

#ITFWCC

2019

25-27 OCTOBER
BANGKOK, THAILAND



Ruben NEYENS

Rally skills for Red stage: the power of self feed

 **KNLTB** Dutch Tennis federation

WORKSHOP PRESENTATION



ruben.neyens

❑ Ice berg principal

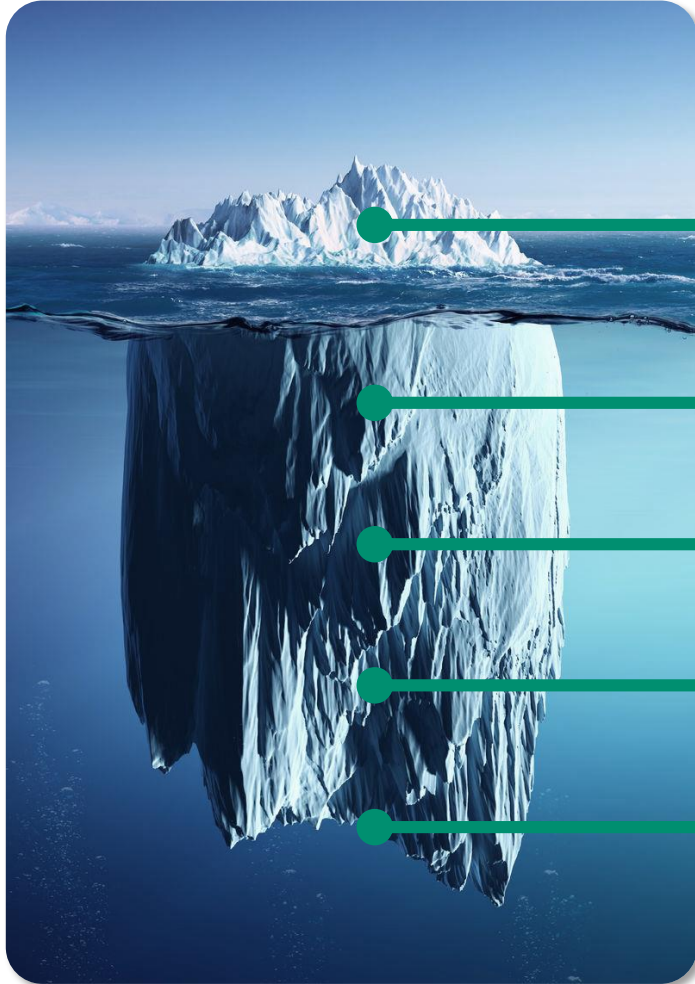
❑ Functional progressions

Goals for this session

X Organisation

X Targets (or ball quality)

Skill development



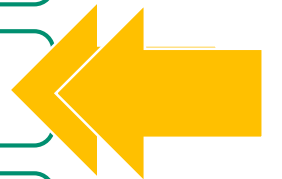
Rally skills – Up & down

Connected Receiving & Sending

Disconnected Receiving & Sending

Sending – Self feed

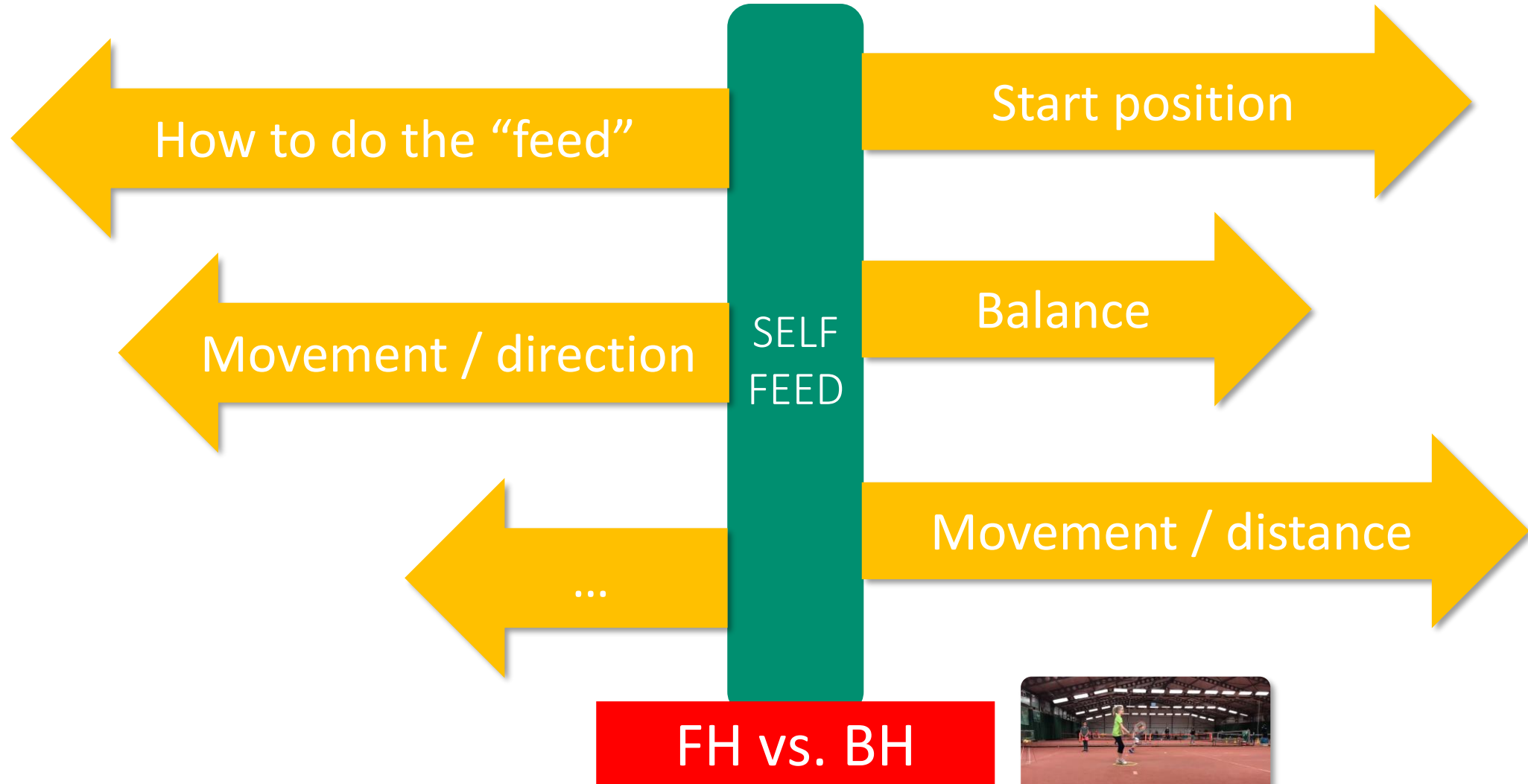
Receiving - Orientation



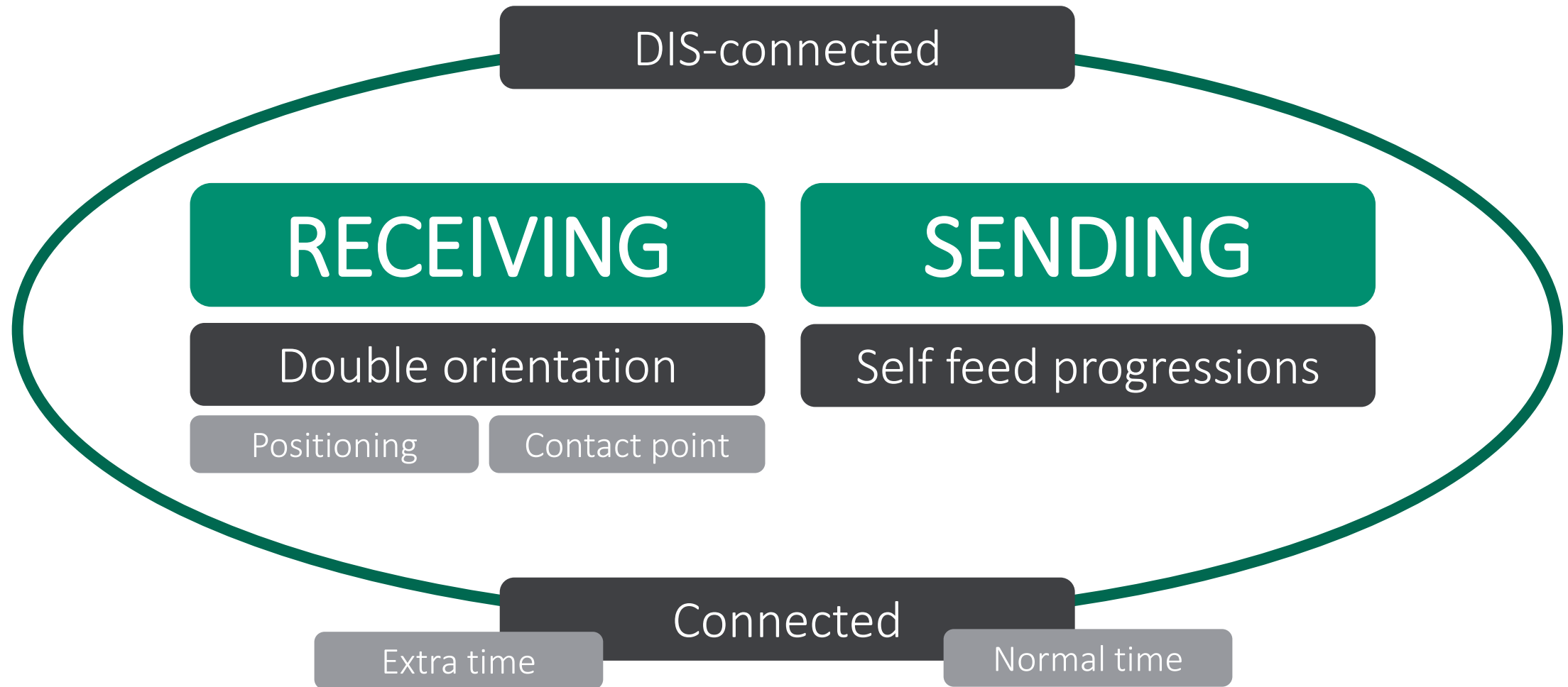
Sending – The self feed



Functional progressions



Rally skill development



- ❑ Ice berg principal
- ❑ Functional progressions

TAKE HOME MESSAGE



Sharing is caring.

Thank you coaches.