



Senior Women Development Weekend.

Amsterdam 19-21st February- Training weekend Report by Tanya Owens

Myself and Zoe participated in a training weekend accommodated by Aisling Blake in her local club in Amsterdam. The weekend was **Very beneficial** and provide not only some important tactical thoughts but also A LOT of motivation to further train, and to increase the intensity of our current training. The weekend consisted of;

Saturday Morning: 1hr 30min session between myself, Aisling and Zoe doing drills and mixing in a lot of pattern work. The tempo was medium paced. We played controlled games and to concentrate as much as possible on length as it became obvious QUICKLY, that if the ball was short it didn't stay in play for very long.

Saturday afternoon; 1hr20min session consisting of 4x10min games, based around a handicap system and a straight games restriction for the 'really good players'- this included Nicole David, Samantha Teran, Aisling, myself and Zoe. This was not only great training but an incredible opportunity to play with some of the best in the world and gave me some food for thought.

Sunday Morning: 1hr 30min session. Again we continued with drills however, this time they were **Very High** pace with 2feeders and 1 person at the front, involving a quota of shots (eg 50, 30). This worked every corner of the court. We also divulged in a drill whereby there were 2 people feeding at the front and the 3rd person had to retrieve these drop shots whilst also ghosting to the back corners.

Sunday afternoon: 1hr 30min game. Again we participated in high paced drills working on volleys and various different shots. We finished the session each having 2 games with Aisling, with Aisling working of a handicap. This really allowed me to see where I was at and the realisation that some of my shots actually put me in more trouble. More food for thought. We finished the session with some core stability work, which is not something I would normally engage in but it is something that I have now carried through to my training sessions at home.

Overall the weekend was very successful, as mentioned it provided some motivation and also gave way to knowledge of new drills and exposed some vital areas of my game which need to be worked on and the benefit that could bring.