

Summary of developing rallying skill from baseline

Rallying without movement

- 10 in a row without missing as the only norm
- 10 in a row without having to move inside the baseline
- 10 in a row rising to each other (moonball allowed)
- 10 in a row rising no moonballs allowed
- Tempo: measuring how many balls rising to each other in one minute to develop a rally threshold of quality
- Increasing the tempo

Rallying with movement (closed and open)

- Maintain norms of the rally when being moved in a set pattern i.e. one player hits crosscourt and the other one hits one cross and one line alternatively
- maintain quality when movement is open and look at the real rally threshold

Rallying when receiving a reception challenge

- change of rhythm: lower slice; high topspin; faster shots;
- being able to neutralise also with change of rhythm: slice; high topspin
- Able to neutralise i.e. starting with a rally situation with shot after serve and from the return
- Able to neutralise when in difficulty i.e. from defence to neutral when both players are at the baseline to get back into rallying situation