HOW TO BECOME A “COOL, CALM AND COLLECTED PLAYER: PRACTICAL TIPS ON BECOMING MORE STRATEGIC AND LESS REACTIVE ON THE COURT
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I. Goal of the class
This class will help students to hone their awareness skills in real time. Through the use of comfort zone training, players will learn how to make better and quicker decisions. By understanding your court position, which way your balance is going, and your strike zone, players will be more empowered with their shot selection.

II. Perceptual anticipation

III. Comfort zone awareness
P:
B:
S:

IV. Positioning
Front court:
Back court:

V. Balance
Front court:
Back court:

VI. Strike Zone
Front court:
Back court:

VII. Putting it all together
Defense:
Neutral:
Attack: