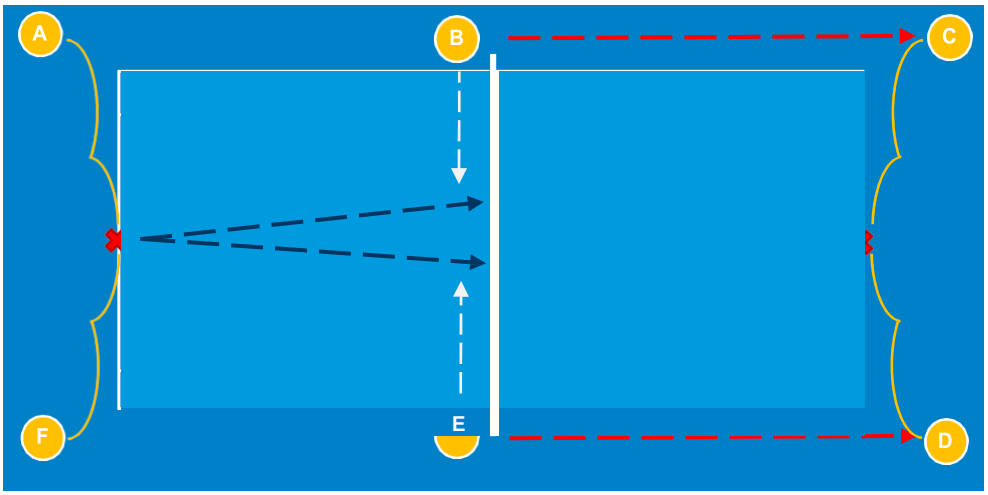
TRAINING DRILLS

Change of Serve

Core target area(s); Court Movement, Rolling and Servicing
Equipment needed; Tennis Balls



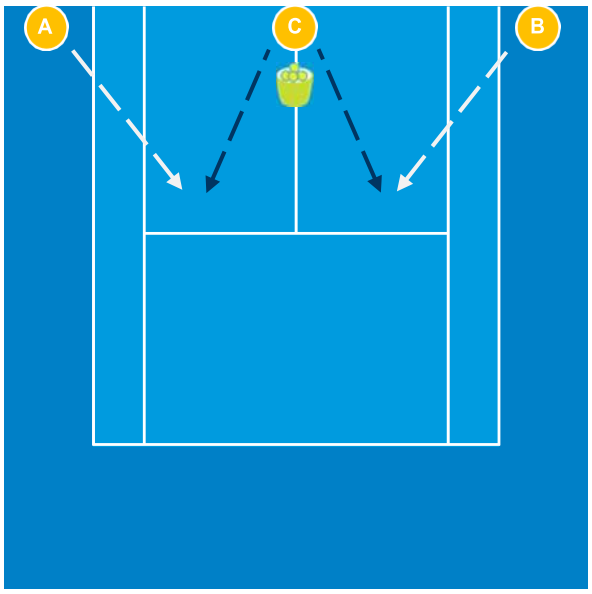
Activity Breakdown

- Ballkids spread out on the court as per the diagram above; 2 ballkids will pretend to be players
- Ballkid A services one ball to the player; Ballkid F services one ball to the server
- Server throws the ball into the net (1 x left, 1 x right); ballkid B collect the ball on the left, ballkid E collects the ball on the right side
- Ballkids B and E then roll the ball to Ballkids C and D respectively
- Ballkids C and D service one ball to the server at their end
- Server throws the ball into the net (1 x left, 1 x right); ballkid C collect the ball on the left, ballkid E collects the ball on the right side
- Ballkids C and E then roll the ball to Ballkids A and F respectively
- Repeat the activity 5 times and then rotate in pairs to the right of the court (e.g. Ballkid A and F to the next positions occupied by Ballkid B and E).

Number of Ballkids per group; six (6) or eight (8) with two ballkids as players

Collect and Run

Core target area(s); Court Movement
Equipment needed; Bucket and tennis balls



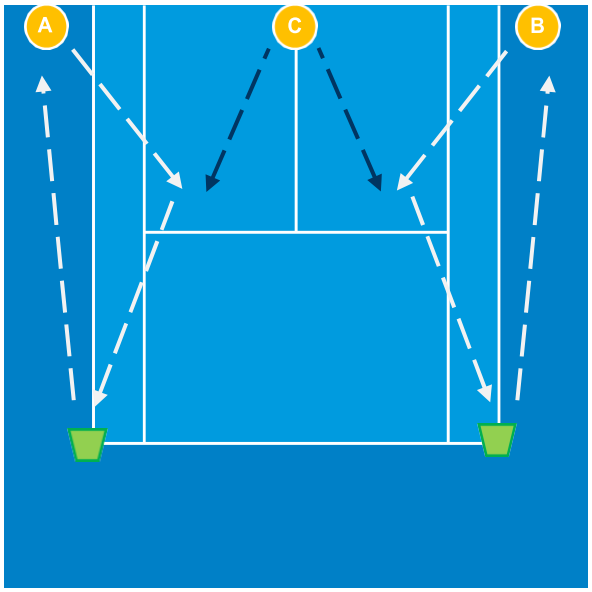
Activity Breakdown

- Ballkids break into groups of three and position themselves at the net as per the diagram; ballkids A and B start in the kneeling position
- Ballkid C throws a ball into the service box closed to ballkid A; ballkid A sprints out, collects the balls and then returns to starting position
- Ballkid B then repeats this process for ballkid B
- Repeat process 10 times and then rotate to the right

Number of Ballkids per group; two (2)

Collect and Run Plus

Core target area(s); Court Movement
Equipment needed; Buckets and tennis balls



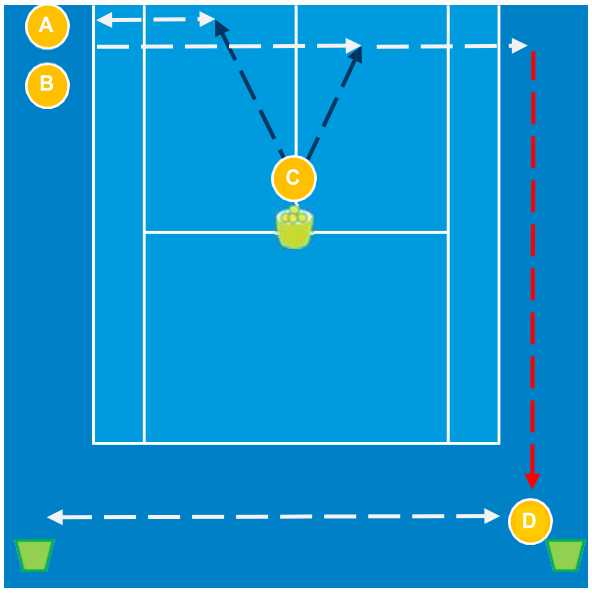
Activity Breakdown

- Ballkids break into groups of three and position themselves at the net as per the diagram; ballkids A and B start in the kneeling position
- Ballkid C throws a ball into the service box closed to ballkid A; ballkid A sprints out, collects the balls and continues through to the baseline
- Ballkid A places the ball in the bucket at the baseline and then sprint back to the starting position
- Ballkid B then repeats this process for ballkid B
- Repeat process 10 times and then rotate to the right

Number of Ballkids per group; two (2)

Retrieve and Roll

Core target area(s); Court Movement and Rolling
Equipment needed; Tennis balls and bucket



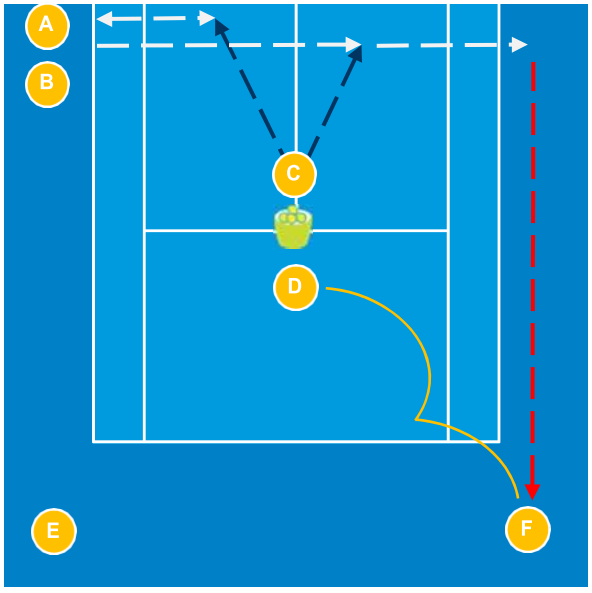
Activity Breakdown

- Ballkid C throws one ball into net; ballkid A runs across the net, collects the balls, turns and returns to starting position
- Ballkid C throws a second ball at the net
- Ballkid A runs across the net, collects the ball and continues to opposite side of the court
- Ballkid A rolls both balls to ballkid D who places the balls in the bucket
- Process is repeated with Ballkid B
- Once ballkids A and B are on the same side of the court again, process is repeated in reverse; ballkid D will run across the baseline to the opposite side of the court
- Once second rotation is complete, ballkids rotate in pairs to the right

Number of Ballkids per group; four (4) per ½ court

Retrieve, Roll and Service

Core target area(s); Court Movement, Rolling and Servicing
Equipment needed; Tennis balls and bucket



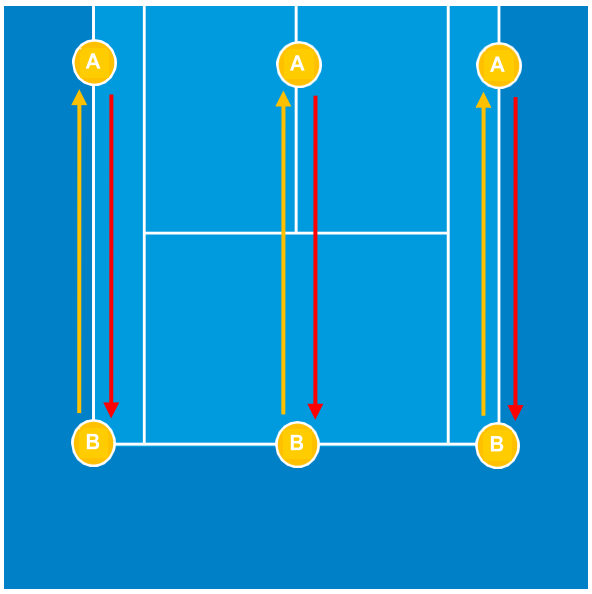
Activity Breakdown

- Ballkid C throws one ball into net; ballkid A runs across the net, collects the balls, turns and returns to starting position
- Ballkid C throws a second ball at the net
- Ballkid A runs across the net, collects the balls and continues to the opposite side of the court
- Ballkid A then rolls both balls down to ballkid F
- Ballkid F services both balls back to ballkid D, who places the balls in the bucket
- Process is repeated with Ballkid B
- When ballkids A and B are on the same side of the court again, repeat the action in the opposite direction
- Once second rotation is complete, ballkids rotate in pairs to the right

Number of Ballkids per group; up to eight (8) per ½ court

Receiving and Servicing

Core target area(s); Rolling and Servicing
Equipment needed; Tennis balls



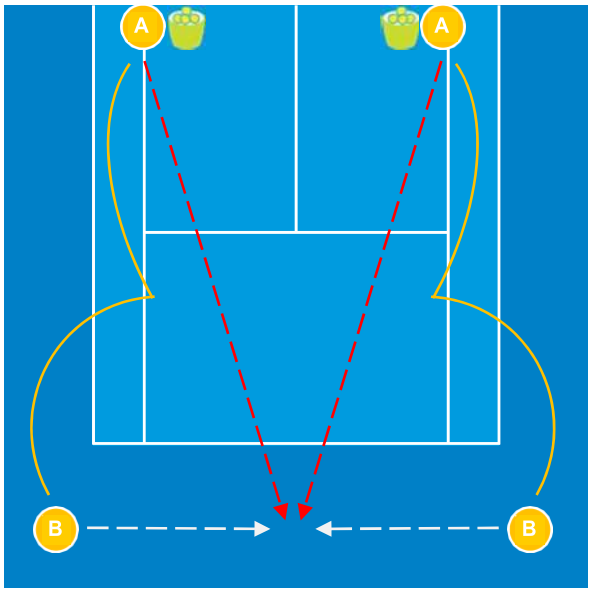
Activity Breakdown

- Ballkids pair up in teams of two
- Ballkid A is positioned at the net, ballkid B behind the baseline
- Ballkid A rolls three balls to ballkid B in quick succession
- Once Ballkid B has all 3 balls, they service the balls back to ballkid A
- Repeat the activity 5 times before switching places

Number of Ballkids per group; up to eight (8) per court

Receiving and Servicing Plus

Core target area(s); Court Movement, Rolling and Servicing
Equipment needed; Bucket and tennis balls



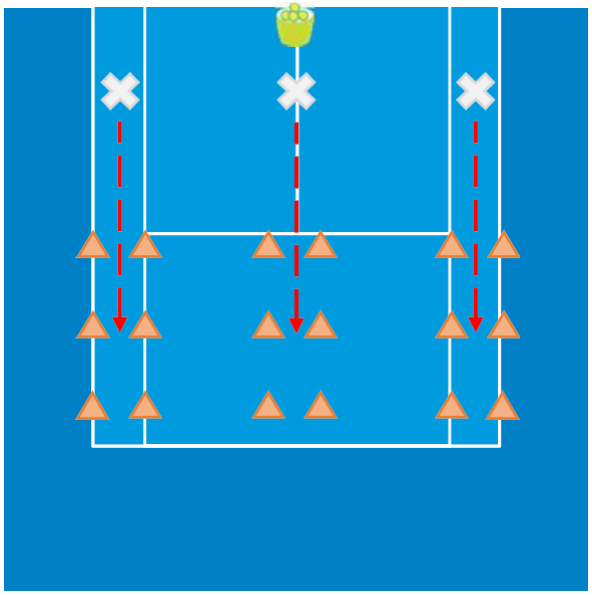
Activity Breakdown

- Ballkids pair up in teams of two
- Ballkid A is positioned on the singles sideline at the net, ballkid B behind the doubles sideline
- Ballkid A rolls a tennis ball towards the centre of the back fence; ballkid B sprints out from the starting position to retrieve the tennis ball
- Once the ball has been retrieved, ballkid B returns to the starting position and services the ball back to ballkid A
- Repeat the activity 5 times before switching places
- Challenge by adding in a hoop; when servicing ball back to the net, ball must bounce in the hoop

Number of Ballkids per group; up to eight (8) per court

Rolling Accuracy

Core target area(s); Rolling (Accuracy)
Equipment needed; Cones / markers and tennis balls



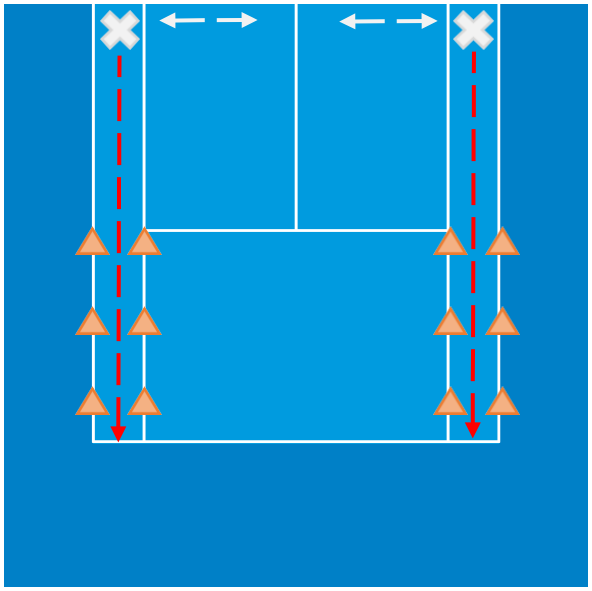
Activity Breakdown

- 6 cones / markers are laid down on area between service line and base line; cones should be used to create a columns
- Ballkid position themselves at the net
- Using correct rolling technique, ballkid rolls 5 balls through the markers
- If the ball makes it through the markers without hitting the side, a score of 1 point is awarded to the ballkid
- Challenge group ballkids in teams for a group exercise
- Challenge increase the difficulty by rolling two balls (multiple rolls)

Number of Ballkids per group; six (6) per court

Rolling Accuracy Plus

Core target area(s); Rolling (Accuracy)
Equipment needed; Cones / markers and tennis balls



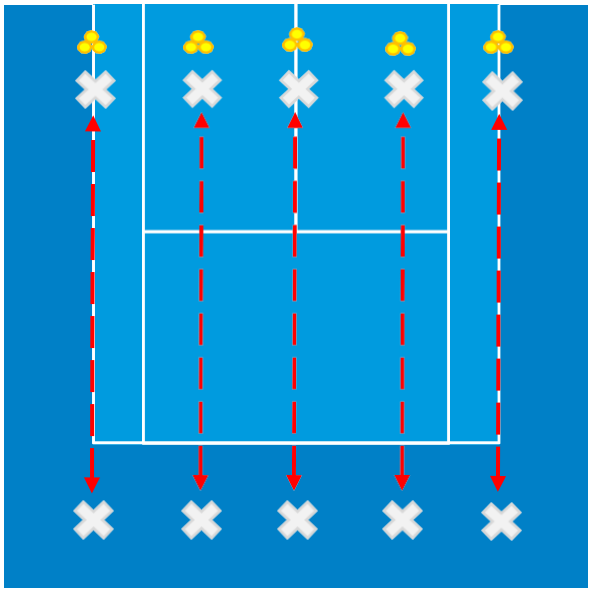
Activity Breakdown

- 6 cones / markers are laid down on area between service line and base line; cones should be used to create a columns
- The bucket of tennis balls is placed at the net, on the centre line
- From the starting point at the net post, the ballkid runs into the centre line, retrieves a tennis ball from the bucket and returns to their starting position
- The ball is then rolled through the markers as per 'Rolling Accuracy – Static'
- If the ball makes it through the markers without hitting the side, a score of 1 point is awarded to the ballkid
- Challenge group ballkids in teams for a group exercise
- Challenge increase the difficulty by rolling two balls (multiple rolls)

Number of Ballkids per group; four (4) / (6) per court

Rolling Speed

Core target area(s); Rolling (Accuracy)
Equipment needed; Tennis balls



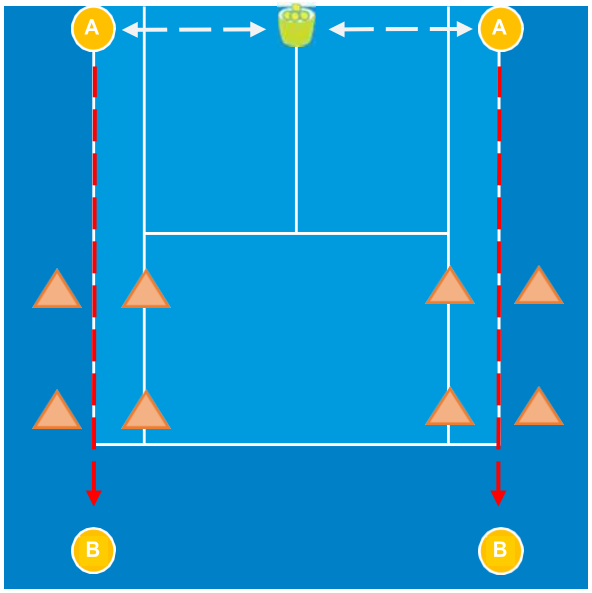
Activity Breakdown

- Ballkids pair up and spread out on court as per the diagram
- Balls are rolled between each pair using the correct rolling technique
- Challenge by recording the number of balls rolled in 30 seconds is recorded; team with the highest number wins

Number of Ballkids per group; any number

Rolling Speed Plus

Core target area(s); Court Movement and Rolling (Speed and Accuracy)
Equipment needed; Cones / markers and tennis balls



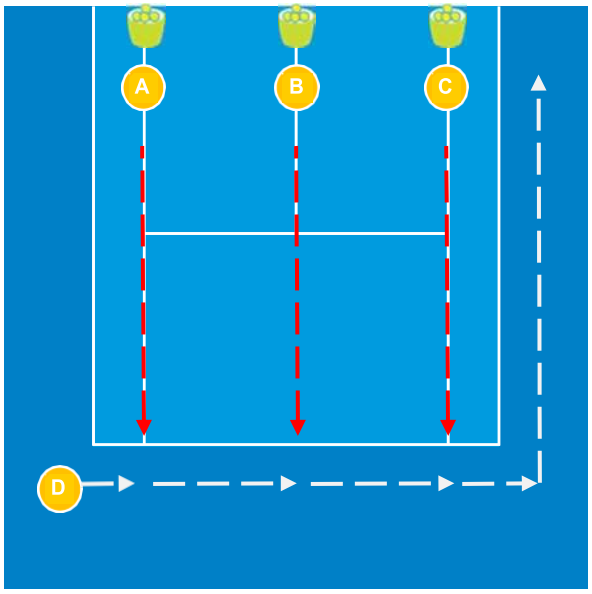
Activity Breakdown

- Ballkids pair up and spread out on court
- Ballkid A runs to the centre line, retrieves a ball from the bucket and returns to doubles side line
- Ballkid A rolls the ball as quickly as they can, through the cones to ballkid B; correct rolling technique must be used
- Score 1 point for every roll that successfully goes through the cones
- Ballkids rotate position every 10 rolls
- Highest score after 5 minutes wins
- Challenge by decreasing width between cones
- The number of balls rolled in 30 seconds is recorded; team with the highest number wins

Number of Ballkids per group; eight (8) ballkids per court

Roll and Go

Core target area(s); Rolling
Equipment needed; Bucket and tennis balls



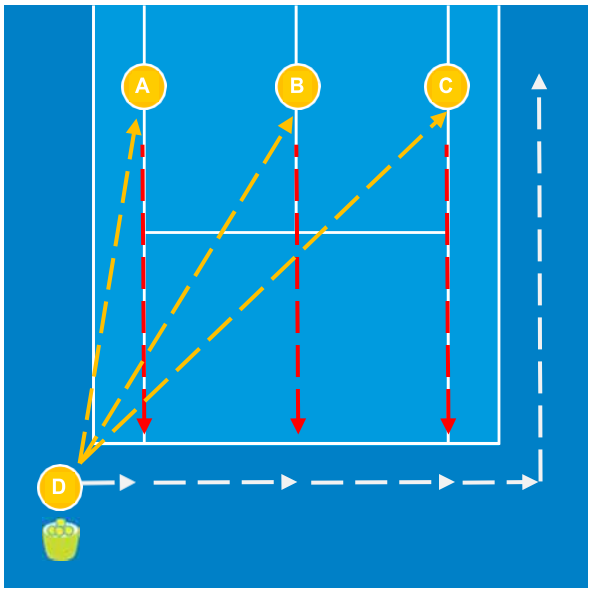
Activity breakdown

- Ballkids assemble on the court; 3 ballkids at the net, one ballkid at the base
- Ballkid A rolls the ball towards the base line; ballkid D moves sideways and collects the ball.
- Ballkid B rolls the ball towards the base line; ballkid D moves sideways and collects the ball.
- Ballkid C rolls the ball towards the base line; ballkid D moves sideways and collects the ball.
- Ballkid D returns balls to the bucket; ballkids rotate to the right
- Once entire sequence is complete, repeat in the opposite direction

Number of Ballkids per group; up to four (4) per ½ court

Roll and Go Plus

Core target area(s); Rolling
Equipment needed; Bucket and tennis balls



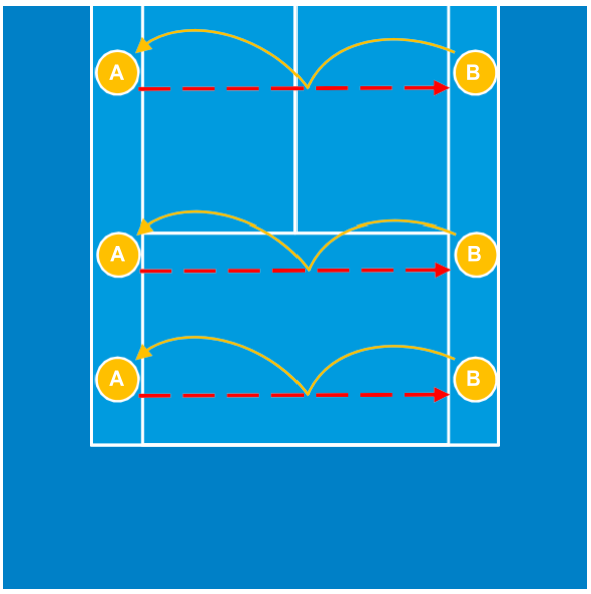
Activity breakdown

- Ballkids assemble on the court; 3 ballkids at the net, one ballkid at the base
- Ballkid D services one ball to ballkid A, B, and C
- Follow the 'Roll and Go' format
- Once complete, ballkid A collects the balls from ballkid D and returns to position
- Ballkids rotate positions to the right
- Once entire sequence is complete for ballkid D, repeat in opposite direction

Number of Ballkids per group; up to four (4) per ½ court

Roll and Service

Core target area(s); Court Movement, Servicing & Team Work
Equipment needed; Tennis balls



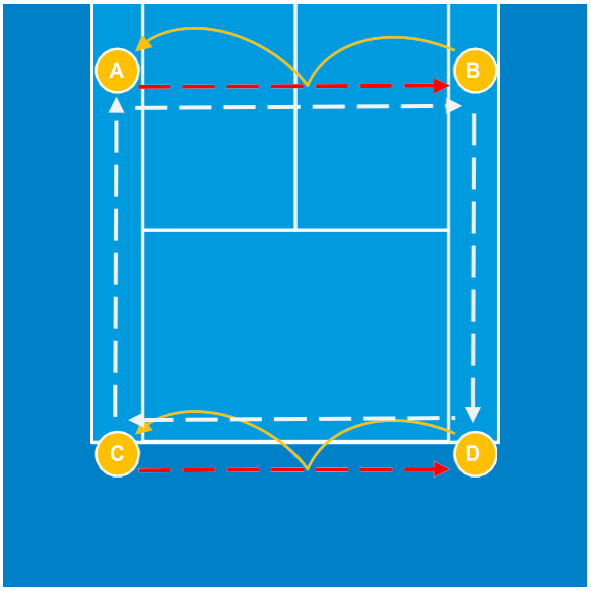
Activity Breakdown

- Ballkids break into pairs and position themselves between the singles and doubles lines
- Ballkid A rolls a ball to ballkid B
- Ballkid B services the ball back to ballkid A
- Repeat action 5 times then switch

Number of Ballkids per group; up to 6 per ½ court

Roll and Service Plus

Core target area(s); Court Movement, Servicing & Team Work
Equipment needed; Tennis balls



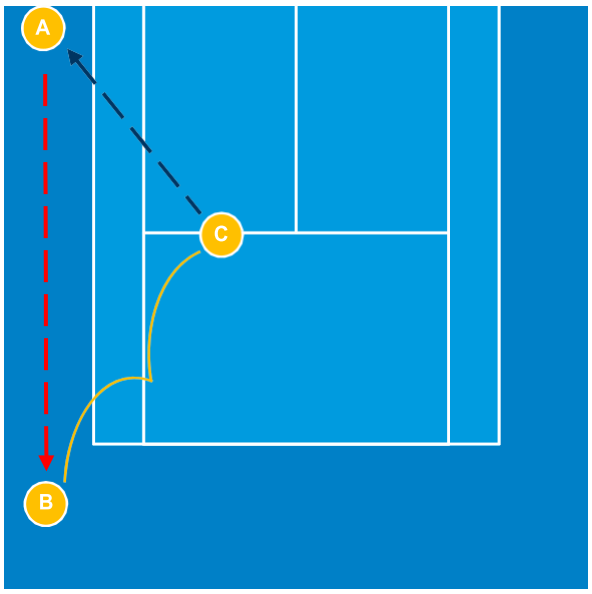
Activity Breakdown

- Ballkids break into pairs and position themselves between the singles and doubles lines
- Ballkid(s) A and C roll a ball to ballkid(s) B and D respectively
- Ballkid(s) B and D service the ball back to ballkid(s) A and C
- Repeat action 5 times then rotate positions in a clockwise direction

Number of Ballkids per group; four (4) per ½ court

Roll, Service and Throw

Core target area(s); Court Movement, Servicing & Team Work
Equipment needed; Tennis balls



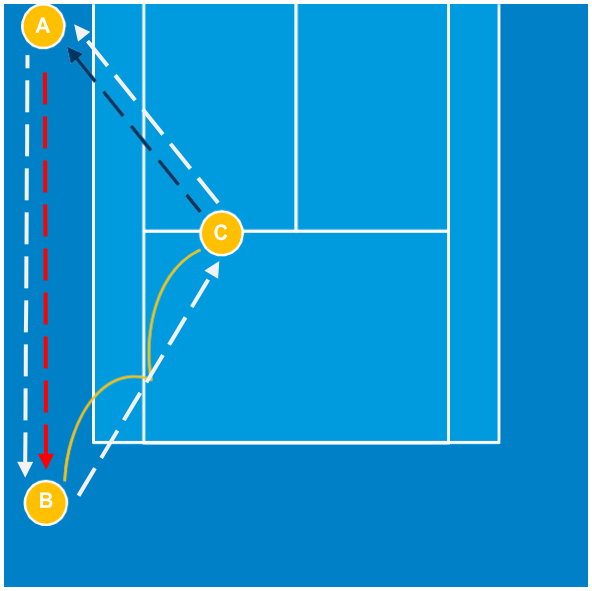
Activity Breakdown

- Ballkids break into teams of 3
- Ballkid A rolls two balls from their position at the net to ballkid B
- Ballkid B services two balls from the baseline to ballkid C
- Ballkid C then throws two balls back to ballkid A
- Repeat action 5 times then rotate to the left

Number of Ballkids per group; up to 6 per ½ court

Roll, Service and Throw Plus

Core target area(s); Court Movement, Servicing & Team Work
Equipment needed; Tennis balls



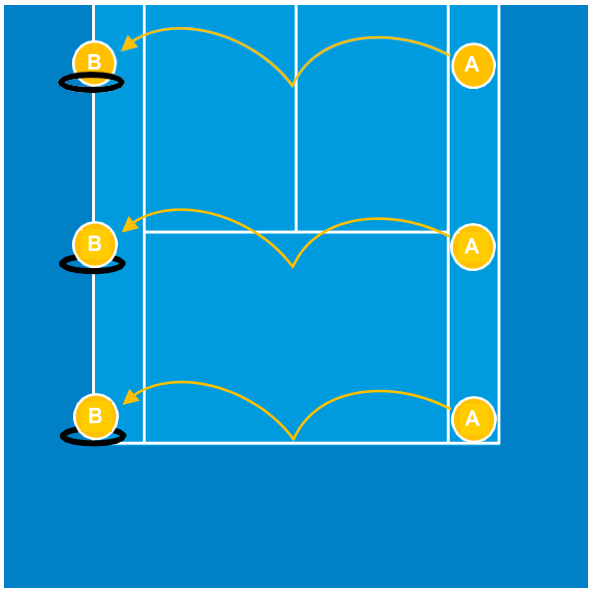
Activity Breakdown

- Ballkids break into teams of 3
- Ballkid A rolls two balls from their position at the net to ballkid B
- Ballkid B services two balls from the baseline to ballkid C
- Ballkid C then throws two balls back to ballkid A
- All ballkids then run at full space to the position to their right; repeat the process and continue to rotate

Number of Ballkids per group; up to 4 per ½ court

Servicing the Player

Core target area(s); Servicing
Equipment needed; Tennis balls

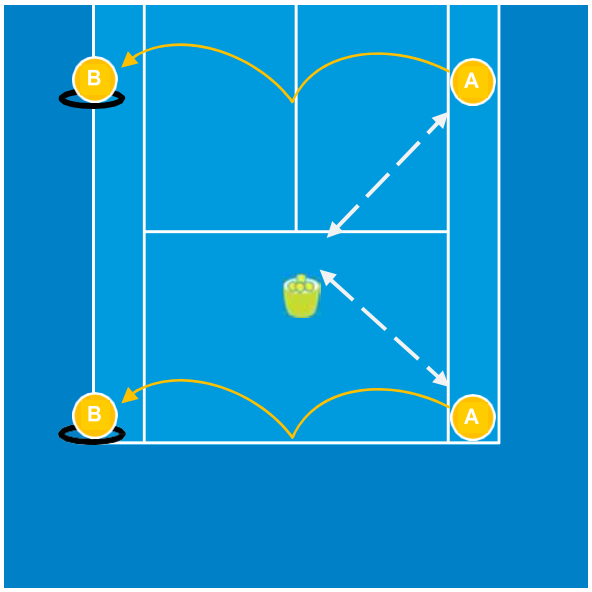


Activity Breakdown

- Ballkids pair up and spread out on court as per the diagram; ballkid B will position themselves inside the hoop
- Ballkid A will service the ball to ballkid B
- If ballkid B catches the ball after one bounce and does not have to move outside the hoop, score one (1) point
- However;
  - If the ball bounces more than one before being caught by ballkid B, minus 1 point
  - If ballkid B has to move outside the hoop to collect the ball, minus 1 point
- Repeat the process with 5 balls then switch places
- Pairing with the highest point score after 5 minutes wins

Servicing the Player Plus

Core target area(s); Servicing
Equipment needed; Tennis balls



Activity Breakdown

- Ballkids pair up and spread out on court as per the diagram; ballkid B will position themselves inside the hoop
- Ballkid A runs into the centre of the court, retrieves a tennis ball and return to starting position
- Ballkid A will service the ball to ballkid B
- If ballkid B catches the ball after one bounce and does not have to move outside the hoop, score one (1) point
- However;
  - If the ball bounces more than one before being caught by ballkid B, minus 1 point
  - If ballkid B has to move outside the hoop to collect the ball, minus 1 point
- Repeat the process with 5 balls then switch places
- Pairing with the highest point score after 5 minutes wins

Number of Ballkids per group; up to six (6) per ½ court

Team Roll & Team Throw

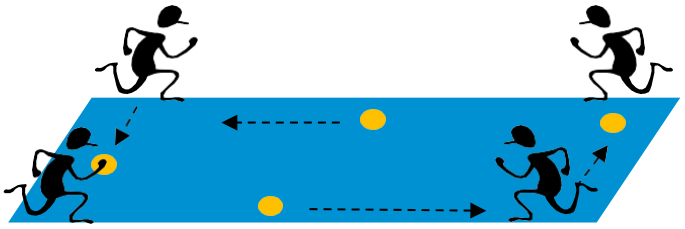
Core target area(s); Rolling
Equipment needed; Tennis balls

Activity Breakdown

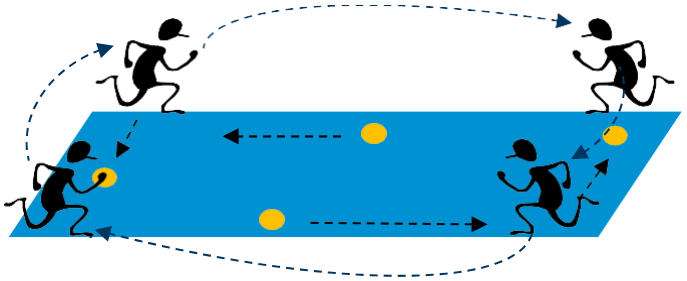
- Ballkids make groups of 3, 4 or 5 position themselves so that there is 3 to 4 metres between each person (in a circle / square)

Team Roll

- Start rolling one (1) ball from ballkid to ballkid

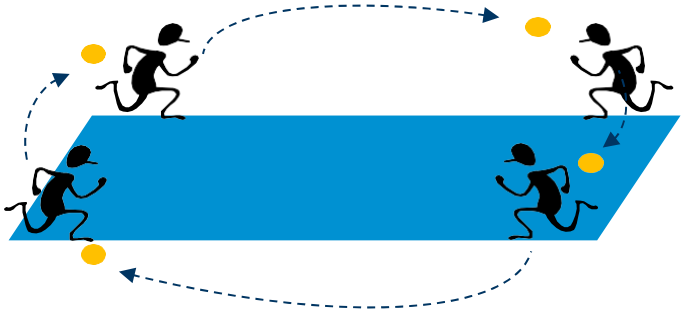


- Challenge by adding a second (2nd), third (3rd), etc. Ball until the rolling breaks down
- Start again with one (1) ball and repeat
- Challenge by getting group to move in the opposite direction to the ball



Team Throw

- Start throwing one (1) ball from ballkid to ballkid



- Group should then start moving in a circular direction, continuing to throw the ball
- Challenge by adding a second (2nd), third (3rd), etc. Ball until the throwing breaks down

Number of Ballkids per group; up to four (4) per ½ court

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