



Play Action Drills

Professional Development Course

- Ball Feeding
- Drill Presentation
- Double Rhythm Drills
- Doubles Drills
- Specialty Shot Drills
- Hand Fed Drills



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Introduction

This course presents a variety of drills that requires the instructor to actively feed or introduce the ball into play. Diagrams are included to assist in understanding and remembering most of the drills. Extra blank court diagrams are provided at the end of this document for personal additions, or additions by your workshop leader.

Using some imagination, many of these drills can be modified to create new drills which can greatly benefit your students. Half volleys, drop shots, overheads and other combinations of shots can be added to provide variety to any workout.

Also remember that the positioning of targets can make any of these drills challenging and help to stimulate the shot selection a player might utilize in actual match play.

Prelude

Warm-up / Stretching

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

Ball Feeding

Ball Basket and Instructor Positioning

For most drills, the ball basket should be positioned against the instructor's hip on the side of the non-dominant hand. This allows the instructor the ability to grab balls from the basket without looking down and also keeps his/her dominant (racquet) side clear for feeding. Most instructors tend to stand at about a 45° angle to the ball hopper.

The instructor must be very aware of his/her court positioning, particularly when double rhythm feeding to a group of players. If players are executing specific shots to target areas on the court, the instructor should keep a clear path to the target. The skill level of the players involved will influence how far an instructor should stand from the target path.

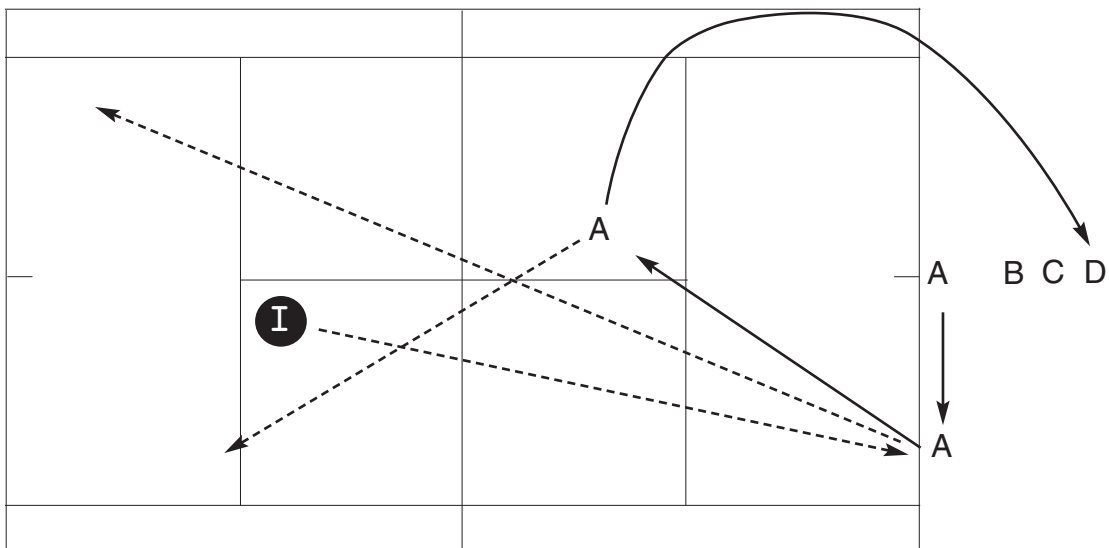
Drill Name Inside-out Forehand - Close-in Volley
(double rhythm feeding)

Purpose To improve aggressiveness and react quickly to a weak reply.

Procedure Players begin just behind the center mark and move toward the ad side to play an inside-out forehand drive. Instructor feeds a weak high return and the player closes in and makes an aggressive forehand volley to the open court. Targets can be used to improve the placement of each shot.

Instructor Emphasis Early preparation and quick footwork to the forehand volley.

Variation The type of spin, depth and height of the feed can be altered.



Drill Name Cross court Forehand - Close-in Volley
(double rhythm feeding)

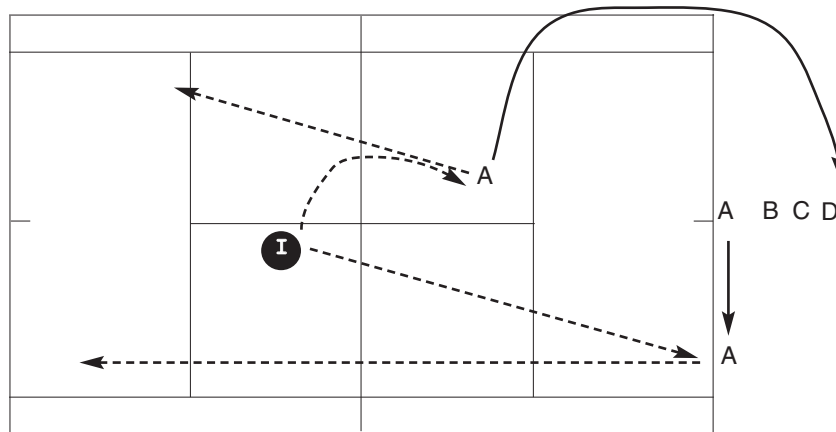
Purpose To improve consistency and placement of volleys.

Procedure Players begin just behind the center mark and move toward the deuce side to play a cross court forehand drive. Instructor feeds a weak high return and the player closes in and makes an aggressive forehand volley to the open court. Targets can be used to vary the direction of each shot.

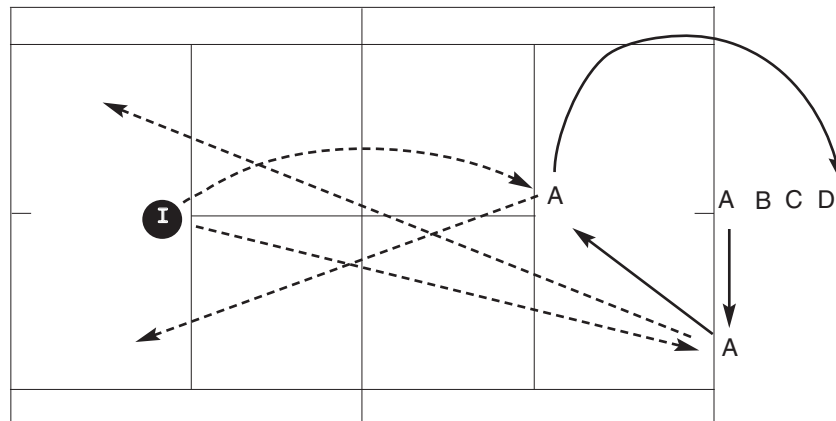
Instructor Emphasis Early preparation and quick footwork to the forehand volley.

PTR PLAY ACTION DRILLS

- Drill Name** Down the Line Forehand - Close-in Volley
(double rhythm feeding)
- Purpose** To improve aggressiveness and react quickly to a weak reply.
- Procedure** Players begin just behind the center mark and move toward the ad side to play a down the line forehand drive. Instructor feeds a weak high return and the player closes in and makes an aggressive forehand volley to the open court. Targets can be used to improve placement of each shot.
- Instructor Emphasis** Early preparation and quick footwork to the forehand volley.
- Variation** The type of spin, depth and height of the feed can be altered.



- Drill Name** Inside-out Forehand - Forehand Swing Volley
(double rhythm feeding)
- Purpose** To improve aggressiveness and develop the confidence to stroke through a high forehand volley.
- Procedure** Players begin just behind the center mark and move toward the ad side to play an inside-out forehand drive. Instructor feeds a weak high return that allows the player to move to mid-court and make an aggressive forehand swing volley to the open court. Targets can be used to improve placement of each shot.
- Instructor Emphasis** Early preparation and quick footwork to the forehand swing volley.
- Variation** The type of spin, depth and height of the feed can be altered.



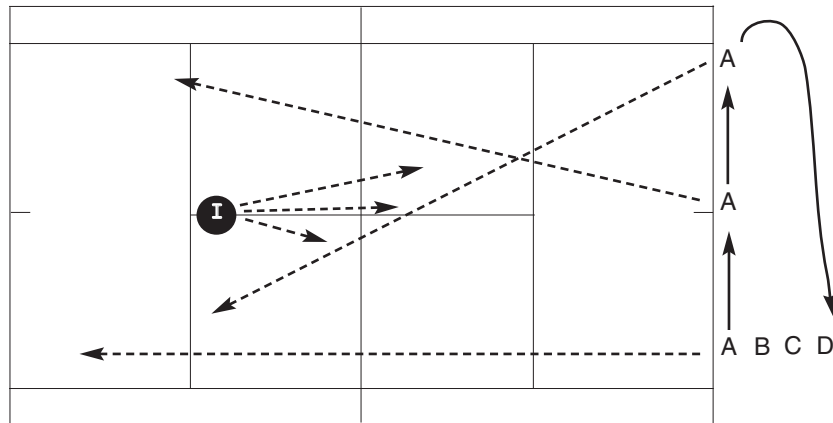
Drill Name Three Forehands Across
(double rhythm feeding)

Purpose To improve consistency and placement of forehand groundstrokes.

Procedure Players begin in the ad side corner of the court and play three forehands moving across the court. Targets can be used to vary the direction of each shot. Diagram shows alternating placement to targets.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



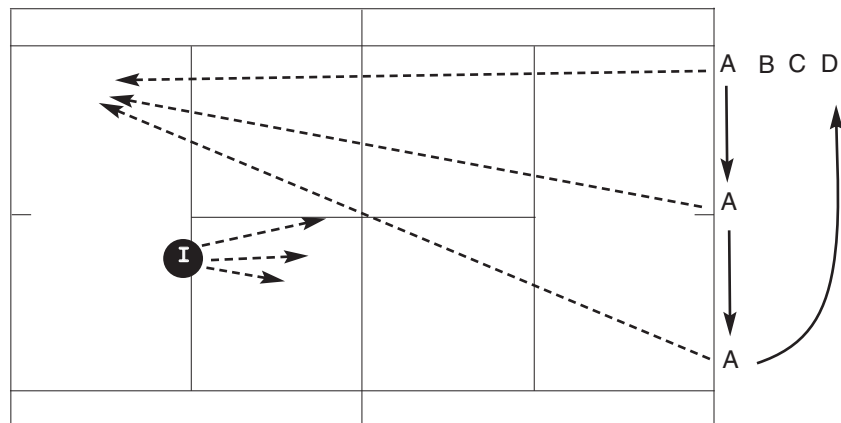
Drill Name Three Forehands Across
(double rhythm feeding)

Purpose To improve consistency and placement of forehand groundstrokes.

Procedure Players begin the deuce side corner of the court and play three inside-out forehands moving across the court.

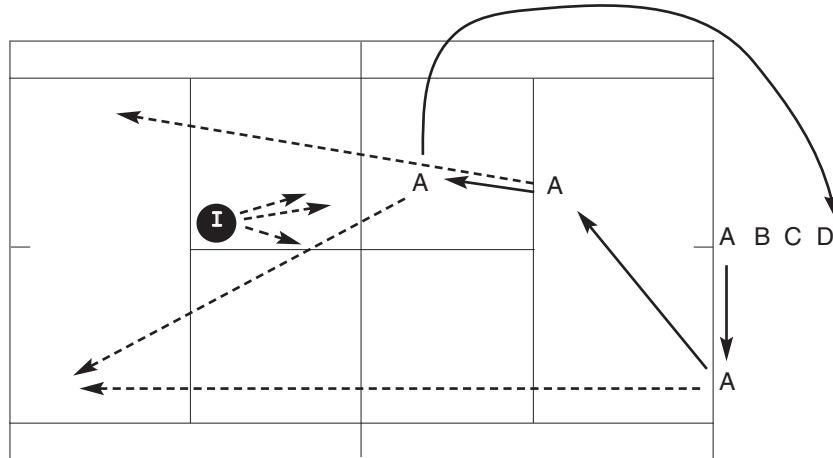
Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.

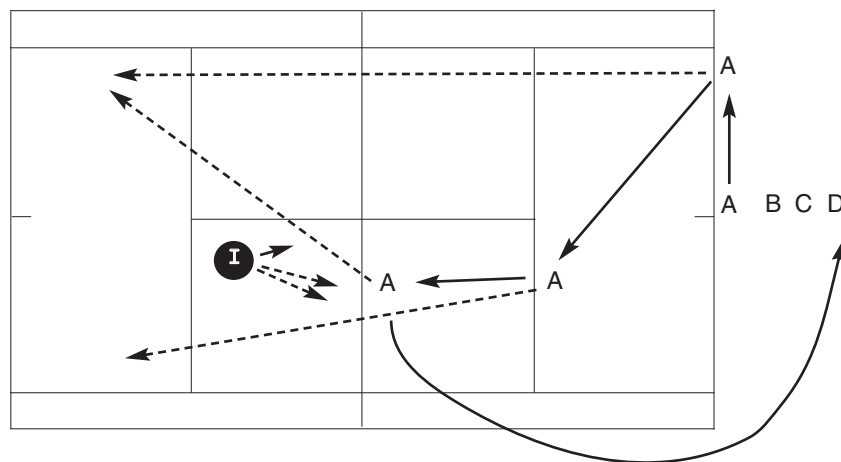


PTR PLAY ACTION DRILLS

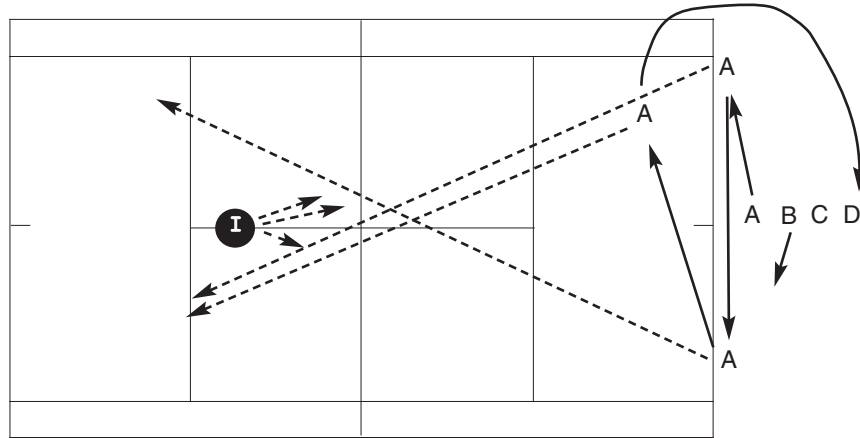
- Drill Name** Backhand - Forehand Approach - Volley
(double rhythm feeding)
- Purpose** To improve footwork and approaches to the net.
- Procedure** Players begin just behind the center mark. First player hits three shots in a row: backhand drive, forehand approach and a volley.
- Instructor Emphasis** Footwork and positioning when approaching the net.



- Drill Name** Forehand - Backhand Approach - Volley
(double rhythm feeding)
- Purpose** To improve footwork and approaches to the net.
- Procedure** Players begin just behind the center mark. First player hits three shots in a row: forehand drive, backhand approach and a volley.
- Instructor Emphasis** Footwork and positioning when approaching the net.

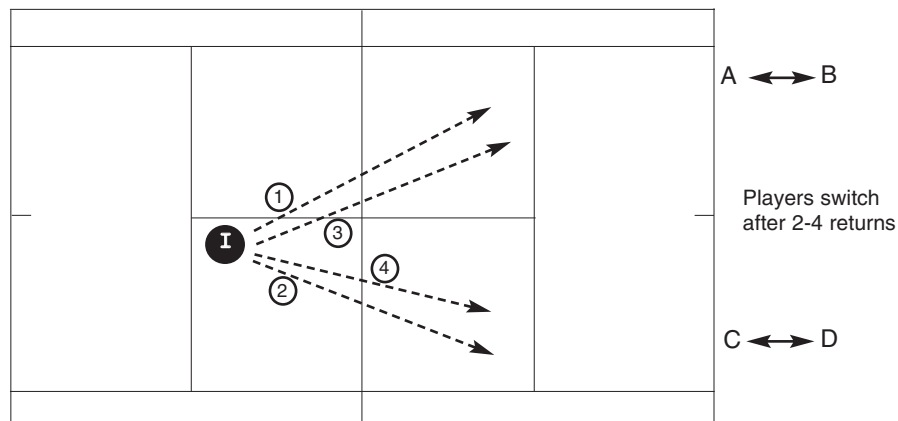


- Drill Name** Three Alternate Groundstrokes
(double rhythm feeding)
- Purpose** To improve footwork, placement and consistency.
- Procedure** Players begin just behind the center mark. First player hits three shots in a row: forehand drive, backhand drive, forehand drive. The second player begins the opposite sequence: backhand drive, forehand drive, backhand drive. The positioning of targets can be varied. The inside-out forehand can also be incorporated into the drill.
- Instructor Emphasis** Footwork and proper recovery.



Return Drills

- Drill Name** Return - Return - Return
- Purpose** To improve service returns.
- Procedure** Players are in the normal serve return position. The instructor alternates feeding serves (using 3/4 grip from shoulder) to the deuce and ad sides. Players should stay for two to four returns before switching with the next player.
- Instructor Emphasis** Reacting to the serve and moving forward.
- Variation** Position players at the net on the instructor's side to play volleys on down the line returns. Returners ignore the volleys.



PTR PLAY ACTION DRILLS

Drill Name Progressive Returns
Purpose To improve and develop service returns.
Procedure This is a three step drill.

1. Players are positioned at the net with two players waiting behind. Instructor feeds from the service line and players stroke their volleys using short backswing and their service return grip. Players should hit two or four shots before switching. Diagram 1.

2. Players go to the baseline in the service return position. The instructor is at the "T" and uses an underhand feed that the returners aggressively stroke over the net. Diagram 2.

3. Instructor now serves from the 'T' on the opposite side and players make their aggressive returns (same position as in *Return - Return - Return* Drill).

Instructor Emphasis Quick preparation and short backswing.

Diagram 1

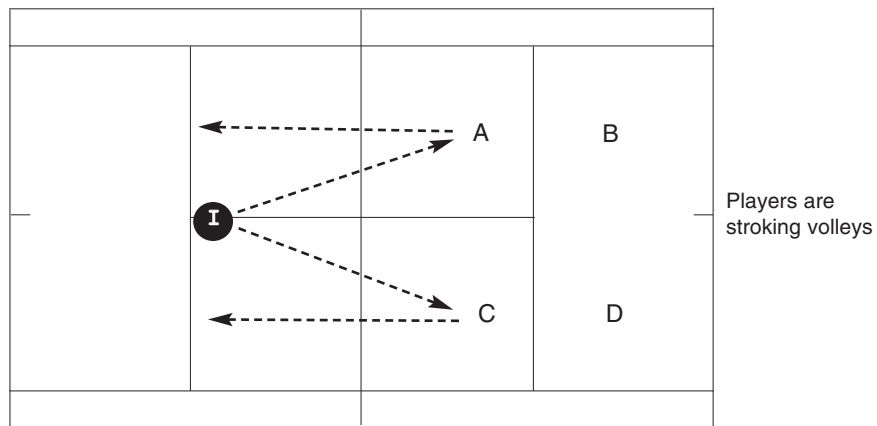
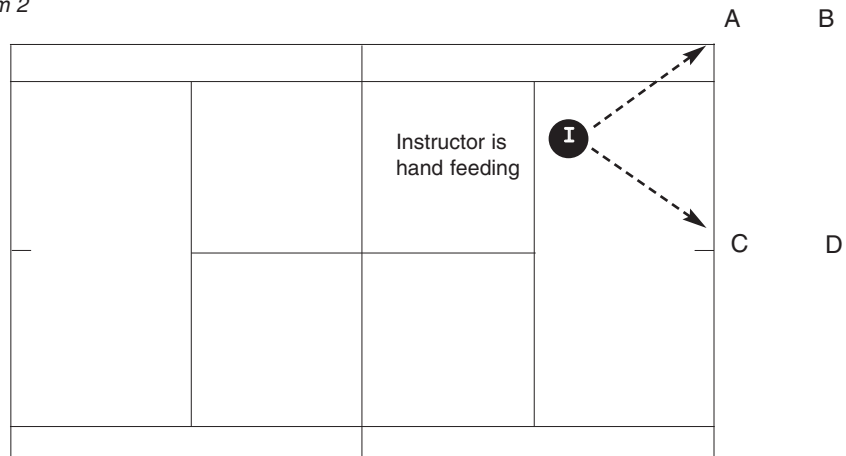


Diagram 2

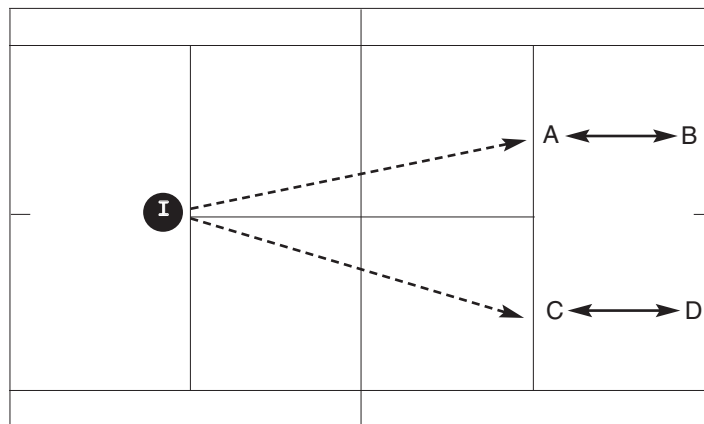


Drill Name Quick returns

Purpose To improve quick reactions and develop a short backswing.

Procedure Players are positioned just behind the service line and the instructor is at the “T” on the opposite side of the net. Instructor feeds medium paced serves to the players who must react, preparing quickly and using abbreviated strokes.

Instructor Emphasis Abbreviated backswing and forward movement.



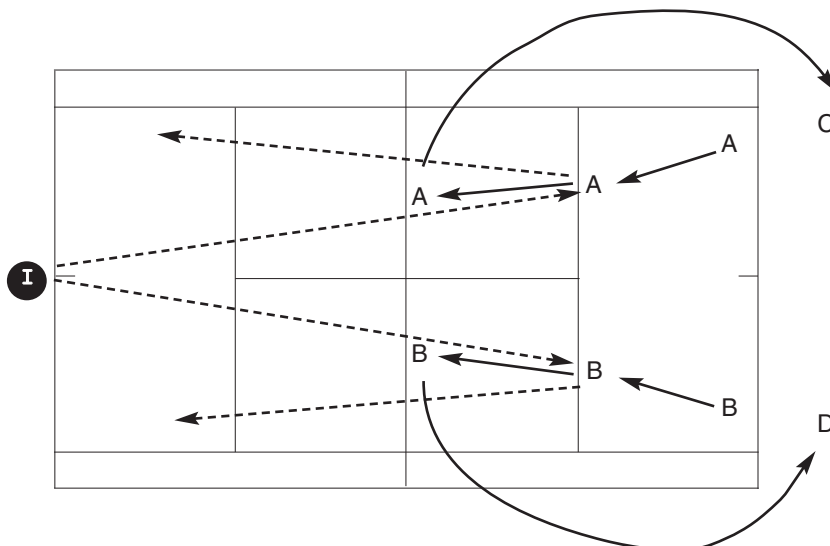
Drill Name Punish the server

Purpose To improve aggressiveness and confidence on a short weak serve.

Procedure Players are positioned to return (inside the baseline) an easy second serve. Instructor alternates weak serves to the deuce and ad sides of the court. Players return aggressively and advance to the net. The next serve is taken by a partner waiting behind. Targets can be used to direct the returns.

Instructor Emphasis Forward movement and an aggressive return.

Variation Instructor may provide a weak reply for the returner to put away. Score can be kept for successes with players competing against one another.



Serve Drills

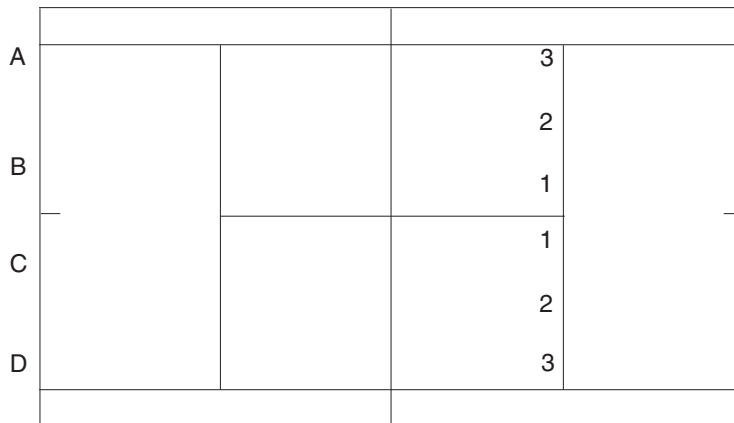
Drill Name 1, 2 and 3

Purpose To practice placement of the serve.

Procedure Players are in the singles and/or doubles positions for serving. Three target areas are designed in the service boxes, labeled 1, 2 and 3. The instructor calls out a number to indicate the area where the students are to serve. Players can score points individually for hitting the proper areas.

Instructor Emphasis Changing serve placement

Variation Players can be grouped as teams and score points for hitting into the correct areas. Points can be subtracted for errant serves.

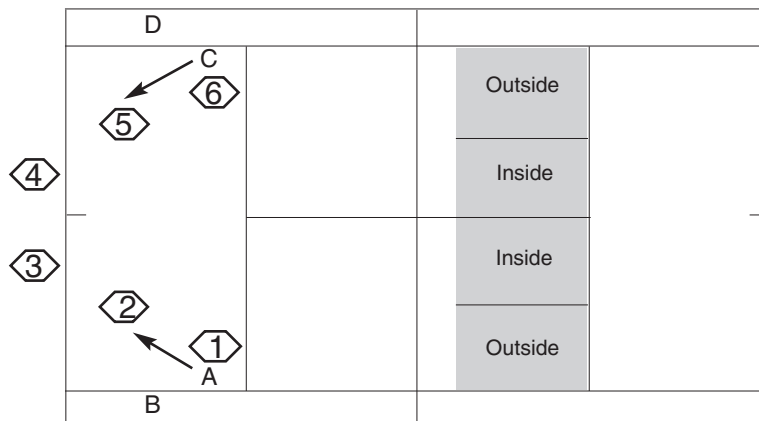


Drill Name Around the World

Purpose To improve confidence and consistency when serving.

Procedure The service courts are divided so there is an outside and inside target area. Six positions are designated in the court (with spot markers, cones, etc.) from which the players will be serving: two just behind the service line, two between the service line and baseline, and two at the baseline.

Instructor Emphasis Consistency and placement.



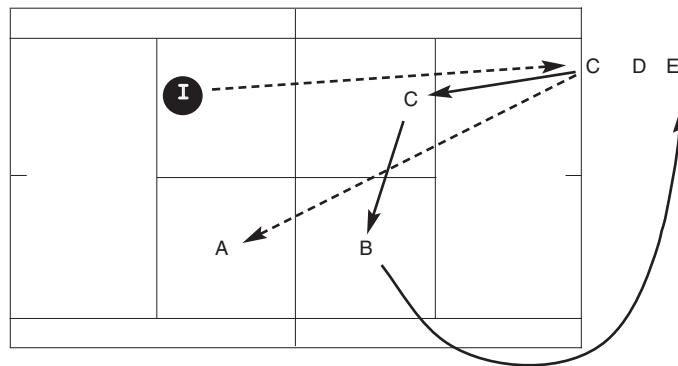
Doubles Drills

Drill Name Eyes Wide Open

Purpose To improve reactions and defensive volleying.

Procedure Instructor is positioned on the ad side service line. One player is on the deuce side as his teammate. The other players are lined up behind the baseline and one player is in the ad side service box. Instructor feeds a short ball to the first baseline player who hits cross court and approaches the net. A point is played out with this ball, players concentrating their shots to the instructor's partner. When a mistake is made, the instructor immediately feeds another ball into play to start a new point. S/he does this for three consecutive points. After final ball, players rotate. A match can be played to a predetermined number of points before the instructor's partner is rotated to the other side.

Instructor Emphasis Keeping the net player alert with racquet in front to react quickly.



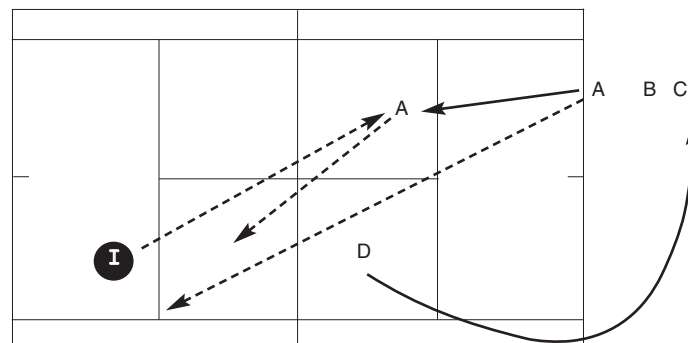
Drill Name Gotta Make It!

Purpose To improve the first volley of the server in doubles.

Procedure One player is positioned as the server's partner at the net. The other players are in a line behind the baseline preparing to serve. The instructor is positioned as the receiver. The first player in line serves (could be a fake serve as a first progression) and approached the net. The instructor times a feed for the server to make a first volley cross court. The server continues to close toward the net. The instructor makes another feed to either player and a point is completed.

Instructor Emphasis The importance of developing a solid cross court volley for doubles.

Variation Complete the same drill on the ad side.



PTR PLAY ACTION DRILLS

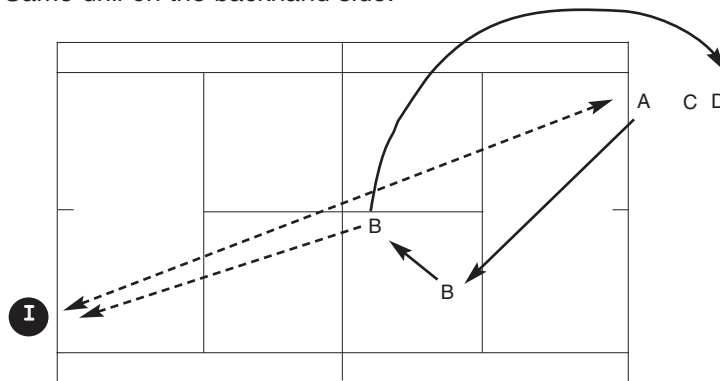
Drill Name Poach Drill

Purpose To develop the confidence and skills necessary to intercept an opponent's shot while at the net.

Procedure The instructor is at the baseline and begins a rally cross court with Player A at the opposing baseline. Player B is positioned at the net and moves to intercept the instructor's second shot. Player B moves to the end of the line and Player A becomes the net player. To begin this drill, players should be cooperative, playing all shots back to the instructor. As they become more comfortable and improve, they can direct their poaches at another player positioned as the instructor's partner.

Instructor Emphasis Timing of the player's movement to poach.

Variation Same drill on the backhand side.



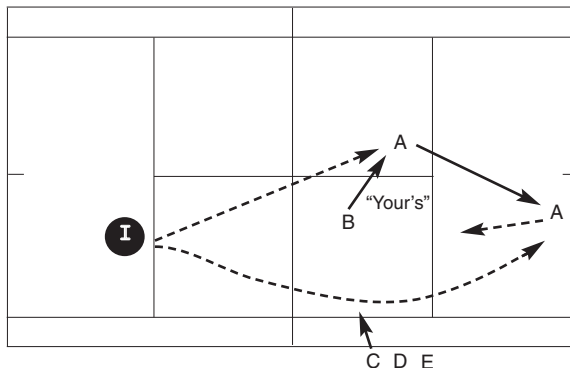
Drill Name Lob Over the Head

Purpose To improve positioning when a lob goes over partner's head.

Procedure One player is positioned just in front of the deuce side service line (hot seat). Another player is at the net on the ad side. The instructor is near the service line directly across from this player. Others wait in line just off the court. Instructor volleys to the player cross court from him. After one or two volleys, the instructor lobs a ball over the net player in front of him. Players must call "yours" and switch. The net player will now move to the hot seat while his partner retrieves the lob. After retrieving the lob, the next player rotates to the net position.

Instructor Emphasis Recovering correct position when defending against the lob in doubles.

Variation Players could make a fake or real serve before approaching the net.



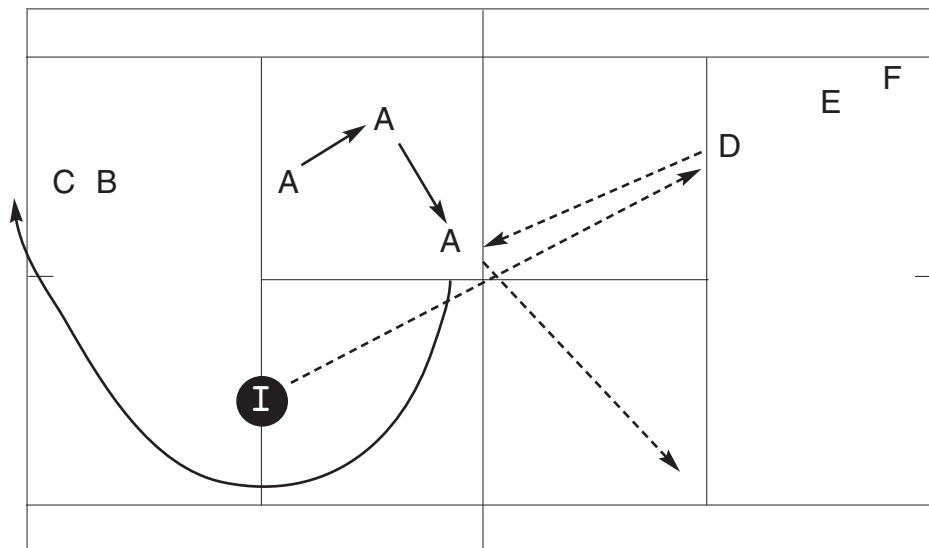
Drill Name Slip 'n Slide

Purpose To improve the half volley and the positioning needed to execute a successful poach.

Procedure One line of players is on the instructor's side near the "T" (hot seat). Another line of players is on the other side of the court on the deuce side. The instructor feeds the first player in line a half volley that they attempt to hit back to the instructor. As the instructor feeds, Player A follows the ball in and then anticipates the cross court half volley, moving at an angle toward the net to poach the return. After the poach, the player moves around the instructor and returns to the line.

Instructor Emphasis The need for the net player to follow the ball and move toward the half volley return.

Variation Half volley line can back up to the baseline and shadow a serve as if they were serving and volleying.



Specialty Shot Drills

Drill Name Overheads Galore!

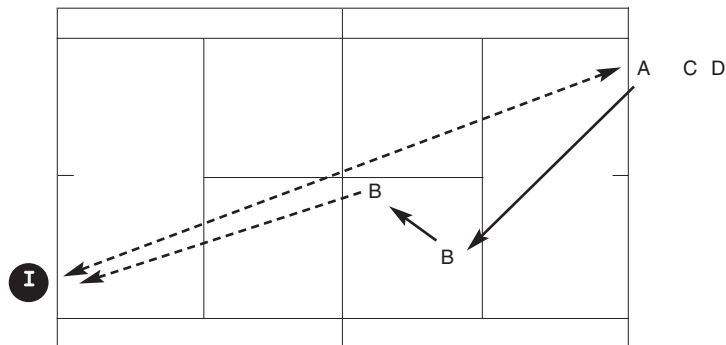
Purpose To improve movement and positioning for overheads.

Procedure Players are in one line at the service line on the singles sideline. Instructor waits for the first player to place their racquet on the net, then feeds a lob; that player must back pedal to and play an overhead. The next player in line immediately follows. Targets can be used to help players direct their overheads.

Instructor Emphasis Early racquet preparation and quick footwork.

Variation

1. Instructor may provide a finishing high volley after the overhead to reinforce closing to the net.
2. Perform same drill with players beginning on the deuce side.

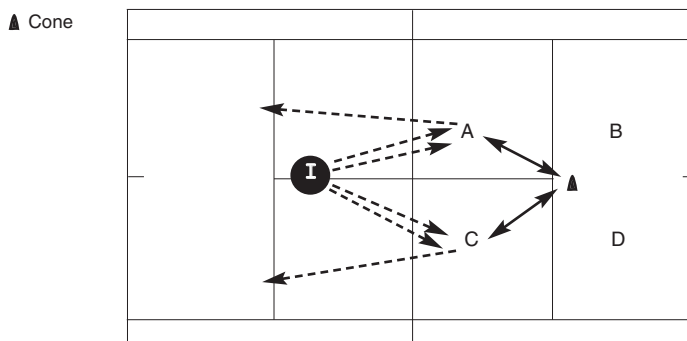


Drill Name Half Volley Drill

Purpose To improve footwork and half volley skill.

Procedure A cone or other object is placed just behind the “T”. Players are positioned in each service box. Instructor alternates feeding half volleys to each player, who must always touch one cone between shots. Players should play four to five shots before switching with the player behind.

Instructor Emphasis Quick footwork and remaining low to play and control the half volley.



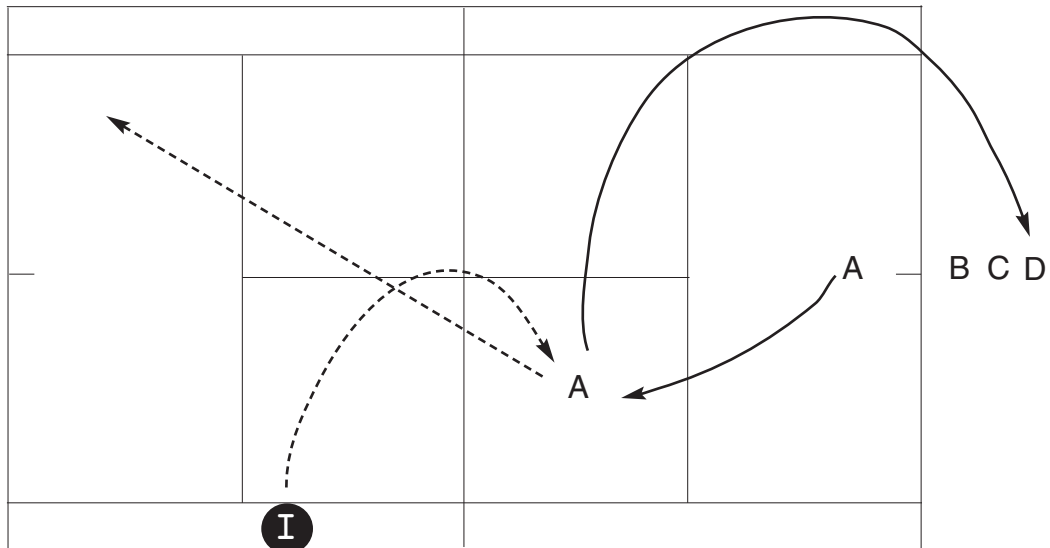
Drill Name One Foot Putt

Purpose To improve confidence and skill at handling easy balls.

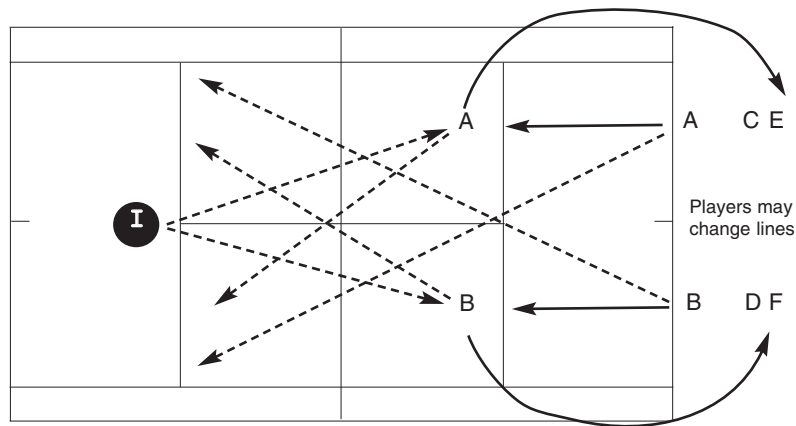
Procedure Players are in a line that begins just in front of the center mark. The instructor is on the opposite side and near the side line. Instructor feeds a very short high ball that the player must move to quickly and play an inside-out forehand winner. Players must allow the fed ball to bounce.

Instructor Emphasis Quick positioning to be able to take the ball early before it drops below net level.

Variation Another player may be a “defender” and attempt to return the ball, playing out a point. Score can be kept with each player receiving a turn.

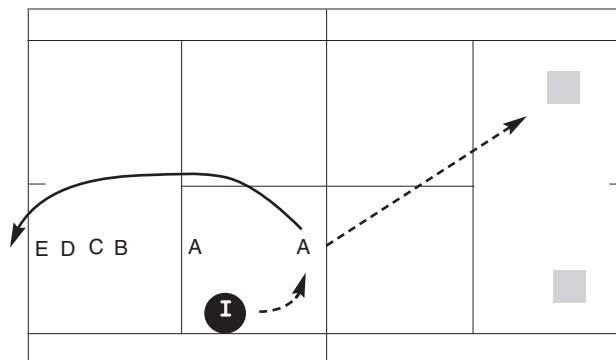


- Drill Name** Serve & Volley
- Purpose** To improve basic serve and volley technique.
- Procedure** Two lines of players are at the baseline. The two players at the front of the lines serve simultaneously (instructor ignores these serves). They move toward the net making a split step as the instructor is feeding the ball. The instructor is positioned half way between the baseline and the service line. S/he must time the delivery of a ball to each player to simulate a first volley.
- Instructor Emphasis** Encouraging the players to make the split step and then move forward toward the first volley.
- Variation**
1. Add a second close-in volley.
 2. Add an overhead as a third shot
 3. Have players shadow some shots until they have mastered the movement.

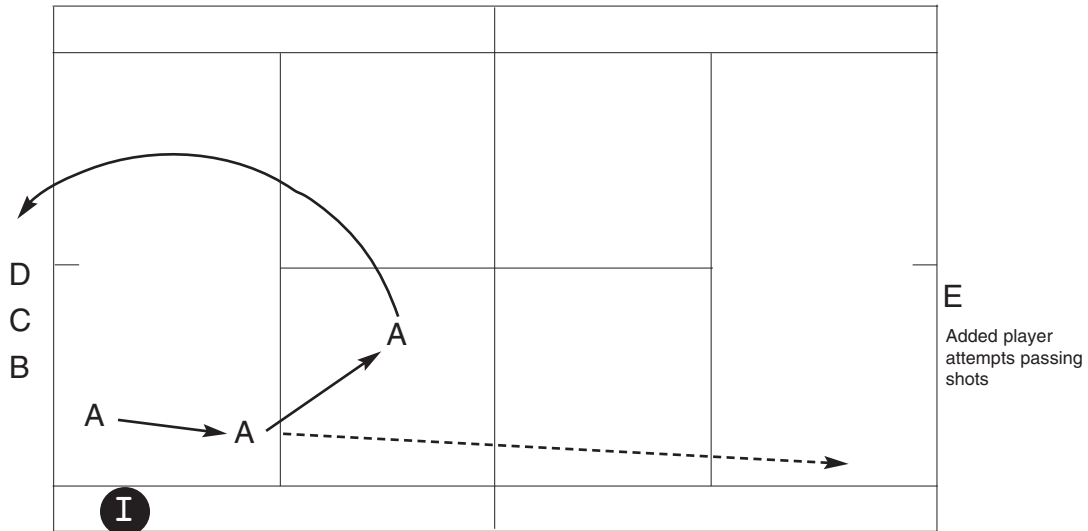


Hand Fed Drills

- Drill Name** See Ya!
- Purpose** To improve confidence on putting away high balls at the net.
- Procedure** Players are in one line behind the deuce side service line. The instructor is a few feet ahead of the line and hands feeds high balls that allow each player to move in and attempt an aggressive finishing shot. Players quickly follow one another.
- Instructor Emphasis** Quick movement and positioning to increase the chances of making a winner off a weak shot.



- Drill Name** Handy Approach
- Purpose** To improve consistency on approach shots.
- Procedure** Players are in one line that begins at the baseline. The instructor is six feet in front of the baseline. Instructor hand feeds a ball toward the net and the player moves forward and hits an approach shot. The player continues forward and makes a split step followed by a fake volley.
- Instructor Emphasis** Quick steps to play the approach shot emphasizing depth and control.
- Variation** Same drill on the backhand side.



- Drill Name** Handy Approach & Pass
- Purpose** To improve the ability to hit passing shots under pressure.
- Procedure** A defending player is alone and positioned behind the center mark. The other players are in one line that begins at the baseline. The instructor hand feeds a ball toward the net and the player moves forward and hits an approach shot. The defending player must attempt to hit passing shots cross court. The point may be played out.
- Instructor Emphasis** Keeping approach shots deep and passing shots low.

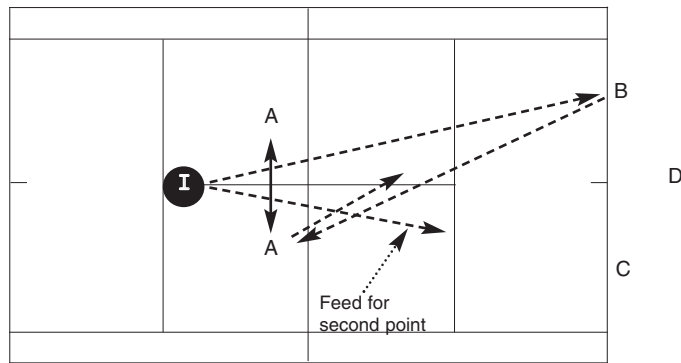
More Drills

Drill Name Death by Volley

Purpose To improve volleys and movement at the net.

Procedure One player is positioned at the net. The instructor is at the service line behind this player. The other players (3 or more) are at the baseline and rotate positions after playing a point. Instructor feeds a ball to a baseline player on the deuce side, who must play out the point cross court against the net player. At the immediate conclusion of this point, the instructor feeds a ball to the other baseline player waiting on the ad side of the court. The net player must hurry (shuffle) to the ad side to play out this point. New points are always played to the alternate side. Lobs are not permitted. After some practice points, a game can be played to a predetermined number of points (or until the net player become fatigued).

Instructor Emphasis Keeping the ball low to the net player and improving volley skills.

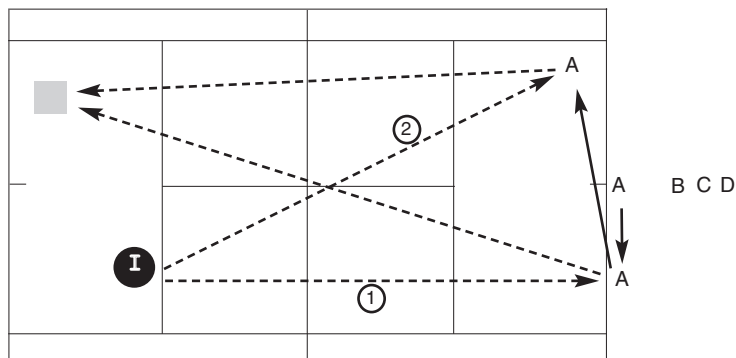


Drill Name Graf - Sampras Drill

Purpose To improve aggressiveness on the forehand side.

Procedure Instructor is positioned behind the deuce side service line. Players are lined up behind the center mark. Instructor feeds the first ball to the player's backhand side, but s/he must run around and hit an inside-out forehand. The second ball is fed wide to the forehand side and the player hits a running forehand down the line. This drill can be fed using double rhythm feeding.

Instructor Emphasis Movement and balance when playing shots on the move.

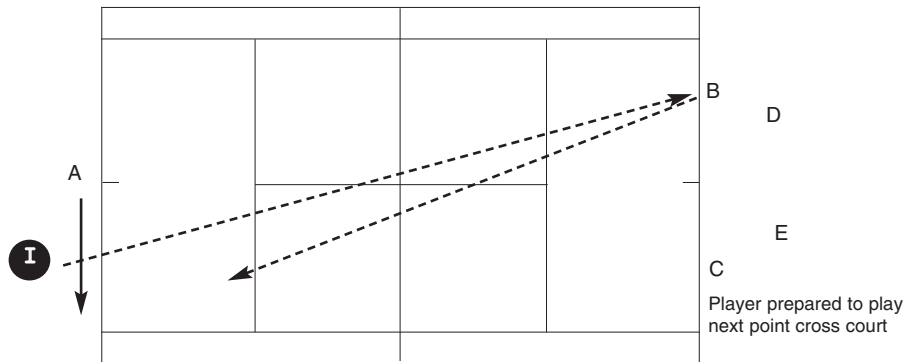


Drill Name The Marathon

Purpose To improve footwork and fitness in a competitive situation.

Procedure One player is on the baseline with the instructor behind to begin the point. The other players are on the opposite baseline. The instructor feeds the ball first to the deuce court and the two players play out the point. At the immediate conclusion of this point, the instructor feeds a ball to the ad side player. The player on the instructor's side must hurry to the other side of the court to play out this point cross court as well. After some practice points, a game can be played to a predetermined number of points (or until the lone baseline player becomes fatigued).

Instructor Emphasis Keeping the baseline player energized and moving to compete on each point.



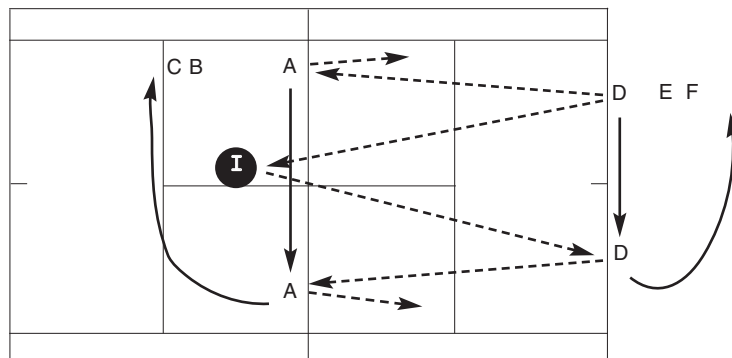
Drill Name Round & Round

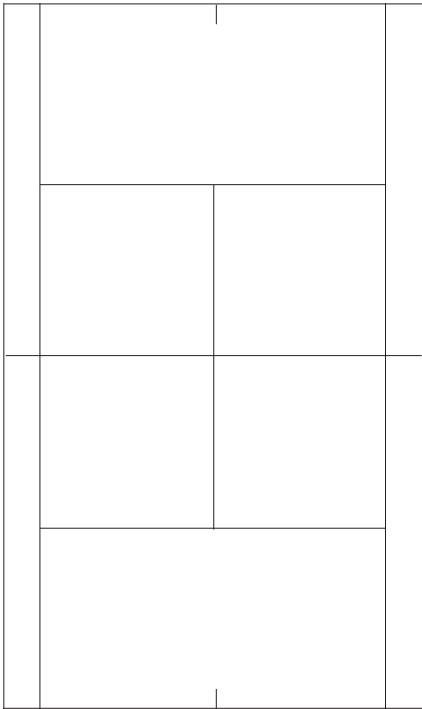
Purpose To improve volleys and footwork at the net.

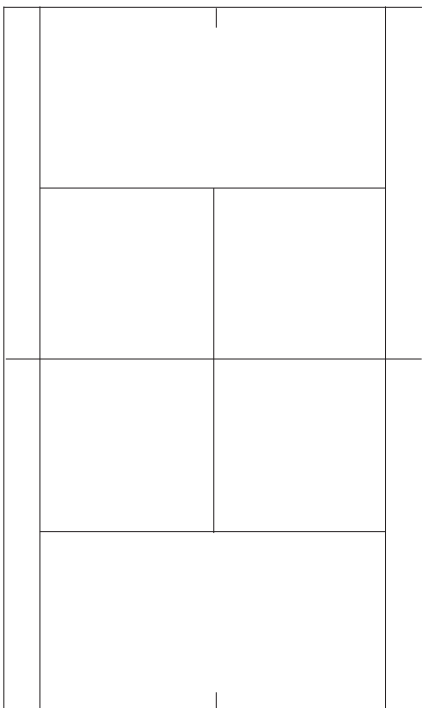
Procedure One line of players is positioned near the singles sideline and close to the net. Another line is directly across from this line on the opposing baseline. Instructor is halfway between the net and the service line in the middle of the court. Instructor feeds the first ball to the baseline player who hits a groundstroke back to the net player. Instructor then feeds the second ball to the ad side of the court and the baseline player moves to hit this ball down the line. The net player has now crossed in front of the instructor to intercept this volley. All volleys are down the line with baseline players ignoring them.

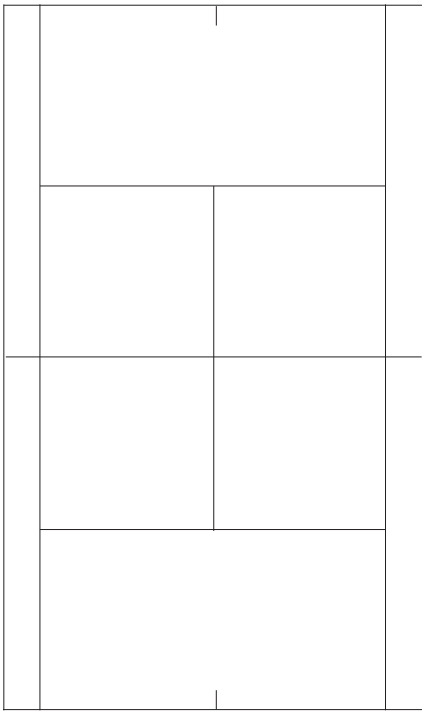
Instructor Emphasis Volley preparation and footwork.

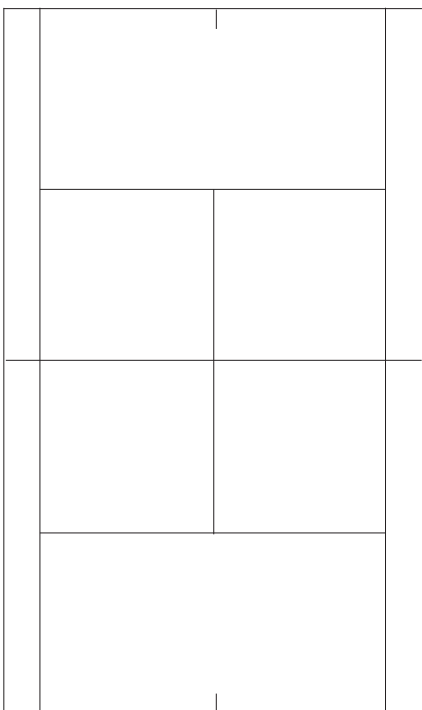
Variation Same drill on the backhand side.











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Ball Feeding Technique

Over time and with experience, instructors should gain the ability to feed a wide variety of shots. Most important however, is the ability to feed to the skill level of the players involved. There are three essential ingredients to a well fed ball.

Speed (Pace) The speed the instructor gives the fed ball.

Rhythm The time (delay) between feeds. This is particularly important in simulating a series of shots.

Placement The accuracy of the feed.

Of course, each of these characteristics can be influenced by the others. The trajectory and spin will also greatly affect ball delivery. The instructor is attempting to present the ball in a consistent fashion so the player may repeat the same skill several times. If the skill level of the participants varies greatly, the instructor may even need to perform different feeds to different players who are participating in the same drill.

Feeding from the Net

The preferred grip for feeding from the net is the continental grip. The ball is struck using an abbreviated volley motion (utilizing the forearm and shoulder). Keeping the motion compact and close to the body will allow the instructor to feed several balls in a rapid succession that is often necessary for many drills.

Feeding from the Baseline

The continental or eastern forehand grip is recommended when feeding from behind the baseline. This feed will require a larger stroke than the feed from behind the net because the ball must travel a greater distance to reach the student.

Feeding with or without a Bounce

When working with beginning players, it is often more beneficial for the instructor to feed the ball off the bounce. This allows the student more time to recognize and prepare for the coming ball. As the skill level of the student improves, this extra time will not be necessary and feeding the ball directly from the hand will help create rhythm.

Feeding Munchkins

Working with juniors age 9 and under requires the instructor to feed the ball at very slow and nonthreatening speeds. Often you will need to feed the ball with great accuracy to a motionless racquet held by the student. This feeding skill is important for instructors to develop because it allows young beginners to experience some degree of initial success.

Service Returns

For players to practice service returns, the instructor may stand at the service line and use an abbreviated serve grip (at 3/4 grip) starting with the racquet on the shoulder. This provides for greater accuracy as well as spin variety, yet is not fatiguing on the instructor's arm.

Drill Presentation

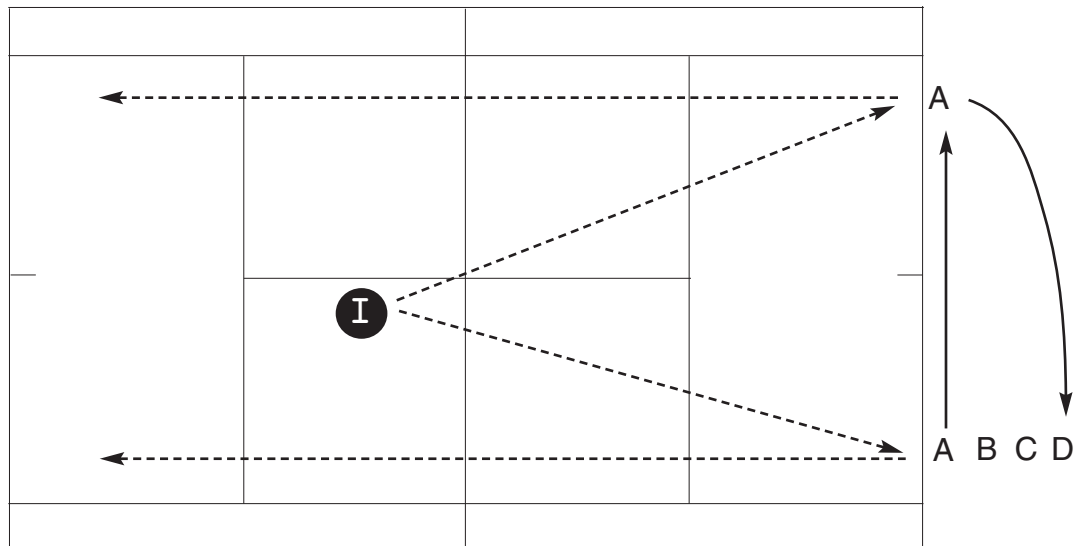
Before beginning any drill, the instructor should make a short presentation to the students explaining its purpose. The students have one specific skill on which to focus.

Often the logistics of the drill can best be explained by positioning the students for the start of the drill and doing a couple of slow “dry runs”. This gives the instructor the opportunity to coach the students through the initial stages of the drill and make sure everyone is familiar with the important skill and movement involved. As the drill progresses, it is easy for the instructor to increase to a rhythm that makes the drill more realistic and keeps all the students moving and active.

Make the introduction of the new drill (and skill) brief, clear and informative. Move right away to executing the drill on the court. At the conclusion of the drill, possibly during ball pick up, give each student a brief comment before moving to the next activity.

Double Rhythm Drills

- Drill Name** Forehand - Forehand
(double rhythm feeding)
- Purpose** To improve consistency and placement of forehand groundstrokes.
- Procedure** Players begin in the ad side corner of the court and play two forehands moving across the court. Targets can be used to vary the direction of each shot. Diagram shows down the line.
- Instructor Emphasis** Early preparation and footwork.
- Variation** The type of spin and depth of the feed can be altered.



- Drill Name** Backhand - Forehand
(double rhythm feeding)
- Purpose** To improve consistency and placement of forehand groundstrokes.
- Procedure** Players begin in the ad side corner of the court and play a backhand drive as they move across the court. Targets can be used to vary the direction of each shot.
- Instructor Emphasis** Early preparation and footwork.
- Variation** The type of spin and depth of the feed can be altered.

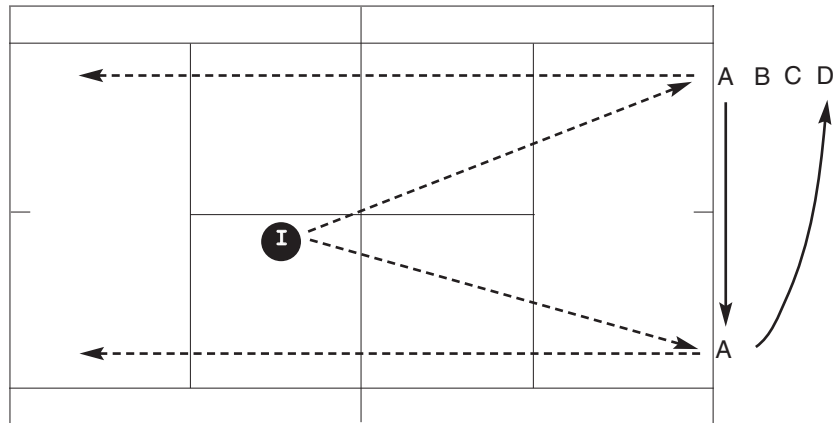
Drill Name Forehand - Backhand
(double rhythm feeding)

Purpose To improve consistency and placement of forehand and backhand groundstrokes.

Procedure Players begin in the deuce side corner of the court and play a forehand followed by a backhand as they move across the court. Targets can be used to vary the direction of each shot. Diagram shows down the line.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



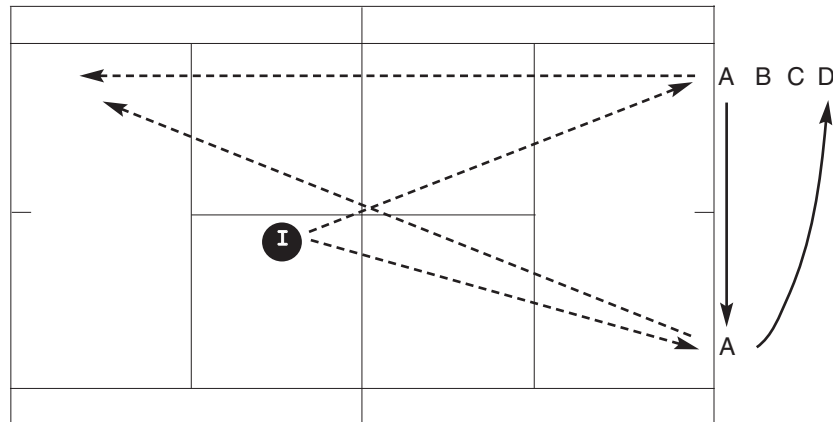
Drill Name Forehand - Inside-out Forehand
(double rhythm feeding)

Purpose To improve consistency and placement of forehand groundstrokes.

Procedure Players begin in the deuce side corner of the court and play a forehand followed by an inside-out forehand as they move across the court. Targets can be used to vary the placement (including short and deep) of each shot. Diagram shows directing to an opponent's backhand.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



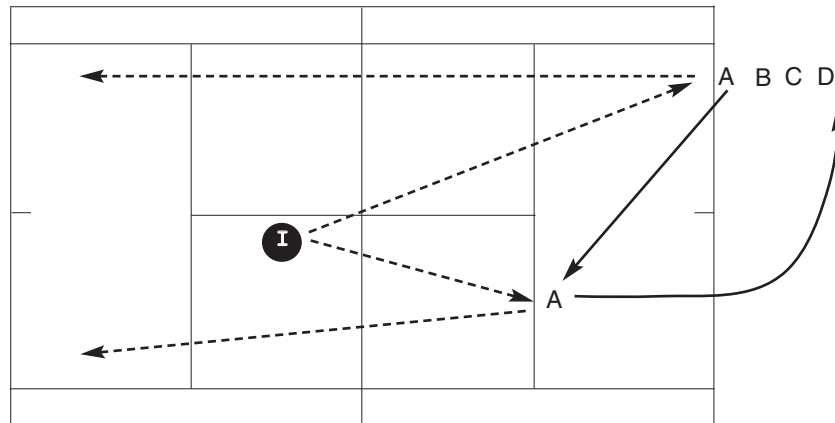
Drill Name Forehand - Backhand Approach
(double rhythm feeding)

Purpose To improve consistency on approach shots and groundstrokes.

Procedure Players begin in the deuce side corner of the court and play a forehand drive followed by a backhand as they move across the court. Targets can be used to emphasize placement.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



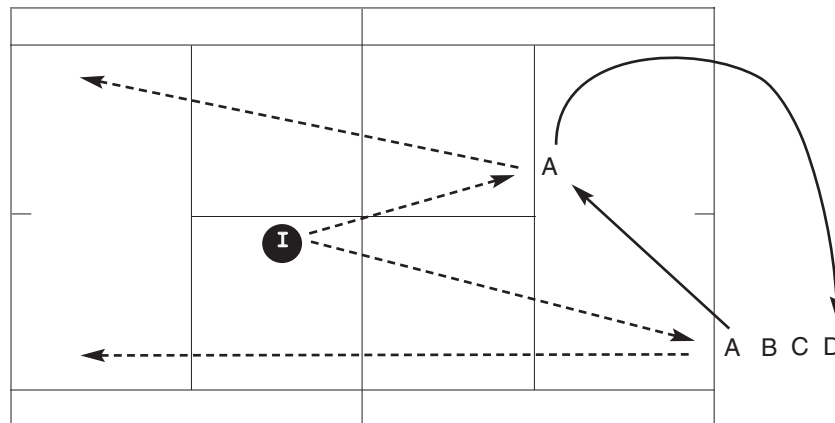
Drill Name Backhand - Forehand Approach
(double rhythm feeding)

Purpose To improve consistency on approach shots and groundstrokes.

Procedure Players begin in the ad side corner of the court and play a backhand (or forehand) drive followed by a forehand approach as they move across the court. Targets can be used to emphasize placement.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



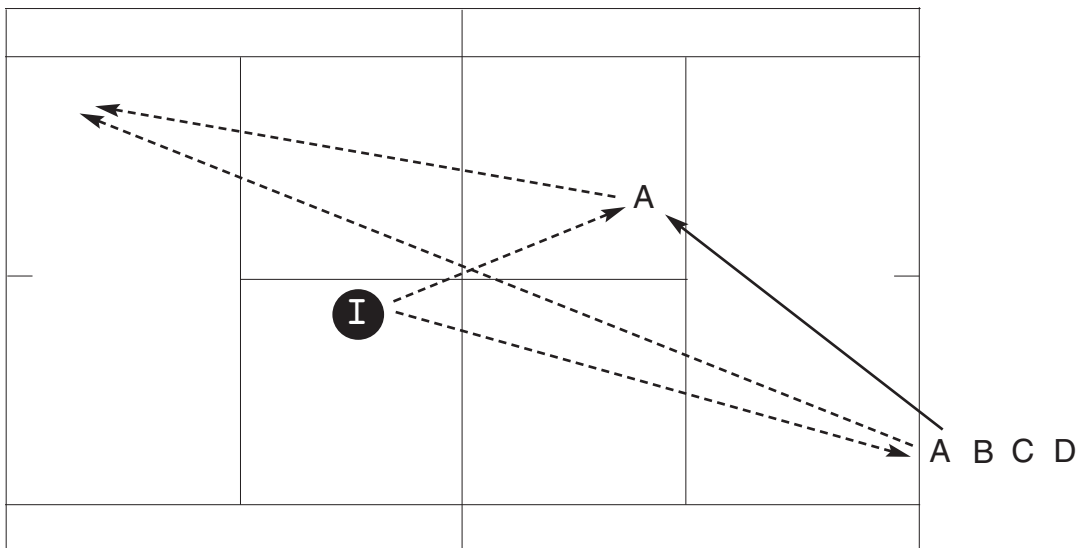
Drill Name Inside-out Forehand - Forehand Approach
(double rhythm feeding)

Purpose To improve consistency on approach shots and groundstrokes.

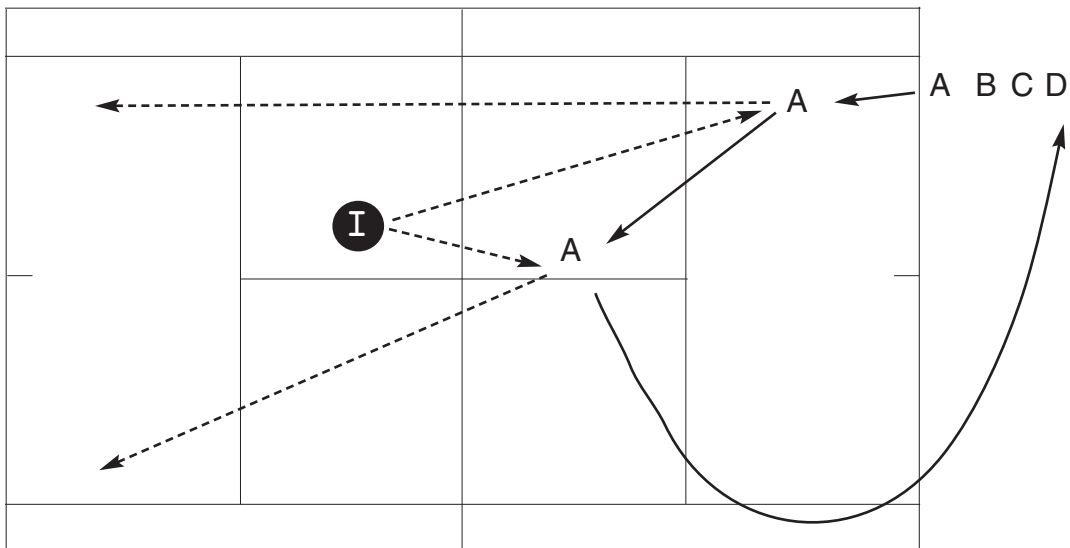
Procedure Players begin in the ad side corner of the court (or behind the center mark) and play an inside-out forehand drive followed by a forehand approach as they move across the court. Targets can be used to emphasize ball placement.

Instructor Emphasis Early preparation and footwork.

Variation The type of spin and depth of the feed can be altered.



- Drill Name** Forehand Approach - Backhand Volley
(double rhythm feeding)
- Purpose** To improve consistency on approach shots and volleys.
- Procedure** Players begin in the deuce side corner of the court (or behind the center mark) and play an forehand approach followed by a backhand volley as they move across the court. Targets can be used to emphasize ball placement.
- Instructor Emphasis** Early preparation and footwork.
- Variation** The type of spin, depth and height of the feed can be altered.



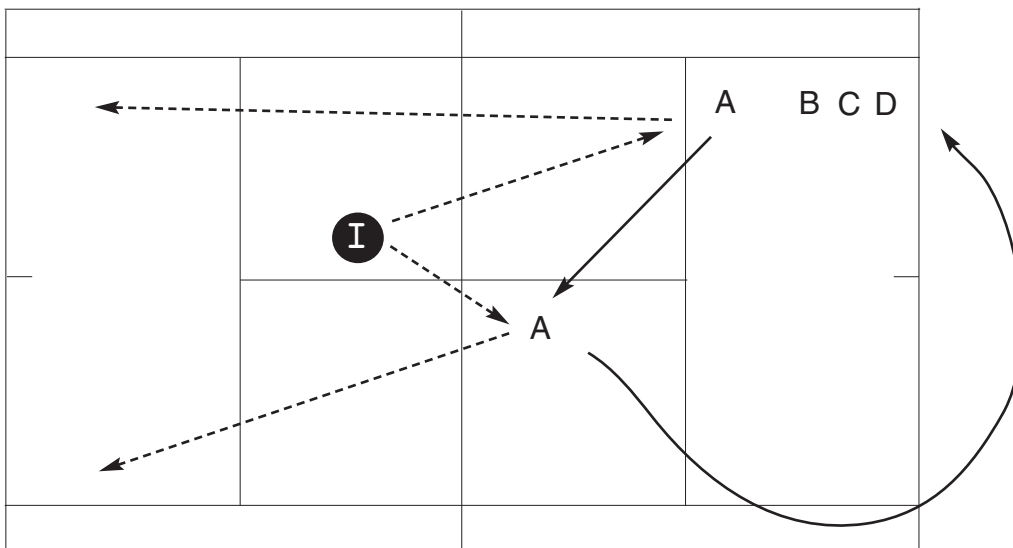
- Drill Name** Backhand Approach - Forehand Volley
(double rhythm feeding)
- Purpose** To improve consistency on approach shots and volleys.
- Procedure** Players begin in the ad side corner of the court (or behind the center mark) and play an backhand approach followed by a forehand volley as they move across the court. Targets can be used to emphasize ball placement.
- Instructor Emphasis** Early preparation and footwork.
- Variation** The type of spin, depth and height of the feed can be altered.

Drill Name Forehand Volley - Close-in Volley
(double rhythm feeding)

Purpose To improve consistency and placement of volleys.

Procedure Players begin in the deuce side service line and play an forehand volley followed by a backhand close-in volley as they move across the court toward the net. Targets can be used to vary the direction of each shot.

Instructor Emphasis Early racquet preparation and movement to the volley.



Drill Name Backhand Volley - Close-in Volley
(double rhythm feeding)

Purpose To improve consistency and placement of volleys.

Procedure Players begin in the ad side service line and play an backhand volley followed by a forehand close-in volley as they move across the court toward the net. Targets can be used to vary the direction of each shot.

Instructor Emphasis Early racquet preparation and movement to the volley.