

The 6 F's to Keep Your Practices Fantastic

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1. Focus

- Having a focus of your practice will help you and your players stay on task and know what they will be working on during the practice
- Come up with a variety of lesson plans to keep the focus
- You'll also be able to keep all players busy

2. Factual

- Be sure you are giving good and factual information to your players.
- Every coach has their own "language", be sure your players understand what you are trying to convey to them.
- You can never go wrong with the kinetic chain, physics, and biomechanics.

3. Fundamental

- Physical, technical, tactical, strategic, mental and environmental.
- Serve
- Return
- Inside half groundstrokes
- Outside half groundstrokes
- Absorb groundstrokes
- Midcourt/attacking groundstrokes
- Volleys/overheads

4. Fast

- Get players through the drill like they are in line at Chick-Fil-A.
- High energy.
- No waiting.

5. Fitness

- Combine sprints / ladders into drills
- Make hitting the ball the easiest thing they do
- Footwork
If you cannot get to the ball... then you cannot hit the ball
Balance
False steps
- Recovery
- Speed, agility, quickness

6. Fun

- What is fun? You need to know what your players find fun and what you think will be fun for them.
- This is the most important step and will keep your players wanting more.
- Players have fun when they are successful.
- You are the energy and enthusiasm!