

Quick Guide for the COACH 1

GROUP 1 BASIC DRILLS - GREEN (left LED flashes green)

(Split Step - A Sequence of Movements returning to BASE)

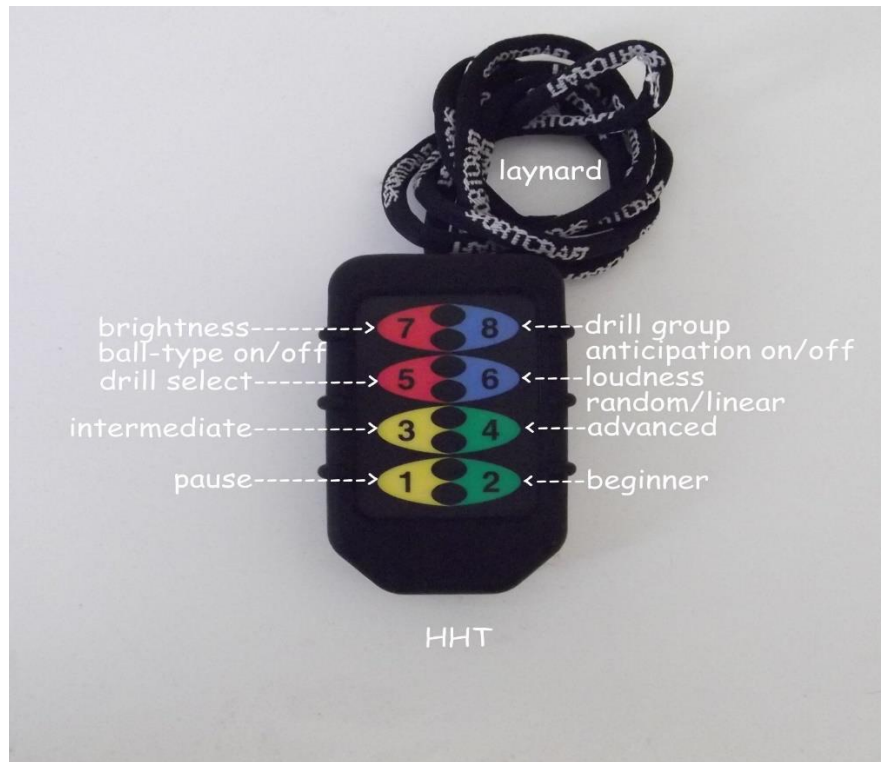
1. Split Step (i.e. RED LEDs only)
2. Split Step with landing and moving to the LEFT
3. Split Step with landing and moving to the RIGHT
4. Split Step with landing and moving to the RIGHT, then at BODY (both YEL LEDs come ON), then to the LEFT
5. Split Step with landing and moving Diagonally Forward towards the net, as in a short ball in zone 3.
6. Split Step with landing and moving to the Diagonally Backwards away from the net, as in a deep ball in zone 5.
7. Split Step with landing and moving Diagonally Forwards and Backwards.
8. ALL STAR drill = Split Step with landing and moving to the LEFT, deg (UP and to LEFT), TOP, 45 deg (UP and to RIGHT), RIGHT, 45 deg (BACK and to the RIGHT), BOTTOM, 45 deg (BACK and to LEFT).

GROUP 2 ADVANCED DRILLS - RED (left LED flashes red)

(Patterns of Play - A Sequence of Movements with Position Changes)

1. 8 Baseline to zone 3 (and back to baseline) Ground Strokes
2. 9 Baseline to zones 3, 4 & 5 (and back to baseline) Ground Strokes
3. 11 Baseline to zones 3, 4 & 5 Ground Strokes
4. 11 Baseline to zones 3, 4 & 5 Ground Strokes
5. 1 Return of Serve, 7 Ground Strokes in zone 4 (just behind baseline)
6. 1 Return of Serve, 1 Approach & 6 Volleys in zones 4, 3, 2.
7. 1 Return of Serve, 1 Approach, 2 Volleys & 2 Overheads in zones 4, 3, 2, 4.
8. 1 Return of Serve, 3 Ground Strokes, 1 Approach, 3 Volleys & 3 Overheads in zones 4, 3, 2, 4.

Using the Remote



Basic Key Functions

1. Button 1 will STOP (PAUSE) a drill, and then re-START at the beginning.
2. Button 2 will select the lowest LEVEL of difficulty (Beginner, slow).
3. Button 3 will select the next LEVEL of difficulty (Intermediate, medium).
4. Button 4 will select the highest LEVEL of difficulty (Advanced, fast).
5. Button 5 will sequence to the next DRILL.
6. Button 6 will cycle the buzzer loudness thru 4 different levels, including MUTE.
7. Button 7 will cycle the Directional LED brightness thru 4 different levels.
8. Button 8 will switch between the 8 BASIC Drills and the 8 ADVANCED Drills.
9. Button 1 (press & release) followed by Button 8 (press & release) will toggle the Anticipation mode of operation.
10. Button 1 (press & release) followed by Button 7 (press & release) will toggle between Normal and Advanced [Color Mode of Operation](#) (call for information).
11. Button 1 (press & release) followed by Button 6 (press & release) will toggle between LINEAR & RANDOM modes.

Learning the Split Step using the SSC1

(Coaches can train both Movement Execution and Stroke Technique)

Session 1 (Basic Drills)

Left-Right-Inside/Out, Slow Speed (min time delay)

1. Turn ON the SSC1 and press Button 5 one time to get out of Auto mode and into Drill #1 (Timing for the Vertical Hop)
2. Video Tape and replay the player's execution timing so that they can examine and then retry
3. Press Button 5 one more time to get into Drill #2 (moving to the left)
4. In Tennis Drill #2 indicates the ball is going to the left side (large LED comes ON) and the player wants to land on their right foot and accelerate towards the ball.
5. Video Tape and replay the player's timing so that they can examine and then retry
6. Press Button 5 one time to get into Drill #3 (moving to the right)
7. In Tennis Drill #3 indicates the ball is going to the right side (large LED comes ON) and the player wants to land on their left foot and accelerate towards the ball.
8. Video Tape and replay the player's timing so that they can examine and then retry
9. Press Button 5 one time to get into Drill #4 (Inside-Out, Right, Left)
10. Repeat steps 1 thru 9 by first pressing Button 5 until 2 RED LEDs come ON (indicating Drill #2), but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 2 (Basic Drills)

Left-Right-Inside/Out, Slow Speed (min time delay), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)
3. Video Tape and replay the player's execution timing so that they can examine and then retry
4. Proper execution timing in Random mode is a true measure of whether the player is able to move to next level.
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps 1 thru 5, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 3 (Basic Drills)

Left-Right-Inside/Out, Medium Speed (medium time delay), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 3 (which select Medium Speed)
3. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)

4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Proper execution timing in Random mode is a true measure of whether the player is able to move to next level.
6. Mark the court with chalk or cone and increase distance as the skill is perfected.
7. Repeat steps 1 thru 4, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 4 (Basic Drills)

Left-Right-Inside/Out, Fast Speed (long time delay), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 4 (which select Fast Speed)
3. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Proper execution timing in Random mode is a true measure of whether the player is able to move to next level.
6. Mark the court with chalk or cone and increase distance as the skill is perfected.
7. Repeat steps 1 thru 6, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 5 (Basic Drills)

Left-Right-Inside/Out, Slow Speed, Color Mode (Red=Defense, Yellow=Rally, Green=Attack)

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 2 (which select Slow Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps 1 thru 5, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 6 (Basic Drills)

Left-Right-Inside/Out, Medium Speed, Color Mode (Red=Defense, Yellow=Rally, Green=Attack)

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 3 (which select Medium Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps 1 thru 5, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 7 (Basic Drills)

Left-Right-Inside/Out, Fast Speed, Color Mode (Red=Defense, Yellow=Rally, Green=Attack)

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 4 (which select Fast Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps 1 thru 5, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 8 (Basic Drills)

Left-Right-Inside/Out, Slow Speed, Color Mode (Red=Defense, Yellow=Rally, Green=Attack), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 2 (which select Slow Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)
5. Video Tape and replay the player's execution timing so that they can examine and then retry
6. Mark the court with chalk or cone and increase distance as the skill is perfected.
7. Repeat steps 1 thru 6, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 9 (Basic Drills)

Left-Right-Inside/Out, Medium Speed, Color Mode (Red=Defense, Yellow=Rally, Green=Attack), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 3 (which select Medium Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)
5. Video Tape and replay the player's execution timing so that they can examine and then retry
6. Mark the court with chalk or cone and increase distance as the skill is perfected.
7. Repeat steps 1 thru 6, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 10 (Basic Drills)

Left-Right-Inside/Out, Fast Speed, Color Mode ([Red=Defense](#), [Yellow=Rally](#), [Green=Attack](#)), Random

1. Turn ON the SSC1 and press Button 5 four times to get into Drill #4 (Right, Left, Inside-Out)
2. Press Button 4 (which select Fast Speed)
3. Press Button 1 (which pauses the drills) then press Button 7 (Color Mode)
4. Press Button 1 (which pauses the drills) then press Button 5 (Random Mode)
5. Video Tape and replay the player's execution timing so that they can examine and then retry
6. Mark the court with chalk or cone and increase distance as the skill is perfected.
7. Repeat steps 1 thru 6, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 11 (Basic Drills)

1. Turn ON the SSC1 and press Button 5 five times to get into Drill #5
2. Split Step with landing and moving Diagonally Forward towards the net, as in a short ball in zone 3 (baseline to 4' inside of baseline).
3. Select your choice or combination of skills to work on: Speed, Color, Random
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 12 (Basic Drills)

1. Turn ON the SSC1 and press Button 5 six times to get into Drill #6
2. Split Step with landing and moving to the Diagonally Backwards away from the net, as in a deep ball in zone 5.
3. Select your choice or combination of skills to work on: Speed, Color, Random
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 13 (Basic Drills)

1. Turn ON the SSC1 and press Button 5 seven times to get into Drill #7
2. Split Step with landing and moving Diagonally Forwards and Backwards.
3. Select your choice or combination of skills to work on: Speed, Color, Random
4. Video Tape and replay the player's execution timing so that they can examine and then retry
7. Mark the court with chalk or cone and increase distance as the skill is perfected.
5. Repeat steps, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).

Session 14 (Basic Drills)

1. Turn ON the SSC1 and press Button 5 eight times to get into Drill #8
2. ALL STAR drill = Split Step with landing and moving to the LEFT, 45 deg (UP and to LEFT), TOP, 45 deg (UP and to RIGHT), RIGHT, 45 deg (BACK and to the RIGHT), BOTTOM, 45 deg (BACK and to LEFT).
3. Select your choice or combination of skills to work on: Speed, Color, Random
4. Video Tape and replay the player's execution timing so that they can examine and then retry
5. Mark the court with chalk or cone and increase distance as the skill is perfected.
6. Repeat steps, but this time include the swinging of a racket with the proper racket timing (contact point at Beep).