



Competitive/ Situational Games

Professional Development Course

-
- Warm-up Games
 - Singles Games
 - Doubles Games
 - Competitive Skills Games
 - Concentration Games
 - Alternate Scoring Games



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Introduction

This course presents a variety of competitive and situational games that the instructor can organize for a group of students. The activities do not require the instructor to continually feed balls as is necessary in a drill situation. Generally, the instructor will only need to introduce the first ball to begin play. Many times it is the students' responsibility to begin play with a **courtesy feed**. A courtesy feed is considered a neutral shot that will not give either side an advantage.

Diagrams are included to assist in understanding and remembering some games. Extra blank court diagrams are provided at the end of this document for personal additions.

Most of the presented activities can be modified by the instructor to create other competitive situations. A simple change in the scoring can often greatly influence the competitive environment for the students. The categories of activities included in this course guide are: **Warm-up Games**, **Singles Games**, **Doubles Games**, **Competitive Games** and **Alternate Scoring Games**.

Remember that to be effective, even competitive games must be fun for students. It is always important for the instructor to motivate the participants, as well as provide relevant coaching comments to improve play.

Prelude

Warm-up / Stretching

Several activities are presented that can be used as a warm-up for students. In addition, the following stretches are recommended for tennis players who will be actively participating in competition and/or training. The development of flexibility can greatly influence performance and help to prevent injury.

Before stretching, it is advised that athletes warm up their muscles through aerobic activity.

Neck Stretch
Shoulder Stretch
Abdominal Stretch
Lower Back Stretch
Groin Stretch

Hamstring Stretch
Quadriceps Stretch
Achilles Stretch
Arm, Hand, Wrist Stretch

Warm-up Games

Drill Name: Short Court

Purpose: To serve as a warm-up exercise and to improve touch and finesse.

Procedure: Partners (opponents) are very close to the net. Play begins by one player holding a ball on top of the net cord. When the player releases the ball, it will fall on one of the player's sides. Play now begins and players must keep the ball in play by hitting **up only** on the ball. No spiking! Play is within the service boxes.

Instructor Emphasis: Movement and ball control.

Drill Name: Slinky

Purpose: To serve as a warm-up exercise.

Procedure: Partners begin a rally at the baseline and slowly begin moving forward toward the net, keeping the ball under control. They will transition to volleys as they reach the service line and continue forward until they are 2 yards (meters) from each other. Then they begin to make the transition back to the baseline, keeping control of the ball.

Instructor Emphasis: Ball control, movement and cooperation.

Drill Name: Butterfly Volleys

Purpose: To serve as a warm-up exercise and to improve touch and finesse.

Procedure: Partners begin close to the net and volley-volley the ball to each other. One player is hitting down the line and the other player hits crosscourt. Players switch roles after two minutes.

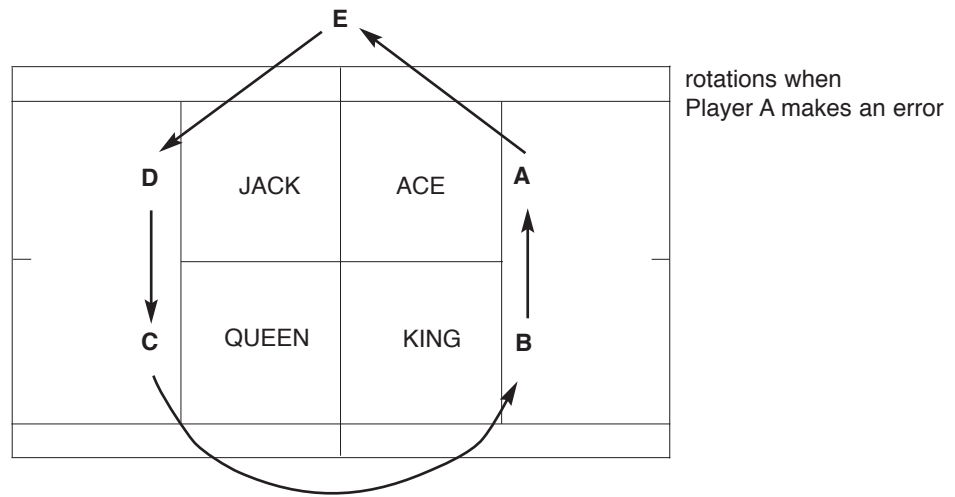
Instructor Emphasis: Ball and racquet control.

Drill Name: Ace is the Place

Purpose: To serve as a warm-up exercise and to improve touch and finesse.

Procedure: Each of the four service boxes is designated as Ace, King, Queen and Jack, with a player positioned behind each playing area. A fifth player would be designated the Joker, waiting his turn at the net post. The Ace player begins the mini-court rally. The player that makes an error rotates out and becomes the Joker, with the other players rotating one location toward the Ace position.

Instructor Emphasis: Movement and ball control.

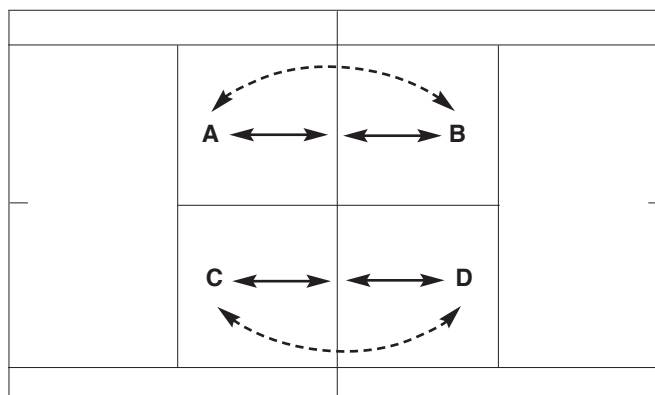


Drill Name: Together at Last

Purpose: To serve as a warm-up exercise and to improve touch and finesse.

Procedure: Partners are at the net and begin playing forehand volleys. Making their shots softer and moving closer together, they attempt to finally trap the ball between their two racquets. Repeat with both players using backhand volleys.

Instructor Emphasis: Cooperation and ball control.



Drill Name: “Let” It Be

Purpose: To serve as a warm-up exercise and to improve touch and finesse.

Procedure: Players begin within 1 yard (meter) of the net. One player feeds the ball easily to begin. Players use a light touch attempting to make a let. If they succeed, they score 2 points. If the ball goes in the net, its minus 1 point. Play continues until one player reaches +5 or -10 points.

Instructor Emphasis: Ball and racquet control.

Drill Name: Down and Out

Purpose: To provide a physical warm-up.

Procedure: Play is within the service boxes. Players hit the ball into the ground causing it to rebound over the net to a partner. Players should cooperate, keeping the ball in play using forehands and backhands. More skilled players may increase their distance from the net.

Instructor Emphasis: Energizing footwork.

Variation: Players may count or play a game.

Singles Games

Drill Name: Baseball Tennis

Purpose: To learn about positioning and strategy, and improve hand-eye coordination.

Procedure: One player uses a racquet to play and the other player uses only his hands. The player using his hands must catch the ball after one bounce (or out of the air) and, from wherever he is standing, throw the ball into his opponent's court for his shot. The point continues until an error is made. Matches may be to a predetermined number of points or use traditional tennis scoring.

Instructor Emphasis: Movement and positioning.

Drill Name: Winner Tennis

Purpose: For players to learn point development.

Procedure: Points begin with players positioned behind opposing baselines. One player makes a courtesy feed to begin a point. His opponent may attempt any type of shot, even going for a winner on the first shot. Players alternate serving 5 consecutive points and play to a predetermined number of points.

Instructor Emphasis: Having the first shot put an opponent on the defense.

Drill Name: Change Up

Purpose: To develop consistency and recognize an opening.

Procedure: Players are behind the baseline and begin a crosscourt rally with a courtesy feed. After a minimum of 3 shots, players may at any time go for a down the line winner, which scores 3 points rather than 1. If the opponent gets the down the line shot back, then play continues and 1 point is scored.

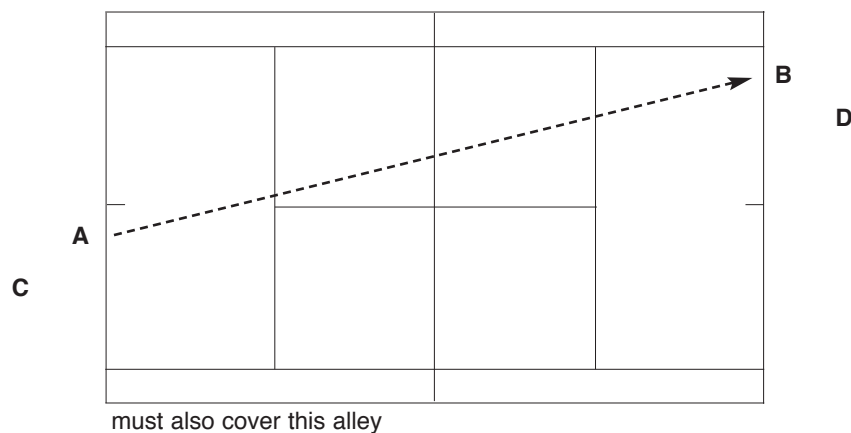
Instructor Emphasis: Proper recovery and court positioning.

Drill Name: Cover the Alley

Purpose: To develop a better awareness of court coverage and positioning.

Procedure: Players compete in a singles match, however one player must also cover the corresponding alley on the deuce or ad side of the court from which he is serving. Only this one alley must be covered in addition to the singles court. When receiving, this player must also cover the corresponding alley on the deuce or ad side of the court from which he is receiving.

Instructor Emphasis: Court positioning and shot selection.



Drill Name: Billie Jean King Game

Purpose: To improve movement and net play.

Procedure: Several balls are placed at the net. One player makes a courtesy feed to begin a point. The winner of the point advances to the net, picks up a ball and makes a courtesy feed to the player at the baseline. If the net player loses, he retreats to the baseline and the opponent takes the net to start the next point. Games are played to a predetermined number of points.

Instructor Emphasis: Proper positioning at the net and baseline.

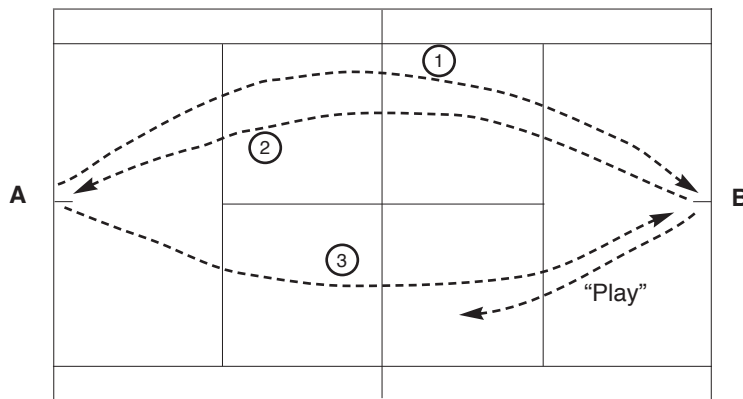
Drill Name: Twenty-one

Purpose: To improve consistency and concentration throughout the entire game.

Procedure: Players begin a rally and count out loud as they hit the ball. It doesn't matter who begins the rally. As either player is about to hit the 4th ball, they say "Play" and a point begins. They may opt not to play the ball, in which case they begin a new count. The game lasts until one player reaches 21, winning by 1 or 2 points (players or instructor decides). Four players may complete, alternating every 2 points.

Instructor Emphasis: Focus, footwork and depth of shots.

Variations: All shots must land beyond the service line.
 May only approach the net on a short ball (bounces short of the service line).
 May play only crosscourt or down the line.
 May play only in the alley.



Drill Name: Four Score

Purpose: To develop placement skills.

Procedure: Players begin point with a serve. After the serve, players must hit all 4 quadrants of their opponent's court to begin play. If a mistake is made before this is completed, then neither player scores a point. The serve does not count as a hit to that quadrant.

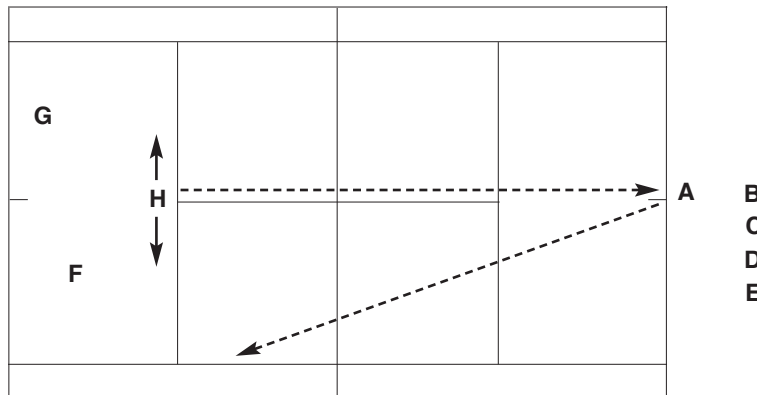
Instructor Emphasis: Movement and ball control.

Drill Name: Ghost

Purpose: To develop placement skills to pass an opponent.

Procedure: The instructor is positioned at the “T” and can only take one step in any direction. Players are lined up on the opposing baseline. The instructor feeds the ball to begin. If a player makes a passing shot, they go back in line. If they do not make the pass (the instructor is able to volley the ball back) or make an error, they become a “ghost”. The ghost positions himself behind the instructor and can “reincarnate” himself by returning a passing shot back in play. If the instructor makes an error, all ghosts return to the line.

Instructor Emphasis: Player movement and shot placement.

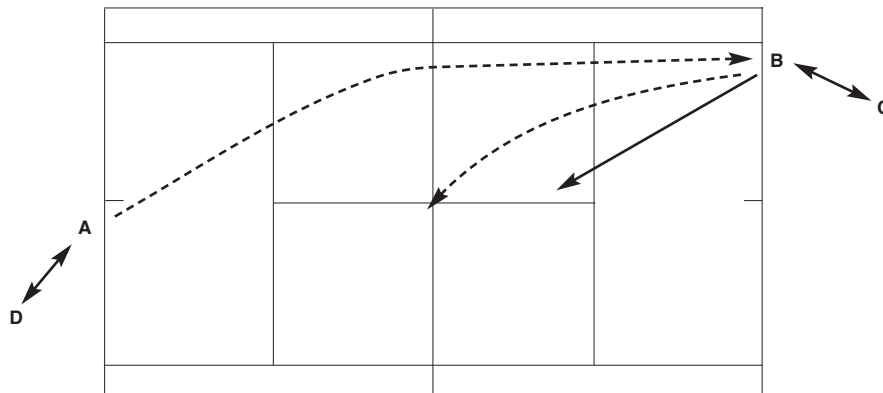


Drill Name: Chip and Charge

Purpose: To develop aggressiveness when returning a second serve.

Procedure: The serving player is allowed only one serve (2nd serve). The receiver must chip (slice) and charge the net on the return. The point is played out. If they fail to chip and charge, they automatically lose the point. Two servers may play against two returners, alternating every 2 points.

Instructor Emphasis: Moving forward on the return.

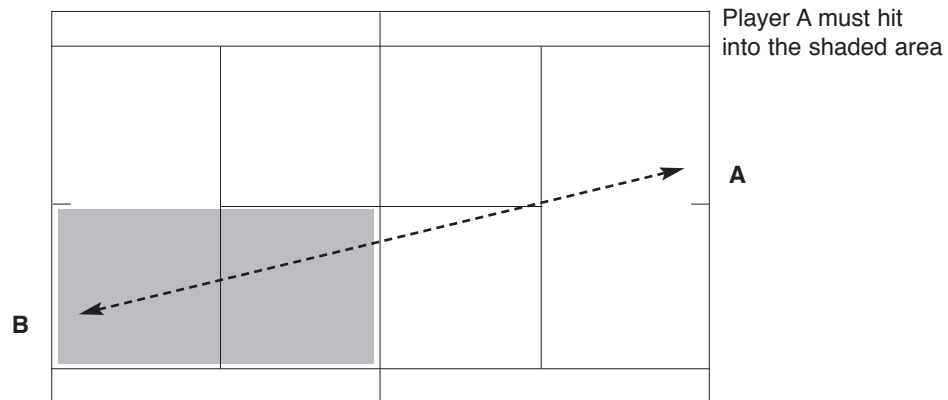


Drill Name: Not Playin' with a Full Court

Purpose: To improve competitiveness in a challenging situation.

Procedure: Players compete with one player allowed to hit into the full singles court, but his opponent is allowed to hit only into the one half (side) of the opposing court. A good game to use when one player is stronger than the other.

Instructor Emphasis: Fighting for every point regardless of the situation.



Drill Name: One-Two-Three

Purpose: To increase net approaches.

Procedure: Players alternate serving every 5 points. Players are awarded 3 points if they win the point with a volley, 2 points if they have a baseline winner, or 1 point on an error. Play is to a predetermined number of points, such as 21.

Instructor Emphasis: Shot selection when approaching the net.

Drill Name: 7-Eleven

Purpose: To reinforce the importance of winning points while serving.

Procedure: One player serves the entire game. The server must get to 11 points before the receiver gets to 7 points. Players reverse roles after each game.

Instructor Emphasis: Having the player focus on the importance of service points and using a variety of serves.

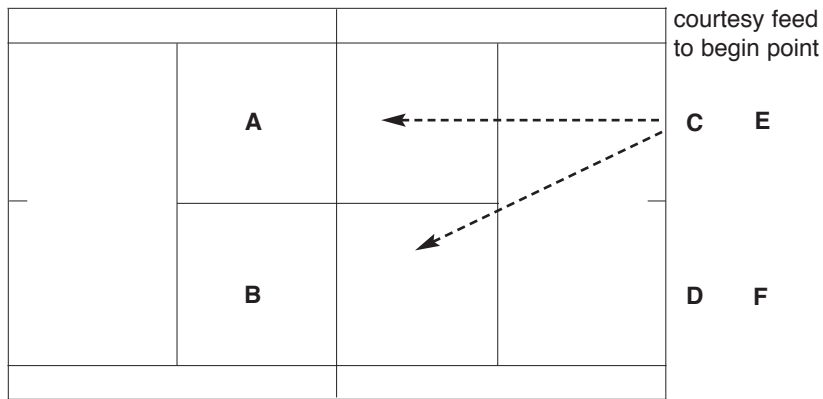
Doubles Games

Drill Name: Capture the Net

Purpose: To enhance team play and doubles positioning.

Procedure: One team is positioned at the net, one at the baseline and others behind the baseline team waiting to play. The baseline team begins the point by making a courtesy feed to the net team. The point is played out and, at its conclusion, the waiting team moves up and begins the next point. The baseline team that gets to 3 points first replaces the team at the net.

Instructor Emphasis: Proper covering of the court by the net and baseline teams.

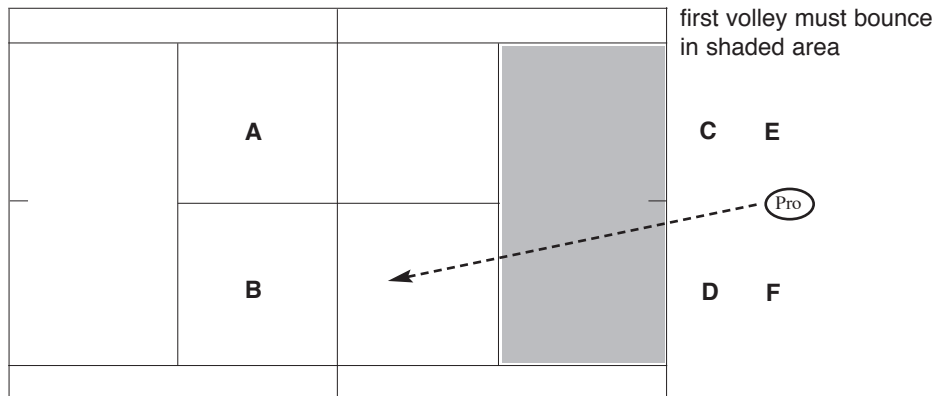


Drill Name: Olympic Tennis

Purpose: To develop the ability to volley with depth.

Procedure: One team is positioned at the net. The other teams are at the opposing baseline and alternate turns. If one of these teams wins 2 points in a row, they run to the other side (service line) and take the net team's place. The instructor is feeding the ball to the net team that must always volley their first shot beyond the service line. Otherwise, they lose the point.

Instructor Emphasis: Controlling the point by volleying deep.

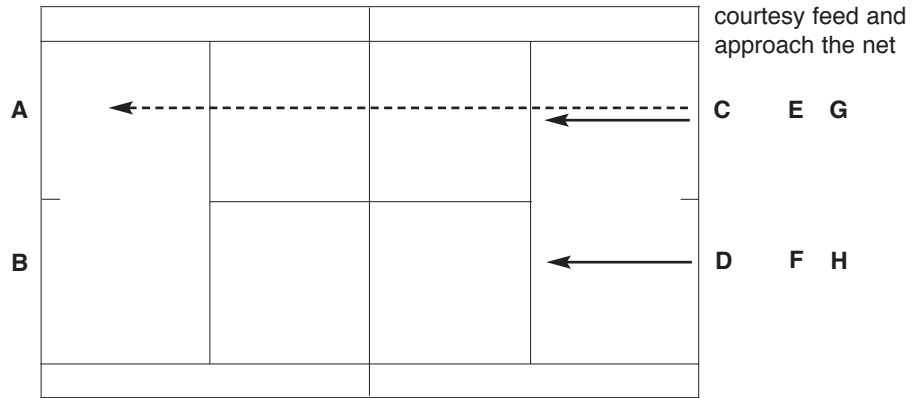


Drill Name: Dump the Puck

Purpose: To improve doubles team positioning.

Procedure: Two or four teams are behind the baseline on one side. The first team in line feeds a ball and approaches the net to an opposing defending team (also on the baseline) on the other side. At the conclusion of the point, the next team in line feeds a new ball and approaches the net. This continues until one team wins 3 points and unseats the defending team, taking its place on the other side. All teams begin again with the score of zero.

Instructor Emphasis: Positioning of players.

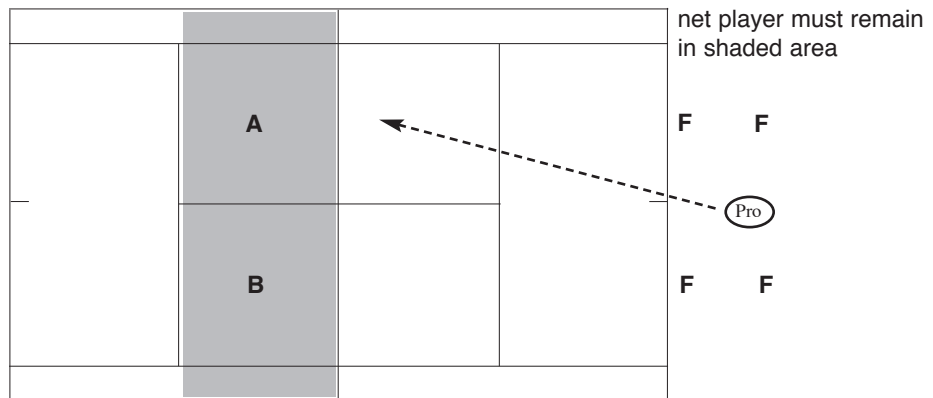


Drill Name: Smash IT!

Purpose: To improve lobs and overheads.

Procedure: One team is positioned at the net. The other teams are at baseline. The net players are not allowed to go behind the service line and may only play overheads. The baseline teams may only lob. The instructor feeds to begin each point and teams may play 2-3 points before switching. The first team to win 3 points takes the net position.

Instructor Emphasis: Early overhead preparation.



Drill Name: Movin' On Up

Purpose: To improve doubles team positioning.

Procedure: One team is positioned at the net while the other is at the baseline. Other teams are waiting to play behind the baseline team. The baseline team makes a courtesy feed to begin play. If the net team wins the point, they score 1 point. If the baseline team wins the point, they replace the team at the net. **Teams can only score points when at the net.** Play is for a limited time or until one team wins a predetermined number of points.

Instructor Emphasis: Positioning of players.

Drill Name: Balls Up

Purpose: To improve doubles team positioning.

Procedure: Variation of Movin' On Up in which the instructor feeds a ball high into play (a lob) after the baseline team wins a point. The baseline team must hurry to the other side in time to play the point off of the instructor's feed.

Instructor Emphasis: Positioning of players.

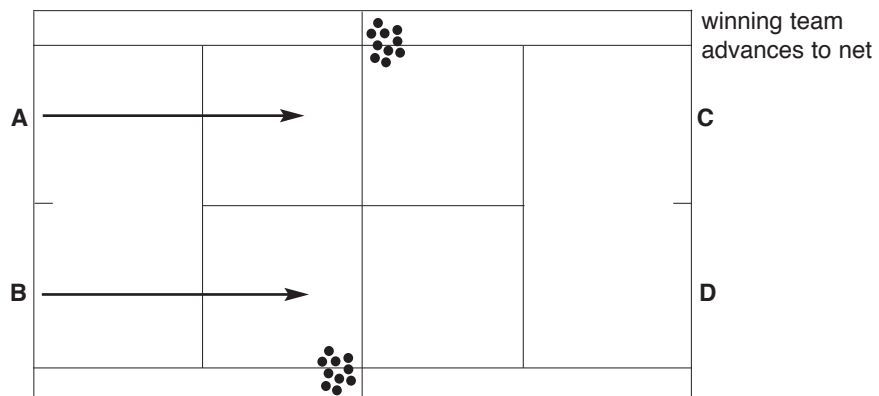
Drill Name: Terminator

Purpose: To experience offensive and defensive doubles positioning.

Procedure: Two teams are positioned on opposing baselines. A set number of balls (7, 11, 15, etc.) are placed on each sideline close to the net. Using a starter ball and courtesy feed, the two teams play out the first point. The winning team moves to the net and feeds one of their balls behind the service line to begin the next point. If they win this point, they continue at the net feeding balls. If they lose a point, they must retreat to the baseline and their opponents advance to the net and feed in one of their balls to begin a point. The first team to get rid of all its balls is the winner.

Instructor Emphasis: Continuous play and movement.

Variation: If the team with one ball left loses the point, the instructor has the option to add more balls to that side.

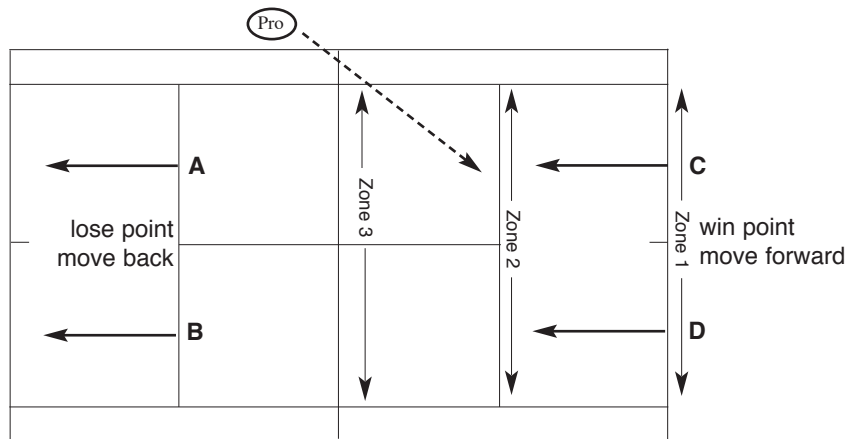


Drill Name: Zone Ball

Purpose: To develop appropriate play for court positioning.

Procedure: The court is divided into 3 zones: baseline, service line, net. Two teams start behind the baseline and the instructor feeds the ball into play (to the team farther back). After each point, the winning team moves up a zone and the losing team moves back a zone. Teams may only score points in the net zone. First team to a predetermined number of points (5, 7, 11, etc.) is the winner.

Instructor Emphasis: Shifting as a team to cover possible returns.

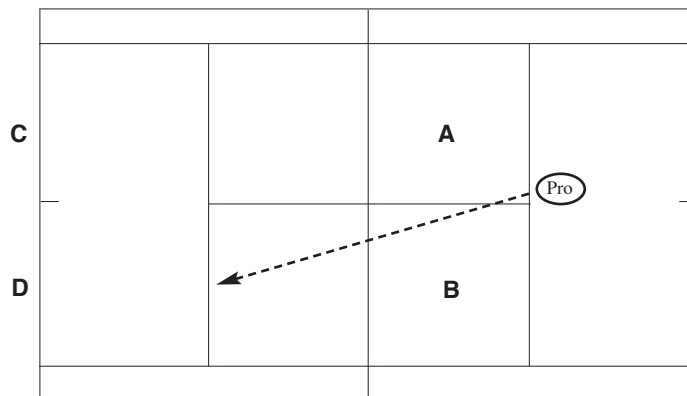


Drill Name: Down the Middle

Purpose: To teach the importance of guarding the middle in doubles play.

Procedure: One team is at the net and the opposing team is at the baseline. The instructor feeds to the baseline players. Baseline team wins 2 points if they hit a winner or force an error with a down the middle shot. Any other shot counts as only 1 point. Teams change sides after a game to 10 or more points.

Instructor Emphasis: Player positioning to cover the middle.

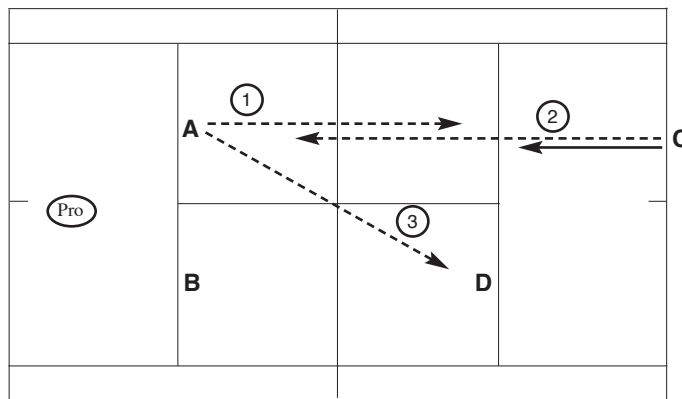


Drill Name: Crisscross

Purpose: To practice a common pattern in doubles play.

Procedure: One team is at the service line. The other team has one player at the service line and one on the baseline. The player across from the one on the baseline feeds the ball straight ahead to begin. The baseline player hits a down the line approach shot and the net player volleys crosscourt to the other opponent. This series of shots begins the point which is now played out. The first team to 7 wins and players then rotate to begin another game. Instructor may also feed the first ball to begin play.

Instructor Emphasis: Positioning of players.

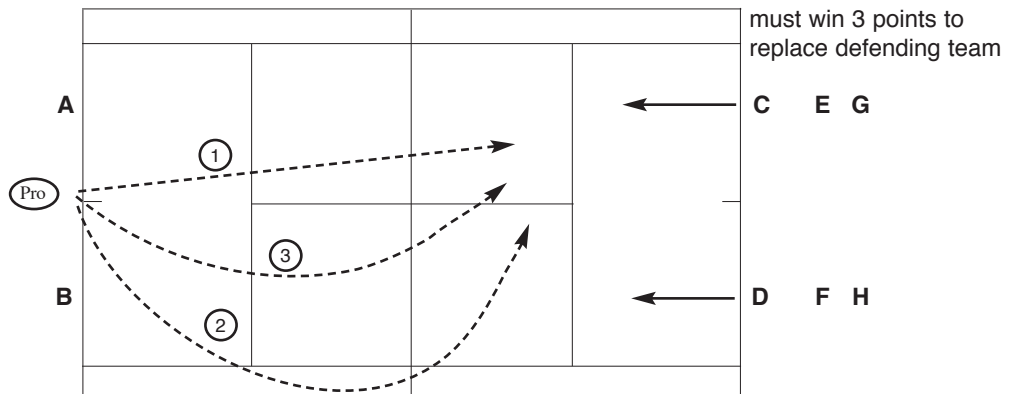


Drill Name: Shoot Out

Purpose: To develop confidence on overheads.

Procedure: One team is at the baseline as the defending team. The instructor is behind this team. The other teams are at the opposing baseline. Instructor feeds a short ball to the first team. They approach the net and play out the point. If they win this point, the instructor now feeds a lob and the point is played out. If they also win this point, the instructor feeds a 2nd lob. If they win the 3rd point, they replace the defending team. When a point is lost, the next team in line begins the sequence.

Instructor Emphasis: Early preparation for overheads and doubles positioning.



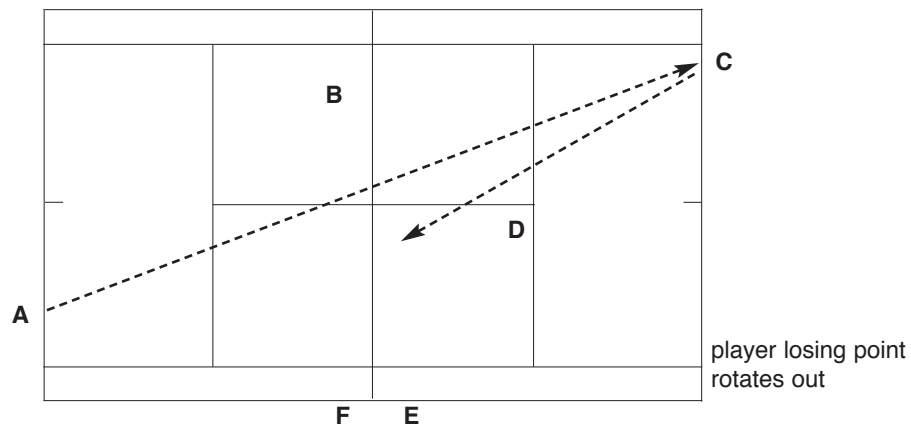
Drill Name: Top Gun

Purpose: To teach positioning in a competitive doubles situation.

Procedure: Players are positioned to play doubles points with one or two players waiting at the side of the court. The player that loses a point goes out and the next in line takes his place. Teams alternate serving and **can only win points while serving**. Players keep track of their own points. The first to accumulate a predetermined number of points (7, 11, etc.) is the winner.

Instructor Emphasis: Court positioning and quick player substitutions.

Variation: Allow only one 2nd serve.



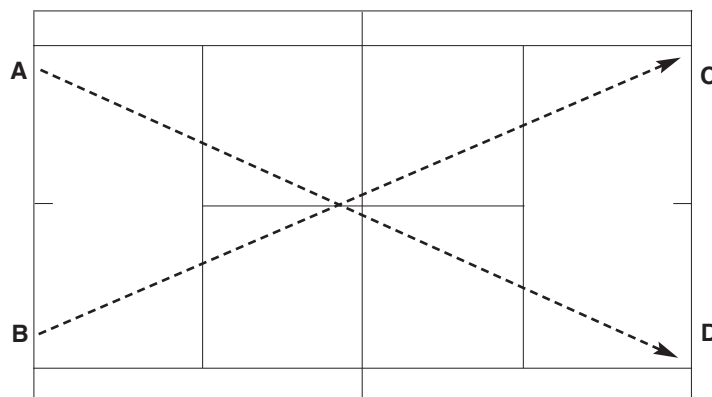
Drill Name: Dingles

Purpose: To develop court awareness.

Procedure: Doubles teams are behind the baseline on opposing sides. The teammates on one side serve simultaneously to the player crosscourt from them (only one serve allowed). These points are played crosscourt. When one of the points concludes, the remaining point may now be played into the full doubles court area with all four players involved. **Both points** must be won by the same side to score 1 point. A game is to 5 points.

Instructor Emphasis: Continuing to play until both balls are out of play.

Variation: Don't allow players to communicate at all until both points are completed.



Drill Name: No Bounce Doubles

Purpose: To reinforce the importance of getting to the net in doubles.

Procedure: Two teams compete against each other. After the serve has bounced, the ball is no longer allowed to touch the ground. If it bounces, the point is immediately over and the team allowing the bounce loses the point.

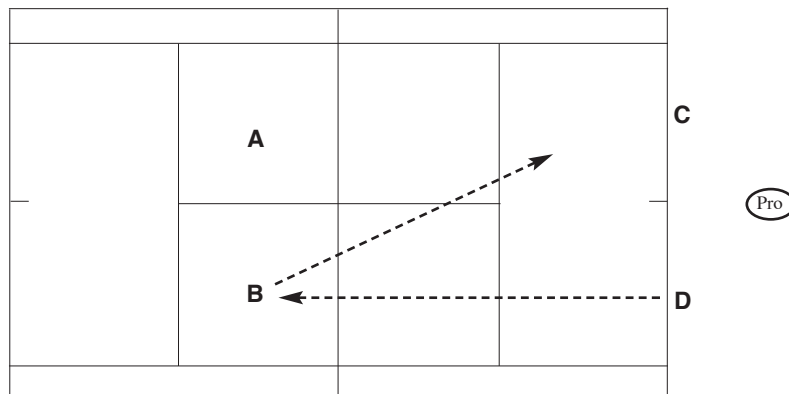
Instructor Emphasis: Moving forward to the net and developing shot variety (as low soft shots).

Drill Name: Three, Two, One

Purpose: To develop a variety of shots for doubles play.

Procedure: Teams are positioned at the net and the baseline. Play begins with a courtesy feed and a first volley, or the instructor may feed. Scoring is as follows: 3 points for any ball that bounces in front of the net players or gets over their heads and in play. Also, 3 points for the net players if they can make an overhead bounce beyond the opponents' reach. 2 points for any winner hit, and 1 point for any error. Play is to a predetermined number of points (9, 11, etc.). Teams change positions for the start of a new game.

Instructor Emphasis: Keeping the ball low and positioning.



Competitive Skills Games

Drill Name: Bowling Alley

Purpose: To improve footwork and groundstroke control.

Procedure: Players are at the baseline behind the alley. Instructor is opposing the players and feeds the ball short so the first player must move forward to hit the shot. Instructor calls out “Forehand” or “Backhand” as he is feeding and the player can only score a point if he uses the correct stroke and returns the ball into the alley. Each player gets only one shot and then goes to the end of the line. Play is to a predetermined number of points.

Instructor Emphasis Footwork and preparation.

Drill Name: Alley Oops

Purpose: To improve footwork and directional control.

Procedure: As in Bowling Alley, players are positioned behind the alley. The instructor feeds a deep ball to the first student in line who must return it in the alley to score a point. Each player gets only one shot and then must go to the end of the line. Play is to a predetermined number of points.

Instructor Emphasis: Footwork and preparation.

Drill Name: Five, Three, One

Purpose: To improve net play and positioning.

Procedure: One player is positioned at the net. The other players are at the opposing baseline in two lines. The net player (or instructor) begins the point with a deep courtesy feed. 5 points are scored for the baseline player if he hits a winner. 3 points for a forced error. 1 point for a ball kept in play by the net player. First player to 25 points is the winner.

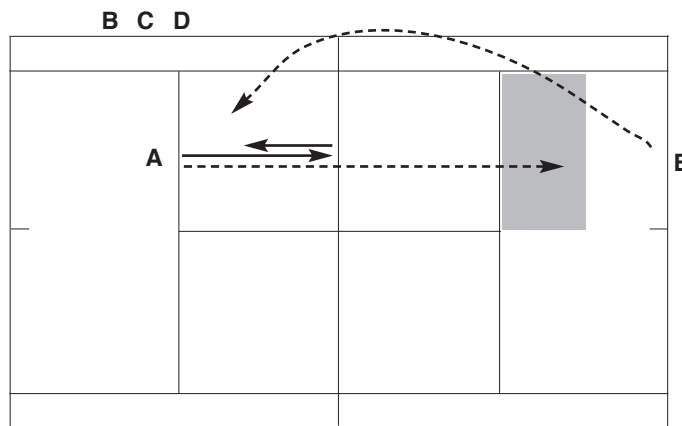
Instructor Emphasis: Movement at the net.

Drill Name: Over and Out

Purpose: To improve the lob and overhead.

Procedure: Play is on one-half of the court. A player stands immediately behind the service line and bounce feeds a ball into an area behind the service line, but forward of a designated marker on his opponent's side. After feeding, he must run forward to touch the net. His opponent may only lob his return to begin the point. Other players are waiting on the side of the court for their turn, rotating quickly in for 1 point each. This game can be played with a group of players on each half of the court. The lobber competes against the team of other players to a predetermined number of points (7, 11, etc.)

Instructor Emphasis: Lobbing and overhead skills.

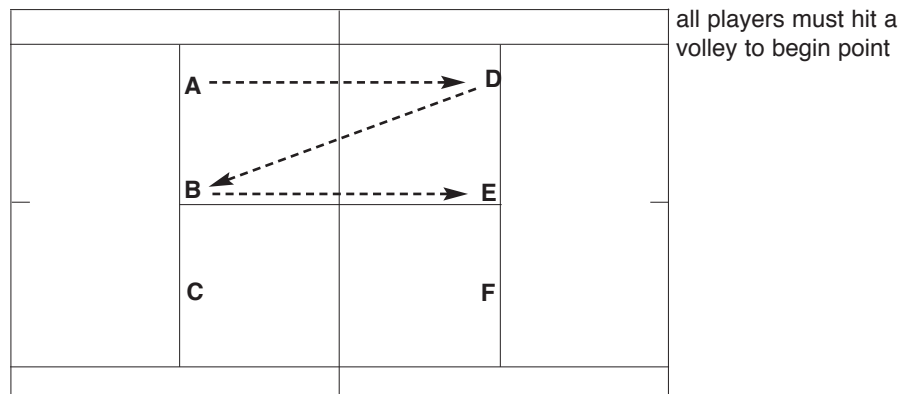


Drill Name: Invaders@volley.net

Purpose: To improve volley skills and control.

Procedure: Three players on a team and all are positioned at the service line. Player on one end starts the volley which zig-zags down the line. Once all players have played a volley, they may close-in and finish off the point. The first side to win 5 points is the winner. Players now rotate to begin a new game.

Instructor Emphasis: Volley control and close-in movement.



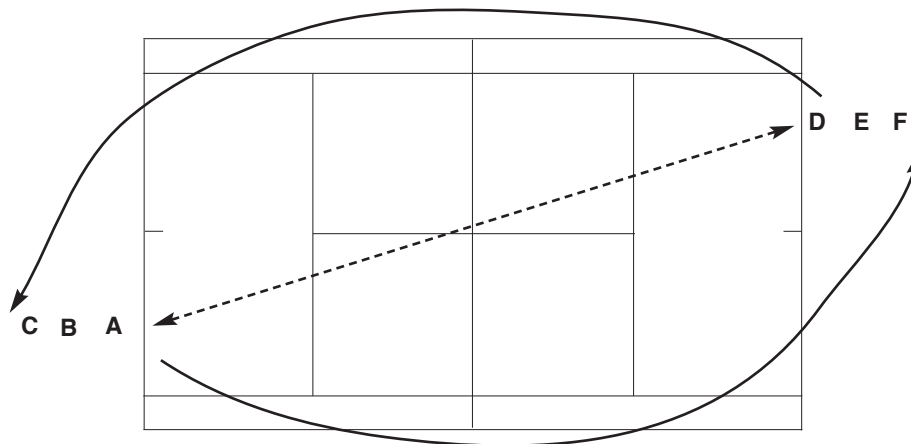
Drill Name: Around the World

Purpose: To improve consistency and movement.

Procedure: Two lines are positioned behind the baseline (deuce or ad sides). Players hit crosscourt and then move around the net post to the line on the other side to continue playing. Players who make a mistake receive a point penalty and play continues. The player with the fewest mistakes after a time limit is the winner.

Instructor Emphasis: Keeping good height on groundstrokes to avoid the net.

Variation: As a final contest, players drop out when a mistake is made.



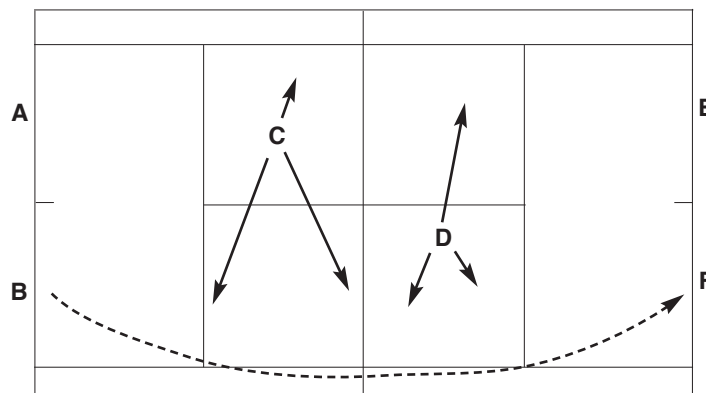
Drill Name: Bermuda Triangle

Purpose: To become comfortable with moving freely in the forecourt.

Procedure: Teams are three players on each side. Two are at the baseline and the third is in front of the service line. A baseline player begins a rally with the goal of not letting the opposing net player touch the ball. If the net player intercepts the ball and returns it successfully, his team scores a point. Play is to a predetermined number of points. Switch points after each game.

Instructor Emphasis: Continuing to play until both balls are out of play.

Variation: Don't allow players to communicate at all until both points are completed.



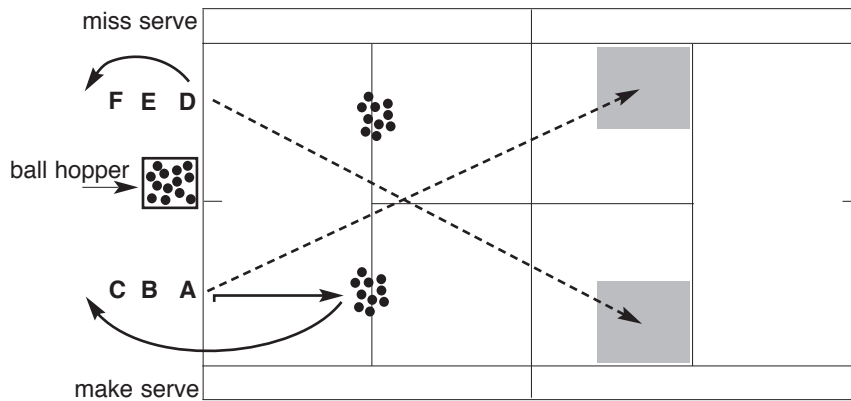
Drill Name: Target Practice

Purpose: To develop the ability to place the serve.

Procedure: Two teams are at the baseline serving to target areas on the court. The ball hopper is behind the players for their use. Ten (or any determined number) balls are placed at the service line in front of each team. If a player fails to make the appropriate serve (1 serve only) to the target area, he goes to the end of his team's line and gets a ball from the hopper. If he makes the appropriate serve, he runs forward and retrieves one of the service line balls before getting in line. The team that uses up all 10 balls first is the winner.

Instructor Emphasis: Balance and control of the serve.

Variation: The instructor calls out changes to hit different target areas.

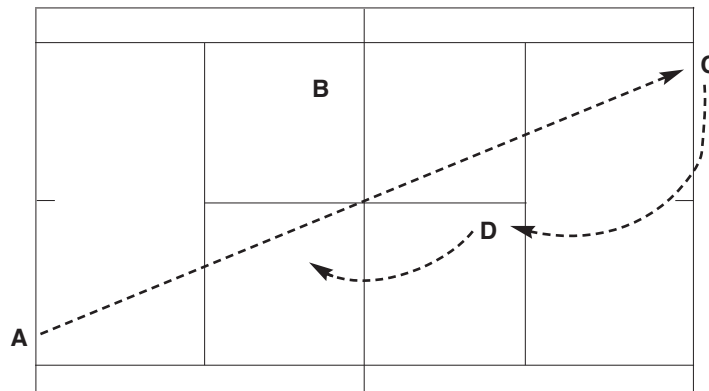


Drill Name: Tennis Volleyball

Purpose: To develop teamwork and have fun!

Procedure: Two teams are positioned on opposing sides for doubles. The receiving player must pass the ball to his partner before the ball is hit over the net. The ball must be passed at least one time, but a maximum of two times, before being hit over the net. Both teams must play "volleyball" for each point. Play is to a predetermined number of points. Note: Depending on the skill level of the students, you may elect to allow the ball to bounce or not bounce for each pass.

Instructor Emphasis: Footwork and encouragement!

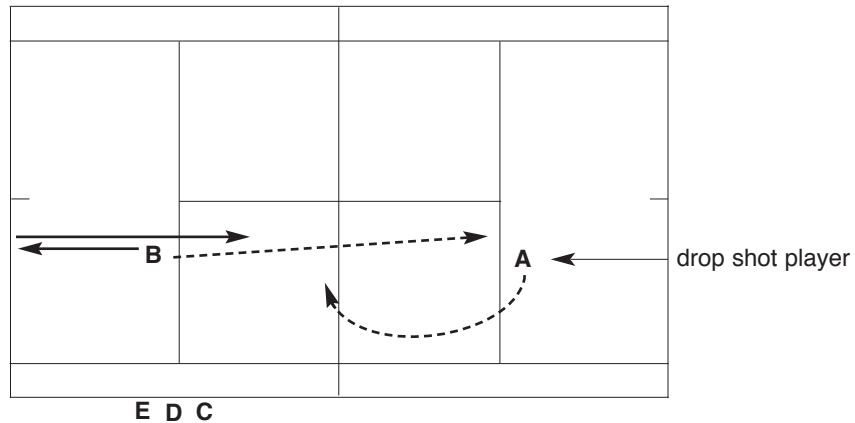


Drill Name: Drop It!

Purpose: To practice playing and defending against the drop shot.

Procedure: Three or four players compete as a team against one player (the drop shotter). The team of players goes one at a time, feeding a ball into the service box (they are standing just behind the service line). After the feed, they immediately run to touch the baseline with their foot or racquet (depending on skill level). The opponent must play a drop shot into the service box. The two players then play out the point on the half court. Play is to 10 points, then have a new drop shotter.
Note: The feed must be no higher than players' height. No lobs!

Instructor Emphasis: Drop shot technique and never give up retrieving a drop shot.

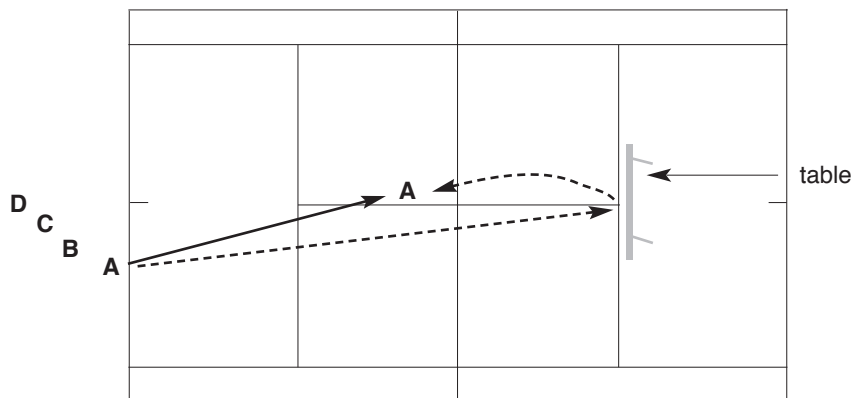


Drill Name: Table It!

Purpose: To improve serve accuracy and serve and volley work

Procedure: A 6 to 8 foot rectangular folding table is best used for this drill. Position table on its side just behind the service line. Players serve the ball into the court normally, attempting to make it rebound off the table so they can play a follow up shot (volley, half volley, short ball). They score 3 points for a volley, 2 points for a half volley, and 1 point for a groundstroke.

Instructor Emphasis: Footwork toward the rebounding ball.

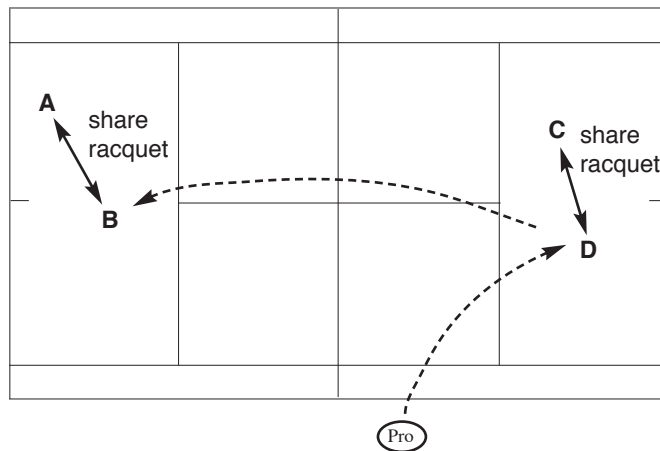


Drill Name: Share the Racquet

Purpose: To develop teamwork and cooperation.

Procedure: Doubles teams compete against each other, however only one (1) racquet per team is allowed. Partners must alternate hitting shots. The racquet may not be thrown (automatic loss of game).

Instructor Emphasis: Staying with your partner and footwork.



Drill Name: Over / Under

Purpose: To improve the ability to hit and return balls with spin.

Procedure: This is a groundstroke game with one player always slicing and the opponent always hitting topspin. The player that slices wins the contest by getting to 7 points before the topspin player gets to 11 points. A courtesy feed begins the point. Players reverse roles after each game.

Instructor Emphasis: Playing the majority of shots with depth.

Drill Name: Cross-Eyed

Purpose: To develop improved movement and positioning awareness.

Procedure: Players are behind the baseline and make simultaneous courtesy feeds to each other using a drop feed. Two points are played at the same time. When a mistake or winner is made with one ball, play continues with the second ball. A player must win both points to score a point, or instructor may make the first ball worth 2 points and the second ball worth 1 point.

Instructor Emphasis: Improving movement.

Drill Name: Add a Player

Purpose: To develop cooperation and teamwork.

Procedure: Games begin with one player behind each baseline beginning a point with a courtesy feed. The player that loses the point gains a player on his side for the next point. If another is lost, he will gain a third player. Points can only be scored when a player wins a point against the three others.

Instructor Emphasis: Movement and positioning.

Drill Name: Killer

Purpose: To improve reaction time when returning.

Procedure: Server and receiver begin play at the service line. The server is allowed only one serve. Whoever loses a point must come back up one step. The returner must only get the ball in play to win the point. After completing a game, players switch roles and begin a new game positioned at the service line.

Instructor Emphasis: Quick racquet preparation and reactions.

Concentration Games

Drill Name: Four, Five, Six

Purpose: To competitively challenge players.

Procedure: No Ad scoring is used. When a player wins a game by getting to 4 points first, the player must then win 5 points to win the next game. If they win this game, then they must win 6 points to win the next game. Winning a game increases the points required to win the next game (but never below 4 points or above 6 points).

Instructor Emphasis Maintaining focus for every point in a game.

Drill Name: Game Point

Purpose: To increase a player's intensity on important points.

Procedure: Players compete with traditional scoring. When one player reaches game point (40-0, 40-15, 40-30), and they lose the game point, they go back to zero and their opponent gains a point. This can also be played as doubles.

Instructor Emphasis: Players should keep their game plan and not begin playing "not to lose".

Drill Name: Volley Juggling

Purpose: To develop racquet agility and improve concentration and focus.

Procedure: Players both begin with a volley, attempting to keep two balls in play simultaneously. When a mistake is made, they continue to keep one ball in play until a mistake is made. Repeat, trying for as many hits as possible with two balls.

Instructor Emphasis: Movement and cooperation.

Drill Name: Jimmy Connors Match

Purpose: To learn to cope with the pressure of being down break point on the serve.

Procedure: Players compete in a set or match with each game beginning at 30-40 (break point) and a second serve only. If the game goes to deuce, play continues normally (two serves) to complete the game. Because the games have been shortened, players can compete easily in a best of 3 or best of 5 match.

Instructor Emphasis: Concentration and emotional control.

Variation: No Ad scoring can be used to increase the pressure on both players.

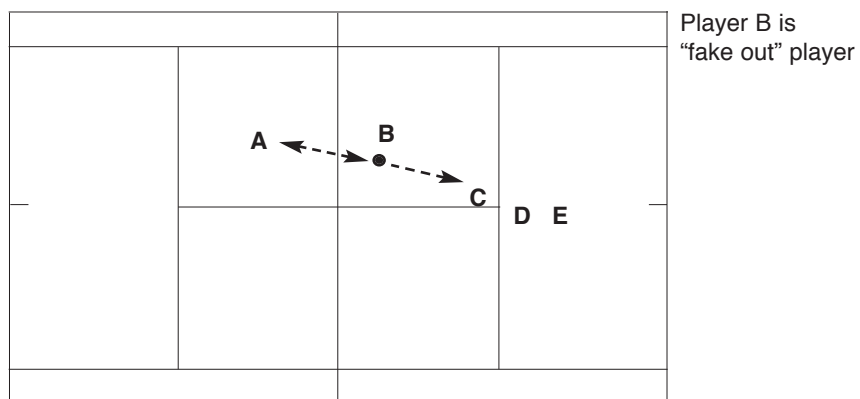
Drill Name: Fake Out

Purpose: To develop concentration and focus on the ball.

Procedure: Two players are across the net playing volleys to each other. A third player stands close behind (1 or 2 meters) the player hitting the backhand volleys, preparing to back up this player by hitting a forehand volley should the player miss. The backhand volley player is allowed to “fake out” this player by purposely missing an occasional shot. Players trade positions after making a designated number of successes.

Instructor Emphasis: Concentration on the flight of the ball, not the player’s racquet.

Variation: A line of players on each side can have a designated “fake out” player. The contest winner can be the individual that makes the fewest errors.



Alternate Scoring Games

Net Gain

All points won at the net receive 2 points. You may play regular scoring or to a predetermined number of points.

Net Loss

Player loses 2 points for any point lost by hitting into the net. Play is to a predetermined number of points.

Give Me Five

Players are competing against each other, however the server must win the point by the fifth shot or he loses the point. The game may also be played as doubles.

Lucky 13

When a player or team wins a point, it counts as 1. If they win 3 points in a row, however, they get 3 bonus points. Games are to 21 or any predetermined number of points.

Bonus Ball

Each game the server has a bonus ball. The bonus ball is a different colored ball that can be used once a game and is worth 2 points for the server only.

Gotcha

This is the same as Bonus Ball, but the instructor determines who (the weaker player) gets the bonus ball during service games. This helps to handicap a match.

Three's a Charm

Player wins a game if he wins 3 points in a row. Offers a higher probability to win a game.

One Serve

A set is played, but players are allowed only one serve per point.

Three Serve Tennis

Players are allowed three serves for each point. This is a good format for beginners.

Ace Wins!

If the server hits an ace, he wins the game immediately.

Crosscourt

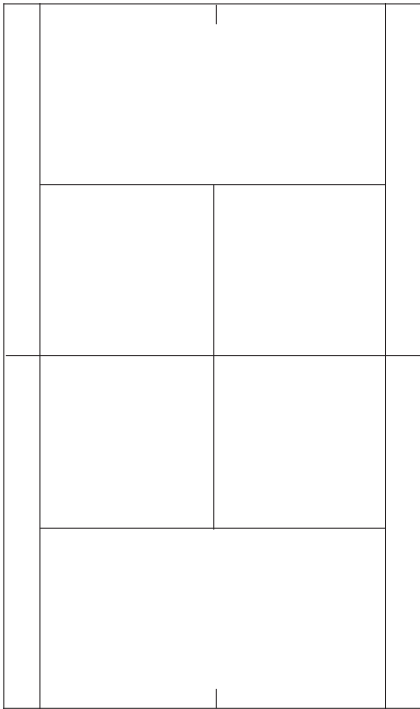
All service returns must be played crosscourt.

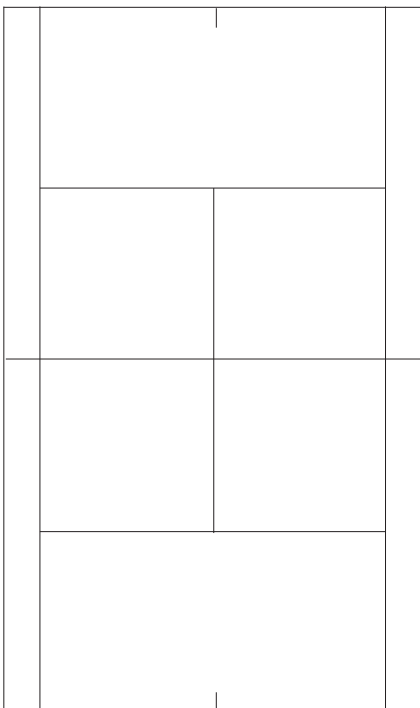
Serving Machine

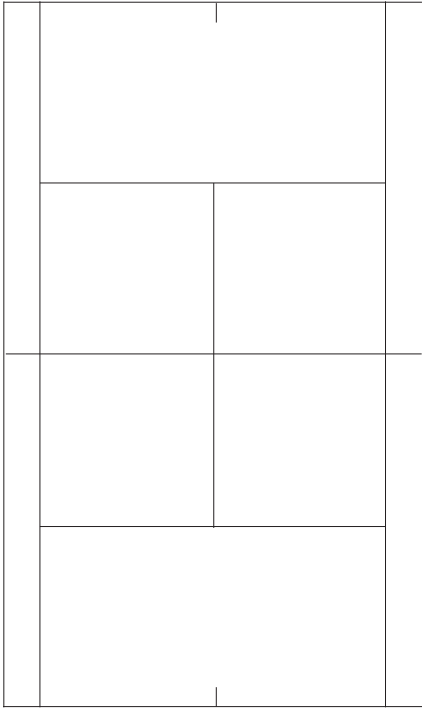
One player serves an entire set. Also may allow only one serve per point.

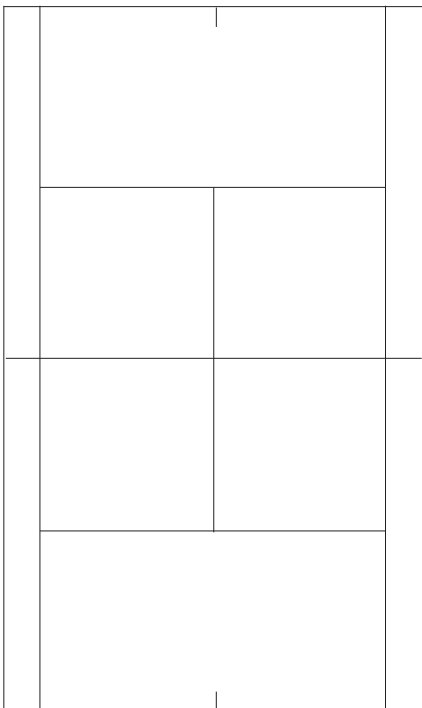
Takes Two to tango

To score a point, a player of a team must win 2 consecutive points to score 1 point.









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