

Drills/Games

- Cardio/Hand Eye:** Spider Drill (Relay)
Line Drill (Relay)
Nadal Drill – Mid Line
Hand Eye Coordination Relay – Bounce Up and Down
Leading Dancer – Side Step – sat together
2 Ball Roll Drill – 30 second-45 second intervals
- Mini Tennis:** Minimum of 5-7 steps before hitting the ball
Cross Court and Diagonal
Hit on one bounce and then players take turn volleying
Competitive – 4 squares
- Serving:** Racquet and Fence – motion – stress continental grip/weight transfer
Racquet and Fence – trap tennis Ball
Serving – transfer balance and move into court catching tennis ball
3 spot drills – 3 serves per spot – forehand/body/backhand
3 spot drills – using targets
11/1 O'clock toss – head up, chin up and HIT up.
Ball goes long – toss needs to be more in front
Ball is in net – need to hit up more
Targets – tennis bags, cones etc....
- Overhead/Communications:**
1. Send lob short (“I got it”) – hit up and angle
 2. Send lob long (communicate switch)
 - a. over run the ball and hit a forehand lob
 - b. over run the ball and hit a backhand lob
 3. Lobs in wind/sun that are close to the net – bounce!
 4. Back shoulder lobs – slide (backhand volley – last resort.
 5. 2 Up/2 Back – team moves together
 6. Beginners – hit lobs with player in service box – point
 - a. forehand and backhand lobs
- Fun Games:** AVO/GAVO – coach feeds
The Eliminator – coach or player feeds
King of the Courts – varieties including serving and volleying
Bobsled – coach feeds
Servers/Returners (aces/double faults count double)