

Illinois High School Tennis Coaches Association



Tennis Drill Book

Prepared by the IHSTCA for its membership with the hope that coaches will continue to add and develop this resource in order to improve coaching and tennis throughout the state of Illinois.

We Coach A Lifetime Sport

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In parenthesis number of players per court
S= Self Feed C=Coach Feeds

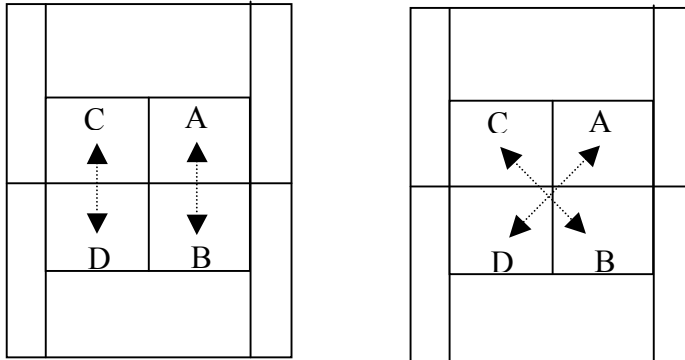
Warm-up Drills

Name: Short Court

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

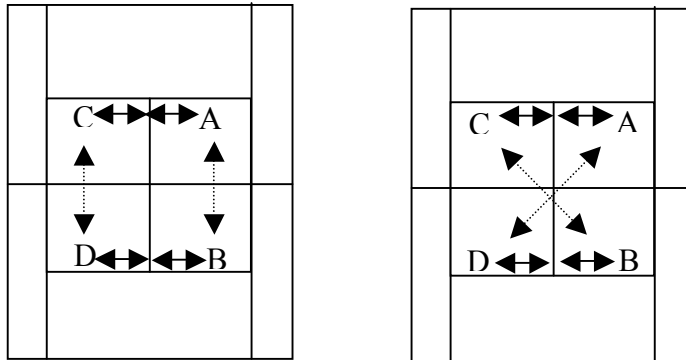
From within the service box hit groundstrokes down the line. The ball must bounce inside the service box. Try to put spin on the ball, both topspin and slice.

Variation: From within the service box hit groundstrokes crosscourt. The ball must bounce inside the service box. Try and put spin on the ball and hit.

Coaching Emphasis: I'll get it to you, if you get it to me. Tell players to focus on seeing the ball, getting the hands in position to hit the ball, a short back swing, and lively footwork. Also, emphasize racquet speed. Adjust racquet speed so you can hit many balls without missing. As you get better, increase racket speed to normal groundstroke speed. If you can't keep the ball in play for more than a couple of strokes, slow down racquet speed. The crosscourt variation is especially good for doubles players who have to get used to crosscourt angles and how to hit them.

Warm-up Drills

Name: Short Court Aerobic
Level: Beginning/Intermediate/Advanced
Purpose: Warm-up exercise
Time: 5 minutes



Description:

This is the same drill as short court with slight twist. From within the service box hit groundstrokes down the line, after each hit touch the center service line with your racket or foot. The ball must bounce inside the service box. Try and put spin on the ball and hit. This will get players moving more quickly

Variation: From within the service box hit groundstrokes crosscourt after each hit touch the center service line with your racket or foot. The ball must bounce inside the service box. Try and put spin on the ball and hit.

Coaching Emphasis: I'll get it to you, if you get it to me. Tell players to focus on seeing the ball, getting the hands in position to hit the ball, a short back swing, and lively footwork.

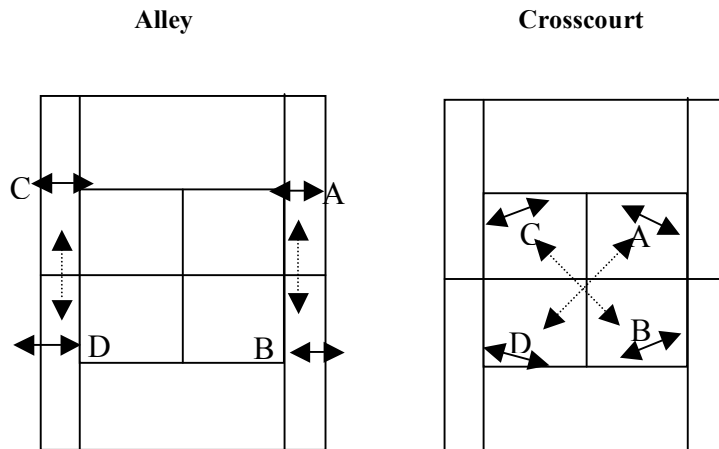
Warm-up Drills

Name: Mini Tennis Alternate Forehand/Backhands

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

This is the same drill as short court with another slight twist. From within the alley and inside the service box hit groundstrokes down the line. Each player must alternate hitting a forehand and a backhand groundstroke. The ball must still bounce in front of the service line if it were extended into the alley. This will get players moving more quickly and controlling the ball.

Variation: From within the service box hit groundstrokes crosscourt and each player alternates hitting forehands and backhands.

Variation: To make the crosscourt drill even more fun, have the players keep score. They get a point for errors not for winners, i.e. if the ball bounces outside the service box and alley, into the net or if they hit two backhands or forehands in a row. Play to 7 points.

Coaching Emphasis: I'll get it to you, if you get it to me. Tell players to focus on seeing the ball, getting the hands in position to hit the ball, a short back swing, and lively footwork.

Warm-up Drills

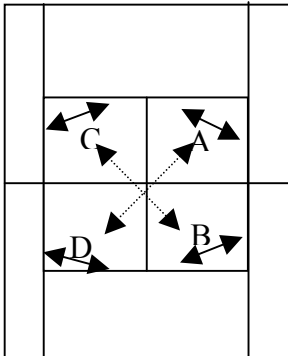
Name: Mini Tennis Forehand Only

Level: Beginning/Intermediate/Advanced

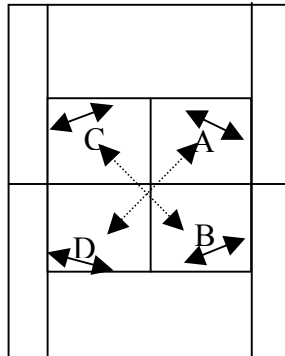
Purpose: Warm-up exercise

Time: 5 minutes

Forehands



Backhands



Description:

This is the same drill as short court with another slight twist. In a crosscourt game each player must hit only a forehand groundstroke. The ball must bounce in front of the service line if it were extended into the alley. They get a point for errors not for winners, i.e. if the ball bounces outside the service box and alley, into the net or if they hit two backhands or forehands in a row. Play to 7 points.

Variation: Allow players to only hit backhands.

Coaching Emphasis: Tell players to focus on seeing the ball, getting the hands in position to hit the ball, a short back swing, and lively footwork.

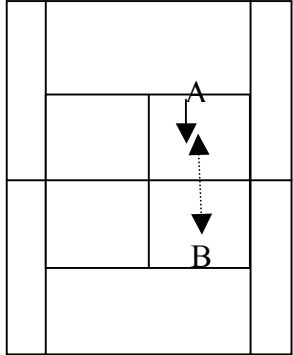
Warm-up Drills

Name: Underhand Serve & Volley on Mini Court

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



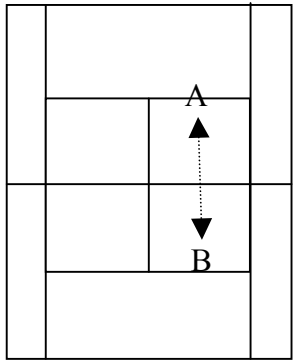
Description:

All points are played inside the service line. Player A serves under hand and approaches the net. Player A hits only volleys and player B hits only groundstrokes. No hard hitting, only touch and placement. Whoever serves hits volleys. Play to 7 or 11. Reverse rolls for next game.

Coaching Emphasis: Tracking the ball, coordinating your body, keeping balance, calculating the timing of the shot is the initial emphasis. Volleyer should keep racquet out in front of body. Keep hands away from body. Focus on watching the strings of the opponent as they hit the ball.

Warm-up Drills

Name: Catch and Throw on mini court
Level: Beginning/Intermediate/Advanced
Purpose: Warm-up exercise
Time: 5 minutes



Description:

Player A plays with a racquet and player B has to catch the ball and throw it over to player A. Two rules: ball **MUST** bounce once and wherever you catch the ball, from there you must throw. That means that you can't move closer to the net after you've caught the ball. Play to 7 and switch.

Coaching Emphasis: This drill is very good for hand eye coordination.

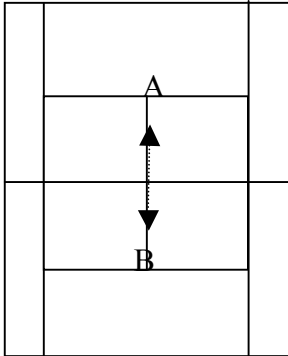
Warm-up Drills

Name: Table Tennis Mini Court

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

Similar to the game of table tennis a player has to hit the ball down into the court on their side of the net first before it goes over into their opponents service box. No volleys!
Play a game to 7 points.

Coaching Emphasis: Excellent drill for practicing coordination, topspin and footwork.

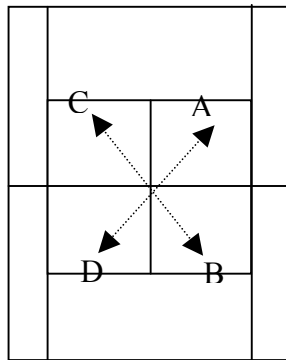
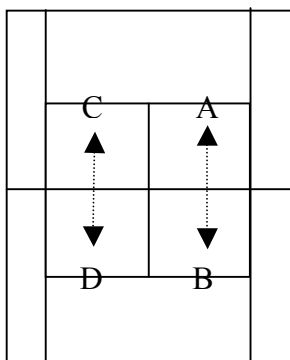
Warm-up Drills

Name: Volley-Volley

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

Beginning at the service line. Players are hitting one on one, straight ahead to their teammate (player A to B and player C to D). The emphasis is on seeing how many volleys in a row the players can hit without an error. This drill can also be played from behind the service line. The players in this position will be volleying from the position that most 1st volleys are hit from.

Variation: Hit crosscourt for 2 or three minutes and switch players in the add and deuce courts for a couple of more minutes of hitting.

Coaching Emphasis: Seeing the ball, hands away from the body, contact with the ball away from the body, continental grip, a short stroke maybe 6 inches from impact. This is particularly important for low volleys. High volleys can have a longer follow through. If volleying from the service line or behind the service line, emphasize consistency in making the volley. The volley from this far back usually is not a winning volley, so it has to have good direction and consistency.

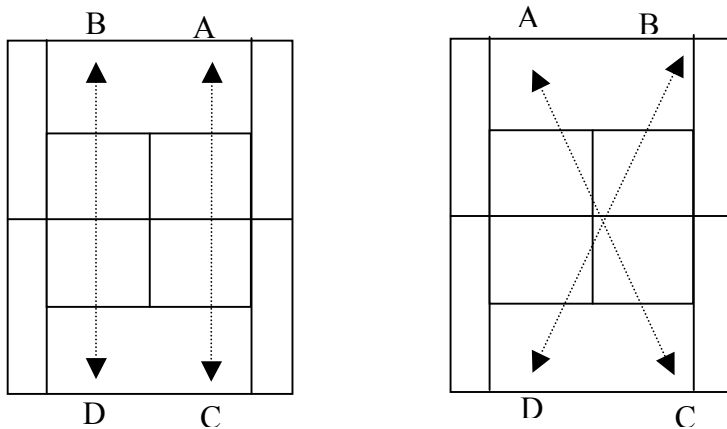
Warm-up Drills

Name: Groundstroke warm-up

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

Players are hitting one on one, down the line or straight ahead.

Variation: Players are hitting one on one, down the line or straight ahead using all forehands or all backhands.

Variation:

Players are hitting one on one crosscourt.

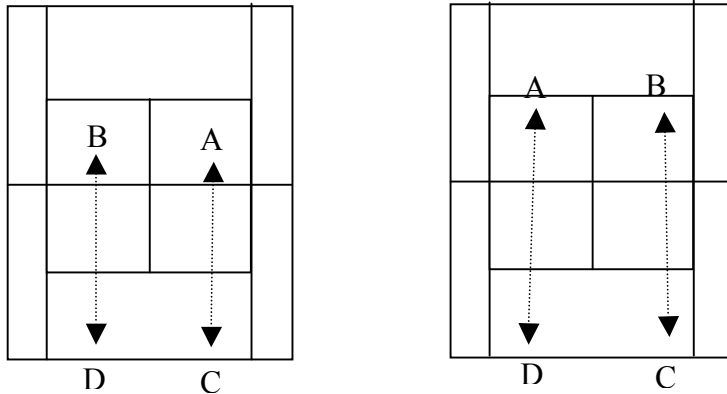
Variation:

Players are hitting one on one crosscourt using all forehands or all backhands.

Coaching Emphasis: Seeing the ball, getting hands in good position to hit the ball, finishing the stroke, hitting underneath and around the outside of the ball for crosscourt groundstrokes, hitting 2 or 3 feet above the net to get the ball deep into the court. No errors into the net.

Warm-up Drills

Name: Groundstroke/Volley warm-up
Level: Beginning/Intermediate/Advanced
Purpose: Warm-up exercise
Time: 5 minutes



Description:

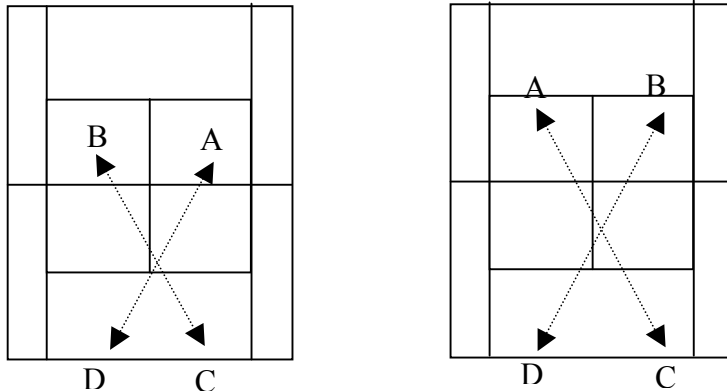
Players are hitting one on one, down the line or straight ahead with one player at the net and the other player behind the baseline. Baseline players are hitting friendly groundstrokes and volleyers are hitting friendly volleys back to baseliners. Rotate players A and B move to baseline and players C and D to the service line.

Variation: Volleyers begin just behind the service line and move forward one step on each volley until they get to the net. When either player misses a groundstroke or a volley, the volleyer starts over behind the service line. Rotate players A and B move to baseline and players C and D to the service line.

Coaching Emphasis: Seeing the ball, getting hands in good position to hit the ball, finishing the stroke, hitting underneath and around the outside of the ball for cross court groundstrokes, hitting 2 or 3 feet above the net to get the ball deep into the court. Because this is a cooperative drill, emphasize how many hits in a row the partners can execute. Also emphasize the volleyer should volley deep to the baseline or at least past the service line.

Warm-up Drills

Name: Groundstroke/Volley warm-up
Level: Beginning/Intermediate/Advanced
Purpose: Warm-up exercise
Time: 5 minutes



Description:

Players are hitting one on one crosscourt with one player at the net and the other player behind the baseline. Baseline players are hitting friendly groundstrokes and volleyers are hitting friendly volleys back to baseliners. Players switch add and deuce courts as well as volley and groundstroke positions.

Variation:

Players are hitting one on one crosscourt with one player starting at the service line and the other player behind the baseline and move forward one step on each volley until they get to the net. When either player misses a groundstroke or a volley, the volleyer starts over behind the service line. Baseline players are hitting friendly groundstrokes and volleyers are hitting friendly volleys back to baseliners.

Coaching Emphasis: Seeing the ball, getting hands in good position to hit the ball, finishing the stroke, hitting underneath and around the outside of the ball for cross court groundstrokes, hitting 2 or 3 feet above the net to get the ball deep into the court. Volleyers should volley past the service line as their goal.

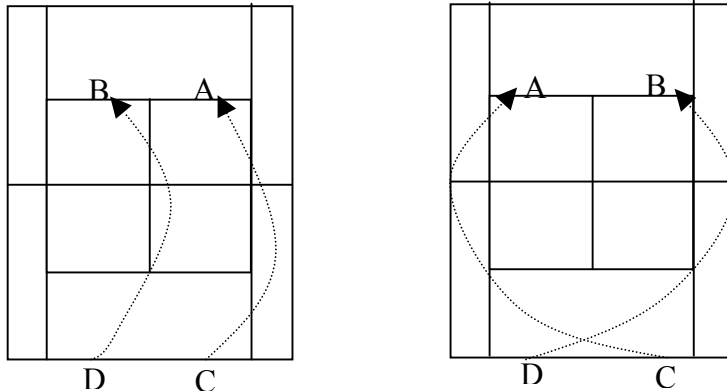
Warm-up Drills

Name: Lobs and Overheads

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise

Time: 5 minutes



Description:

Baseline players are hitting friendly lobs and net players are hitting overheads down the line. Rotate players A and B move to baseline and players C and D to the service line.

Variation:

Baseline players are hitting friendly lobs crosscourt with one player and overheads are hit crosscourt. Rotate players A and B move to baseline and players C and D to the service line.

Coaching Emphasis: Make lobs look like groundstrokes, racket preparation and footwork the same as a groundstroke except at the last instance open up the racket face and follow through high for the lob. The overhead preparation: racket up with hitting hand near the ear and non hitting hand pointing at the ball, body sideways to the net small steps to get in good position, ball kept out in front of the head, reach up to hit the ball, go for depth (hit overhead to the baseline especially if you hit overhead from deep in your court).

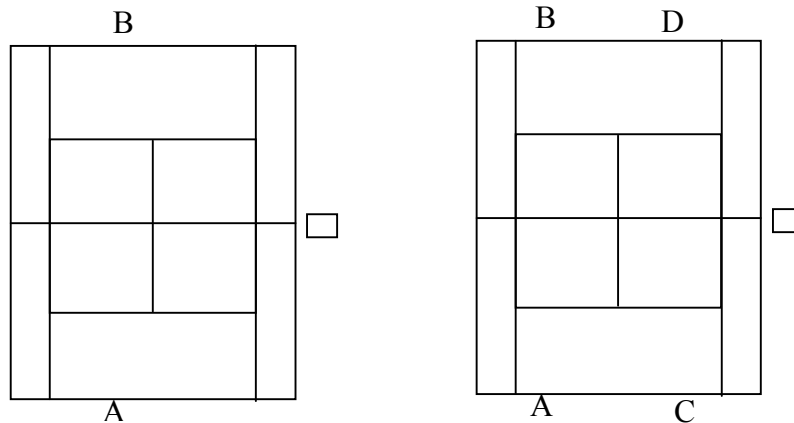
Warm-up Drills

Name: 1-Minute Time Trials

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes, Volleys, Serves

Time: 10 minutes



Description:

Using a variety of different objectives give students 1 minute to see how many they can complete. They can work as a pair e.g.:

1. Total number of groundstrokes hit in within 1-minute (for rally pace - if they hit too hard they make too many mistakes and if they hit too soft they wont be able to reach a high enough number because the ball travels slower)
2. Total number of volleys hit in within 1-minute (for racket head control)
3. Total number of serve and return plus 1 shot each (so they learn to build the point)
4. Total number of shots hit within the alleys (For accuracy)
5. Longest rally, etc etc

Variation: They can work individually in a more competitive situation e.g.:

1. Total number of points won with feed (focus on shot selection)
2. Total number of points won starting with serve
3. Total number of points won involving a volley (to encourage them to move forward)

These can be played on half or full court and there are an infinite number of situations that you can use depending on what you are working on that day. It is also a great way to start a practice as it emphasizes multiple skills and the competitive nature forces them to be intense. - At the end of each round the winning pair (or individual) can take a 1-minute break while the others keep playing. At the end of the next 1-minute, the new winner takes a break and the previous winner rejoins the drill

Coaching Emphasis: Focus: To be able to execute a variety of skills and to be able to concentrate at high intensity for short periods of time with no warm up period.

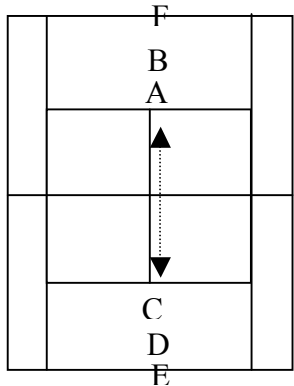
Warm-up Drills

Name: Ping Pong Mini Tennis

Level: Beginning/Intermediate/Advanced

Purpose: Warm-up exercise, ball control and touch

Time: 5 minutes



Description:

The player A feeds the ball to player C. After the feed he moves to behind player F. Player C hits the ball and moves behind player E. Each shot must land inside the service line. Players from each court continue to rally groundstrokes to ground strokes using the “shorten court”, until one player misses. Each miss scores a point for the opposing team. First team to score (7-11) points wins.

Variation: This could be done cooperatively where both teams try to hit (20-50 or 100) consecutive balls without a miss.

Coaching Emphasis: Control the ball depth and speed. Player needs anticipation and concentration. Footwork before and after stroke: side shuffle after stroke and back pedal to end of line; split step and move forward to hit ball when player’s turn come up.

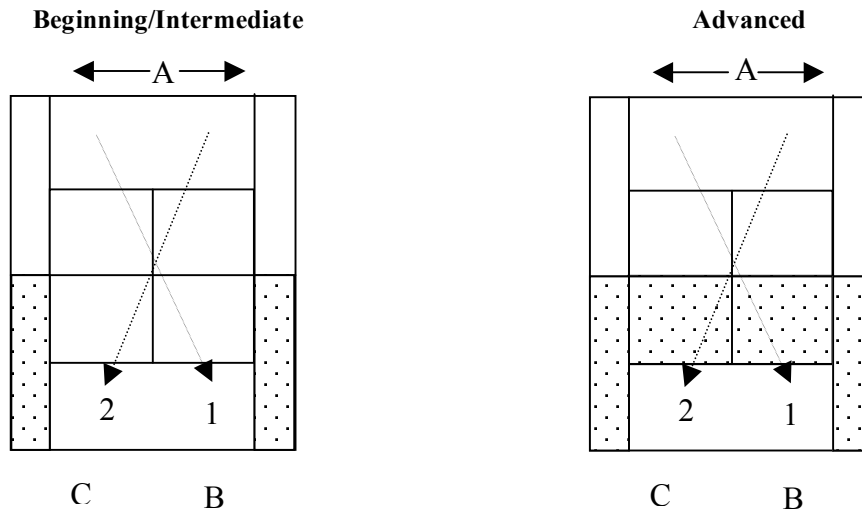
Groundstrokes: Competitive

Name: Ping Pong

Level: Beginning/Intermediate/Advanced

Purpose: Consistency and Placement

Time: 15 minutes



Description:

Beginning Intermediate:

Player A has to hit the ball alternately to area 1 and area 2. Player B and player C hit the ball back to any area of the singles court so that player A might hit a successful return.

Player A counts one point for every successful hit to the correct area. Seeing how many hits in a row the he can get to the correct areas 1 & 2. Players rotate after 5 minutes.

Advanced:

The drill is the same for the beginning or intermediate level except that Player A can not hit the ball in front of the service line and count it as point toward consecutive hits.

Coaching Emphasis: Finding the ball quickly, movement to the ball, adjusting the timing of the swing for proper direction. Hit early for crosscourt shot a later hit for a down the line shot and move for a quick recovery after each shot.

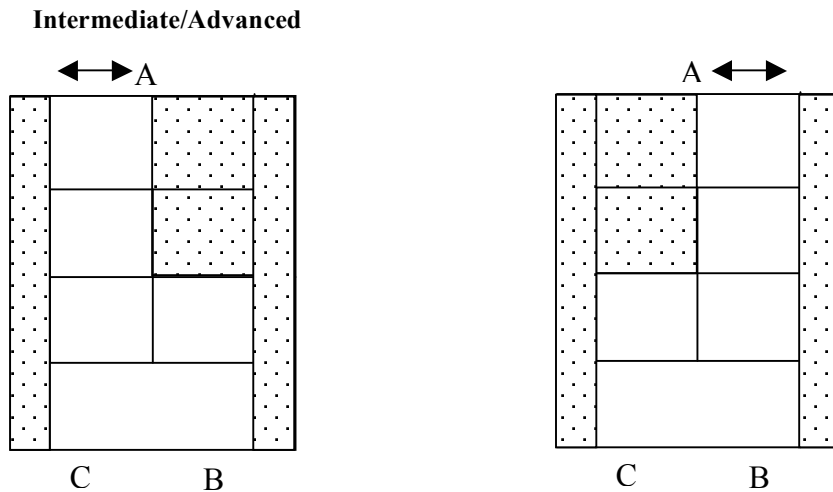
Groundstrokes: Competitive

Name: Dominator Forehand/Backhand

Level: Intermediate/Advanced

Purpose: Consistency and Placement

Time: 30-40 minutes



Description:

Player A hits the ball to either player B or player C. The point begins after the third hit. Player B and C must hit to the deuce court if they do not hit to the deuce court they lose the point. If player A is right handed he may only hit forehands. Player A must shuffle back to the center of the court. If player A hits a backhand from the deuce side he automatically loses the point.

Rotate which player feeds the ball every 5 points. Play the game to 21 points. After a game of 21 each player rotates clockwise until all players have played each position.

After all players have played the deuce side, the game is repeated for the add side.

Coaching Emphasis: Player A must have good footwork and recover after every shot. Finding the ball quickly, movement to the ball, adjusting the timing of the swing for proper direction. Hit early for crosscourt shot and later hit for a down the line shot.

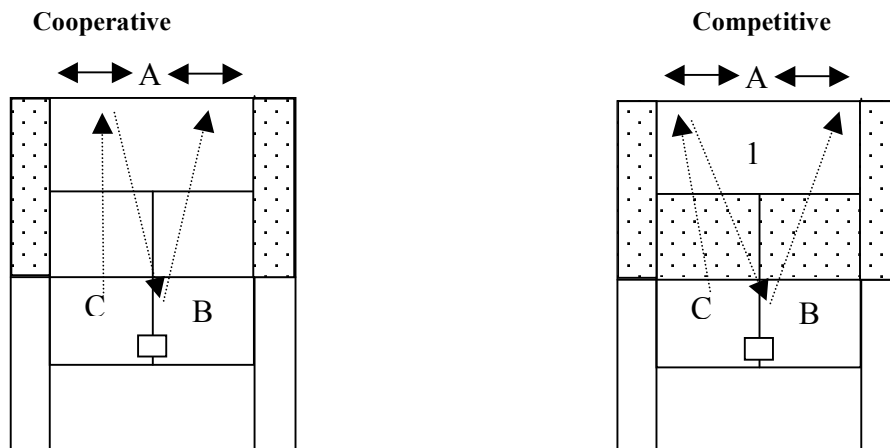
Groundstrokes and Volleys: Cooperative or Competitive

Name: 2 on 1 Groundies

Level: Beginning/Intermediate/Advanced

Purpose: Movement, Consistency and Placement

Time: 15 minutes



Description:

Cooperative:

Either player B or player C feeds a ball to Player A. Player A hits the ball to either player B and C hit and they try to hit the volley back within reach of A. They see how many times they can hit the ball without missing a shot. Count the number of successful hits in a row. Player A tries to hit so that each net player hits both forehand and backhand volleys. The baseline player should also use various spins and pace at the net players (no lobs). Rotate players clockwise after every 5 minutes.

Competitive:

Play the game to 15 or 21 points volleys must go past the service line. With loser(s) doing crunches or push-ups for the difference in the points lost. After a game each player rotates clockwise until all players have played each position.

Coaching Emphasis: Volleyers must be ready for any low volley (bend their knees on the low volleys), forehand, or backhand. They need to step into the volley (no swinging volleys) and try to aim their shots to the open court. The volley should be hit past the service line. The baseline player should concentrate on getting to the ball quickly so that he can cause a weak volley. The player who is hitting groundstrokes needs good footwork.

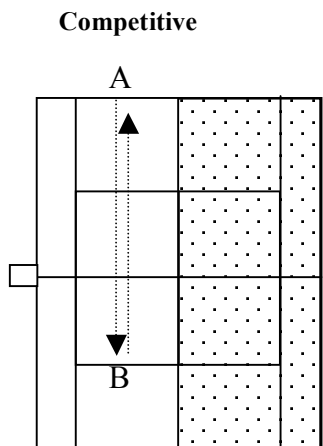
Groundstrokes and Volleys: Competitive

Name: 1/2 Court Offense/Defense

Level: Intermediate/Advanced

Purpose: Consistency/Placement/Change of Pace Shots

Time: 15 minutes



Description:

Competitive:

Player B starts the point out and must successfully volley player A's groundstroke back into play from the service line. Depending on the strength of the volley player B should look to close and player A should look to take the net away from player B. Whoever wins the point takes the net position at the service line. Play to 11, 15, or 21-point games.

Advanced

Player B starts the point out and must successfully volley player A's groundstroke back into play from the service line (twice or three times and the coach decides before the drill begins). Depending on the strength of the volley, player B should look to close and player A should look to take the net away from player B. Whoever wins the point takes the net position at the service line. Play to 11, 15, or 21-point games.

Coaching Emphasis: The volleyer must be ready for any low volley (bend their knees on the low volleys) and return the ball deep into the court if possible. The volleyer needs to step into the volley (no swinging volleys) and try to keep the volleys deep and try to move toward the net if possible. The baseliner player should concentrate on getting the first ball at the feet of the volleyer using topspin and look for the short ball to hit a passing shot. Also if the net player is too close to the net or the baseliner player is running off the court they need to be able to lob the ball. The player at the net should be aware of a possible lob and get their feet moving first to cover it. It is important for the baseliner to hit combinations of shots. If the baseliner hits a lob, then the next ball should be a groundstroke at the feet of the net player. If the net player closes in on the net for a short volley, the baseliner's next shot should be a lob.

Groundstrokes: Competitive

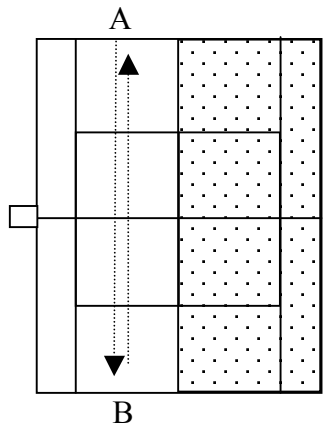
Name: Crunch Time

Level: Intermediate/Advanced

Purpose: Consistency/Placement/Change of Pace Shots

Time: 10 minutes

Competitive



Description:

Using half court or full court two players begin to rally (this can be done with feed or with serve) players keep rallying until coach calls out "CRUNCH TIME". After coach has called out crunch time, the players will try to win the point from each other with the winning player scoring 1 point. If an error has occurred by either player before the coach calls out CRUNCH TIME then the point is worth nothing, 0 points. Make sure you call CRUNCH TIME at different time intervals as points in matches are different lengths of time. First player to get to 11 points wins.

Coaching Emphasis: Focus is to teach students how to build points, how to be patient, shot selection and control.

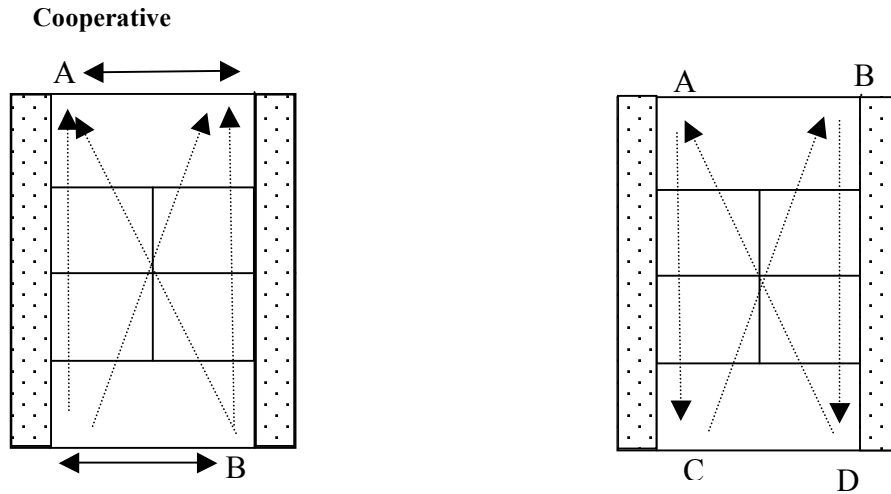
Groundstrokes: Competitive or Cooperative

Name: Figure 8 Baseline

Level: Intermediate/Advanced

Purpose: Consistency and Movement

Time: 15 minutes



Description:

Cooperative:

A simple but difficult drill where player A hits crosscourt and player B hits down the line. The players should slow down the pace in order to improve consistency and placement. After 8-10 minutes players should switch directions. Players can count to see how many successful hits they make in a row.

Competitive:

The ball still must go in the same directions as the cooperative drill but points are scored for winners and losers. Play to 15 or 21 points. The point begins after the third hit.

Variation

Can be played with four players cooperative or competitive.

Coaching Emphasis: Ball placement and the player's movement are both critical in this drill. Hitting first for accuracy and quickly moving back toward the center of the court after each shot is critical. Player should try to slow down and not run through shots if possible. Conditioning is an integral part of this drill. The more consistency from both players, the longer the points and therefore the more conditioning value. If there is a particularly long point, give the players up to 20 seconds to recover. This will simulate a match point played and will condition the players bodies to recover within the allotted time in a real match.

Groundstrokes: Cooperative

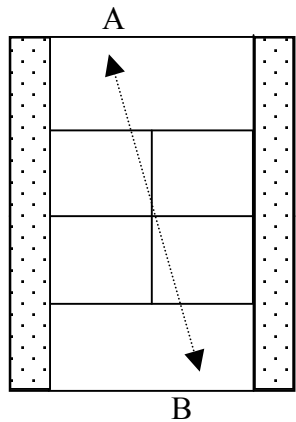
Name: Dictator/Reactor

Level: Intermediate/Advanced

Purpose: Consistency and Movement

Time: 10 minutes

Cooperative



Description:

One player is designated as the dictator and one is the reactor. Whatever shot the dictator hits the reactor should also try and hit. If the dictator hits a backhand crosscourt slice then the reactor hits a backhand crosscourt slice. If the dictator hits a heavy topspin so does the reactor. Drops shots are returned with drop shots. Players switch roles after five minutes

Coaching Emphasis: In matches your players will face a variety of different style opponents. They will need to be able to have a variety of tools to help defeat them. Emphasis should be on hitting a variety of shots as well as being able to return a variety of shots. Recognition of the various shots before they cross the net is invaluable to a competitive player.

Groundstrokes: Cooperative

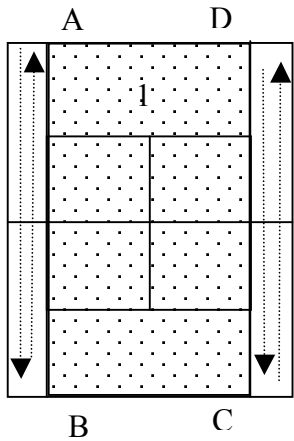
Name: Alley Groundies

Level: Intermediate/Advanced

Purpose: Consistency and Placement

Time: 10 minutes

Cooperative



Description:

Cooperative:

Players hit backhand to forehand (Assuming all players are right handed) They try to keep the ball in the alley. They see how many times in a row that they can keep the ball in play without missing or hitting it out of the alley. Play 5 minutes or the first pair of players to get to 10, 15, or 25 hits in the target area without missing. Switch sides after the game or time so that each player will now hit from the opposite side that they did in the first game.

Coaching Emphasis: Players need excellent preparation and concentration for this drill. It is important not to over hit the ball. Watching the ball is very important. Find the hitting zone and finish the stroke. This is the highest part of the net so generally more topspin and height are needed for the ball to clear the net. After the drill remind players whenever they go for a line in a game how difficult this drill is which is using a with a four foot target area. The alley is 4 feet 6 inches wide and trying to keep the ball in the alley is a difficult target to hit.

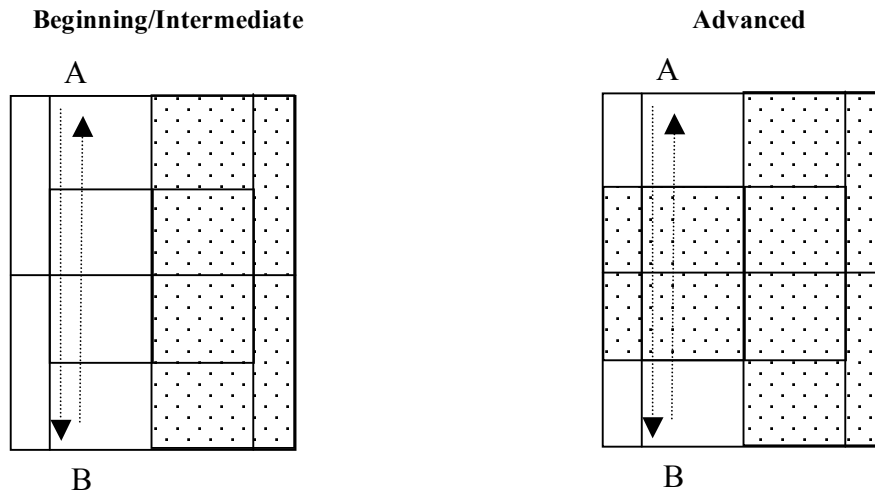
Groundstrokes: Competitive

Name: 1/2 Court Baseline Game

Level: Beginning/Intermediate/Advanced

Purpose: Consistency and Control

Time: 10-15 minutes



Description:

Beginning/Intermediate:

Using only half the court, a player starts the ball out with a groundstroke and each point begins after the third hit. Players can hit any shot such as approach shots, volleys or overhands. Each player feeds five points. Play to 11, 15 or 21.

Advanced:

Same rules as above except any ball hit into the service box would be considered out of bounds.

Coaching Emphasis:

Beginning/Intermediate: Because this drill uses an area, which is smaller than a regular singles court, it makes it easier to come to the net on an approach shot. There are also fewer angles created for passing shots. The three hit rule before the point begins allows players to create a rhythm before the point begins. Hit the ball higher over the net during rallies. Have patience when looking for a short ball to attack. Don't try to hit winners on the first passing shot attempt. Keep the player at the net off balance with a good mixture of drives and lobs.

Advanced: With the service box removed from the target area, this becomes more of a baseline drill where depth and consistency generally wins games.

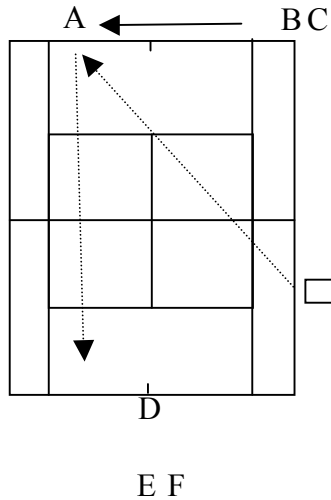
Groundstrokes: Competitive

Name: Baseline Teams

Level: Beginning/Intermediate/Advanced

Purpose: Competitive Point Situations

Time: 20 minutes



Description:

Team A, B, C play against Team D, E, F with each team sending out one player to compete. Player A starts with one foot on the singles sideline and player D starts at the baseline “T” and the rest of his team at the fence. The coach feeds a ball out wide so that Player A is on the defense hitting on the run. Play out points, only approaching the net on a short ball. Team A, B, C rotate every point Team D, E, F rotate every two points. Play to 11, 15 or 21 points.

Rotate sides as well as forehand and backhand feeds at the end of each game.

Coaching Emphasis: This is a fun team game with little time to rest if run properly. Ideal with 4 to 6 players. Players on the defense should try to return a deep ball to give them more time to recover, since they are moving away from the center of the court. Players who start at the “T” should try to take the offense by hitting to the open court or behind the recovering defensive player. This could also be a self-feed drill. D feeds A, for example.

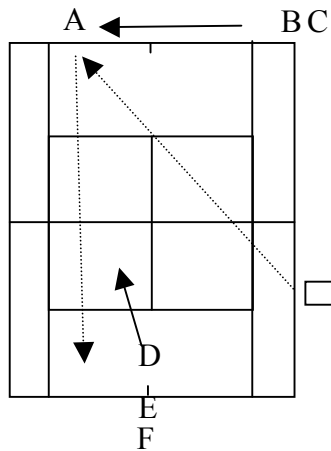
Groundstrokes: Passing Shots: Competitive

Name: Team Attack

Level: Beginning/Intermediate/Advanced

Purpose: Passing shots, approaching the net and split-stop

Time: 20 minutes



Description:

Team A, B, C plays against team D, E, F with each team sending out one player at a time to compete. Player A starts with one foot on the singles sideline and player D starts 3 feet inside the baseline near the “T” and the rest of his team behind the baseline waiting for the next point. The coach feeds a ball out wide so that Player A is hitting a passing shot on the run (no lobs on first shot). Player D moves toward the net based on the placement of the passing shot and should be inside of the service line. They play out the point and move to the end of the line once the point is completed. Play to 11, 15 or 21 points. Rotate sides as well as forehand and backhand feeds at the end of each game. This also could be a self-feed drill with D feeding ball to A.

Coaching Emphasis: Players approaching the net should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the shot. Net player should really stare down the ball as he/she comes in behind the approach shot. Passing shots down the line are generally hit flatter with more pace, crosscourt passing shots often have more spin and dip shortly after crossing the net. Net player should move towards the net on an angle and look to prevent the down the line passing shot. As the drill progresses, the net players should be aware of patterns of passing shots the baseline players hit, and move accordingly, or at least look for the most likely passing shot to be hit by any baseline player.

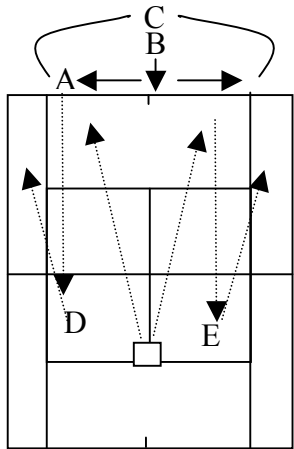
Groundstrokes: Passing Shots: Competitive

Name: Crazy Eights

Level: Intermediate/Advanced

Purpose: Passing shots on the run, Volleys,

Time: 15 minutes



Description:

Coach alternates feeds to the ad and the deuce court. Baseline player A moves toward the deuce court and hits passing shot down the line either on the run or if he has time to set-up. Player B moves up to the baseline and then to the ad side of the court when the coach feeds the ball to hit a backhand own the line. Volleyers hit down the line so as not to interfere with the feed to other side of the court. Players switch sides of the court so that everyone hits both volleys and forehand and backhand passing shots.

Coaching Emphasis: Move to the ball quickly and prepare early. All players must see the ball well and use good technique. Volleyers need to hit good volleys that are steady and well placed. Winners are not necessary. Players hitting groundstrokes should make volleyer make shot. Missing into the net is the worst mistake.

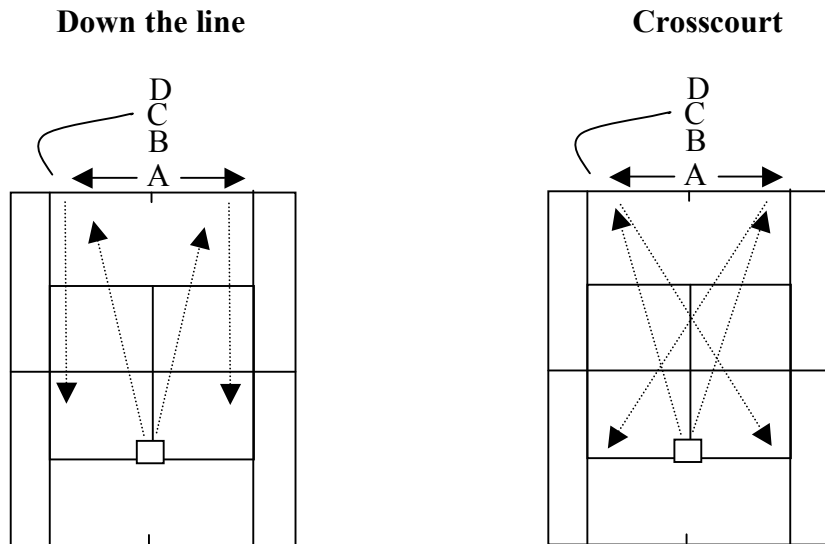
Groundstrokes: Passing Shots: Cooperative

Name: 4 Hit Passing Shots

Level: Beginning/Intermediate/Advanced

Purpose: Groove passing shots

Time: 15 minutes



Description:

Coach alternates feeds from side to side allowing each player to hit four balls down the line before they rotate to the end of the line. Finish drill with four random feeds which the players can choose either down the line or crosscourt.

After hitting down the line switch directions and have the players hit crosscourt. This drill works well with 3 players. If four or more players are in the drill, keep them moving by making them pick-up four balls before returning to the back of the line.

Coaching Emphasis: Players should shuffle along the baseline. Passing shots down the line are generally hit flatter with more pace, crosscourt passing shots often have more spin and dip quickly after crossing the net. Also make sure that when players are hitting down the line that they aim 2 feet inside the line. Have the players imagine that the court is tipped to the right or left when hitting passing shots down the line to make up for parallax.

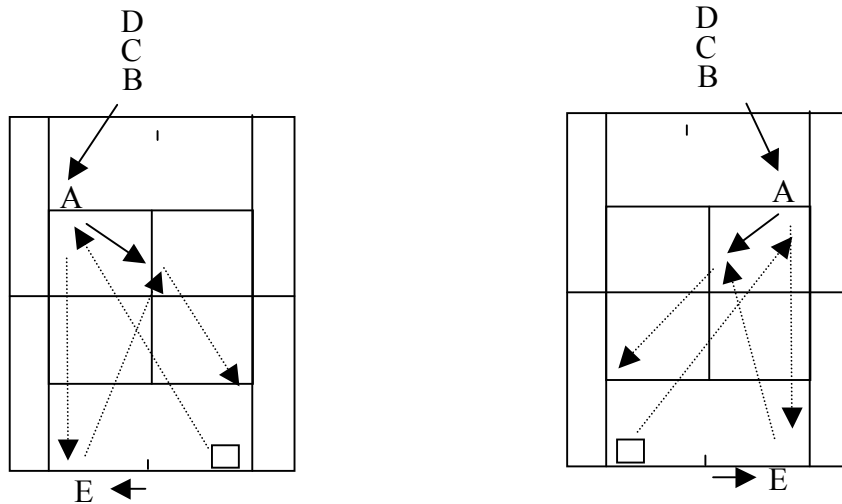
Groundstrokes: Passing shots and Approach shots: Competitive

Name: One Chance

Level: Beginning/Intermediate/Advanced

Purpose: Approach Shots and Passing Shots on the move

Time: 30 minutes



Description:

All players begin the drill on the baseline near the “T”. The coach feeds a short ball crosscourt to player A. He hits his approach shot down the line and moves into the net following the path of the ball. Player E attempts to pass A crosscourt. Player A cuts off the ball and hits to the open court. A total of three hits by the players, then the coach immediately feeds the next ball starting the drill over. Player A returns to the back of the line. After 3-5 minutes rotate players so that ever player has the opportunity to hit passing shots. Switch sides of the court so that the approach shots are in the add court and the passing shots are backhands (if the player is right handed).

Coaching Emphasis: Players need to shorten their backswing on the approach shot and emphasize the finish of the stroke trying to keep the ball deep in the court. When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. In order to hit the crosscourt passing shots they need to swing a little earlier. The short angle passing shot will often have more spin and dip shortly after crossing the net. The volleyer must try to cut off the passing shot by moving diagonally towards the net. The net player should get used to watching the racket face of the opponent to see more clearly how the ball is struck. Watching the racket fact of an opponent’s racket will help a player see the direction of the ball earlier.

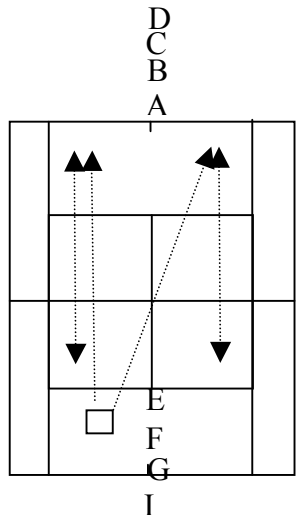
Groundstrokes: Passing Shots: Cooperative

Name: Boxed In

Level: Intermediate/Advanced

Purpose: Groove passing shots

Time: 15 minutes



Description:

This is a drill, which only allows passing shots inside the service box i.e. only dinks, or heavy topspin passes. Two groups of players - one on the baseline and the other starting behind the "T" near the coach. The coach feeds in a ball to the baseliners who then have to attempt passing shots inside the service boxes. The volleyers have to volley the ball past the service line. Scoring can be 5 points for a clean passing shot winner, 2 for a clean volley winner. Anything else is 1 point. First team to 21 points wins. Then change sides of the court.

Variation:

Baseliners have to stay inside the baseline at all times, or volleyers may only hit to one half of the court.

Coaching Emphasis: Make sure net players understand net positioning (move to side of court that ball is on) and recovery steps. Baseline players need touch and good topspin.

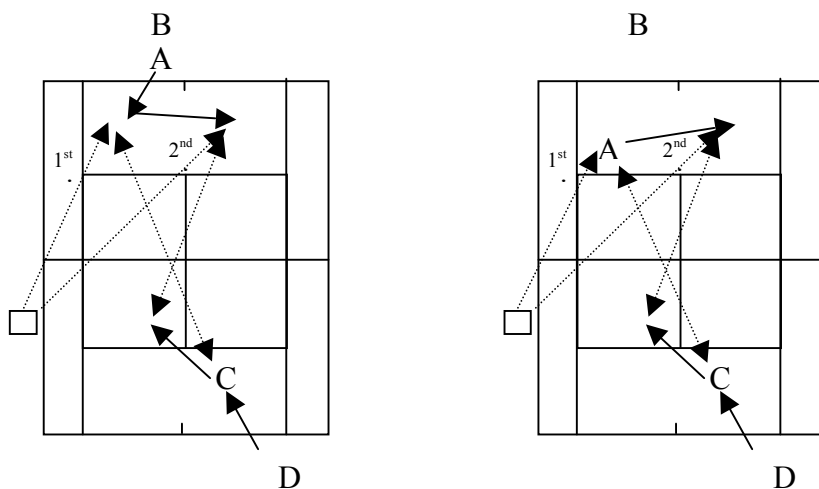
Groundstrokes: Passing Shots: Competitive

Name: Party at the Net

Level: Intermediate/Advanced

Purpose: Passing shots, closing the net, volleys

Time: 15 minutes



Description:

1st ball is fed to player A and player C closes on the net at the time of the feed. Player A is trying to hit topspin shot at the feet of player C so that player C will hit up to player A who is also trying to close on the net. The point is played out crosscourt. After the point, a second ball is fed to A on the add side of the court player C move across to the add side and the point again is played out crosscourt. After the second point is finished both players run to the end of the line on the opposite side of the court.

Variation: Same as the first drill except that A would hit a transition volley out of the air to begin the point.

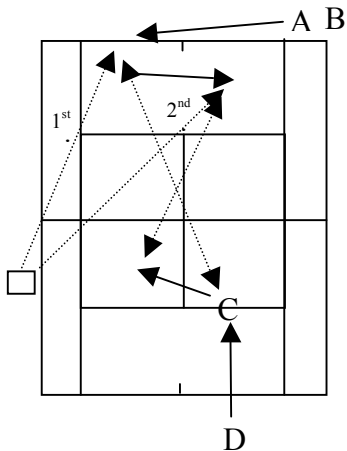
Variation: Same as the first drill except that A must lob crosscourt to C to begin the point.

Coaching Emphasis: When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. In order to hit the crosscourt passing shot they need to swing a little earlier. The short angle passing shot will often have more spin and dip shortly after crossing the net. The volleyer must try to cut off the passing shot by moving diagonally towards the net. The player hitting the passing shot should be aware of the kind of ball that is fed to him/her. If it is a high bouncing ball, drive the crosscourt shot. If it is a low bouncing ball, use placement and touch to hit passing shot. The volleyer must focus on the ball and use good volleying technique to execute volley.

Drill BY: Jorge Capestany

Groundstrokes: Passing Shots: Competitive

Name: Who's Your Daddy
Level: Intermediate/Advanced
Purpose: Groove passing shots
Time: 15 minutes



Description:

1st ball is fed to player A, who runs from the alley on the add side of the court to get to the ball. At the same time player C closes on the net. The point is played out crosscourt. After the point a second ball is fed to A on the add side of the court player C move across to the add side and the point again is played out crosscourt. After the second point is finished both players run to the end of the line on the opposite side of the court. Scoring: players keep track of their own points. If a player wins both points in a round they get a third point if they shout, "Who's your daddy?" Until one player has 21 points.

Coaching Emphasis: When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. In order to hit the crosscourt passing shots they need to swing a little earlier. The short angle passing shot will often have more spin and dip shortly after crossing the net. The volleyer must try to cut off the passing shot by moving diagonally towards the net. Emphasize getting to ball as quickly as possible when running for passing shot. Getting the feet set up to execute the shot is very important. Good balance is necessary. The volleyer must concentrate on the ball and use good technique to execute the volley.

Drill BY: Jorge Capestany

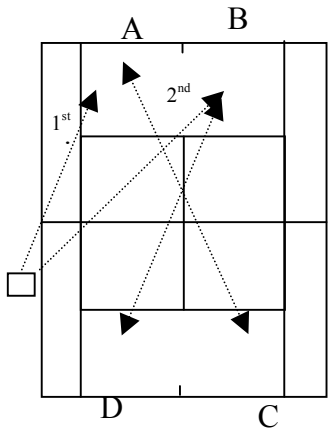
Groundstrokes: Passing Shots: Cooperative

Name: Absorb and Rip-it

Level: Intermediate/Advanced

Purpose: Aggressive groundstrokes

Time: 15 minutes



Description:

1st ball is fed to player A who must bounce the ball up in the air to him/herself and then he/she rips it cross court to player C who bounces the ball up to him/herself and rips it back to player A. Both players stay on the baseline. Players B and C play the same game. If there are extra players they switch sides of the court.

Coaching Emphasis: Players are getting an opportunity to hit “aggressive ground strokes” from within the baseline. Absorbing the shot takes excellent racket control and good hand eye coordination.

Drill BY: Jorge Capestany

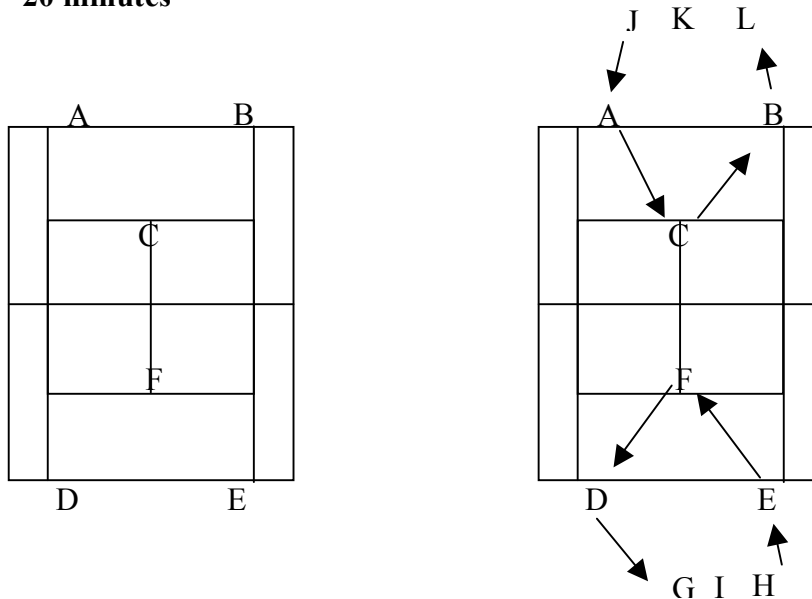
Groundstrokes and Volleys: Competitive

Name: Triples

Level: Beginning/Intermediate/Advanced

Purpose: Placement and poaching

Time: 20 minutes



Description:

Three vs. Three

Players spin the racket to see which team feeds the ball first. Team that wins the point continues to feed the ball. Team that wins the point (feeding team) rotates positions after every point. The receiving team only rotates when they win a point. Must be the feeding team to score points. Play to 11 or 15 points. Players can move to any area of the court.

Variation:

Players are removed when team loses the point and added back in when they win a point. When all players are knocked out on the losing team the winning team gets two points and all the players return. Play to 7 or 11 points

Variation

4 to 6 players per side. Players rotate clockwise with a new player coming onto the court and one player is removed.

Variation

Play the point out. Person who hits the ball out is out of the game until a person from opposing team hits a ball out, then the 1st person is back in, and so on. The object is to get a 3 on 1. When you have a 3 on 1, the team with 3 scores points on the team with 1 remaining, until a person is allowed to come back in. Play to 11 or 21.

Coaching Emphasis: The player in the center of the court should look to poach the ball. Other players should look to close and put pressure on the other team whenever possible.

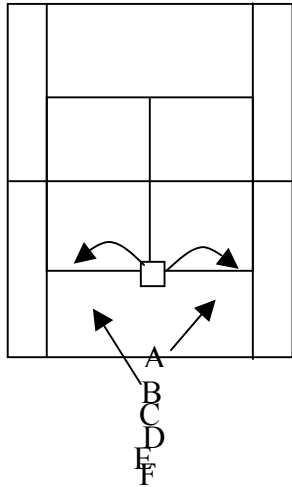
Groundstrokes: Approach: Cooperative

Name: Mid Court Crusher

Level: Beginning/Intermediate/Advanced

Purpose: Approach shot

Time: 5 minutes



Description:

This is a dead ball drill. Players start on the baseline and the coach alternate feeds to the ad and deuce side of the court with a high soft toss at mid court. Players hit a forceful approach shot. After the shot they rotate to the back of the opposite line. The players' shot can be down the line or cross-court.

Variation:

Same drill as above except the toss is higher and the players take the ball out of the air for a swinging

Coaching Emphasis: The player wants to “punish” his opponent for hitting a weak shot. This shot should be hit with lots of topspin. An alternative to this would be less topspin and more overspin. Overspin enables the player to drive the ball more deeply into the court. Overspin is hitting the ball more from behind the ball or hitting the ball more on the top half of the ball. Topspin is hitting the ball more underneath the ball or more on the bottom half of the ball. If the player takes the ball out of the air, more topspin should be hit.

Drill BY: Jorge Capestany

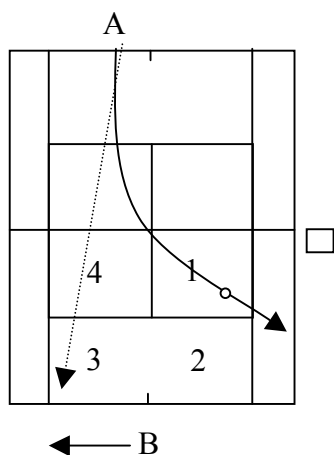
Groundstrokes: Cooperative

Name: Squares 1 & 3

Level: Intermediate/Advanced

Purpose: Develop Patterns of Play

Time: 10 minutes



Description:

By defining the 4 boxes (areas) of the court, we can give players a starting point for where to hit their shots and thus help them learn to develop effective patterns of play. The coach can assign player A a pattern such as 3-1-3 and player A tries to execute the pattern against player B.

In the beginning the coach can decide the patterns, but eventually the players should develop their own favorite patterns.

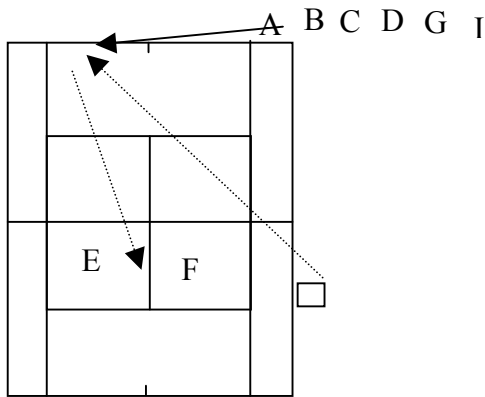
This drill has the added advantage of teaching players that the best way to hit into one of the short boxes is to use under-spin.

Coaching Emphasis: Patterns help players create a game plan for constructing points. Using under-spin to hit into areas 1 and 4 is good, but also topspin can be used to get the ball to dip sharply into areas 1 and 4.

Drill BY: Jorge Capestany

Groundstrokes: Passing Shots: Cooperative

Name: Leaving Las Vegas or Split'em
Level: Intermediate/Advanced
Purpose: Groove running passing shots
Time: 15 minutes



Description:

A group of players line-up on the baseline near the doubles alley. The coach feeds a wide ball to the first player in the line. First shot must be a groundstroke. Play the point out. Player A tries to pass the net players. If A passes either E or F he takes their spot at the net. Coach can count to 5 before feeding to the next player in line. If a baseline player passes through the middle without either player touching the ball, both net players are out and the player who hit the passing shot and the next player in line take the net. Net players return to the baseline group once they have lost at the net.

Variation:

Feeding passing shots to the ad court. Another variation is the players E and F cannot let the ball bounce on the court. If the ball bounces, the player who let the ball bounce is out and goes to the end of the line and the player that hit the ball takes his/her place at the net.

Coaching Emphasis: Make sure net players understand net positioning and recovery steps. Baseline players, hit good topspin at net players feet or a good hard drive. Use the combination of lob and drive at the feet of the net player, or drive at the feet and then lob the net player. Emphasize aggressive net play and holding the net position.

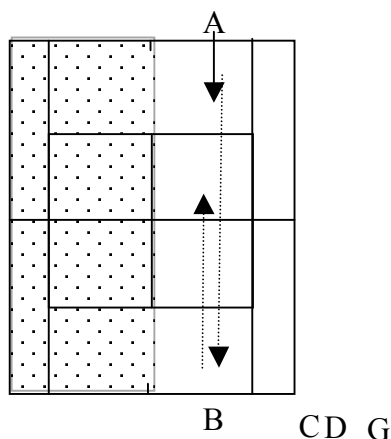
Groundstrokes: Passing Shots: Competitive

Name: Pass the Player at the Net

Level: Intermediate/Advanced

Purpose: Groove running passing shots

Time: 15 minutes



Description:

A group of players line-up on the baseline near the doubles alley. The player B feeds a short ball to player A. Player A must hit an approach shot and come into the net. Player B tries to pass player A. The point is played out. All shots must be on the half court. If player B wins he gets a point and goes to the end of the line. The first player with 3 points will replace A.

Variation:

Keep track of points as a team vs. A. The first side to win 11 or 15 points is declared the winner and the loser side does a sprint or push-ups. The next player in line replaces player A and the game starts over.

Coaching Emphasis: Make sure net players understand net positioning and recovery steps. Baseline players need good topspin at net players feet or a good hard drive.

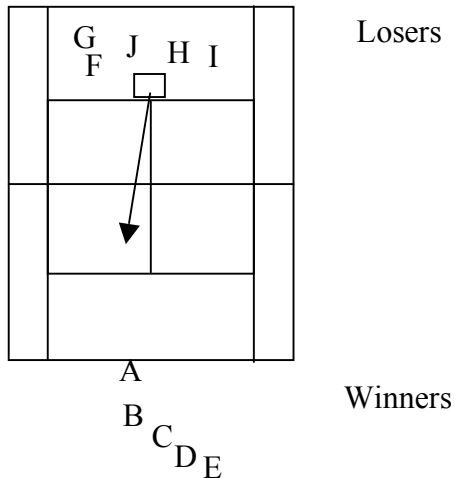
Groundstrokes: Competitive

Name: Jail Brake

Level: Beginning

Purpose: Ground strokes

Time: 10 minutes



Description:

Players line-up single file behind the service line (or baseline). The coach stands on the other side of the net with a bucket of balls on hand. The coach feeds a ball to the first player in line. This player will attempt to hit the ball (forehand or backhand), using proper technique, over the net and inside the lines. If she succeeds she is "safe" and goes to the end of the line. But if she misses (hits the ball in the net or out) she will put her racquet by the net and run to the other side of the net, behind the coach, in "Jail". The only way for her to get out of Jail is to catch a ball that one of the players from the line hits over the net and in. She will have to catch it either in the air (on the fly) or after one bounce. With younger players, they should attempt to catch the ball before it leaves the singles court. The game continues until there is only one player (safe) remaining to be fed a ball and the other players are all in Jail. If the last "safe" player hits the ball over the net and a player from Jail catches it, she is replaced by the player who caught the ball. But if the "safe" player hits the ball over the net and none of the players in Jail catches it, she wins the game. Players can be asked to sit or stand behind the coach. Depending on numbers of players they may or may not move to get to the ball.

Coaching Emphasis: Good footwork, stroke technique a important for a beginning player. This drill can be done with the coach feeding balls for players to practice forehands only; then another game where the players practice their backhands.

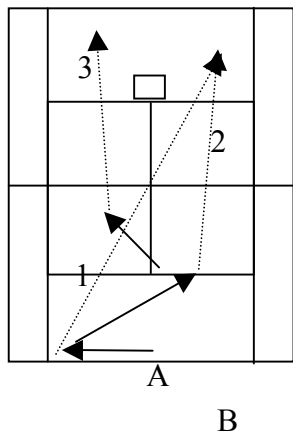
Groundstrokes: Competitive

Name: Z Drill

Level: Beginning/Intermediate

Purpose: Ground strokes, Approach Shot, Volley, Overhead

Time: 10 minutes



Description:

Players line-up single file behind baseline. The coach stands on the other side of the net with a basket of balls. The coach feeds backhand to player A. Player A will shuffle over to the ball and hit the ball deep crosscourt. The coach feeds a short ball for an approach shot to the deuce side of the court and player A hits an approach shot straight ahead.

Player A then moves in an angle back to the ad side of the court and volleys straight ahead. Player A picks up three balls and puts them in the basket while other players are taking their turn .

Variation

Place colored targets on the court and call a color and the player hits to that target. Add an overhead as the fourth shot.

Coaching Emphasis: Players learn to hit on the move and develop their footwork and ball placement. Coach can point out stroke or footwork technique to improve their shots while running this drill.

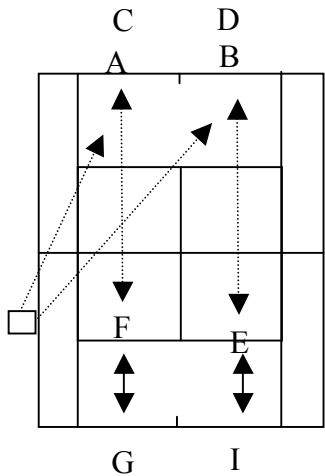
Groundstrokes: Drop Shot: Cooperative

Name: Go Get It Singles

Level: Intermediate/Advanced

Purpose: Conditioning and improving dropshots

Time: 10 minutes



Description:

Points are played 1 on 1 on half the court. Coach feeds to player A who hits a drop shot to player F. On the feed to player A, Player F must run to the baseline and touch it and then run to try to get to the drop shot and play out the point. Players rotate sides of the court. Similarly, Player B is fed ball and hits a drop shot to player E.

Coaching Emphasis: Players will develop a better sense of hitting a drop shot as well as the ability to scramble to get to a short ball. Drop shot should bounce inside the service box as close to the net as possible. Player who hits drop shot should move forward, and watch the racket face of the opponent as he/she retrieve drop shot. By watching the racket face of the opponent's racket, the direction of the returned drop shot can be determined and seeing the ball's direction will be easier. Look for either a pop up ball, which can be put away for a winner, or a return drop shot.

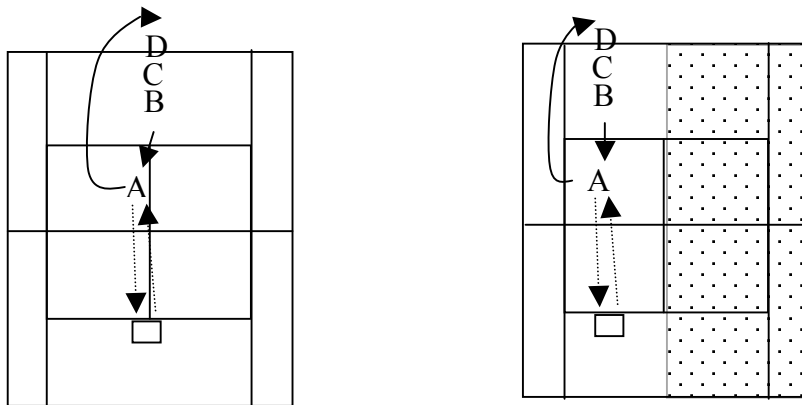
Volleys

Name: Volley Close vs. Coach

Level: Beginning/Intermediate/Advanced

Purpose: Closing the net on a volley

Time: 15 minutes



Description:

Cooperative:

The coach feeds balls from the “T” of the service line. As soon as the instructor bounces the ball player A closes on the net and volleys back to the instructor’s feet. Player A rotates to the back of the line and the instructor feeds to the next player in line.

Variation:

Instructor makes more difficult feeds such as low to the backhand, depending on the ability of the player. He plays out the point on half the court with each player in line and plays until one player gets 5, 7, or 11 points against the instructor. The player who reaches that number first is declared the “winner”.

Coaching Emphasis:

The volleyer needs to move forward and step into the volley (no swinging volleys). Solid, consistent volleys should be the goal. Players should try to keep the ball at the feet of the instructor if possible. When playing out the point it is important to recover quickly and not try to hit all forehands volleys. Watch the racket face of the volleyer to see the ball earlier and see the direction of the volley.

Volley: Cooperative/Competitive

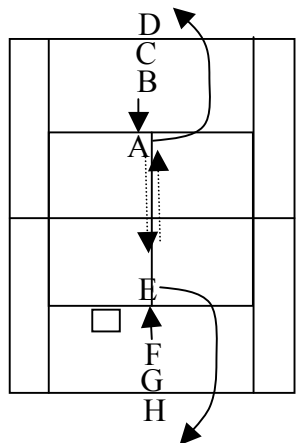
Name: Team Volleys

Level: Beginning/Intermediate/Advanced

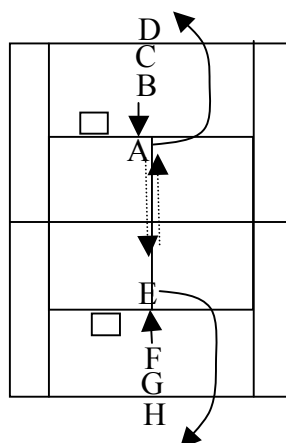
Purpose: Consistency/Placement

Time: 10 minutes

Cooperative



Competitive



Description:

Cooperative:

Player A feeds the ball to player E who volleys it to player B. As soon as a player volleys the ball they move to the back of the line. If the ball is missed a new ball is put into play. The entire group of players counts to see how many balls in a row that they can hit without an error. The goal is 100 volleys or played for a specific time.

Competitive:

Team A, B, C, D vs. team E, F, G, H. They can arrange the team in any order but cannot change the position until the game is over. Player A gives a "fair" feed to player E and they play out the point. After they finish they move to the back of the line and the next two players play out a point. The team that wins the point must feed the next ball. The game is played to 21 points.

Coaching Emphasis:

The volleyer must be ready for any low volley (bend their knees on the low volleys) The volleyer needs to step into the volley (no swinging volleys) and look for a ball that is hit up so they can hit down on the high volley. Good footwork to the ball and recovery footwork after the volley in order to get out of the way of the next volleyer. Side shuffle and back pedal footwork after volley is made.

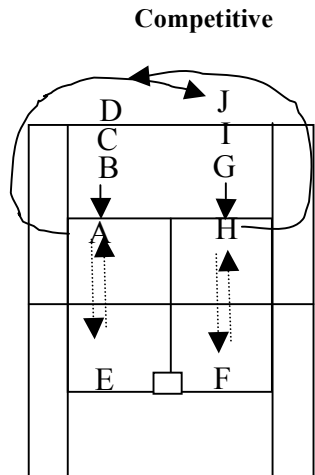
Volley: Cooperative/Competitive

Name: Team Volleys with Champs

Level: Beginning/Intermediate/Advanced

Purpose: Consistency/Placement

Time: 10 minutes



Description:

Players use only half the court with the service line and the outside doubles line being the width of the court. E and F are “The Champs”. E feeds to his line and F feeds to his line each playing half a court. When a point is finished opponents go to the opposite line to compete against the “Other Champ”.

Players must win a total of three points against one player to take their place. (You can’t combine points against players) When a new player becomes champ everyone starts with zero points against that player.

Coaching Emphasis:

The volleyer must be ready for any low volley (bend their knees on the low volleys) The volleyer needs to step into the volley (no swinging volleys) and look for a ball that is hit up so they can hit down on the high volley. Close into the net for better volley percentages. If ball is below the net when volleying, try to direct the ball back to where it came from. Keep it low and slow. If the ball is above the net and the player can close on it, look to hit down on the ball and go for a winner. Hitting the volley for a winner can be done by aiming at the right hip of the opponent (if they are right handed), or at the feet of the opponent. Try to make the ball bounce at the feet of the opponent. If a ball is hit directly at a player, the volley can more easily be reflexed back.

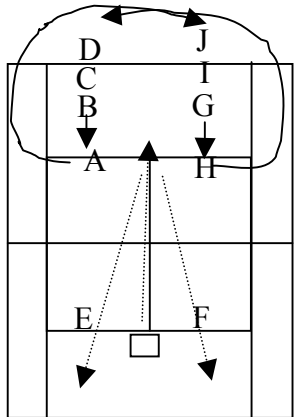
Volley: Cooperative

Name: W Volley Drill

Level: Beginning/Intermediate/

Purpose: Consistency/Placement

Time: 10 minutes



Description:

The coach stands on the "T" and the players on the opposite side of the net. Players form two lines near the service line - each line of players starts around halfway between the center and sideline. Balls are fed by the coach up the middle of the court along the centre line. Players move forward, split-step and volley. One line of players hit backhand volleys and the other line hit forehand volleys. Targets may be placed wherever the coach feels it appropriate. The player H goes first and after volleying moves to the back of the backhand volley line. The player A goes next, moves to the back of the forehand volley line and so on.

Variations: Change the feed - low volleys and high volleys.

Coaching Emphasis:

Coaches can train posture, balance, technique and footwork (split-step and recovery) with this drill. The volleyer must be ready for any low volley (bend their knees on the low volleys) The volleyer needs to step into the volley (no swinging volleys) and look for a ball that is hit up so they can hit down on the high volley. Move to the net for better volley percentages. Remember, changing the direction of the volley is a more difficult shot. If it is a difficult volley, hit it back to where it came from. If it is an easy volley, change the direction of the ball.

Volleys: Competitive

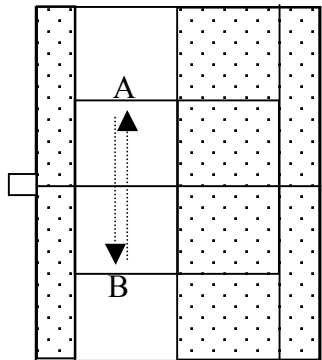
Name: Through Them

Level: Beginning/Intermediate/Advanced

Purpose: Consistency/Placement/Closing

Time: 10 minutes

Competitive



Description:

Competitive:

Both players begin at the service line. The feed is made on the fly to the opponent. Both players try to converge on the net and try to win the point by “hitting through” the other player. They may not pass the player. The only way to win a point is by a miss from the opponent. Play the game to 11, 15, or 21 points. Each player feeds 5 balls in a row.

Coaching Emphasis:

Players need to close on the net! They are trying to get close to the net so that they can get a high volley and are able to hit down at the feet of the opponent. Look to set yourself up by keeping the ball low when near the service line and looking for a high volley as you come in behind a low ball at your opponent’s feet. If you do not have a put away, keep the ball low and slow.

Volley: Cooperative

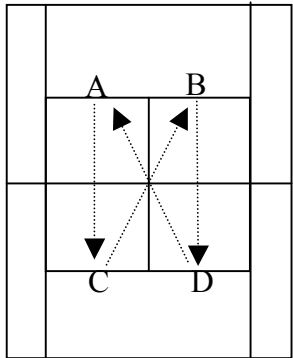
Name: Figure 8 volleys

Level: Intermediate/Advanced

Purpose: Consistency/Placement

Time: 10 minutes

Cooperative



Description:

Cooperative:

One side of the court volleys down the line and the other side of the court is hitting crosscourt. The goal is 25, 50 or 100 consecutive volleys depending on the skill of the players or it can be played for a specific time. After the goal or time is reached, the direction of the volleys is reversed so that C and D are hitting down the line and A and B are hitting crosscourt. Rotate positions after 3 minutes so that everyone hits from each area of the court.

Variation:

Same drill as above but advanced players should target a more specific area.

Volley toward the inside shoulder (closest to the middle of the court)

Volley toward the outside shoulder (closest to the alley)

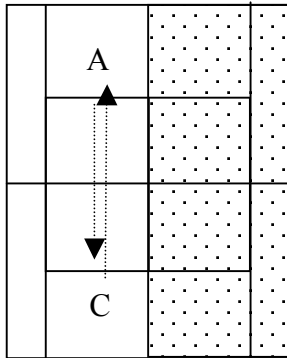
Coaching Emphasis:

Watch the ball the entire time and try and step toward the direction that one is hitting the ball while keeping the racket out in front of the body. Changing direction of the ball is the more difficult shot. Be sure to watch the ball off the opponent's strings so you can tell which way the ball will go by watching the angle of the strings. Watching the opponent's racket strings will give you a head start as to where the ball is going.

Volley: Cooperative

Name: Converge and Retreat
Level: Intermediate/Advanced
Purpose: Closing/Placement
Time: 10 minutes

Cooperative



Description:

Cooperative:

Both Players start in the middle of no-mans land. The feed is made to the opponent on the fly. Both players converge on the net trying to “keep the ball in play”. Each player should try to move in at least a step after each time they hit the ball. After reaching the net they retreat back to their starting positions still trying to keep the ball in play. Play for time of 5-10 minutes.

Coaching Emphasis:

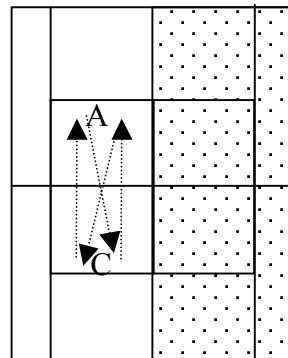
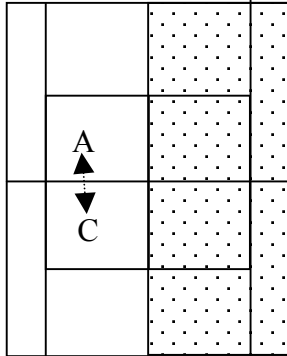
Split step each time the player moves forward or during the retreat. Good placement and consistency are necessary to make this a successful drill.

Good, solid volleys are important. No winners hit, but good technique is imperative.

Volley: Cooperative

Name: Alternate Volley
Level: Intermediate/Advanced
Purpose: Closing/Placement
Time: 5-10 minutes

Cooperative



Description:

On half a court both players start at the net. They alternate hitting forehand and backhand volleys. After six consecutive successful hits they can each take one step back. If they miss or do not alternate forehand and backhand they start over at the net. Drill ends when one team successfully alternates volleys from beyond the service line or time.

Variation

Players hit volleys in a figure eight (i.e. Player A hits every shot across his body to player C. Player C doesn't allow the volley to cross his body).

Coaching Emphasis:

Watch the ball and keep the hands out in front of the body. Try to have soft hands when close and hit with a little more pace as players move away from the net. Be sure players have good footwork: feet at least shoulder width apart and moving all the time. Keep knees bent.

Volley: Cooperative

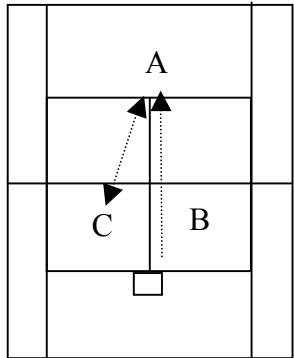
Name: 1/2 Volley

Level: Intermediate/Advanced

Purpose: Closing/Placement

Time: 10-15 minutes

Cooperative



Description:

Cooperative:

Coach feeds ball so that player A gets a low or 1/2 volley. Both players B and C focus hitting down at A's feet forcing A to hit more low or 1/2 volleys back to B and C. Rotate after 3-5 minutes so that each player plays each position.

Coaching Emphasis:

Players need to bend their knees to get lower to the ground in order to make better volleys. Keep head down and eyes on the ball when hitting half volley. The sound of the ball on the court and off the strings should be a quick one, two sound.

Volley: Cooperative

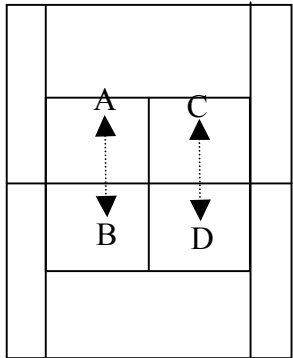
Name: Bump-up Volleys

Level: Beginning/Intermediate/

Purpose: Control and Touch

Time: 10 minutes

Cooperative



Description:

Cooperative:

Player A starts the point by bouncing the ball up into the air to himself. When the ball lands back into his racket it is hit across the net to Player B who hits it up in the air to himself before hitting it back again to player A. Players C and D do the same thing.

Coaching Emphasis:

When the ball crosses the net players need to let their hands relax with an open racket face on the impact of the ball so that they can control the ball that is hit to them before hitting back across the net. Make sure players have the proper grip on the racquet for volleys. A continental grip would be good.

Volley: Competitive

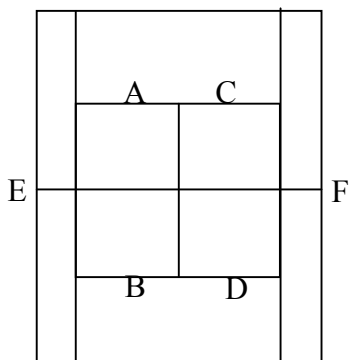
Name: 3 Ball Volley Drill

Level: Beginning/Intermediate/Advanced

Purpose: Closing/Placement

Time: 10 minutes

Cooperative



Description:

Competitive:

Each player starts the game with two balls except the player who starts the game he/she has three. Every point begins with all players behind the service line with the exception of those waiting to get in. Players converge on the net and play out the point. Whoever misses feeds one of their balls. All feeds need to be “fair” and on the fly. When a player misses and has no more balls to feed they are out and a waiting player replaces them and feeds one of their balls. Players entering the game should have three balls. Drill is for time. Works best with 6 players and multiple courts.

Coaching Emphasis:

Players must be “ready for each shot”. It often happens that players try to “go after” the better players to knock them out of the game.

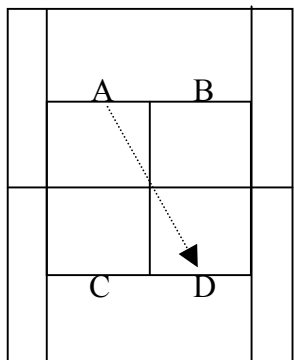
Volley: Competitive

Name Low Joe

Level: Intermediate/Advanced

Purpose: Closing/Placement

Time: 10 minutes



Description:

Competitive:

Player A starts the point by feeding the ball crosscourt to player D. Players converge on the net looking for a high ball to hit through the middle of the court. Player A feeds 5 balls in a row then player C feeds five then player B feeds five then player D feeds five. The team that is ahead after 40 points have been played wins the game.

Coaching Emphasis:

Recognition of a low ball should bring a high volley return. If you receive a low-ball try and keep the volley return low and soft. If you receive a high ball get to the net and pound it down at the feet of your opponents. When putting away volleys, it is not necessary to aim at the player, but more important to volley the ball around the feet of the player so that it hits the court. Done correctly, the opponent must hit a half volley in order to return the ball. This is a more difficult shot to return. If you hit the ball right at the player, a lucky reflex volley may come back. Another spot to aim a high volley at is the opponent's right hip (if right handed).

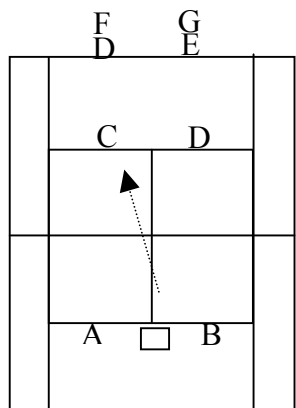
Volley: Competitive

Name Attack and Defend Volleys

Level: Intermediate/Advanced

Purpose: Closing/Placement

Time: 10-15 minutes



Description:

Players A, B, C, and D start with their feet on the service line. Players A and B who are on the same side of the court as the coach are considered “The Champs”. The coach feeds a ball to either C or D. If they win the point the coach feeds a second ball. If they win again he feeds a third ball. If they win all three points they become “The Champs” and replace A and B. If they lose they go to the back of the line.

Variation: 1

If team opposite of the coach hits through the middle and actually hits the coach they are automatically “The Champs”. This encourages hitting between the doubles players and it encourages “The Champs to not let a ball go through the middle”.

Variation: 2

Feed a maximum five balls to each opposing team. The first team to win three points is the winner and immediately and moves/stays in the “The Champs” position.

Coaching Emphasis:

Players should work as a team moving together and closing in on the net. Players need to recognize the low ball and close in on the net. Hitting through the middle is an excellent place to hit the ball in order to win points. If a volleyer is close to the net and receives a high ball, angling the volley for a winner is also a good shot. Lobbing and then hitting a groundstroke at the feet of the player who hit the overhead is a good strategy. Baseline players should be patient and not try to blast the ball through the net players unless one or both of them are poor volleyers. When hitting an overhead from deep in the court, aim for the baseline in order to give the baseline players a more difficult shot. If you have a short overhead to hit, try to put it away by using an angle or bouncing it over the back fence.

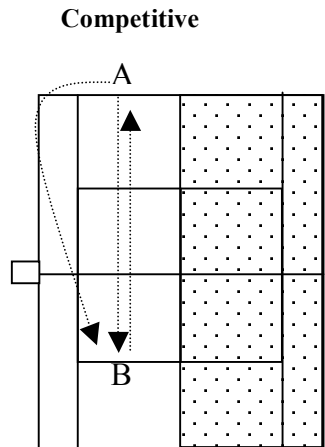
Volley/Overhead: Cooperative-Competitive

Name: One on One Volley/Overhead

Level: Intermediate/Advanced

Purpose: Consistency/Placement/Change of Pace Shots

Time: 10 minutes



Description:

Competitive:

The first three shots are cooperative to begin the point. Player B starts the point out and must successfully volley player A's groundstroke back into play. The volley must go past the service line on A's side of the court. Player A must lob B from that volley. The lob begins the point. If the lob is out B wins the point and remains at the net. Whoever wins the point takes the net position at the service line. Play to 11,15, or 21-point games.

Variation: Require 2 or 3 successful volleys before the lob and the point begins.

Coaching Emphasis:

Baseline players are trying to hit the groundstroke low to the volleyer so that they get a weaker volley to hit as a lob or a passing shot. Volleyers want to step in on the volley and be ready to turn and move back quickly for the lob. Emphasize feet first when moving back to cover a lob.

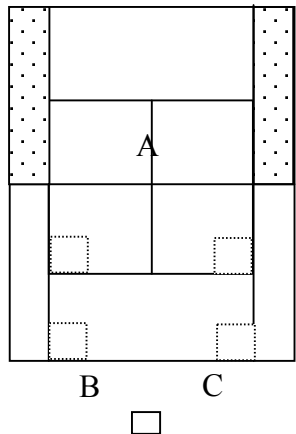
Volley/Overhead: Cooperative

Name: Mixed Salad

Level: Intermediate/Advanced

Purpose: Deep volleys and overheads

Time: 10-15 minutes



Description:

Player B or C feeds the ball to player A and they play out the point two vs. one giving player A both passing shots, dinks and overheads. The individual player has a smaller court than players B and C. Players B and C should work on moving player A, but allow A to reach the ball. Rotate positions after 3-5 minutes making sure all players have played each position.

Coaching Emphasis:

Player A should work on volleying the ball deep into the corners of the singles court or short angle volleys if he gets the right ball. Patience on all players' part should be emphasized. The net player must be steady and patient, and wait for the best opportunity to put the ball away. Playing against two baseliners is difficult. Winning the point early is not always possible.

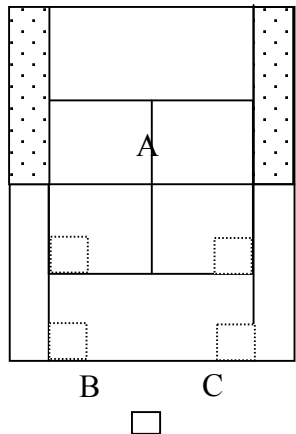
Volley: Cooperative

Name: Gunner

Level: Intermediate/Advanced

Purpose: Reflex volleys from baseline

Time: 10- minutes



Description:

Coach feeds a hard groundstroke at the speed of a passing shot from beyond the baseline at Player A who plays out the point against B and C who are NOT allowed to lob or pass. Players B and C should work on hitting shots at the speed of a passing shot and moving player A around, but allow A to reach the ball. Rotate positions after 3 minutes making sure all players have played each position.

The second to last feed is a slow groundstroke that player A should see quickly and close the net to hit a winner. The last feed is a lob.

Coaching Emphasis:

Since the balls are hit rather hard the volleyer needs to be able to reflex the volley back into play. This can also be very tiring if played correctly.

Volley/Overhead: Cooperative

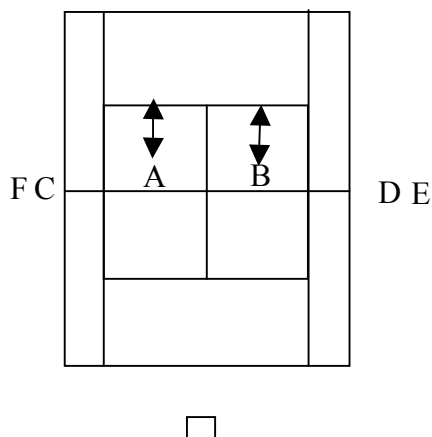
Name: Tap and Go Overheads

Level: Intermediate/Advanced

Purpose: Overheads

Time: 10-15 minutes

Competitive



Description:

Players A and B start at the net. Player A taps the net with his racket and then the coach feeds a lob forcing A to back up to hit an overhead. This may be a “scissor kick” if the lob is deep. As soon as the coach feeds the ball to player A player B taps the net with his racket and the instructor feeds another ball.

Coaching Emphasis:

Player A should work on hitting overheads deep into the corners of the singles court or short angle overheads if he gets the right ball. Getting the feet to move first to go back for overhead is very important. Watch the ball off the strings of the coach’s racquet in order to get a good jump on the overhead. Keep eyes up to the ball when hitting the overhead, and get off hand pointing at the ball. Keep ball in front when hitting overhead. Do not let ball get behind overhead hitter. Be sure players turn sideways immediately and either shuffle step back to hit overhead, or crossover first step and then shuffle steps to hit overhead.

Volley/Overhead: Competitive

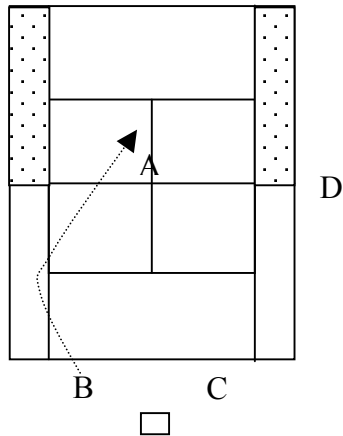
Name: No Bounce

Level: Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15-20 minutes

Competitive



Description:

Baseline player B or C feed the ball to player A. Player A tries to win the point without allowing the ball to bounce on their side of the court. Baseline players B and C try to move player A around and win the point by bouncing the ball on the other side of the court, rather than win the point through power or pace.

Time Drill: How many bounces in one minute. Player with the least bounces wins.

Variation: 11 point game, baseline players can win a point with a miss or a bounce.

Coaching Emphasis:

Touch, placement anticipation and movement. There should be a refuse to miss attitude on A's part.

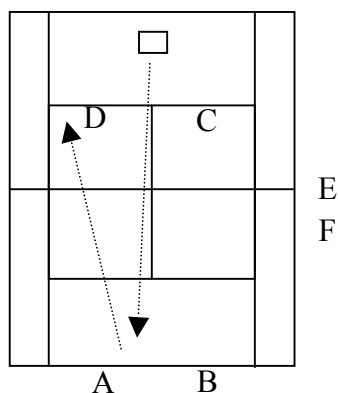
Volley: Passing Shot: Competitive

Name: Killer Volley Drill

Level: Intermediate/Advanced

Purpose: Volleys Passing Shots

Time: 10-15 minutes



Description:

This is a competitive drill with the baseliners trying to win the point against the volleyers and the volleyers trying to keep their position as the 'killers'. The drill begins with the coach feeding the ball to the baseliners players A & B who try to pass or force an error from the Volleymen C & D. Players C and D must begin each point one step inside the service line and move forward on the coach's feed. If either A or B makes an error or loses the point due to a volley, that player is replaced by one of the waiting players (E & F). The volleyers have three lives each. If C has lost two lives and loses the next point because of a forcing shot from one of the baseliners, that baseliner takes the volleyers spot and the volleyer moves to the waiters line (E & F) and the next in line moves into the baseline position. If a ball is lobbed by the baseliners and cannot be reached by the volleyers the point is replayed. If the lob lands out of the court then the baseliner is replaced by one of the players waiting. The volleyers are allowed to let the ball bounce but emphasis should be placed on them moving forward, split stepping and taking the ball out of the air.

Coaching Emphasis:

Volleyers should be moving forward, split stepping and taking the ball out of the air. Emphasize position of the volleyers C and D. If the ball is on C's side of the court, C should move in closer to the net and D should play back a little so that C and D are staggered in their positions relative to each other. If the ball is more on D's side of the court, then D should move in closer to the net and C should play back a little further in a staggered position. The responsibilities of the player closer to the net are: any ball hit down the line or lobbed over him/her. The responsibilities of the player diagonal from the ball and further away from the net are: Any ball hit cross court and between the net players, any cross court ball, and lob over his/her head, or any lob that his/her partner that is closer to the net can't get.

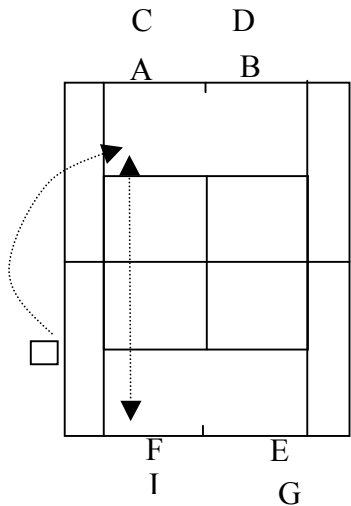
Volley/Overheads: Competitive

Name: Nail It

Level: Intermediate/Advanced

Purpose: Overheads and defensive tennis

Time: 10 minutes



Description:

This drill is played as teams. The coach lobs the first ball to players A and B who hit an overhead and plays out the point. The coach feeds a second lob and this time it is to players F and E and the point is played out. The third lob goes to players A and B again the point is played out and after the third point the teams run to switch sides of the net.

Coaching Emphasis:

Overheads require good footwork. The first move should be to get the feet in position. This drill also helps improve the defensive abilities of players.

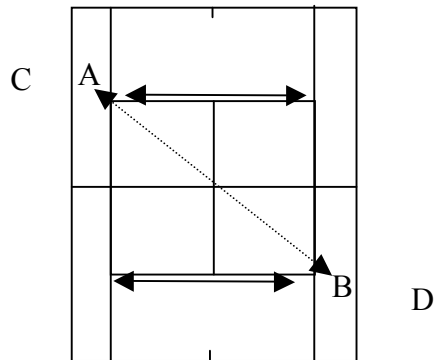
Volleys - Cooperative

Name: Bryan Brothers Volley Drill

Level: Intermediate/Advanced

Purpose: Hitting volleys on the move

Time: 10 minutes



Description:

Player A and B start in the alley by the service line and move across the court while hitting volleys back and forth to each other. They see how many times that they can move across the court and back without missing. If they miss C and D take their place in the drill. Play for time

Coaching Emphasis:

These volleys require good footwork, pace and ball control. Make sure that both players volley from the alley on each crossover. Balance and good focus on the ball are essential.

Drill By: Wayne Bryan

Volleys: Cooperative

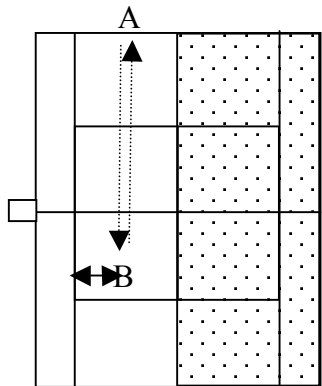
Name: Aerobic Volley

Level: Beginning/Intermediate/Advanced

Purpose: Consistency/Placement/Closing

Time: 10 minutes

Competitive



Description:

Cooperative:

Player A begins at the baseline and player B in the middle of the service box and just inside the service line. A hits B a volley and B volleys back to A. After each volley player A must side step into the alley and return to the middle of the court for the next volley. When player B has three misses they move to the baseline and Player A moves to the net position.

Coaching Emphasis:

Players need move their feet and control the volleys as well as the groundstrokes. Don't let players "over hit" shots. You want them to be able to hit at least five volleys without an error. If players hit too close to the alley put down a marker for the area they need to return. . Hit and recover for next shot is important.

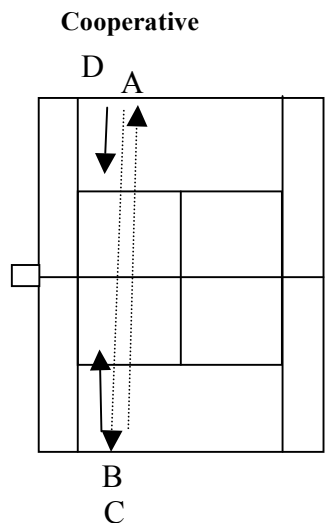
Volleys: Cooperative

Name: USC Closing Volleys

Level: Intermediate/Advanced

Purpose: Consistency/Placement/Closing

Time: 10 minutes



Description:

Cooperative:

Player A begins at the baseline and player B at the baseline. A hits B a volley deep into the court and B volleys back to A. After each volley player A and B must move forward and continue to volley. When either player misses they must run to the opposite side of the court. While these players are running C and D begin to volley the length of the court. With 4 players this drill can be scored as teams with A and D vs. B and C. or this drill can accommodate 8 to 12 players.

Coaching Emphasis:

Players need move their feet and control the volleys. As they get closer to the net they will have an opportunity to put the ball away. The first few volleys need to be cooperative. Emphasize good volley and footwork technique when hitting volleys deep in the backcourt. This drill will uncover poor volley technique especially when volleying from deep in the court.

Volley/Overheads

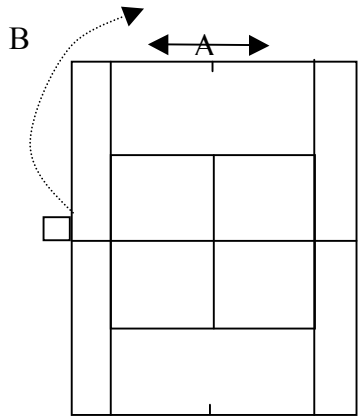
Name: NWU 10 Ball Overhead

Level: Intermediate/Advanced

Purpose: Overheads and defensive tennis

Time: 10 minutes

Cooperative



Description:

The coach lobs the first ball to player A near the doubles alley of the deuce court and A hits an Overhead. The coach feeds a second lob nearer the center service line. This requires A to move around to hit the second lob. This sequence is repeated for 10 lobs. A keeps track of how many out of 10 he/she has made.

Coaching Emphasis:

Overheads require good footwork. The first move should be to get the feet in position.

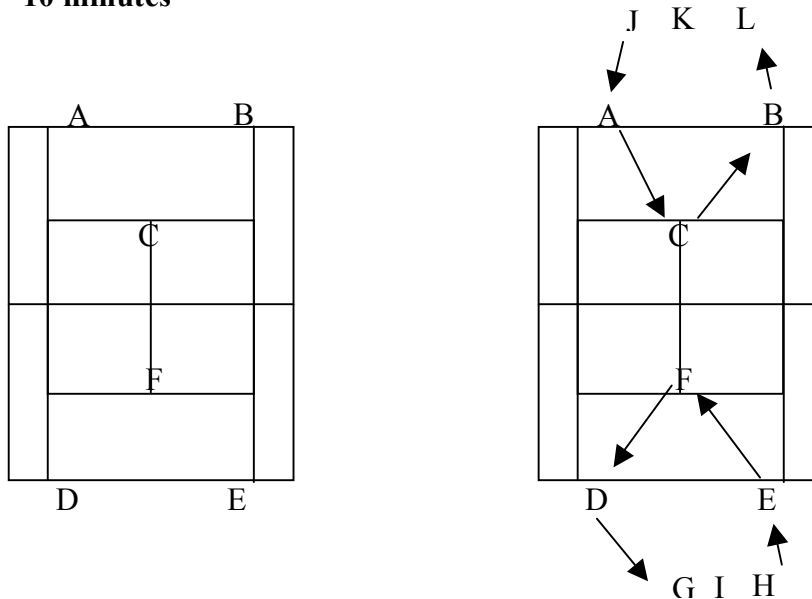
Volleys/Overheads: Competitive

Name: Lob Triples

Level: Beginning/Intermediate/Advanced

Purpose: Placement and poaching

Time: 10 minutes



Description:

Three vs. Three

Players spin the racket to see which team lobs the ball first. A baseline player will lob the ball and each team continues to lob the ball until one team is able to hit an overhead. The net players C and F are not allowed to go into no-man's land to hit the overhead. Once the overhead is hit the point is played out normally. The team that wins the point continues to lob the ball. Play a no-add game and then the players rotate positions.

Variation

4 to 6 players per side. Players rotate clockwise with a new player coming onto the court and one player is removed.

Coaching Emphasis: This drill emphasizes deep lobs and helps players move to hit their overheads.

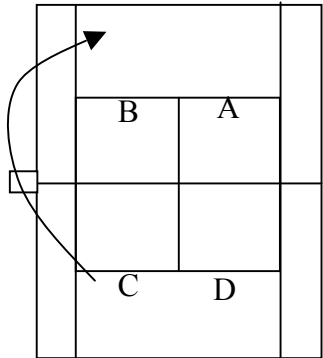
Volleys: Cooperative

Name: GOV (Great Overheads and Volleys)

Level: Intermediate/Advanced

Purpose: Overheads /Placement/Closing

Time: 10 minutes



Description:

Competitive:

All players begin at the service line and C or D hits a lob over the head of A or B (No topspin winners on feed). The ball must bounce and the point is played out. C and D can close or look for another lob. Play to 7 pts. Then rotate sides of the court.

Coaching Emphasis:

Players will decide if they can hit an overhead or groundstroke after the bounce.

Requires good positioning and partners must work together. Communication between players is important. Who is going to take bounced ball?

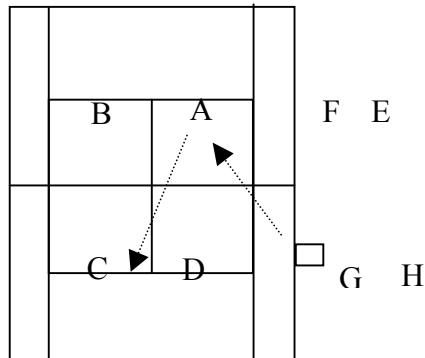
Volleys: Competitive

Name: Popcorn

Level: Intermediate/Advanced

Purpose: Quick Volleys /Placement/Closing

Time: 10 minutes



Description:

All players begin at the service line and the coach feeds a ball to player A (always). Player A hits toward the middle of the court and player C. The volley is played out by all players. If player B were to have missed the last shot player A would slide over to Player B's position and player F would fill in player A's original position. B would go to a waiting position. Any ball not hit down the middle both players are out and two waiting players replace the players who are out.

Variation

After running the drill allow the players to hit anywhere but emphasis the importance of the middle. The person who last misses the ball is out.

Coaching Emphasis:

Volleying for percentage is emphasized and this drill requires quick reflex volleys and practice coverage of the middle of the court. Players who close the net will have more opportunity for success at the net. Understanding that the player crosscourt from the ball usually takes the ball that goes between him/her and their partner is important. If the player that is not crosscourt from the ball moves forward and cuts the ball off, this move should be made with the attitude to hit a winning volley and to end the point.

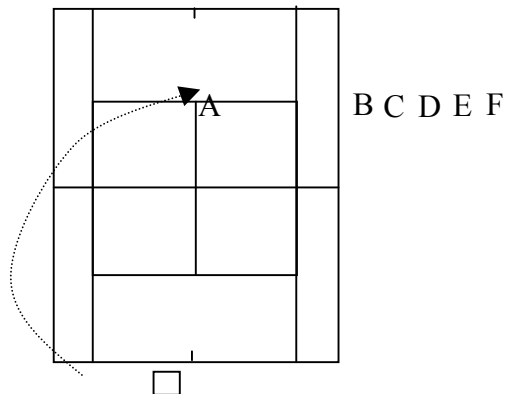
Overheads- Competitive

Name: 100 Overheads

Level: Intermediate/Advanced

Purpose: Overheads

Time: 5-10 minutes



Description:

A player comes to the center of the court and the coach lobs a ball to player A. Player A hits an overhead and continues until they miss. The player B then hits overheads until they miss. Each overhead counts as one point. The team must get to 100 before they run out of players. If the players lose they must do (25 push-ups, run suicides or some other conditioning activity).

Vary the height and location of the lob to create greater difficulty for the players.

If players are blocking the overhead back instead of hitting with decent pace, require that the overhead needs to only bounce once (or twice) before hitting the back fence.

Coaching Emphasis:

Overheads require good footwork. The first move should be to get the feet in position. Confidence in hitting overheads is important. If the opportunity presents itself to hit a winning overhead, the player must have confidence to hit out and hit the winner. Any overhead that can be hit inside the service line should be hit as a winner with good pace and placement. Any overhead hit from deep in the court should be hit deep to the baseline with good pace and/or spin.

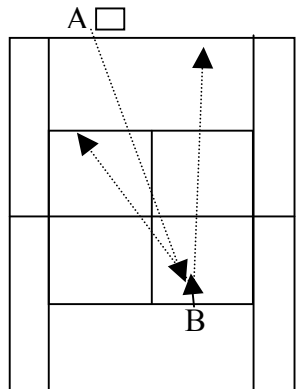
Volleys: Cooperative

Name: Serve to Volleyer

Level: Advanced

Purpose: Quick volleys off hard shots

Time: 10 minutes



Description:

Player A serves medium paced serves at player B who moves forward split steps and angles off the volley. As the player B gets better timing the speed of the serve is increased. DO NOT try to hit extremely hard flat serves. After 4-5 minutes player A and player B switch sides.

Coaching Emphasis:

Hitting volleys off serves is terrific preparation for extra pace you'll encounter when you're trading shots at the net. Also many of the shots will be low at the feet of the volleyer. The volleyer should watch the ball come off the strings of the server's racket and follow the ball to his/her strings for the volley.

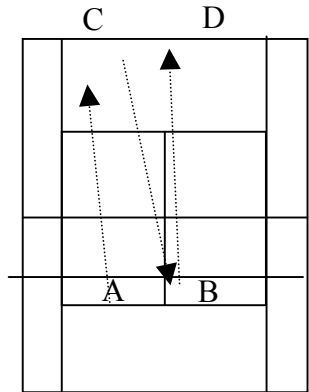
Volleys: Cooperative/Competitive

Name: No Man's Land

Level: Intermediate/Advanced

Purpose: Half volleys and transition volleys

Time: 10 minutes



Description:

Player A gives C a fair feed past the service line. (Player A and B can move side to side but they cannot close they must remain near the service line.) Player C and D do not try to win the point but try to force mistakes from players A and B by hitting at their feet. This requires A and B to hit half volleys. They should be deep down the middle of the court reducing angles for Players C and D. after five minutes switch sides.

Variation:

Each side try to win the point after the initial volley or half volley is put into play. Players C and D can go anywhere. Players A and B must remain near the service line. Play to 7 or 11 points and switch sides.

Variation:

Each team try's to win the point except that players A and B can move up after the first volley. Play to 7 or 11 points and switch sides.

Coaching Emphasis:

Better for players to half volley then reach for the low volley. No back swing on the half volleys. Opposite side has middle responsibility for the ball down the middle between two players. (i.e. if player C hits down the middle player B should take the ball.)

Volley: Cooperative/Competitive

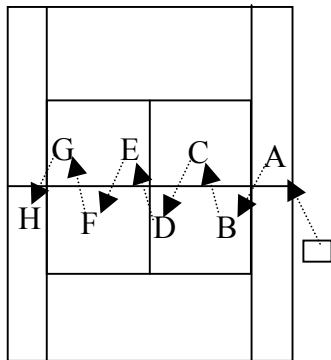
Name: Zig Zag

Level: Intermediate/Advanced

Purpose: Consistency/Placement

Time: 5-7 minutes

Competitive



Description:

Coach feeds ball to player A and then the players try to execute control volleys through the zig-zag. Every time the ball works its way through the volleyers and player H catches it, a point is scored for the team.

Coach can feed quickly and does not wait for each ball to work through the entire line. Coach should feed the next ball to player A about the same time that player D is hitting the previous ball.

Players quickly learn that controlling the volley is not as easy as they thought. Play rounds of about 2 minutes and then compare scores between the courts. Great drill for players that swing on their volleys or cannot control their volleys.

Coaching Emphasis:

The volleyer must be ready and direct the ball with control and with not too much pace. Changing the direction of the ball is a more difficult shot than hitting it back to where it came from. Good control and pointing the strings of the racket in the direction you want the ball to go should be emphasized.

Drill By: Jorge Capestany

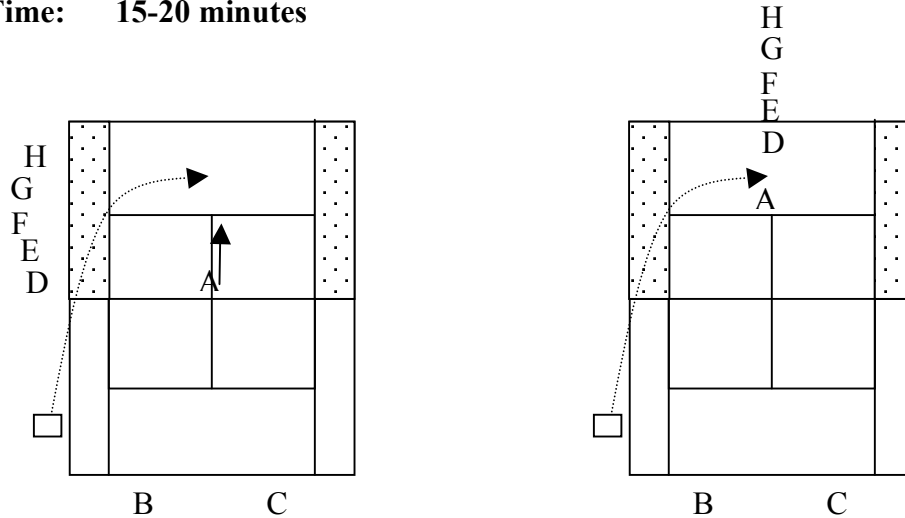
Overhead: Competitive

Name: 2 Against the Mob

Level: Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15-20 minutes



Description:

Players A, D, E, F, G, H are against players B and C. To start the game Player A taps the net with his racket and the coach feeds a lob to start the point. The point is played out against a team of B and C. Player A can hit into the entire court while B and C are limited to the singles court. After the point player A goes to the end of the line (behind H) and player D goes out on the court and taps the net to begin the second point. Play games to 11, 15 or 21 points. Create a new doubles team at the end of each game.

The drill can accommodate 3 to 15 players. Losing team can do laps, pushups or crunches.

Variation: The coach feeds in a lob to player A on the "T" who then attempts to hit a clean smash winner. A clean winner counts for 3 points. The baseline players attempt to get the smash back and play the point out. If a baseliner hits a clean winner he/she gets 5 points. Rotate positions if a player hits a smash winner - the player who hit the smash takes the place of one of the baseliners. Play to 11, 15 or 21 points. Each player keeps their own score.

Coaching Emphasis: Once the lob is in the air move quickly to get into a position where you think the ball will land. Quickly turn sideways with the racket back. Short lobs provide an opportunity to angle off the overhead. Baseline team should mix up lobs and groundstrokes to keep net player off balance. Good defense is important.

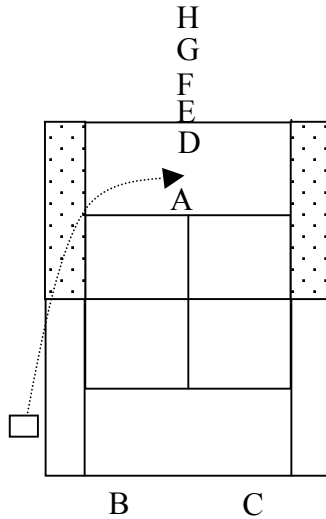
Overhead: Competitive

Name: Bang

Level: Beginning/Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15-20 minutes



Description:

This drill is similar to “2 Against the Mob”. This is individual scoring and does not use team scoring. The coach feeds in a lob to player A who starts on the “T” and who then attempts to hit a clean overhead winner. A clean winner counts for 3 points. The baseline players attempt to get the overhead back and play the point out. If a baseliner hits a clean winner he/she gets 5 points. Rotate positions if a player hits a overhead winner - the player who hit the overhead takes the place of one of the baseliners. Play to 11,15 or 21 points. Each player keeps their own score.

The drill can accommodate 3 to 15 players. Losing team can do laps, pushups or crunches.

Coaching Emphasis: Once the lob is in the air move quickly to get into a position where you think the ball will land. Quickly turn sideways with the racket back. Short lobs provide an opportunity to angle off the overhead. The net person should be patient and wait for an overhead he/she can put away. If hitting overhead from deep in the court, aim to hit overhead deep to the baseline. If hitting overhead from a position closer to the net, try to put it away for a winner. Baseline players try to force an error by being patient and mixing up lobs with groundstrokes.

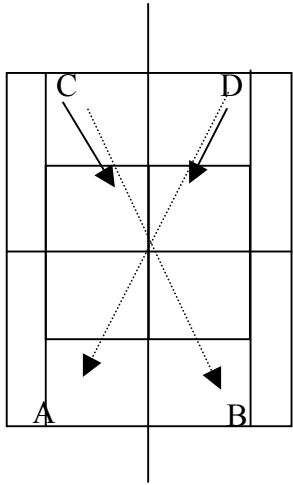
Volleys: Competitive

Name: First Volley Drill

Level: Intermediate/Advanced

Purpose: First volleys

Time: 10 minutes



Description:

Player C plays player B in a crosscourt game and doubles alleys are good. Player C starts the ball with a fair feed and closes the net. Player B try's to hit at players C's feet or try's to pass C. If C misses the first volley he loses the point and subtracts 1 point from his score. All other points won count as a point for the winner. Play to 7 or 11 and switch roles. Player D plays player A in a separate crosscourt game at the same time.

Variation:

Both players close the net play to 7 or 11. Winners of each side of the court play each other and the non-winners play each other.

Coaching Emphasis:

When hitting the first volley try to split step just before your opponent makes contact with the ball. Then step into the volley and continue to close the net. The first volley is important because if you make the volley you put pressure on your opponent to make a great shot.

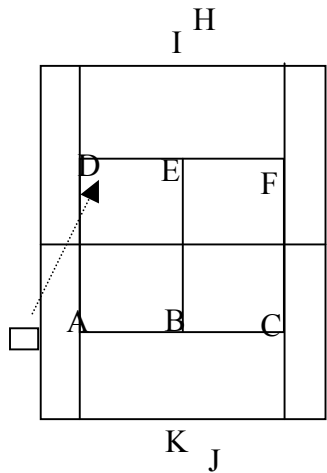
Volleys: Competitive

Name: Melt Down

Level: Intermediate/Advanced

Purpose: Reflex volleys

Time: 10 minutes



Description:

Coach feeds a volley to any player on the opposite side of the court. The point is played out. A player waiting in line replaces whoever misses the ball or makes an error.

Coaching Emphasis:

Quick reflexes and tracking the ball throughout the point are very important in this type of drill.

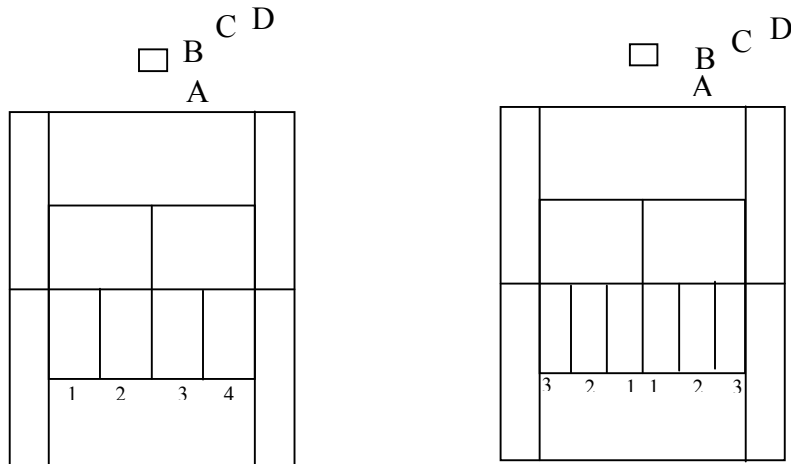
Serve Cooperative

Name: Serve in a Row

Level: Beginning/Intermediate/Advanced

Purpose: Improve accuracy of serve

Time: 10 minutes



Description:

Divide both service courts in two halves. The server has to serve one serve into each half starting from left to right.

- Each player needs to hit four successful placed serves. Count how many a player hits to complete the sequence.
- He needs to serve two in a row in each half of the court. If he hits every serve, that would be 8 serves. Count how many a player hits to complete the sequence.
- He needs to serve 3 in a row it would be 12 serves if he hits successfully every time. Count how many a player hits to complete the sequence.

Variation: The player needs as few serves as possible and will start from 0 if misses a second or a third serve as mentioned in points b) and c)

Variation: Make the player serve in thirds of the court.

Coaching Emphasis: This drill is different from usual target practice drill because the player is under pressure. The player is much more focused in this drill than if he just practices target serving. Serve at a pace that will produce consistently good placements. If a player is having trouble completing the circuit, suggest he/she slow down the pace of the serve by putting more spin on the ball.

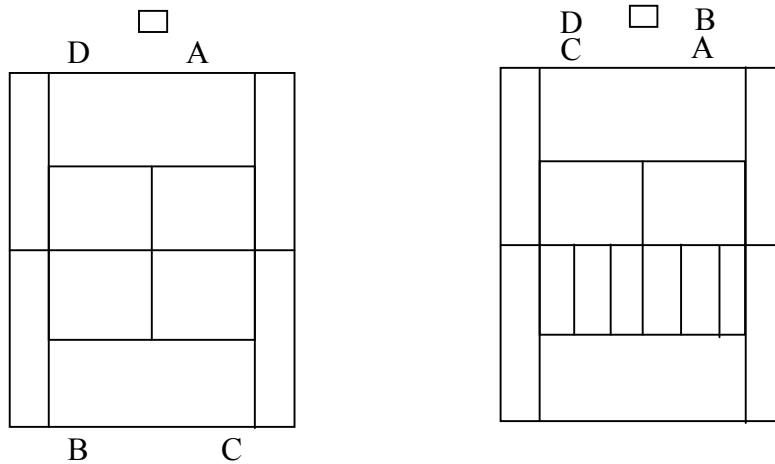
Serve Cooperative

Name: Pig/Horse

Level: Beginning/Intermediate/Advanced

Purpose: Improve accuracy of serve

Time: 10 minutes



Description:

This is a drill similar to “server in a row” with the added pressure of playing against a partner. It is also scored like the basketball game “Pig or Horse”. 2 players serve one against each other crosscourt. Player A serves first, then player B. If A hits a good serve and B misses, A wins a point (or a letter “P”). If A hits a good serve and B hits a good serve, neither gets a point. If A misses and B hits a good serve, B wins a point. The game is played to 3 or 5 and then they switch to add or deuces court and serving order. The second server is under more pressure! Can be played with first serves only, second serves only or both.

Variations: - Mark half or one third of the court to aim for - Have the first player call out where he'll serve and the second player needs to follow - Have both players on the same side of the court alternating serves

Coaching Emphasis: Use this as a warm up – and have players serve in a focused way. To many times players warm up serves without any concentration. They also practice serves without much pressure. That's not what happens in reality.

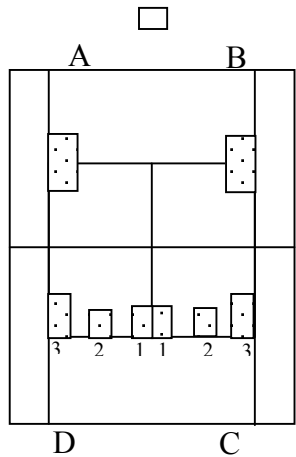
Serve and Return of Serve, Cooperative

Name: Server and Return to Targets Cooperative

Level: Beginning/Intermediate/Advanced

Purpose: Improve accuracy of serve and return of serves

Time: 20 minutes



Description:

Players A and B serve to targets (balls, cones, cans, etc.) in front of players C and D. Before each serve they call out the number that corresponds to the area on the court that they are trying to serve too. Player C and D are trying to return the ball short crosscourt near the service line and the singles sideline. Players A and B each get 21 serves and try to get 7 serves to each area. The serve only counts if the serve is in the service box and they call the correct location. After 21 serves players C and D would serve. When they finish their 21 serves player A and B would switch positions and C and D would switch positions so that if they first served in the deuce court they would now serve in the ad court.

Coaching Emphasis:

Learn to place the serve in order to attack weaker returns or to prevent a returner from getting grooved on the returns. The returners should have a plan as to where they want to return the serve. By focusing on returning the ball short, crosscourt, they are practicing location with a purpose.

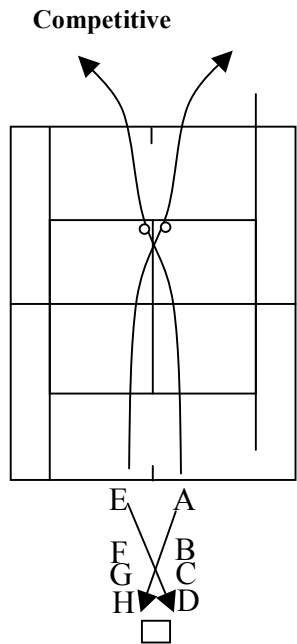
Serve: Competitive

Name: Do or Die

Level: Beginning/Intermediate/Advanced

Purpose: Serve

Time: 10 minutes



Description:

Server must hit a good serve and hit the fence on 2nd bounce (before 3rd bounce). A player who hits a good serve continues to serve until they miss. When they miss they go to the end of the other line. The first one who hits 10 good serves wins. Each player gets the same number of attempts.

Variations-

Team vs. team with the losers doing extra running.

First 5 players with 10 good serves no running.

Coaching Emphasis: This is a good end of practice drill that emphasizes the importance of hitting with spin, consistency and enough power that the person returning serve will not rip it at the net person.

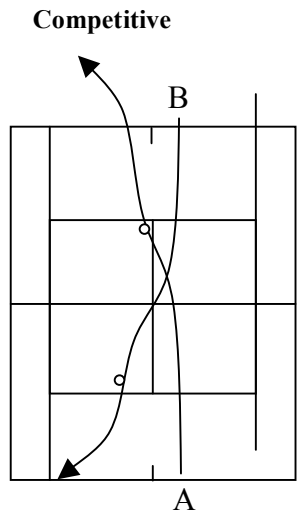
Serve: Competitive

Name: Serve for Score

Level: Beginning/Intermediate/Advanced

Purpose: Serve

Time: 10 minutes



Description:

Players A and B serve what would be a complete set. They keep score against themselves. If the serve is “in” the server wins the point. If it is “out” the server loses the point. One serve is hit for each point. No ground strokes are played and no balls are returned.

Variations-

To increase difficulty for better players add location or spin or both. They must call the location (wide, middle, T) and the type of serve (flat, slice, topspin).

Coaching Emphasis: This is a good end of practice drill that emphasizes the importance of hitting serves for consistency. It also can put pressure on the server to make serves when they need them.

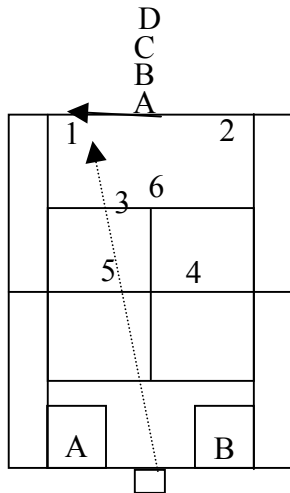
Singles: All shots

Name: All Shots

Level: Beginning/Intermediate/Advanced

Purpose: Approach shots

Time: 15 minutes



Description:

Coach feeds 6 balls:

1st Forehand groundstroke

2nd Backhand groundstroke

3rd Backhand approach shot

4th Forehand Volley

5th Backhand Volley

6th Overhead

Variation

The last three shots can be fed in different order.

When the Coach feeds the ball he calls out the area he wants the ball hit.

Coaching Emphasis: Movement to the ball, hitting baseline crosscourt groundstrokes and deep, approaching straight ahead and deep, and volleying deep. Also emphasize recovery after each shot. Good execution is important.

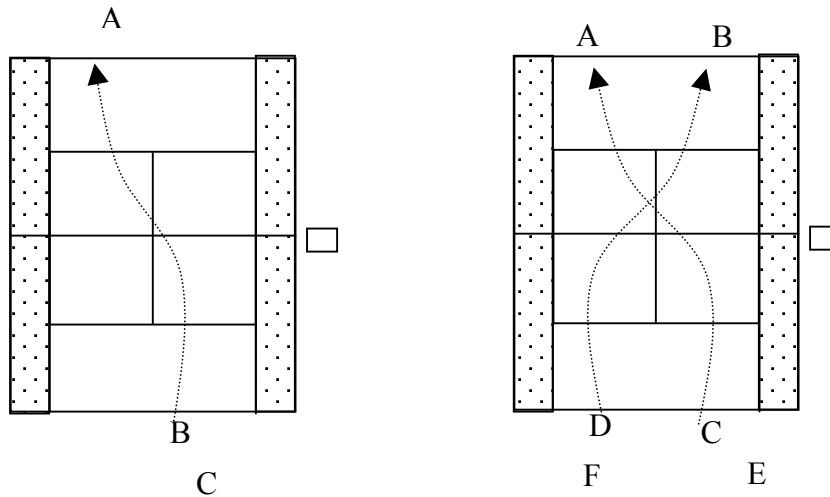
Singles Competitive

Name: 1 on 2 Champ of the Court (King/Queen/Ruler)

Level: Beginning/Intermediate/Advanced

Purpose: Serve, Return of Serve and Groundstrokes

Time: 10-15 minutes



Description:

A designated champion competes against 2 or 3 challengers. The champion Player A starts on the baseline on one side of the court. Players B and C take turns on opposite side of the court. The first challenger B, starts on the opposite baseline and serves the ball to player A, and a point is played using the singles court boundaries. If B wins, he serves to the add side of the court. If player B wins the second point he/she is the new champion and runs to the other side of the court (the Champion's side). If player A wins, he/she stays and plays a point against player C.

Variation

Players play crosscourt alternating serving to A and B until they win 2 points in a row. They only get a second point against the same player if they won the first point.

Variation

Players B and C play as a team against one the returner. Play to 7 or 11 then rotate players so all players are the returner once during the game.

Coaching Emphasis: Serve deep and try to keep the returner off balance by mixing up the serves. Emphasize 4 things: 1. First serve in, 2. Three balls in a row without missing 3. No balls hit into net, 4. Work hard during each point – get tired!

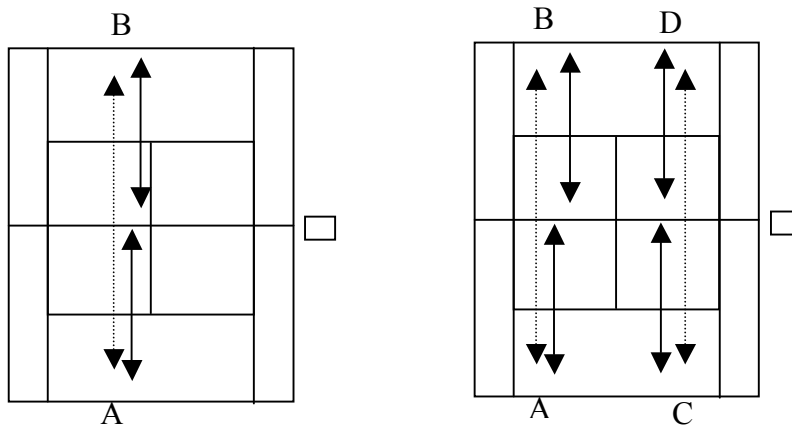
Singles Conditioning

Name: Killer Drill

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes and Conditioning

Time: 10 minutes



Description:

Each player places 6 balls in a group at the base of the net on his/her side of the court. Players spin the racket to see who picks up the first ball. Both players run from the net to the baseline and the player with the ball feeds it over the net to begin the point. They play out the point and both players run to the net with the player who won the point picking up a ball. Both players run back to the baseline, and the ball is fed over the net again. As soon as the player with the ball gets to the baseline he/she can feed it even if the opponent has not reached the baseline. The player who uses all of their balls first is the winner.

Variation:

Game is played with four players, 2 on each half court. You can play this game several times with the winner moving up a half of a court and the loser moving down a half a court.

Coaching Emphasis: This is a great conditioning drill and the players find it very competitive.

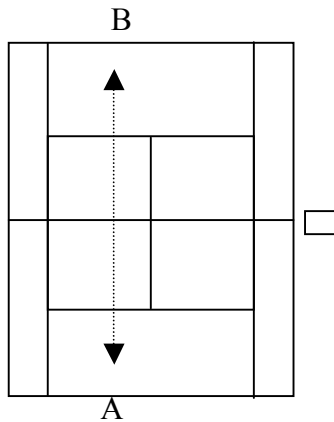
Singles Game Play

Name: Handicapping

Level: Beginning/Intermediate/Advanced

Purpose: Game Play and Mental Toughness

Time: 20 minutes



Description:

Players A and B play a match with one important limitation. Every time you win a game you start 0-15 down in the next game or every time you lose a game you are 15-0 ahead in the next game. It can go all the way up to 0-40 or 40-0.

Variation: Each player start down 30 - 0 on there serve.

Coaching Emphasis: The mindset should be that you could come back when you're down on your serve. Or if returning serve, I can easily break now that I'm ahead. Some players are front-runners and others like coming from behind. Players should realize their type of mindset. This may give them an idea of how to compete in practice and in a match.

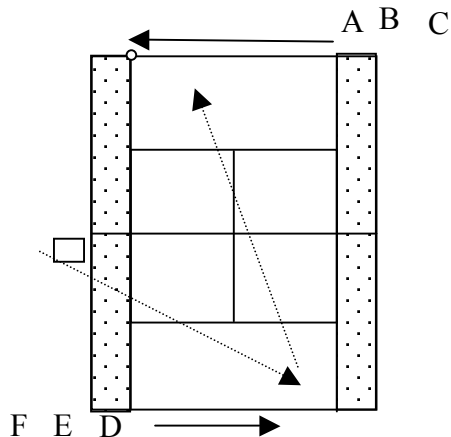
Singles: Competitive

Name: Cross Fire

Level: Intermediate/Advanced

Purpose: Groundstrokes

Time: 10-15 minutes



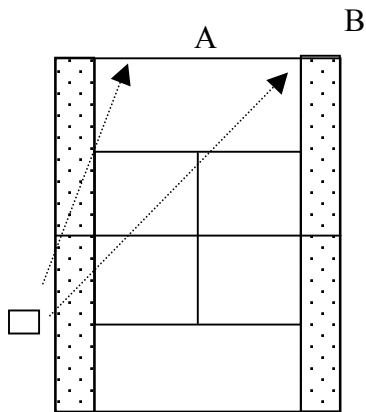
Description:

Have a group of players line up behind the baseline center (group A, B, C), on one side, and the other group line up at the left corner of baseline and singles side line (group D, E, F), opposite side of the net. The coach feeds the ball down the line only to the group D players. D will run along the baseline and hit the ball cross-court to start the point. Meanwhile player A will have to sprint to the corner of right singles sideline and baseline and touch it with the foot before he can play the point out. He will touch the corner as the coach feeds the ball to player D. The two players will play the point out. Each of them will score a point for their respective team if they win. If group A's player wins, he/she will play one more point; if he/she loses, the next player in line will take his/her spot. The players in group D will each play one point at a time. Play first team to win 9 points then switch sides.

Coaching Emphasis: Make sure players don't start early before the feed. We are often out of position during a point. Recovering and getting good balance is important for players. Players may have to play a defensive shot. The player should look to see if his/her opponent is in trouble so that they may be able to close on the net.

Singles: Cooperative

Name: The Ultimate Drill
Level: Intermediate/Advanced
Purpose: Groundstrokes
Time: 5-7 minutes



Description:

The coach feeds the balls as follows:

- 1 – a deep ball to the player's forehand;
- 2 – a deep ball to the player's backhand;
- 3 – a short ball to either forehand or backhand (player moves up toward the net);
- 4 – a feed for a volley forehand;
- 5 – a feed for volley backhand;
- 6 – a feed for an overhead stroke;
- 7 – a short ball close to the service line that the player hits it while backing up and after it bounces;
- 8 – a deep ball toward the baseline, with the player backing up and executing a ground-stroke after the ball bounces.

The cycle continues 3 - 4 times depending on the player's conditioning.

Coaching Emphasis:

The player should exercise footwork, body control, consistency and good stroke technique.

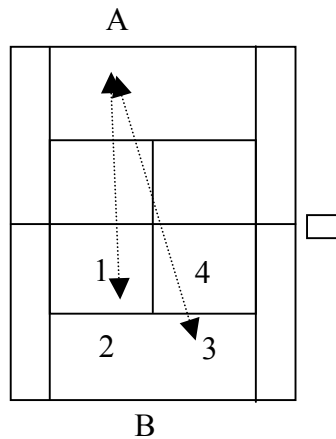
Singles -Cooperative

Name: Squares

Level: Intermediate/Advanced

Purpose: Developing patterns of play

Time: 15 minutes



Description:

After labeling the four areas of the court the coach can ask player A to execute different patterns of play. Such as 3-1-3 or 2-3-1. After 5 minutes players switch roles.

Coaching Emphasis: Players should look to find their own favorite patterns of play. They will also find that it may be easier to slice a ball into area 1 and 4.

A Jorge Capastra drill

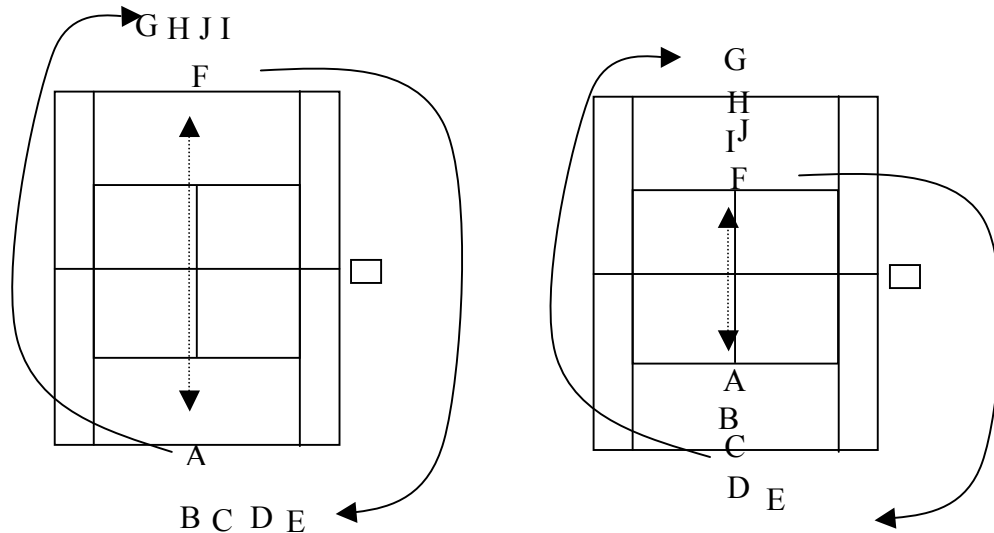
Singles: Competitive

Name: Around the World

Level: Beginning/Intermediate/Advanced

Purpose: All Court Play

Time: 15 minutes



Description:

Coach feeds the first ball to player A. Player A hit the ball across the net and then runs to end of the line on the other side of the net. Player F receives the ball and returns it across the net and runs to the end of the line on the opposite side of the net. Each player gets one hit before running to the other side. If a player misses they are out and sits down until the game is over. When there are two players left, after the ball is fed the player drops their racket, spins around once and picks up the racket and continues to play the point. They must drop the racket and spin once after each hit, until someone misses or hits the ball out. The last player left is the winner.

Variation:

Players can be allowed 2 or 3 misses before they are out.
Can be a cooperative drill to see how many hits all the players can execute before missing. Set a goal of 50, or any number before the drill is over.
Game is played as a volley game and players start on the service line.

Coaching Emphasis:

This can be a fun end of the day drill, which can get the entire team on one court.

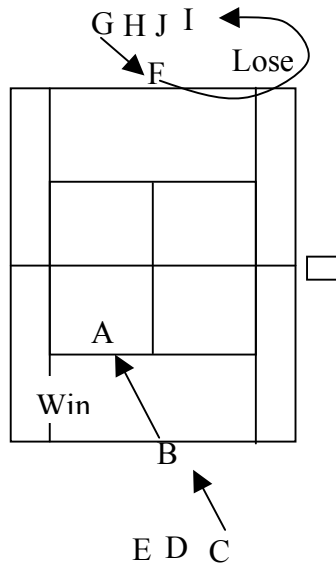
Singles: Competitive

Name: Wipe Out

Level: Beginning/Intermediate/Advanced

Purpose: All Court Play

Time: 15 minutes



Description:

In this game, the group is divided into two teams of at least 5 players each. Each team stands in a line along the back fence on opposite sides of the court. To begin, one person from each team plays a singles point beginning with a drop hit. After the point, the winner stays on the court and adds a second person to his or her side of the court. The player who loses the point goes to the end of their line, and the next player drop-hits the ball to the two people on the opposite side. Example, A plays F and A wins the point. F goes to the end of the line while B joins A on the court. G becomes the new lone player and puts the ball in play with a drop-hit. Team "A & B" must play into the singles court but G can use the doubles court. If Team "A & B" wins again, C is added to the court to play against the new player H. H will drop-hit to begin the next point. If H wins, she/he adds J to her court and plays D only. In this case, players A, B and C are "wiped out" and return to the end of the line. Play continues until one entire team is on the court and wins the next point. This game usually seesaws back and forth with teams adding players and then getting wiped out.

Coaching Emphasis: This game is effective for extra large groups of 10 or more people.

Note: Always start the ball from the side with one player and be sure players maintain their order.

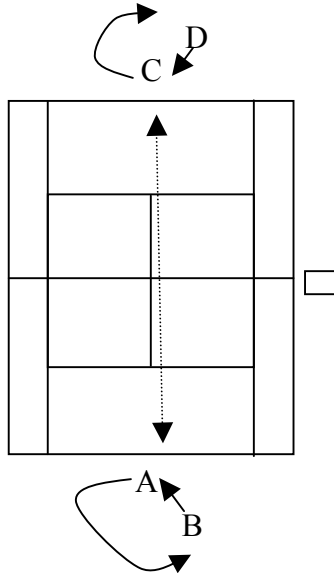
Singles: Competitive

Name: Tag Team Singles

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes

Time: 10 minutes



Description:

Four or more players are needed for this game. Divide players into two groups and form a line behind the middle of each baseline. One player is “up” on each side (A and C). Player A drop hits the ball and runs to the back of his/her line. Then Player C hits the ball and runs to back of his line. After each player hits the ball once, each runs to the back of their line, keeping the point going until one side misses. Each line can keep track of how many points they win. The first team to 11 points is declared the winner.

Coaching Emphasis: Consistency and depth are two important elements of this game. Moving out of the way after each hit encourages footwork and hit and move mentality.

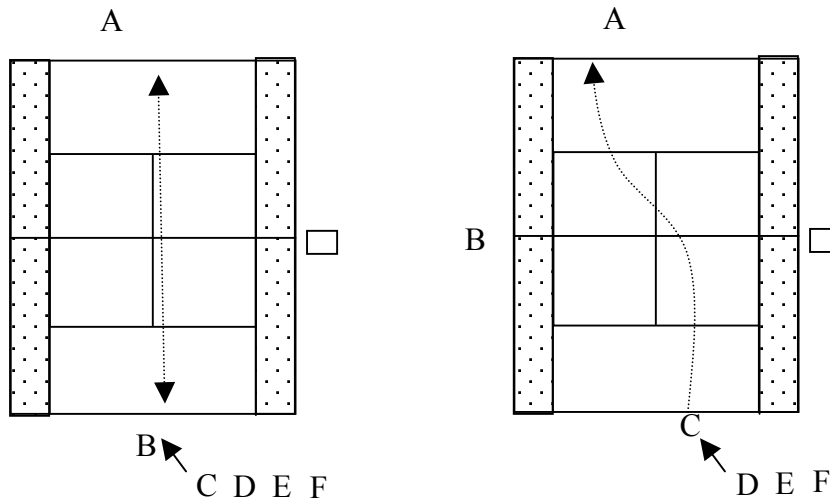
Singles: Competitive

Name: Champion of the Court (King/Queen/Ruler)

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes

Time: 10 minutes



Description:

A designated champion competes against a line of at least 3 challengers or more. The champion Player A starts on the baseline on one side of the court. Other players B, C, D wait at the back of the opposite side of the court. The first challenger, B, starts on the opposite base line B drop-hits or serves the ball to player A, and a point is played using the singles court boundaries. If B wins, he is the new champion and runs to the other side of the court (the Champion's side). If player A wins, he/she stays and plays a point against player C.

Variations:

- 1: A serve is added to start the point. (One or two serves depending on level of players)
King/Queen/Ruler can switch from add or deuce
- 2: The Challengers have to win two points in a row to become Champion.
- 3: The Challengers have to win three points before becoming the Champion.

Coaching Emphasis: Consistency and depth are two important elements of this game. If the Challenger must win two points in a row, this emphasizes momentum. Concentration and consistency to win two in a row keeps up the flow.

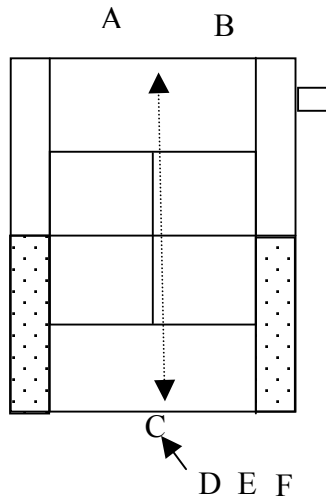
Singles: Competitive

Name: Baseline Challenge

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes

Time: 10 minutes



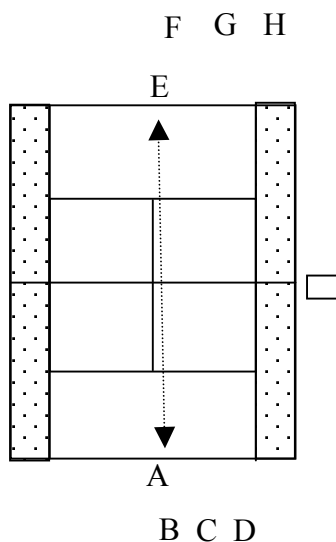
Description:

Players A and B start on the baseline, and all the other players form a single line of players on the other side of the court. The group of players will play the singles court only, and players A and B will have to cover the doubles court. The coach feeds the ball to player C to start the point. If player C wins the two points in a row, he/she will take the spot of whoever lost the second point in the doubles court. The player who loses goes to the back of the line on the other side of the court.

Coaching Emphasis: Consistency and depth are two important elements of this game. All players should think about hitting a minimum of three shots in a row before going for a “big” shot. Also, no misses into the net, and get tired by working hard.

Singles: Competitive

Name: Champs or Chumps
Level: Beginning/Intermediate/Advanced
Purpose: Groundstrokes
Time: 10 minutes



Description:

A minimum of 6 players is needed for this game. Three or four players line up behind the baseline on each side of the court. One side of the court is designated as the Champions' side while the other side is called the Chumps' side. The first player from each side plays out a point, using the singles-court boundaries. The player that wins the point goes to the end of the Champions' line while the loser goes to the end of the Chumps' line. The other players rotate through their line in order. Players can start the point with a drop-hit from the baseline or a serve.

Coaching Emphasis: Consistency and depth are two important elements of this game. No misses into the net, three shots in a row on every point, and getting tired, should be emphasized.

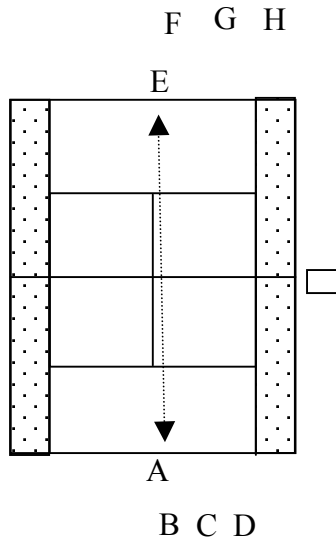
Singles: Cooperative or Competitive

Name: Pass the Racket

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes

Time: 10 minutes



Description:

Each side has only one racket to begin play. Player A or the coach feeds a ball the other side, the player A passes the racket to player B, and moves to the back of the line. This continues after each shot. The emphasis is not necessarily on scoring points but trying to not miss a shot. Players should try to get the entire team through the line without out an error.

Variation:

If a player hits the ball into the net, or out, they are removed from the line. The side that eliminates the other players wins the competition.

Coaching Emphasis: At first, players should work on making solid groundstrokes to the other side. After players become accustomed to this drill, then it can be a competitive drill. Patience for player A important. Look for opportunity to put ball away, but don't do so if not in a position to end point. If it is played cooperatively, then set a goal of how many shots to make without a miss.

Singles: Competitive

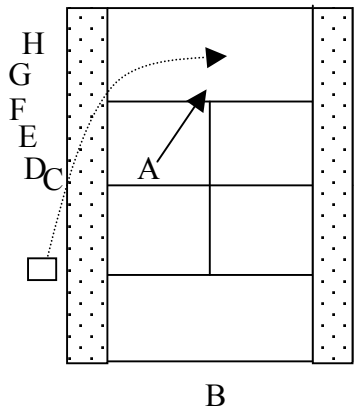
Name: Champ of Court: Twist

Level: Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15-20 minutes

Competitive



Description:

Player A taps the net with his racket and the coach feeds a deep lob that will force A to hit a defensive groundstroke or lob back to start the point. The point is played out against Player B. If player A wins the point he has to the count of 5 to run to the other side of the court and replace B before the coach feeds the next ball to the next player in line.

The drill can accommodate 3 to 12 players.

Variation:

Player A must take fed ball out of the air before it bounces and hit an overhead.

Coaching Emphasis: Player A needs to move quickly, get feet set up to make either a groundstroke or a lob. If A can hold position at net, this should be a priority. Player B works on keeping A off balance by mixing up groundstrokes and lobs. B should take net if possible.

Singles: Competitive Match Play

Name: Handicapped

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

This is another version of handicapping a player only if one player is usually weaker. Weaker player starts every game ahead 30:0.

Variation:

Stronger player only gets one serve while the weaker player gets two serves.

Variations: - Play no-ad - The server has only the second serve

Variation: Eliminate a portion of the court for the stronger player. Ex. Can't hit the ball short (inside the service line) or automatic loser.

Variation:

Players play a set where the server always starts at 30-40 or 0-30

Coaching Emphasis:

These adjustments help challenge a better player in a match and keep them interested. It also allows a weaker player to better players and be competitive.

Players will inevitably win some of the games when they are 30:40 down or handicapped and this will start building their confidence. When they experience this situation in the match they'll know that they can win from there. They won't panic or surrender before the point even starts. The returner will realize that it's not the best tactic to play passively, unless of course he plays with a very scared opponent who chokes under pressure. But hopefully eventually the scared player will realize that this approach doesn't lead anywhere (coach's suggestion helps) and will change his game. Playing from ahead, make sure player keeps focused and doesn't let up. Playing from behind, make sure player works hard and plays percentage tennis.

Singles: Competitive Match Play:

Name: Las Vegas Singles

Level: Beginning/Intermediate/Advanced

Purpose: Controlled Aggression

Time: 15 minutes

Description:

Play no-ad games with the score to 5 points. You receive two points if you hit a winner or if your opponent does not hit the ball over the net. Otherwise each point is worth one point.

Coaching Emphasis:

By creating incentives or restrictions you can make players work on certain aspects of the game. This game encourages a player to play with controlled aggression, yet avoid the common mistake of too many net errors. It also makes a player maintain concentration when ahead in the game.

Singles: Competitive Match Play

Name: Wild Card

Level: Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

Just have the server say whether the point is worth one or three points before each point begins. A small warning for coaches. Some students will inevitably try to manipulate the rules. They call out three points before their first serve, proceeded to miss their first serve, and then try to change the point to a value of only one point before their second serve.

Coaching Emphasis:

The benefits of this drill include tremendous increases in focus, competitiveness, simulation of match pressure, and most importantly, fun!

Singles: Competitive Match Play

Name: Pressure Drill

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

Either singles or doubles are played and when one side reaches game point and doesn't win that point they go back to zero. For example, in a singles practice match if you are serving at 40/15 and lose that game point the score would then become love/30. What a simple yet fantastic way to simulate match pressure.

Coaching Emphasis:

This is a very tough drill and can be frustrating for players. They should see quickly how important it is to close out a game.

Singles: Competitive Match Play

Name: Finish the set – the Grand Slam Version

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 20-30 minutes

Description:

Players start from 4:4 and play the best of 5 sets.

Variations:

Best of 3 (if you don't have a lot of time) - Players play tiebreakers – the best of 3 (5)

Coaching Emphasis:

Players don't waste time in practice playing points at 1:1 and 15:15. Most of them don't realize the importance of those points and play them too carelessly. Before they mature enough and start listening to the coach, you may present them with these situations, which automatically put them in a focused state of mind since every point is important. When they play the best of 5, they have played focused and fighting tennis for 30 or 60 minutes. It starts becoming automatic.

Players learn how to approach these situations since they play them more often. They can learn from their mistakes and try a different approach to finishing the set maybe 10 minutes after the first type of play (only baseline, defending, ...) did not work. Players can make these mistakes in their matches but then they forget and try it next week again. They can't change their approach in the tournament since they have already lost.

Singles: Competitive Match Play:

Name: Spanish Fighting Drill

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

Two players play at the time. If there are more, then they alternate as a pair and each pair count together. The point starts either from drop feed or with a serve. Players play the point and they count how many times the ball goes over the net. It's even better if someone else counts – the coach, the free player – so that they can focus on the game. When the point ends, the winner of the point gets as many points as the number of times the ball went over the net. If the two players play the first point and the ball travels 8 times over the net before one misses, then it's 8:0 for the winner. If they play the next point and play the ball 27 times over the net and the other player wins the point, the score stands at 27:8. Every point counts the same as the number of balls that went over the net.

Play to 100 or more, depending on the skill level of players.

Coaching Emphasis:

The player fights more and more because he knows the value of the point increases. This is very similar to actual emotional meaning that players attach to long rallies. If the player learns to fight and to persist in long ball exchanges, he may put a lot of psychological pressure in his opponent.

Singles: Competitive Match Play

Name: Successive points count more

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

This is yet another very good drill to learn the importance of momentum. There are two players and the point starts either with an underhand feed or with a serve. They play to 21 and scoring goes like this: if player A wins the first point, he gets 1 point. If player A then wins the second point in a row, he gets 2 points so his total score is 3. His next successive point is worth 3 points so the score is 6:0. If player B now wins the point he gets 1 point because that is his first successive point. If player A wins the next point he gets 1 point because his previous succession of 3 points was broke by player B.

Coaching Emphasis:

The players learn that the more successive points they win, the more they are worth. In real tennis the scoring is different but the **emotional** perception of the player is very similar. If one leads 5:1 and is caught by his opponent at 5:5, he **feels** as if he is losing. That's because successive points that you don't win make you feel very powerless. (At least that is true for most players...)

Players also learn that they can get out of trouble faster. If one is behind 15:5 and he wins only 4 points in a row ($1+2+3+4=10$), he levels the score at 15:15. Again – in real tennis scoring doesn't go that way, but in player's **minds** it is very similar. If one leads 5:1 and the opponent gets to 5:3, most players become more tense and anxious.

This is the way to approach playing from behind. Even though the gap seems too big, like at 5:1, if the trailing player can win two games in a row with many successive points, then the leading player will **feel** as if he is already losing. As you can imagine, playing from that mindset leads to poor results.

Singles: Competitive Match Play

Name: Double Trouble

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

This is a similar drill to “Threes” but it is probably even tougher to win, especially with two approximately equal players. Two players play the game with the serve and return. Every point is played twice. The server serves to the deuce side and they play the point. Then the server serves AGAIN to the deuce side and they play another point. If one player wins both points, then it's a REAL point in the game – for example 15:0 if the server won both. If each player wins one point, the score stands at 0:0 and the server serves again to the deuce side twice. When that game is finished they switch roles for serving and returning. Play to 3 won games.

Variations:

Play no add instead of regular add scoring - play from 3:3 or 4:4

Coaching Emphasis:

The player learns to fight for every point. I tell my players that: winning a point is nothing to celebrate (yet) and losing a point is not a funeral. Every point you play is the most important point.

They also learn that to beat a good player in this type of scoring it takes everything you have. It takes effort, patience, concentration and perseverance. That's how it is in reality when you play for something meaningful to you.

Singles: Competitive Match Play

Name: Threes

Level: Beginning/Intermediate/Advanced

Purpose: Serving under Pressure

Time: 15 minutes

Description:

This drill teaches the players the importance of momentum and concentration until the end.

Two players play and the game starts with a serve. The server's winning points increase the score by +1, and the returner's winning points decrease the score by -1. Example: if the server wins the first two points, the score is 2. If then the returner wins one point, the score goes to 1. The first player to reach +3 or -3 wins the game. Then they change roles – the server now returns and vice versa. The whole score is now 1:0 and they play to 3. So the winner wins by 3:0, 3:1 or 3:2.

Coaching Emphasis:

Players learn to fight and never give up, even when things don't look so well. They can get back in the game faster. Example: if the opponent leads 2:0 and you win 1 point, you've actually pulled your opponent away from winning the game.

In real tennis when your opponent is 40:15 up and you win a point, he can still win the game with the next point. But that is only on the scoreboard. Psychologically the leading player **feels** as if he is held back and can become impatient. And you know what that means...

The player also learns to focus and fight for the last point, even if he leads 2:0. If he loses the point, he will now need 2 in a row to win the game. In reality most players relax too much when they lead 40:0. This gives good players a chance to catch up.

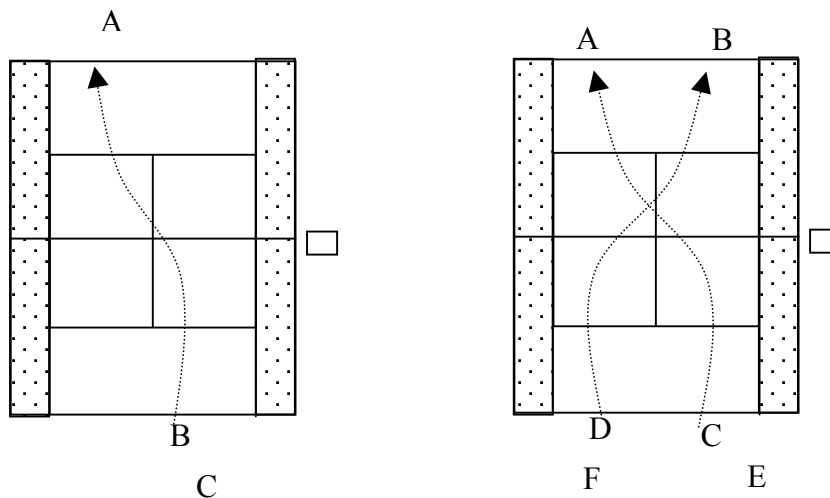
Singles Competitive

Name: 4 Ball Drill

Level: Intermediate/Advanced

Purpose: Structure points

Time: 10-15 minutes



Description:

The first four balls of the singles point are structured and then played out. (i.e. crosscourt forehands or crosscourt backhands.)

Variation

Instead of four structured balls players can play six balls. Or playing in a team singles format.

Coaching Emphasis:

A spin serve allows for time to move into the net. Server should split step as soon as the returner's racket moves forward. A majority of the returns should be hit low crosscourt. The server should plan where to serve the ball. Emphasize mixing up the location of the serve. Rhythm is important for the server. Split step before the volley and step toward the ball for the volley is important. Good volley technique should be emphasized. The first volley must be hit with good technique with an attitude of not missing it. The first volley does not have to be great it just has to be good and consistent. Keep it deep if the returner does not come in. Look to close in for the second volley and put it away.

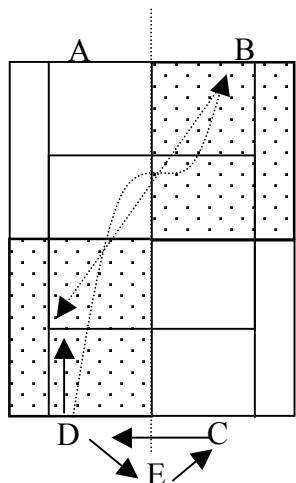
Doubles: Serve, Return of Serve, Volley: Cooperative

Name: Server and Return

Level: Intermediate/Advanced

Purpose: Improve accuracy of serve and return of serves

Time: 15 minutes



Description:

Player D serves and volleys crosscourt to player B who is returning serve. They play out the point using only the shaded half of the court. After they finish player C serves and volleys to player A in the un-shaded half of the court. Players rotate service positions after the point is played out.

Drill is timed: players switch roles after 5 minutes.

Variation:

The server and the receiver both converge on the net.

Coaching Emphasis: A spin serve allows for time to move into the net. Server should split step as soon as the returner's racket moves forward. A majority of the returns should be hit low crosscourt. The server should plan where to serve the ball. Emphasize mixing up the location of the serve. Rhythm is important for the server. Split step before the volley and step toward the ball for the volley is important. Good volley technique should be emphasized. The first volley must be hit with good technique with an attitude of not missing it. The first volley does not have to be great it just has to be good and consistent. Keep it deep if the returner does not come in. Look to close in for the second volley and put it away.

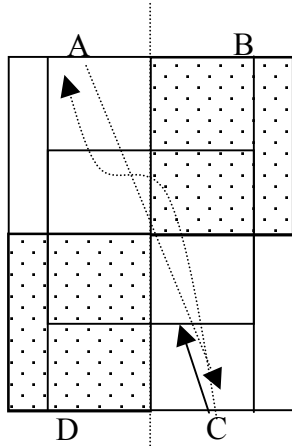
Doubles: Serve, Return of Serve, Volley: Competitive

Name: Server and Return

Level: Intermediate/Advanced

Purpose: Improve accuracy of serve and return of serves

Time: 20 minutes



Description:

D plays B and A plays C alternating so that only one team is playing at a time. Servers must serve and volley crosscourt to their opponent. The point starts after the third hit (serve, return, volley). They play out the point using only the half of the crosscourt (alleys are good). Winner of the point serves. After 5-7 minutes winners play winners and the losers play the losers.

Variation:

The first four balls must be hit Server and volley, Return and Volley before the point begins. Each person serves two points. Play the game to nine points.

Coaching Emphasis:

Get a good first serve with the toss out into the court to get forward momentum. When approaching the net, split step and get low for the first volley. Focus on first volley technique. Consistency of first volley is very important. Focus on the kind of return player hits: drive, topspin, chip.

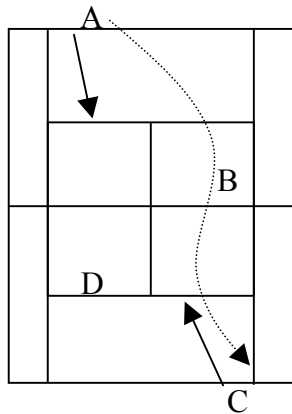
Doubles: Competitive

Name: No Bounce Doubles

Level: Intermediate/Advanced

Purpose: Closing the net

Time: 20 minutes



Description:

Player A serves and volleys, player C returns and volleys. There are only two bounces allowed during each point (the serve and the return) every other ball must be taken out of the air. If a ball touches the court after the first two hits, the side that let the ball hit the court (assuming it's in) loses the point.

Coaching Emphasis:

This drill encourages players to close the net so that the ball does not bounce on their side of the court. Generally if they beat their opponents to the net they have a better chance of winning the points. Both players, the server and returner, must have a plan for what they want to accomplish before each point is played. Emphasize where to serve, what kind of serve, and a solid first volley technique for the server. Crosscourt return, chip, drive, topspin, or lob and solid first volley technique for the returner is important in order to have a chance to win the point.

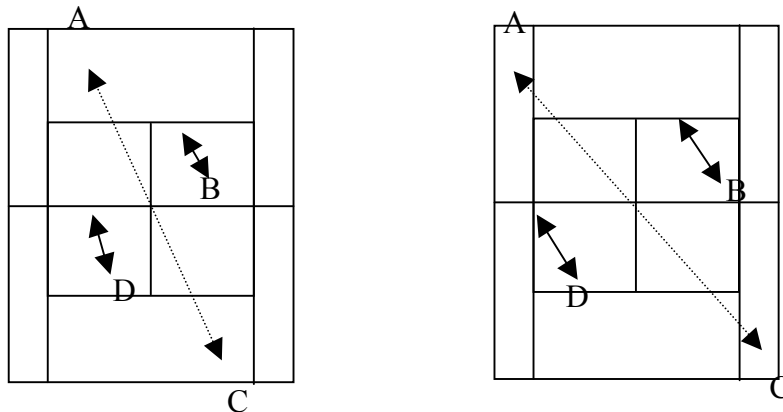
Doubles: Cooperative

Name: Yo Yo

Level: Beginning/Intermediate

Purpose: Doubles movement

Time: 20 minutes



Description:

Baseline players keep the ball in play crosscourt as players D and B practice attacking and retreating based on the position of the ball on the court. Switch positions so that all players have an opportunity to practice moving without the ball. Net players move forward as partner's ball goes by them. Move backward as opponent's ball goes by them unless they choose to poach, then move diagonally forward and to the middle of the court to intercept opponent's crosscourt return. Net players responsibility is to keep the ball in front of them and cover any ball down the line or any lob over their heads.

After the players learn proper movement, play 11, 15 or 21 point games with the point starting after the third hit. (No poaching or approach shots until then.)

Coaching Emphasis:

Movement without the ball is very important in good doubles. Looking for opportunities to poach by moving toward the middle of the net improves opportunities to win easy points. With a groundstroke that is hit wider players D and B must cover the allies to prevent an easy passing shot.

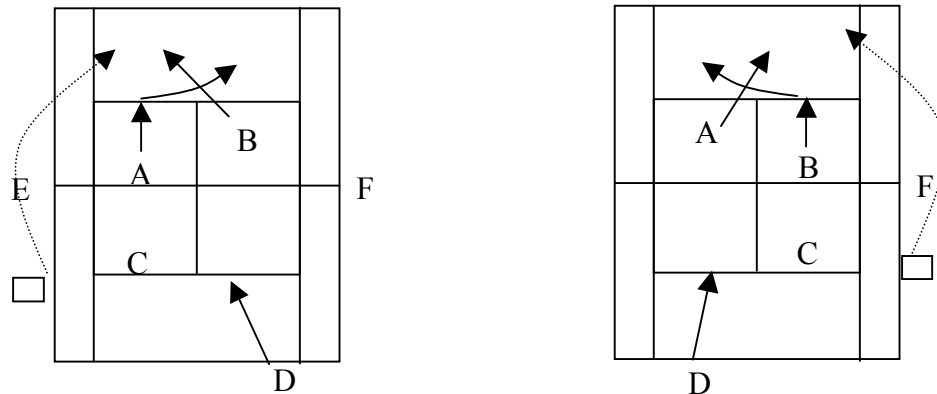
Doubles: Cooperative

Name: Lob coverage

Level: Beginning/Intermediate

Purpose: Lob Coverage

Time: 10 minutes



Description:

Coach lobs over player A. Player A allows the ball to land on the court and switches letting player B take the ball. Player D moves towards the net as he/she sees that the ball will land on the court. All players adjust movement as the point is played out.

After two points players rotate positions clockwise. After five minutes feed balls from the opposite side of the court.

Variation: Player B must take lobbed ball out of the air and cannot let it bounce.

Coaching Emphasis:

This drill encourages players to close the net so that the ball does not bounce on their side of the court. Generally if they beat their opponents to the net they have a better chance of winning the points. Any time a ball goes over the head of an opponent, encourage the lobbing team to move in and be aggressive. If the opponents let the ball bounce, be ready for either a lob return or a groundstroke hit at the net players. If the lob is taken out of the air, normally look for a high volley from the opponent.

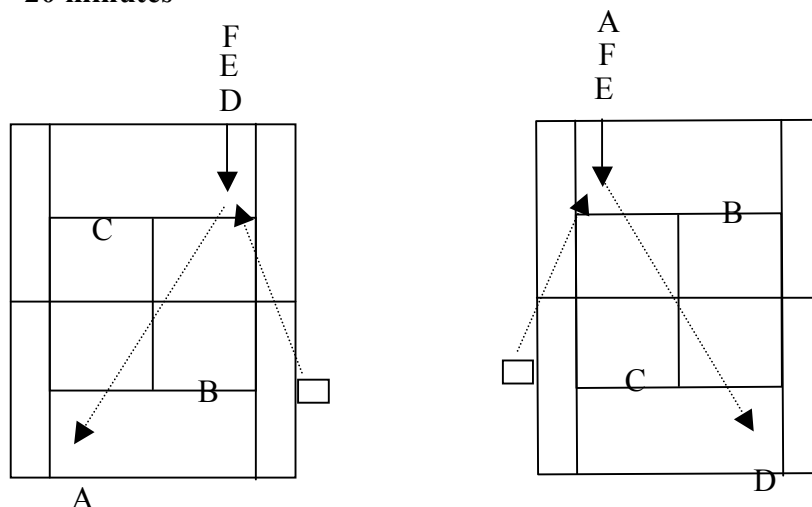
Doubles: Competitive

Name: Crosscourt Attack

Level: Beginning/Intermediate/Advanced

Purpose: Approach shots

Time: 20 minutes



Description:

Team A and B compete against team C, D, E, F. Coach feeds a short ball to player D who approaches the net crosscourt. Teams play out the point. After the point, player D replaces player C and C returns to the end of the line, the coach feeds to the next player in line.

Play to 11, 15 or 21 points. Switch teams every game and switch sides of the court after 10 minutes.

Coaching Emphasis:

When hitting the approach shot players should shorten the back swing and rotate their hips and shoulders to be almost perpendicular to the net. Based on the pace, angle and depth of the approach shot players should adjust their court positions to cover the next shot. Attacking player should be prepared mentally to make the approach shot and the first volley. Hit the approach shot deep and prepare feet, eyes, and racket for solid, consistent first volley. Be consistent in making approach shot. Remember, if the approach shot is missed, the point is lost and there is no advantage in getting to the net. Attacked, baseline player should watch the ball very carefully and move feet accordingly. Poor footwork and lack of concentration is usually the problem for the baseline player. Also, the baseline player should have a plan of what kind of shot to hit at the attacking player. Possible shots are the drive groundstroke, topspin groundstroke aimed at the feet of the attacking player, sharp angled groundstroke, or lob.

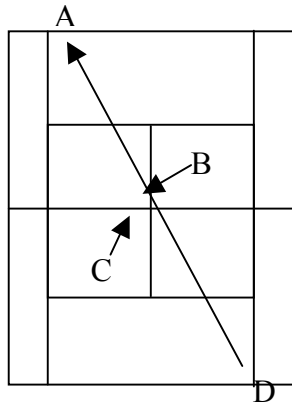
Doubles: Competitive

Name: Line Drive Poaching

Level: Intermediate/Advanced

Purpose: Lob Coverage

Time: 10 minutes



Description:

With a bounce feed player A feeds a line drive (no lobs) ball crosscourt to player D or down the line trying to pass player B in the alley. Players B and C are both trying to poach on any ball that they can. A and D can any hit down the line at anytime.

Player D and A are not allowed to close unless B or C has touched the ball. Play to 7 then player switch net and baseline positions and play another game to seven. After both players have played the net players A and D switch to the ad court. A total of four seven point games are played.

Coaching Emphasis:

When should a player poach? When the ball is very deep and the player is backing-up to hit a groundstroke. When the opponent is not expecting a poach. A ball that is high and close to the net player. Net players should move in a diagonal toward the net and the ball.

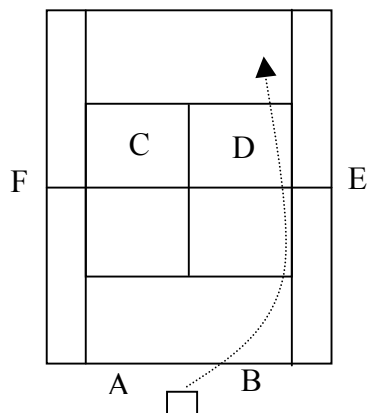
Doubles: Competitive

Name: Hold the Net

Level: Intermediate/Advanced

Purpose: Control the net

Time: 20 minutes



Description:

Team A and B compete against team C, D, E, F. Coach feeds a lob ball to either player D or C to start the point. Teams play out the point. As long as the net team wins the point they stay. If they lose the point the next two players replace them on the net. The baseline team tries to take the net from the other team.

Play to 15 or 21 points. Switch teams after every game. If it is a windy day, switch sides of the court as well.

Coaching Emphasis:

The team at the net has an advantage. Try and keep that advantage or capture the advantage from your opponent. Try and keep that advantage or the baseline team tries to capture the advantage from your opponent by getting to the net. Baseline team should mix up their shots. Lobs, drives, topspin groundstrokes are good choices. Hit through the middle of a team that is at the net, or lob over them is good strategy. If a lob gets over the heads of the net players, the baseline team should move in and take the net position. However, don't close in to close to the net. Stop at the service line and anticipate either a lob or groundstroke. If the return is a lob, the net team will be in good position to hit an overhead. If the return is a groundstroke, the net team should move in and make a volley.

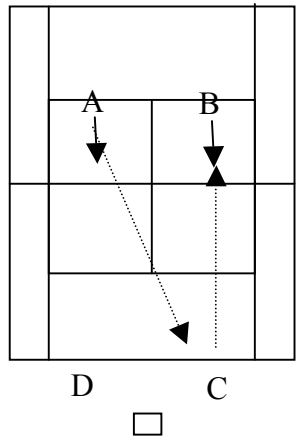
Doubles: Groundstrokes. Lobs, Volleys, Overheads: Cooperative/Competitive

Name: Drive - Volley - Lob

Level: Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15 minutes



Description:

Four players are on a court. One doubles team begins the point on the service line and one team is on the baseline. Either player A or B feeds a ball past the service line to either D or C and A and B moves into the net. Players on the baseline (D&C) drive the ball back to the team at the net. The net team (A & B) must volley the ball back deep into the court to the baseline players (D&C). The team at the baseline must hit a lob. Once the lob is hit, the point officially begins. Play to 9 points and rotate every three points.

Variation: Net players must hit the overhead before point begins or the net players must let the lob bounce before the point begins.

Coaching Emphasis:

It is important that the net team closes on the net and does not cheat even though they know that the baseline team will be hitting a lob. Challenge the baseline team to hit a high lob with little topspin. Hitting a topspin winner does not help the players. The net team should be patient and wait for the appropriate shot to win the point. They should look for short lobs and high volleys to put away. Likewise, the baseline team should also be patient and make the net teamwork for every point. Don't try to hit winners if you are behind the baseline. Play good defense!

Doubles: Groundstrokes. Lobs, Overheads: Competitive

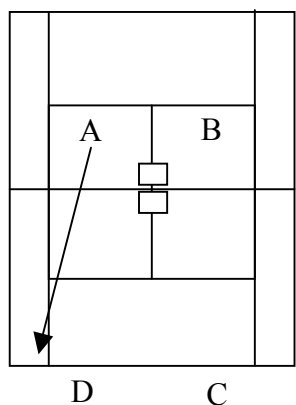
Name: Running doubles

Level: Beginning/Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 15 minutes

Competitive



Description:

Place a hopper or 20 tennis balls on each side of the net. Teams spin the racket to see who starts at that the net. The team at the net feeds the ball past the service line to begin the point. Teams can hit any kind of shot to try to win the point. The team that wins the point takes the net and feeds the ball as quickly as they can to try to catch the other team out of position. (If And B lose the point they should “back pedal” so that they can see the feed by D and C who must use a ball at the net for the next feed.) Players must be at the net and win a point to score. Winning points as a baseline team only allows you to run to the net to feed a ball.

Coaching Emphasis:

This is a good conditioning drill if played correctly. All players should use patience and be willing to hit several shots before winning the point. Also encourage baseline players to lob the net team when they aren't in position to hit a passing shot. Good teamwork and staying together as a team should be emphasized. Good steady net play and patience to win points is very important.

Doubles: Groundstrokes. Lobs, Overheads: Competitive

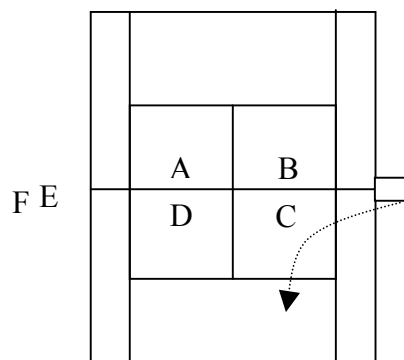
Name: Scramble doubles

Level: Beginning/Intermediate/Advanced

Purpose: Overheads, lobs and passing shots

Time: 10 minutes

Competitive



Description:

This drill can accommodate 4 to 6 players. Coach is at the side of the net with a hopper of balls. Two doubles teams start with their rackets on the net. The coach can feed anywhere on the court. The point is played out. The team that wins 2 out of three stays and the losing team is replaced with a waiting team.

Coaching Emphasis:

This is a good drill to point out shot selection and court positioning. The proper shot selection is based on court position of players and the height and position of the ball and it must be quickly identified on each point. Learning how to play defense and transitioning to offense is important. Usually transitioning from defense to offense requires a minimum of two shots. The first shot from a defensive position should be a neutralizing shot such as a lob, or groundstroke at the feet of a net player. The second shot may then be a winning shot if the shot maker is in the right position and is presented with a ball that can be hit as a winner.

Doubles: Groundstrokes. Lobs, Volleys, Overheads: Competitive

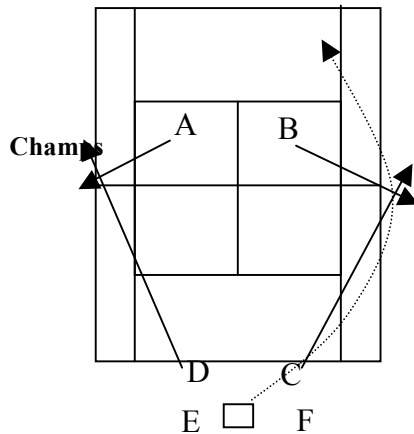
Name: Sky Ball

Level: Intermediate/Advanced

Purpose: Overheads, volleys, lobs and passing shots

Time: 10 minutes

Competitive



Description:

The champs start just inside the service line and challengers are at the baseline. The coach feeds a ball, it can be high, low, wide but it needs to be hittable to the net players. If the baseline team wins two points in a row they take the net. When the baseline players switch sides the coach hits a **high** lob, which they must run down to begin the next point. 8 to 10 players are ideal.

Coaching Emphasis:

The height of the lob can vary if the baseline players have taken the net away from the net players. Players are quicker when they know that they can run down a lob from the opposite side of the court. Certainly it is easier to get a lob hit on their side of the court than the opposite side.

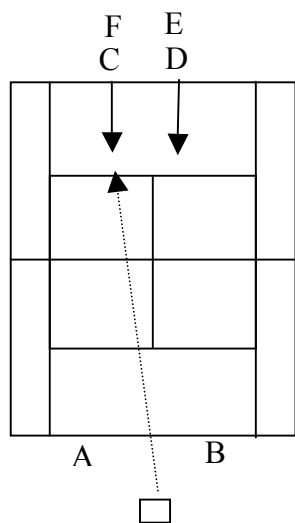
Team: Doubles - Competitive

Name: Attack and Defend

Level: Beginning/Intermediate/Advanced

Purpose: Control the net

Time: 20 minutes



Description:

Players A and B compete against the first two players in line. Coach feeds an approach shot ball to either player D or C to start the point. Teams play out the point. If team C and D win the point they stay and play the next point, which is a volley feed by the coach. If they win that point the coach feeds an overhead. If they win that point they replace both A and B. If they lose any point the next two players in line are fed an approach shot.

This drill works best with 8-10 players, although it can accommodate the entire team.

Variation:

If the challengers win 2 out of 3, they take the place of the champions and hustle to the other side of the court. The coach then counts down “3-2-1” and feeds to the next challenging team while the losing team rotates to the back of the challengers’ line.

Coaching Emphasis:

Coach varies feeds to different players so that each player will hit approach shots, volleys and overheads from the coach. Defense is important. Patience in the attacking team is important.

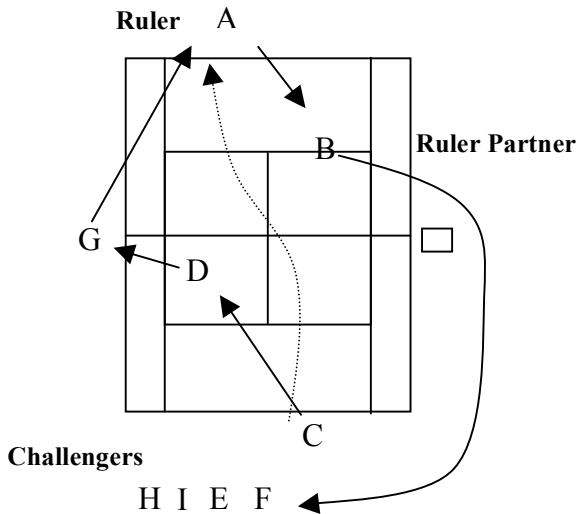
Doubles: Competitive

Name: Doubles Champ of the Court (King/Queen/Ruler)

Level: Beginning/Intermediate/Advanced

Purpose: Serve, Return of Serve and Volleys

Time: 10-15 minutes



Description:

Challenger C serves the ball. If the challengers win the point they move to the next position. C to D, D to G, G to A, A to B and B to the end of the challengers line. If the challenger C loses the point he/she returns to the end of the line. If challenger D loses the point then D moves to the end of the line and C replaces D at the net.

Coaching Emphasis:

Serve deep and try to keep the returner off balance by mixing up the serves. Get to the net as quickly as possible. Play solid, position doubles. Both teams should move and hit shots that demand consistency and good placements in order to win a point. Hitting big shots when out of position or when the ball is not in the right zone should be eliminated.

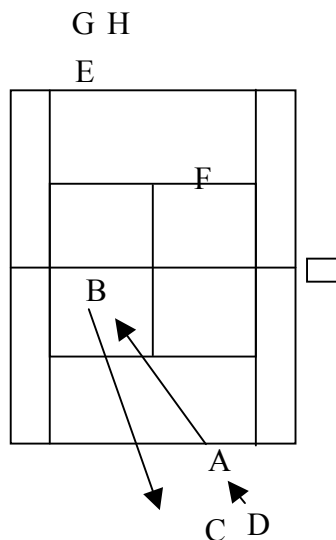
Team: Doubles Competitive

Name: Team Doubles

Level: Beginning/Intermediate/Advanced

Purpose: Doubles play

Time: 15 minutes



Description:

This game requires a minimum of 6 players. Four players assume the typical doubles positions on each side the court. One side is the serving side and one side is the returning side. Points can begin with a drop-hit or a serve. After a point is played, players take turns rotating one spot on their side of the net. For example, player B would move to replace player C at the end of the line, player A would move to the net and player D would be on the baseline. Games can be played to 7 or 11 points with teams switching sides of the court after each game. One side serves the entire game. All serves are from the deuce court. After two games serve from Add side of the court for two more games.

Variations: Points can begin with a drop-hit, serve, or feed from the coach.

Coaching Emphasis:

Sound doubles skills are needed with players closing on the net. Good position and consistent shot making are emphasized.

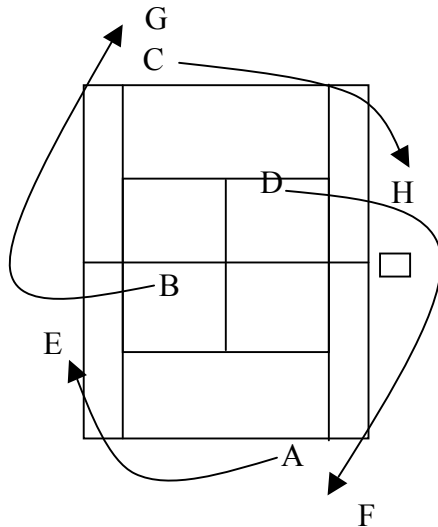
Doubles: Competitive

Name: All Doubles Position

Level: Beginning/Intermediate/Advanced

Purpose: Doubles play

Time: 15 minutes



Description:

A minimum of 8 players is needed for this game. Each player stands adjacent to a doubles position. A, B, C, and D play a point, starting with a serve or drop-hit. Once a point is played, each player rotates to the next position. The “A” participants rotate to the end of the “E” line and so on. After the rotation, another point is played—this time with players F, E, G and H. After the point is over, all players rotate and the ball is put in play. After a 5 or 6 minutes switch to the ad court.

Coaching Emphasis:

The benefit of this game is to play points from all positions on the court and to have players moving constantly.

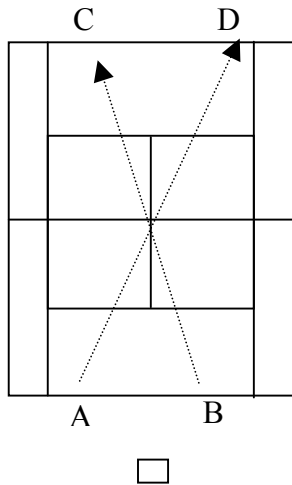
Doubles: Competitive

Name: Dingles

Level: Intermediate/Advanced

Purpose: Groundstrokes and doubles play

Time: 15 minutes



Description:

The first part of the point the court is divided into half with each player playing the point simultaneously crosscourt (A vs. D and B vs. C). If player A wins the point first against player D he/she yells dingles, and the point is finished two on two. A team must win both parts of the points to score a point for their team. Play a game to 11 or 15 points.

Coaching Emphasis:

Concentration is important part of this game and to be able to quickly pick up the second ball once “dingles” is called out.

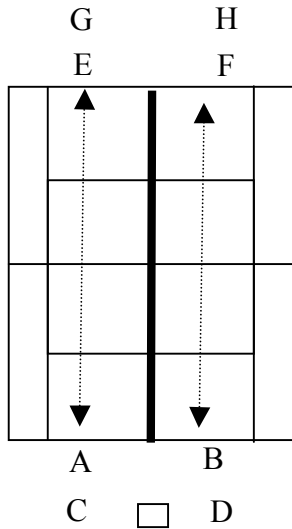
Team: Singles/Doubles- Competitive

Name: One Ball Live

Level: Beginning/Intermediate/Advanced

Purpose: Groundstrokes and doubles play

Time: 15 minutes



Description:

This is similar to Dingles however, a minimum of 8 players is needed for this game. Two sets of players rally with one another in a “split-court” set up, in which the court is halved vertically. Two balls are put in play with a drop-hit, for two simultaneous rallies. Once an error is made, the person making the error calls out “one ball live!” and the remaining ball is played out among the four players. The winning team is the one that wins both balls and scores a point and stays to play against two new players. Play until one team reaches 11 or 15 points and is declared the winner.

Coaching Emphasis:

Concentration is an important part of this game and to be able to quickly pick up the second ball once “one ball live” is called out.

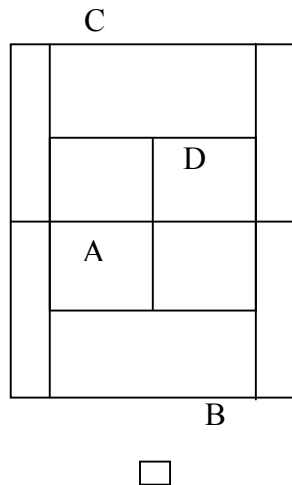
Team: Doubles- Competitive

Name: One Hundred

Level: Beginning/Intermediate/Advanced

Purpose: Doubles play

Time: 15 minutes



Description:

Team A and B play against Team C and D. The first team to reach 100 points is the winner. The scoring system is as follows: If player A makes an error, the team of C and D are awarded 5 points. If player C hits an outright groundstroke winner their team is awarded 10 points. If player C hits an outright volley winner their team is awarded 15 points. If player B hits an overhead out of the air for an outright winner their team is awarded 20 points. If the overhead is hit on the bounce for an outright winner it is classed as a groundstroke winner therefore 10 points. An outright winner is a ball that the opponents have failed to get a racket on. Players can take turns feeding the ball.

Variation: This drill can be played with 3 players plus coach, or 4 - 6 players. If a player makes a mistake he is replaced by one of the waiters.

Coaching Emphasis:

This drill encourages a lot of net play and the never say die attitude of getting to every ball. It also encourages consistent play with an attitude to look for an opportunity to hit a winner.

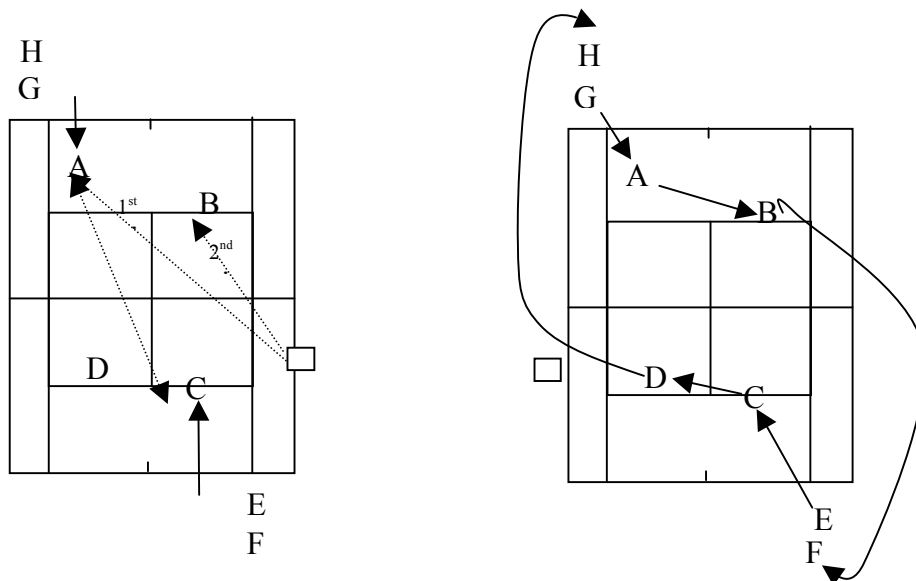
Doubles:

Name: Stinger

Level: Intermediate/Advanced

Purpose: Volleys Overheads

Time: 10 minutes



Description:

1st ball is a soft feed to player A and A rips the ball crosscourt. After the rip both player A and player C close on the net. Player C must let the ball bounce on his side of the court. The point is played out crosscourt. After the point with all four players at the service line a second ball is feed to player B and the point again is played out. The third feed is to player A and the point is played out. The fourth feed is a lob over player B and the point is played out. Players rotate see diagram.

Variation:

The the feed is a little lower and firmer allowing both players to attack the net on the first ball.

Variation:

The feed is a floater in the air with both players attacking the net on the feed.

Coaching Emphasis:

When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. In order to hit the crosscourt passing shots they need to swing a little earlier. The short angle passing shot will often have more spin and dip shortly after crossing the net. The volleyer must try to cut off the passing shot by moving diagonally towards the net. Players D and B need to look for a poach if the ball is returned low at the opponents feet. Be sure when all players are at the net, you emphasize the players looking straight ahead and watching the strings of their opponents. By watching the opponent's strings, they will be able to find the ball earlier as it comes off the strings and have a better reaction time to volley.

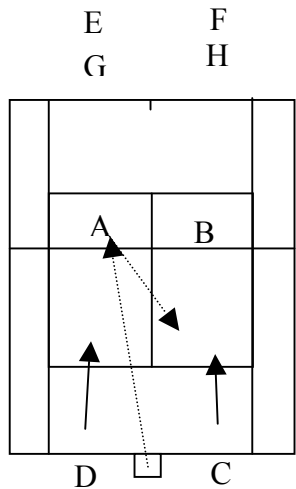
Doubles: Competitive

Name: Running Doubles 2 Shot

Level: Intermediate/Advanced

Purpose: Recovering from being out of position

Time: 10 minutes



Description:

A and B are the challengers and D and C are the Champs. 1st ball is feed by the coach to players A and B, who volley the ball and try to win the point. If they win the point they get a lob. A and B win the 2nd point they replace D and C and are the new champs. If D and C win the first point they move to the net and A and B are out and G and H play C and D. If C and D lose the point at the net they move back to the baseline and G and H get a lob. If G and H win they are new champs at the net. If they lose the point C and D remain champs and start the next point at the net.

Coaching Emphasis:

Players need to move quickly to each new position. They will get groundstrokes, volleys and overhead. Good footwork and shot placement are key to be successful in the drill.

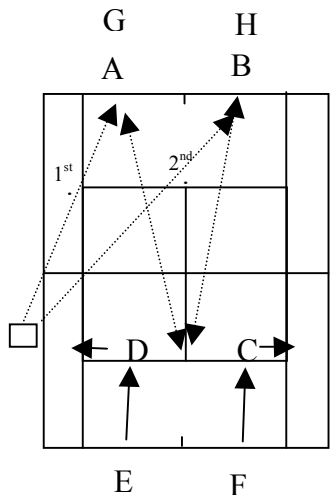
Doubles: Cooperative

Name: Recovery

Level: Intermediate/Advanced

Purpose: Recovering from being out of position

Time: 10 minutes



Description:

1st ball is feed to player A and B, who stay on the baseline while C and D close to the service line. The point is played out. After the point, players C and D must touch the singles sideline while the coach feeds the second ball. The point is again played out. A third ball is feed with C and D again touching the singles sideline. After three points players rotate sides of the court.

Variation: Touch the baseline not the singles sideline.

Coaching Emphasis:

When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. It is important to find the ball quickly after touching the sideline. Make sure they keep their head up and look at their opponents while moving. Try to keep the ball in play when on defense to force the opponent to hit another shot.

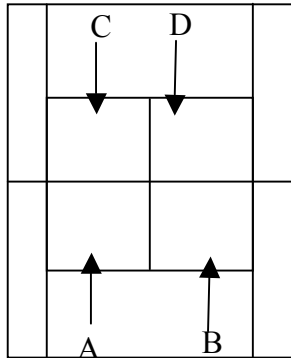
Doubles: Competitive

Name: Inside Job

Level: Intermediate/Advanced

Purpose: Learn how to attack the net

Time: 10 minutes



Description:

All four players begin inside the baseline. Start the point with an underhand feed. The point is live and players must begin moving forward to the net. If a player wins a shot from inside the service line it is worth 2 points. If a player steps outside the baseline at anytime during the rally the team loses the point. The team that wins the point feeds the next point.

Play to 15 or 21 points. If it is a windy day, switch sides of the court as well.

Variation: Make this a cooperative drill and not have any scoring. See how long you can keep the ball in play while moving forward.

Coaching Emphasis:

The team at the net has an advantage. Try and keep that advantage or capture the advantage from your opponent. Emphasize moving forward and getting set after each volley. Keep your hands out in front of the body and the racket up after each volley to be better prepared for the ball coming back. Keep the feet moving and stay low in your stance.

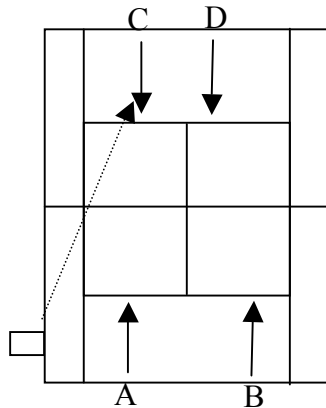
Doubles: Competitive

Name: Rush and Crush

Level: Intermediate/Advanced

Purpose: Reflex volleys, closing and movement as a team

Time: 10 minutes



Description:

All four players begin at the baseline. Feed an approach shot to the challenging team. Both teams must come to the net. Once at the net the first team that wins 3 points becomes the champions and move to the side the champion side.

Coaching Emphasis:

This drill helps improve volley skills and reaction times. Communication and movement should also be emphasized while playing out points.

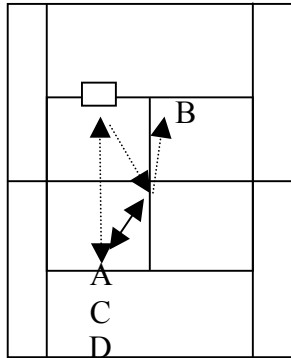
Doubles: Poaching

Name: Defending the T

Level: Beginning/Intermediate/Advanced

Purpose: Doubles movement

Time: 5-10 minutes



Description:

The Coach feeds the ball to player A who starts at the service line and hits it back to the coach. The coach then hits a volley toward the middle of the court. Which player A should be moving in a diagonal toward the center of the court and volleying the ball toward player B. Player B tries to reflex and dig out the ball back across the net. The point is NOT played out because the coach is feeding the next ball to the next player in line.

Rotate players to the position of player B so everyone has an opportunity to be in the hot seat.

Coaching Emphasis:

Movement toward the net on an angle (not laterally) is key. Getting timing and learning to hit down the middle is an important concept. Player B may not back-up past the service line or will do push-ups.

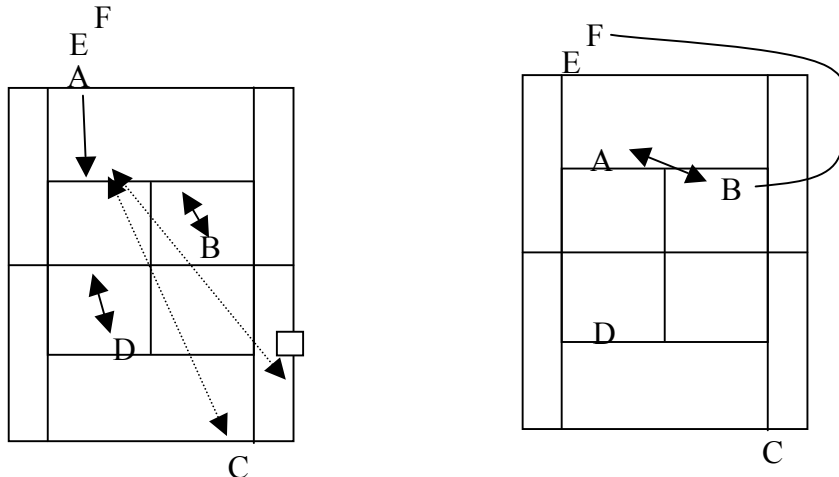
Doubles: Cooperative

Name: Split vs. Split Poaching Drill

Level: Beginning/Intermediate

Purpose: Doubles movement

Time: 20 minutes



Description:

C and D vs. A, B, E and F

Player A must approach crosscourt on the feed of the coach. No players may lob however they may hit it crosscourt or down the line after the second shot. Both D and C are looking for opportunities to poach the middle. C should come to the net as soon as possible. After each point the players receiving the feed from the coach rotate one position. (See diagram on the right.) Play to seven switch and then sides with a new team.

Variation: C can lob off the groundstroke from A. NOTE it is important not to let the ball bounce and keep the other team from closing.

Variation: Players take the coaches feed out of the air.

Coaching Emphasis:

Movement without the ball is very important in good doubles. Looking for opportunities to poach by moving toward the middle of the net improves opportunities to win easy points. With players closing on the net low shots hit by a player are golden opportunities to poach. Returner should try to set the partner-up by hitting low at the incoming players feet. Remember, the player that is the deepest in the court, the furthest from the net, is the set up player. He/she must try to hit balls that allow his/her partner, the closest to the net, to poach.

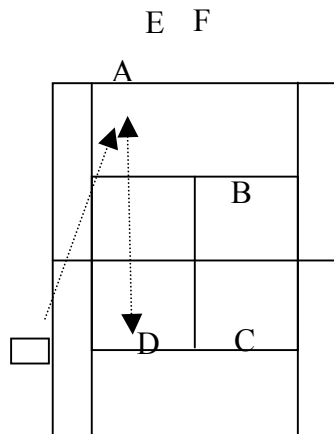
Doubles: Competitive

Name: Down the Line Attack

Level: Intermediate/Advanced

Purpose: Closing the net, volleys and overheads

Time: 10 minutes



Description:

A and B are challengers and must win 3 out of 5 points to take the champions side. To begin the Coach feeds an approach shot to A who must hit the ball down the line to D who with his partner C are moving closer towards the net and the point is played out. With all four players at the net the coach feeds a second ball a volley to A and the point is played out. The third ball is hit to B as a volley, the four ball is a lob over B. The fifth ball can be anywhere.

Coaching Emphasis:

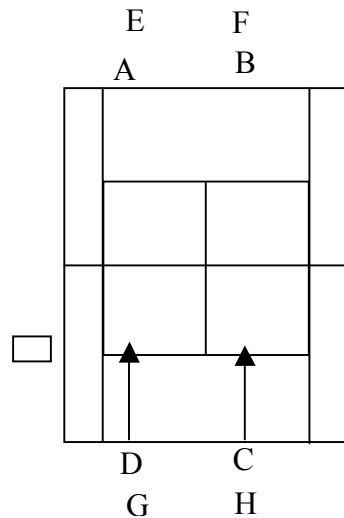
If the first ball is hit correctly down the line at the feet of the D there should be an opportunity for B to poach. B needs to be aware of a ball up the middle. This will enable him/her to be in position mentally as well as physically to poach. B also needs to be aware of D hitting volley at him/her.

Doubles: Competitive

Name: Jerk Feed

Level: Intermediate/Advanced

Purpose: Hitting balls out of the strike zone



Description:

Players A & B play from the baseline while players D & E feed and must move into the net. Players should try to feed nasty (jerk) feeds that are high, loopy, hard, low, anything but in their opponent's strike zone.

Feed Rules: Once at the net, the challengers may only feed a drop shot if they bounce-feed the ball. Any deep feeds (past service line) can be made directly out of their hands. They can even try to fake their opponents out by bounce feeding a deep ball. No clean winners on the feed.

Play three points and switch ends of the court with the next group playing out the points.

Coaching Emphasis:

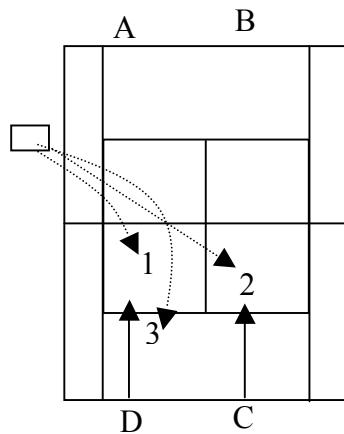
This drill teaches players to feed and hit balls that are out of their opponent's "strike zone." Good hustle and watching the ball carefully are needed skills.

Doubles: Competitive

Name: 3 for 3

Level: Intermediate/Advanced

Purpose: Approach, Volleys and Overheads



Description:

The team A and B are the defending team. The coach sends balls to team C-D (attacking team) as follows:

One short ball to bring them up to the net; followed by a volley; then an overhead.

They play each point out. For every point they win, each team counts it.

After teams play the third ball (the overhead), team C-D moves back to the baseline and players switch sides (player on the ad side moves to the deuce). The cycle repeats with both teams playing the three points (short ball, volley and overhead).

The defending team (team A-B) switches places after every six points (the player on the deuce side moves to the ad side, and so on).

Play first team to 11 then teams switch sides of the court.

Coaching Emphasis:

This drill provides for competitive play and a variety of doubles points opportunities.

Attacking players should generally hit straight ahead or down the middle. Approach shots should be hit down the middle or at the weakest opponent. Volleys should be kept down the middle until close enough to the net to hit a winning volley. Overheads should be hit deep to the baseline if they cannot be put away for a winner. If an overhead can be put away for a winner, used an angle, or bounce the ball over the back fence. Defensive team mixes up shots: lobs, drives, topspin, etc.

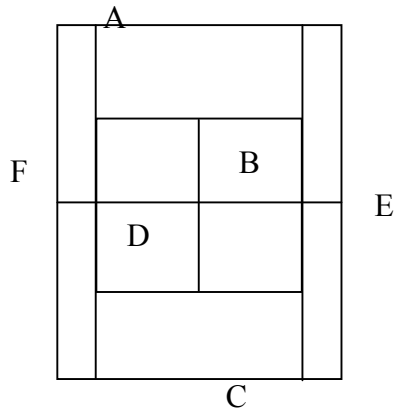
Doubles: Competitive

Name: Doubles Around

Level: Beginning/Intermediate/Advanced

Purpose: Doubles play with different partners

Time: 10-15 minutes



Description:

Player A and player B are partners to start the first point against player C and player D. Whoever makes an error is replaced by player E. Whoever makes the next error is replaced by player F. Players do not change sides when a game is finished. The score is kept on each side of the net (i.e. North side or South side).

Coaching Emphasis:

When you have six players who need to play doubles on one court this drill works nicely.

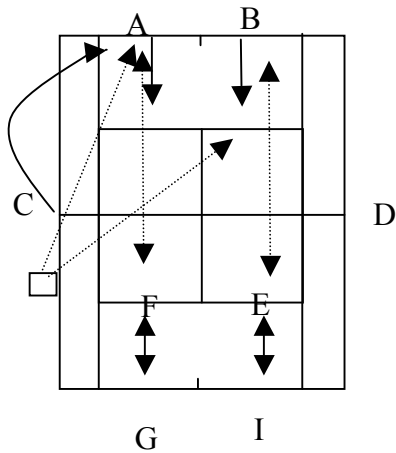
Drop Shot: Competitive

Name: Go Get It Doubles

Level: Intermediate/Advanced

Purpose: Conditioning and improving drop shots

Time: 10 minutes



Description:

Points are played 2 on 2. Coach feeds to player A who hits a drop shot to player F. On the feed both E and F must run to the baseline and touch and then run to try to get to the drop shot, while A and B close on the net and play out the point. The second ball is a volley to player A or B. Point is played out. The third is a lob to A or B and the point is played out. After three points all players rotate one position.

Coaching Emphasis: Players will develop a better sense of hitting a drop shot as well as the ability to scramble to get to a short ball. Players also should move forward after a drop shot to get a volley from their opponent.

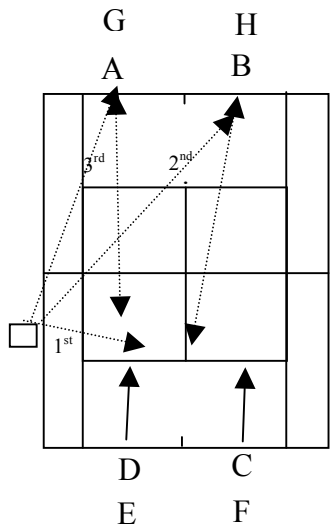
Doubles: Cooperative

Name: Closing

Level: Intermediate/Advanced

Purpose: Recovering from being out of position

Time: 10 minutes



Description:

1st ball is feed to player C and D who close into the service line while A and B stay on the baseline. The point is played out. The second and third feeds go to players A and B and the points are played out. After three points players rotate sides of the court.

Drill works well with 8 to 10 players

Coaching Emphasis:

When approaching the net players should remember to split-stop right before the opponent hits the ball, so that they can better move in the direction of the passing shot. It is important to find the ball quickly after touching the sideline. Try to keep the ball in play when on defense to force the opponent to hit another shot.

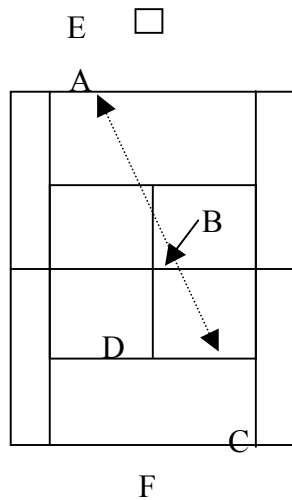
Doubles: Cooperative

Name: Poaching Drill

Level: Beginning/Intermediate

Purpose: Doubles movement

Time: 20 minutes



Description:

Player A gets one serve the net player must poach Player C must hit cross court and the point is played out. After each point serving team players rotate one position (A replaces B, E replaces A, B goes to the end of the line) Receiving team players rotate after two points are played. To keep the drill moving try and play 12 points in a minute, then have players switch roles serving and returning.

Coaching Emphasis:

Movement without the ball is very important in good doubles. Looking for opportunities to poach by moving toward the middle of the net improves opportunities to win easy points. Drill helps players get better timing on poaching.

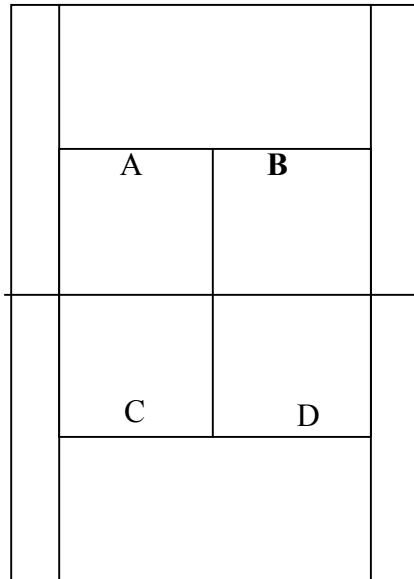
Doubles: Competitive

Name: Mini Tennis

Level: Intermediate/Advanced

Purpose: Touch and control

Time: 10 minutes



Description:

This drill can be done with 2 for singles or 4 students for doubles.

Singles: Have 1 student stand on the service line on one side of the court and the other student stand on the other side of the court on the other service line.

Have the student play a game only hitting the ball inside the service boxes. Any ball to go deep or wide loses the point. If you want to play with 4 students then play just like doubles, but only using the service boxes as boundaries. Begin the point by serving underhand, crosscourt. Keep track of scoring as if in a regular match.

No volleys are allowed.

Coaching Emphasis:

The benefits of this drill include racket control, footwork and placement. It can also be a lot of fun.

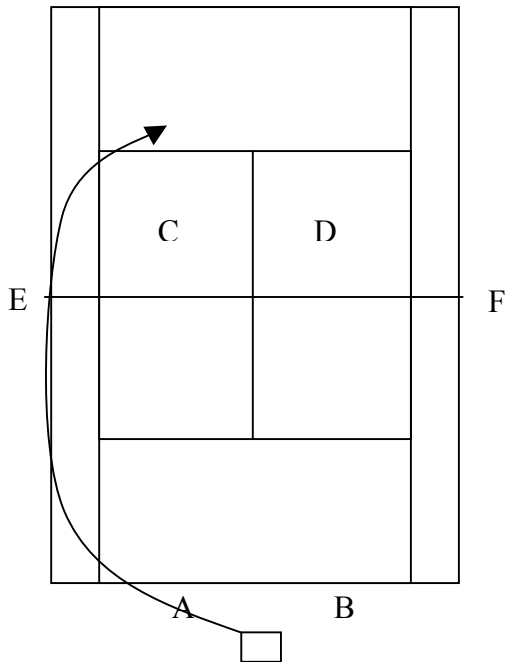
Doubles: Competitive

Name: Offense/Defense

Level: Intermediate/Advanced

Purpose: Improve baseline and net game

Time: 10 minutes



Description-

The players A and B begin each point at the baseline against their opponents Players C and D at the net. The Coach starts the game by feeding a lob (generally) and begins the point. The point is played out. As long as the net team wins the point they stay in the game. If they lose the point they switch places with the other doubles team waiting at the net. Play the game to 15 or 21 points. Losers do push-ups. Rotate teams so that every team has an opportunity to be a baseline team.

Coaching Emphasis: The baseline team needs to try and take the net away from their opponents. The team at the net wants to hold their net position. The baseline team should mix up their shots: hard groundstroke drives, lobs, topspin groundstrokes at the feet of the net players. If the baseline team gets the ball over the heads of the net players, they should come in to the net, stopping at the service line as the ball is returned. They should be aware of either a lob or groundstroke hit at them.

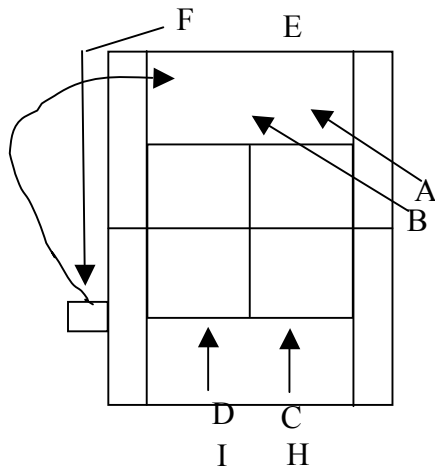
Doubles: Competitive

Name: Doubles Around the World

Level: Intermediate/Advanced

Purpose: Chasing down lobs

Time: 10-15 minutes



Description:

Coach feeds a lob that players A and B run down from the net post. They try and get to the lob to hit an overhead off the bounce while players C and D are looking to come into the net if players A and B are unable to hit a solid overhead. The point is played out. Coach feeds a second ball that players A and B take out of the air and the point is again played out. After two points players rotate positions clockwise.

Variation:

Players A and B let the lob bounce and lob the ball back to start the point. The second feed the players must run up for a drop shot.

Coaching Emphasis:

Players need to be able to move to cover lobs and play points where opponents are hitting overheads.

Drill BY: Jorge Capestany

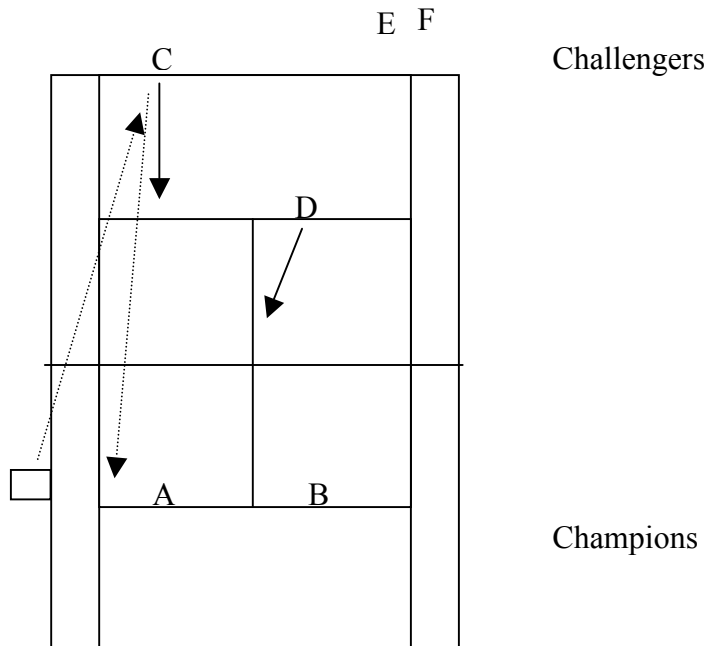
Doubles: Competitive

Name: Down the Line Attack (N.N.)

Level: Intermediate/Advanced

Purpose: Approach shot and net game

Time: 10 minutes



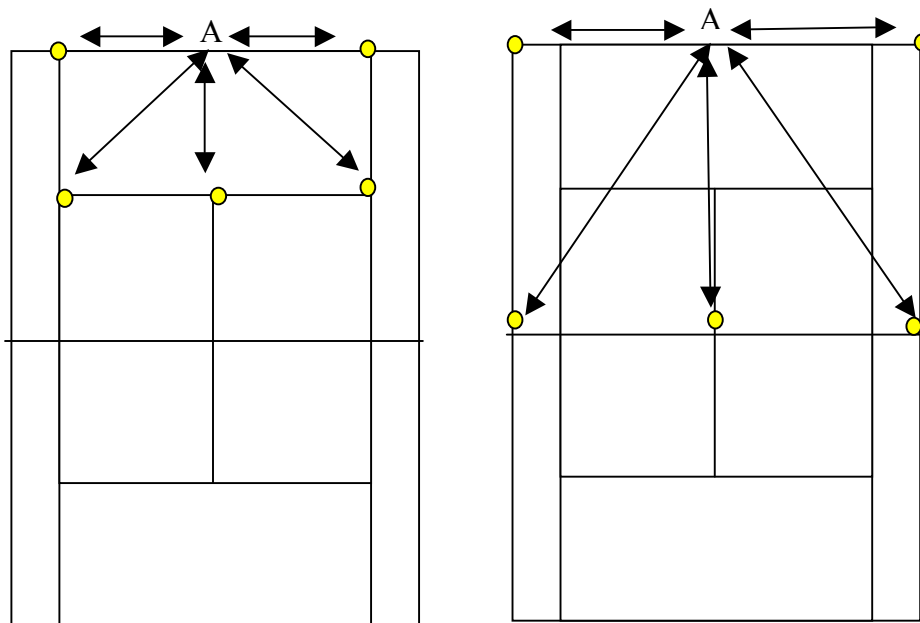
Description-

Players A and B start at service line and move in a step or two to brace for the first ball. If it is hit correctly (ripped toward the alley or rolled at the feet of player A) then player D should have an opportunity to poach. If challengers win 3 out of 5 points they then take the champions side of the court.

Coaching Emphasis: A good approach shot can be a good ball to set up your partner. The approach should not be hit so hard as to create an error. Players should work as a team to try to setup their partner. Reflex volleys and improved movement around the net are the goals.

Conditioning- Spider Drill

Foot Speed Drill



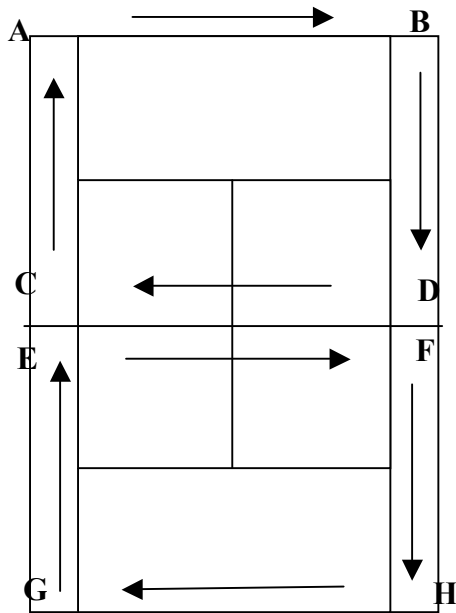
Start at the center of the and place a ball on the right-hand singles sideline. Continue to place ball at each of the five line intersections nearest to the center of the baseline. After placing the balls go back to each ball one by one and return it to the centerline.

A good goal is 17 seconds.

Variation:

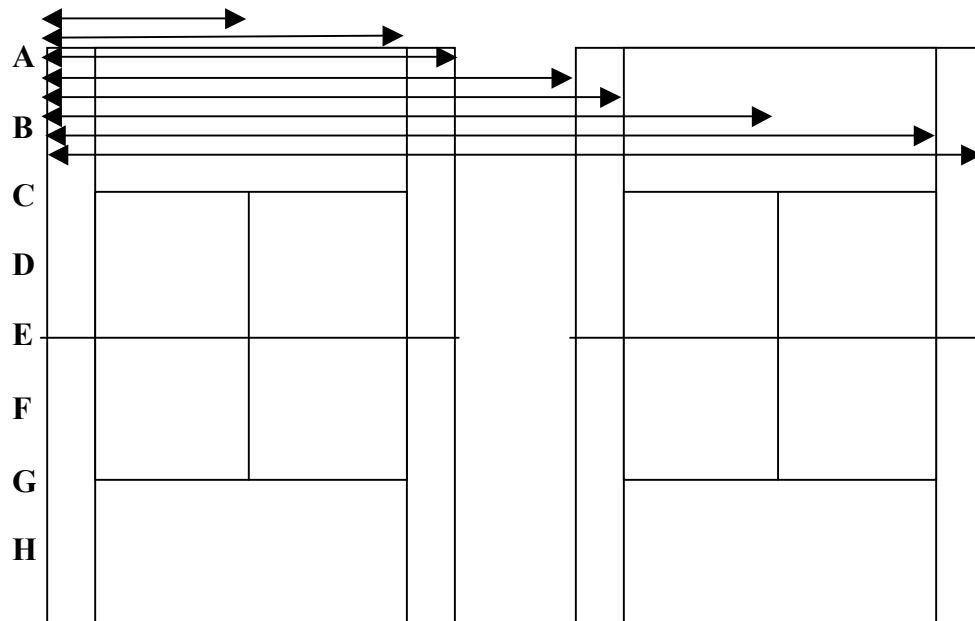
The second diagram is also the spider drill with the balls farther apart (or without tennis balls and having players touch the net or the lines). This can be run in two person teams or individually.

Conditioning- Footwork Drill



Eight players stand on each corner of the court. They will rotate clockwise when they move. The coach should have a stopwatch. The players will sprint in place for 15 seconds then the coach yells "Go". Players shuffle to the next position where they hop back and forth over the sideline for 15 seconds. Again the coach yells "Go" and players shuffle to the next position sprint in place again for 15 seconds. The coach yells "Go" and they shuffle to the next position where they hop back and forth over the side line for 15 seconds. Players get 30 second of rest after moving to all four corners. Repeat two more times.

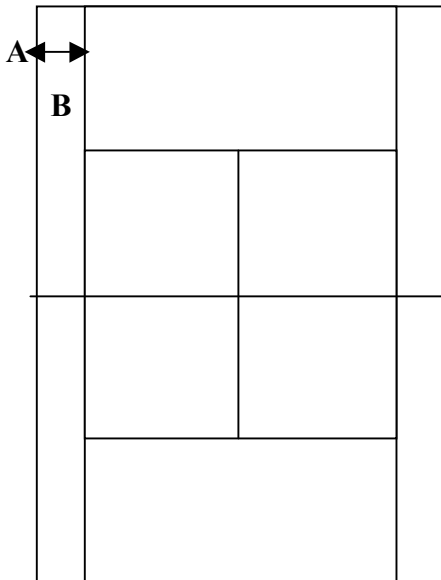
Conditioning- Suicides



Players stand on the doubles sideline of the first court. They run to the center service line of the first court and run back. They continue touching with their foot or hand until they touch the singles and doubles lines over two courts. 1 minute rest and repeat two or three more times.

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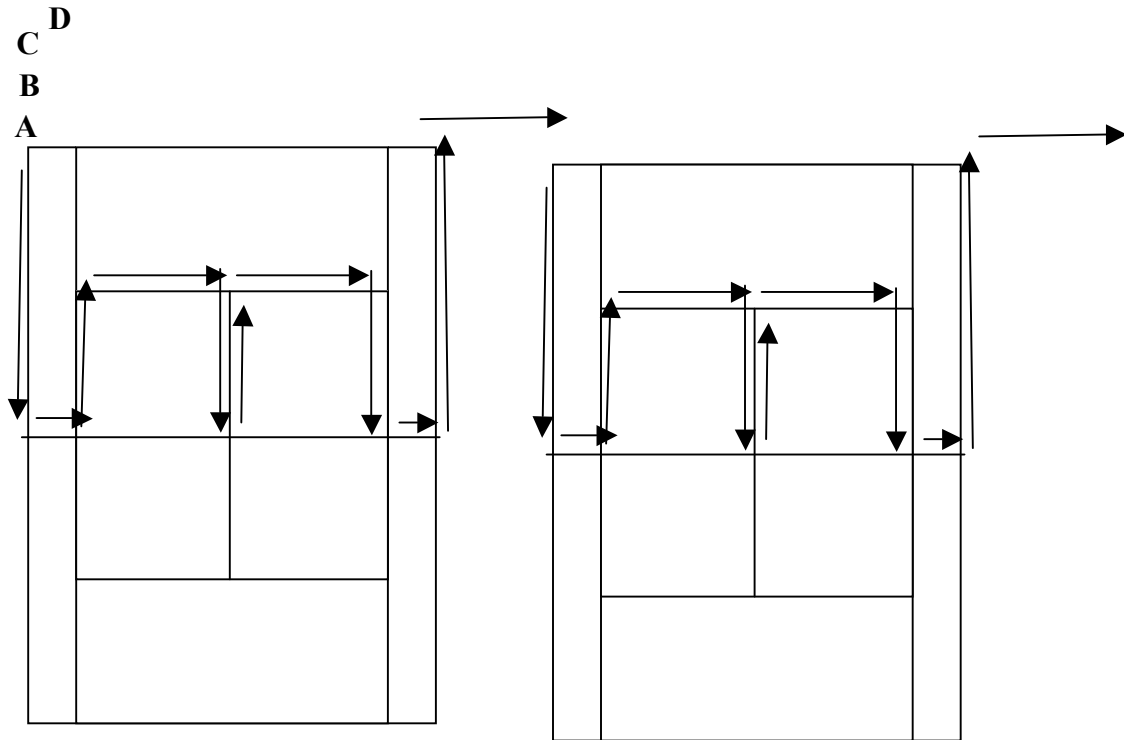
Conditioning: Shuffle drill



Description:

Players pair up. Player A must shuffle back and forth across the alley so that both feet cross both doubles lines. Player B counts the number of times A does this in 1 minute. After a minute players switch places and player A counts for player B. Repeat two or three more times. Once each player has established a baseline they should try to improve on their number.

Conditioning- Running the lines



Description:

Players stand on the doubles sideline of the first court. They run forward down to the net post and shuffle across to the singles line. Then they run backwards to the service line and shuffle across to the center service line. They run down to the net again and run backwards to the singles line on the ad side of the court. They shuffle across the ad service line to the far singles line and run toward the net and shuffling across the alley and run backwards to the baseline. They shuffle to the next court and repeat the process for 5 courts. After running five courts they reverse their direction and repeat the run backwards through all five courts to the starting line.