

BUCKS DOUBLES 'RULES' U8 – U14

8U Mini Red – 9U Mini Orange = bought into red rules, **9U Mini Orange – 10U Mini Green** = bought into red & orange rules, **10U Mini Green – 12U Yellow** = bought into red, orange & green rules, **14U** = bought into red, orange, green, yellow rules

RULES	UNDERSTANDING
The 3 second rule	Make eye contact or be with your partner within 3 seconds after the point. Turn towards each other. Maintain ENERGY as a pair
Be strong in the 'WALL' when at the net	Knowing where to stand when being in the 'WALL'
Win 2 nd serve returning points without hitting the ball	Positive mentality with body position, move up the court, top of the bounce return and warrior demeanour in look.
Winners from opponents go past a fully stretched racket	Mentality of chasing down every ball and moving with partner.
Be confident to 'take' the ball	Communication rule - "mine!" be clear and back yourself!
Every point is worth 1 – take as much joy out of forcing an error off opponent than hitting a winner	Value all shots equally whether you win the point by a winner, forced error or unforced error
Defend down the middle	Finding a way to get the ball back in play, opponents win the point rather than we lose it.
Aim for opponents backhand and backhand volley	Exploit opponents weaker shot
Correct positioning & reposition after serve/return	When serving, returning, servers partner, returners partner
Move in and out of the 'WALL' – neutral base at the net. The net player moves more than the baseliner.	Net player: when opponent looks weak hunt for the volley and move forward. When opponent looks strong hold base staying in the wall. When the ball is behind net player, net players eyes move to opponent at the net (first threat) and net player may shift out of the wall by turning hips. ADVANCE MOVEMENT IN GREEN BALL
First point - first serve last point - first serve	Effective match play - get a first serve in first point, deciding deuce get first serve in. BIG TARGETS
Searching for your FH and make opponent hit backhands	Players hunt out forehands both sides of the court, better disguise with the same contact point and player can see more of the court. If a right hander right foot in line with inside tramline on both sides. Aim to making opponent hit as many BH's as possible.
When at the net get low enough to see the baseline through the net	Good measure of being athletic on court, intimidating posture/warrior position.

Returning team	3/10 returns should go line. Create uncertainty in opponent, stops net player from moving.
Lob more and then follow in!!	More lobs used because of the quality of the cross-court battles - use lob line (chip or topspin) and follow in - the net player needs to move back to anticipate the retaliatory lob
Go and hunt down a slow ball. Fast ball quick reactions	Slow ball fast feet. Move forwards at the net to create angles (NEVER WAIT FOR IT). Fast ball fast hands – turn wrists and keep contact in front. Strong base.
1 st volley vs 2 nd volley when moving from service line	1 st volley deep, 2 nd volley short (or angle)
To get a volley for your partner aim through the middle or aim for opponents BH. Think about serving placement.	If you use too much angle can take net player out of the game, go middle more. Attack attack attack backhand.
Introduce serve and volley	Adding more tools to toolkit. Break up rhythm of returning team, take over the net.
Move as a pair to find the 'new' middle – ELASTIC BAND	Ball never passes between two players. Using Louis Cayer videos to teach players what parts of the court they are responsible for covering (always in the middle of possible angles hit by opponent). ROPES
Attack/Neutral/Defend – using the WALL as a neutral base when at the net.	Attack move forward, neutral stay, defend move back. When opponent smashing can net player get back to baseline? Maintain middle of possible angles hit by opponent.
Your start position at the net is different to your finishing position when returners partner and servers partner	When partner serving starting in the wall at the net and then move in the direction of where serve was hit. When returners partner moving in or out of the 'WALL' dependent on return and whether attacking, neutralizing or defending. introduce set plays with serve (T, body, wide)
Set plays and formation when serving and returning.	Do the players know starting positions for I, TANDEM, PLANNED INTERCEPTION. Where to serve to help execute the formations? Hand signs. Returning set players, using line return or lob.

VOLLEY FEELS REFER TO COUNTY TRAINING ANNUAL PLAN

VIDEOS TO SHOWCASE THE BRITISH DOUBLES SYSTEM AND BUCKS DOUBLES RULES

LOUIS CAYER – COVERING THE ANGLES AT THE NET

- 1) <https://www.youtube.com/watch?v=Bf9ioqjGkXU&t=310s>
- 2) https://www.youtube.com/watch?v=D_s9VF5VwhI
- 3) <https://www.youtube.com/watch?v=dLX8iD2wsUs>

HAND SIGNALS: <https://www.youtube.com/watch?v=E3clvOceG30>

VOLLEY FOOTWORK <https://www.youtube.com/watch?v=lzijeffhMCK>

VOLLEY DRILLS: <https://www.youtube.com/watch?v=yt1XFo5cGLE>