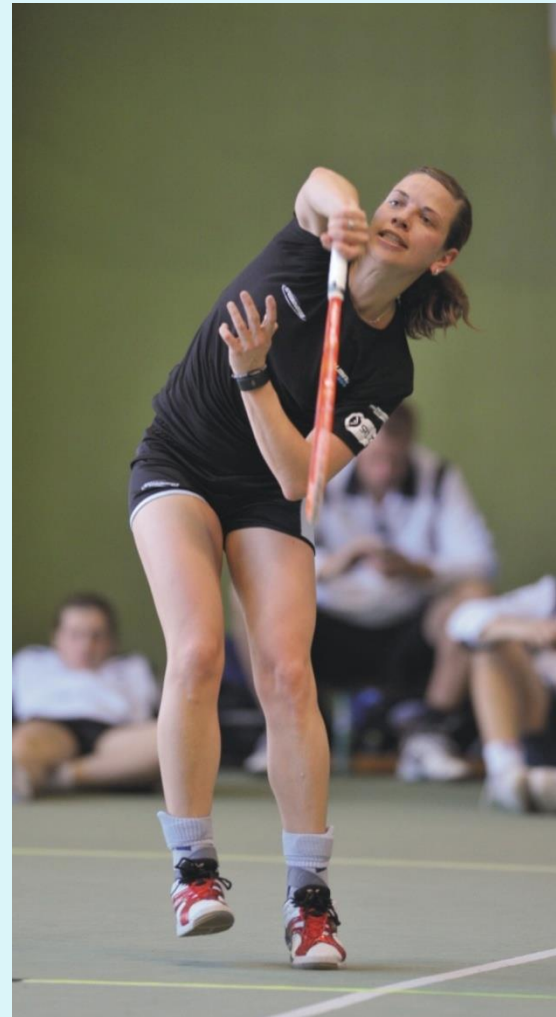
- The elbow of the hitting arm moves towards the incoming Speeder
- The upper body (including the hip) rotates towards the basic position
- The hitting arm is stretched and swing forward, so that the Speeder is hit above and slightly in front of your head
- Body weight shifts to the left leg
- Rotate the forearm → next page



# Over head hit

## Hitting / Contact phase

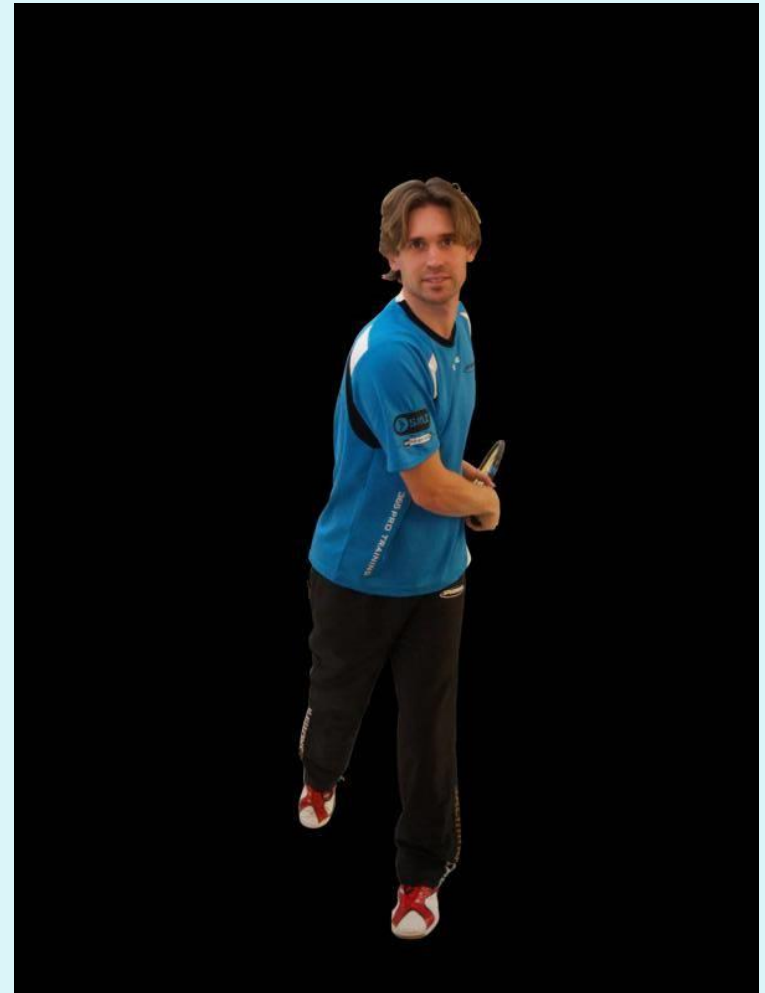
- Rotate the forearm -----→



# Over head hit

## Ende phase

- Racket swings out down to the left
- Right leg moves one step forward
- Resume to basic position and central position as soon as possible



# Over head hit



# Footwork & movement on court

Aim: Move to the speeder in the way and to this position, that you are able to realize the right movement (especially the point of contact)

Find the PDF “Footwork” on the ICO website.

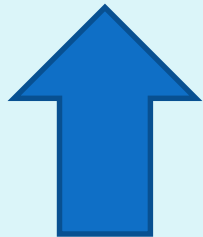


# Tactics – Practical tips

- Never change a winning system
- Use your strengthes and the weaknesses of your enemy
  - > Examples?
- Think positiv (hold motivation high)
- Basic tactics work not for all enemies
- What do you think? Tell us situations about your experiences?
- Differences between double and single?

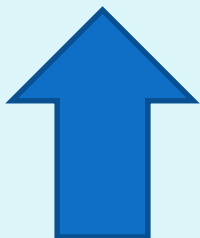
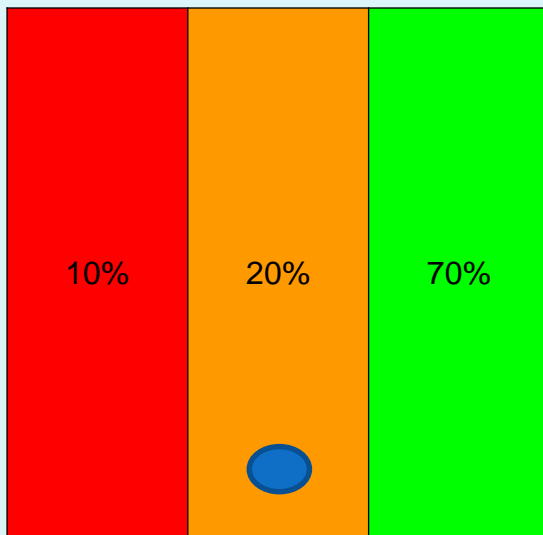
# Tactics - Serve

		15%
5%		80%

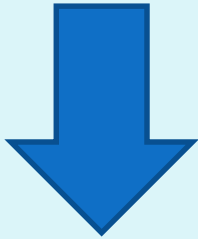




# Tactics – Shooting areas



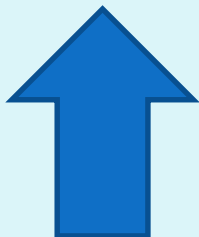
# Tactics – Return



80%		10%
	S	
10%		

# Tactics – Clear

80%		
20%		
0%	0%	



# Tactics – Smash



99% Power

50% Power low, safety high /  
50% Precision

100% Precision