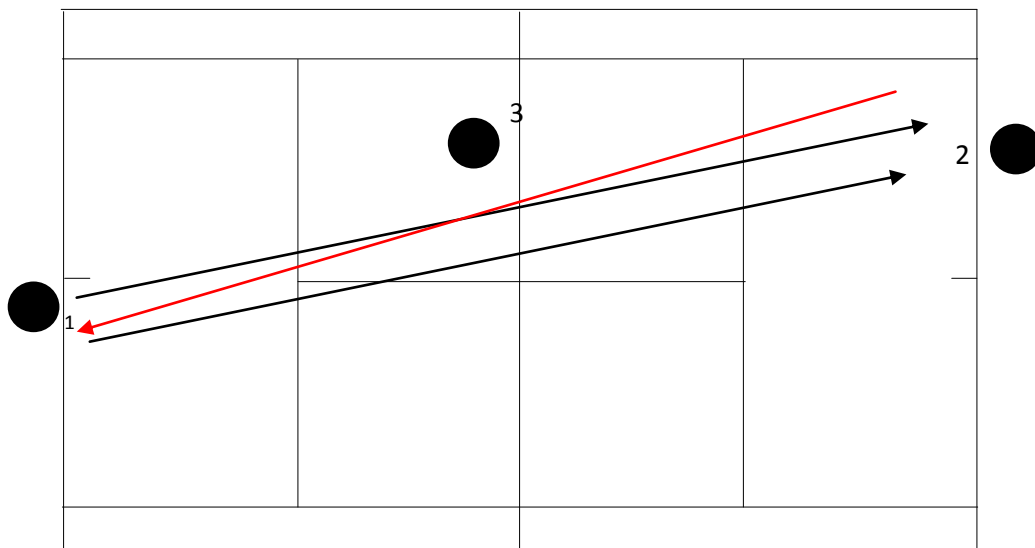


Drill of the Week – 3 Way Doubles Movement Drill

Aim – To have players understand movement as doubles players

Player 1 tells their partner where they are going to serve and then delivers second serve which player 2 returns crosscourt. Player 3 moves accordingly to cover the net position. The ball must be rallied 3 more times crosscourt then played out in the half player 2 is returning from.

Player one then serves from the ad side and continues this scenario for 10 points before rotating with other players.



Example...

Player 1 serves out wide, player 3 moves forwards on contact of serve and to the left. Player 2 returns crosscourt. The rally continues for a further 3 shots before being played out. Player 3 looks to intercept at first opportunity.