Squad Notes:

• Squads add volume to a program.
• Maintain intensity.
• Score most activities first to 3/5/7. Increase intensity and reach a big point quickly.
• Drills/Activities move from closed to open where applicable.
• ‘In’ and ‘Out’ to maintain movement.
• Impose penalties when intensity drops (not for beginner players).
• Rewards to keep levels high.
• Worst mistake is hitting into the net, Pro players don’t miss into the net.
• 80% of shots – player only moves 3m or less. Design drills and activities accordingly.
• Include serving every session and returning most sessions.
• Plan every session, contingency to ‘skill up’ or ‘skill down’.
• Be prepared to use ‘window’ for technical corrections if drill breaking down or common mistakes.
• Reward effort, sportsmanship as well as skill/winners.
• Seek to have fun in a disciplined environment.
• Group on ability not necessarily age (give consideration to grouping friends).
• The game is broken down into specific situations that occur frequently during play, drills and activities should mimic these situations.
• Tennis is not just a technical challenge but a tactical one, in order to play tennis the player needs to know what to do before being taught how to do it.
King of the Court:

Activity for Player Rankings. This activity can be done initially to separate players into teams and subsequently to rank players within a team. Players play half court game beginning with a courtesy feed out of the hand. Time slotted (e.g. 8 mins). Winners move up half a court, losers down half a court. Record players positions at the end of the session for groupings.
‘2 Ball’ Feeding Drills:

(i) Deep F/H – Short B/H D/L
(ii) Deep F/H – Short B/H C/C
(iii) Deep B/H – Short F/H D/L
(iv) Deep B/H – Short F/H C/C.

Drill 2 - ‘2 Ball’ Feeding Drills

(i) Off F/H – F/H
(ii) Off F/H – Inside in F/H
(iii) Figure 8 (one hit, focus on footwork)
(iv) Figure 8 (two hits, focus on footwork)

C - Coach
Basket Feeds

(i) F/H Approach – Drive V – Smash X 2
(ii) B/H Approach – Drive V – Smash X 2
(iii) Random Feed – 2 X Volley – Smash X 2
(iv) Others as required.

2 on 1

2 at the net, 1 on the baseline (1 picking up balls)
2 mins then rotate

C - Coach
Spanish Feeding Drills

(i) Deep B/H – F/H Drive Volley
(ii) Deep F/H D/L – B/H Drive Volley
(iii) Deep F/H D/L – B/H Slice
(iv) Deep B/H D/L – F/H Approach (ball on rise)
(vii) F/H Approach – F/H V – B/H Approach – B/H V
(viii) Hand Feed, ball not to hit the ground

(see diagram)
(ix) Deep F/H D/L – Short F/H C/C – Deep B/H D/L
Short B/H C/C – 8 Balls each then rotate.
(x) Deep B/H D/L – Short B/H C/C – Deep F/H D/L
Short F/H C/C – 8 Balls each then rotate.
(xi) Midcourt F/H C/C – F/H Volley D/L- Midcourt B/H C/C
- B/H Volley D/L – 8 Balls each then rotate
(xii) Midcourt B/H C/C – B/H Volley D/L- Midcourt F/H C/C
- F/H Volley D/L – 8 Balls each then rotate

C - Coach
Spanish Feeding Drills

(i) 4 Balls – F/H Deep D/L – F/H Short C/C – B/H Deep D/L – B/H Short C/C

(ii) 4 Balls – B/H Deep D/L – B/H Short C/C – F/H Deep D/L – F/H Short C/C
(One player drilling, 1 player shadowing, 1 player picking up, 1 recovering)
Game Based Drills:

(i) C/C F/H’s alternate hitters
focus on footwork. Up to to 11

(ii) C/C F/H’s Swedish.
focus on trajectory & clean hits

(iii) C/C B/H’s Swedish
F/H’s allowed. Up to to 15

(iv) Off F/H’s Swedish.
focus on trajectory & clean hits

(v) Change of Direction
Player on own is only player allowed to change direction of shot.
(Doubles end – Player who makes error rotates off).

(vi) Beat the Champ
Challengers must beat the champ 2X in a row to become the champ. Rally commences with a courtesy feed. No winners allowed off the feed.

(vii) Beat the Champ - Serving.
Play a point to each side, server must win 2 out of 2 points to become champ
Reflex Volleys
All 4 players at the net –
All hits to be volleys,
baby not to hit the ground.

2 on 2 Points
2 at the net, 2 on the baseline
1st to 15 - switch

2 on 2 Points
All 4 players on the baseline
1st to 15 - switch.

1 on 1 Points
Swedish Style
2 Players alternate 2 points one end,
2 players alternate 1 point other end.
One game to 15 points each end (2).
Cross Court Points
Cross Court Points, ½ court (Doubles lines included)
One game to each side, first to 11.

Cross Court – Down the Line
Cross Court – Down the Line.
Count number of shots until error, alternate after each ball

2 on 1 Baseline Points
2 on 1 baseline points, one player picking up balls.
1 Game to 11 points for each player.

2 on 1 Net Points
2 on the baseline 1 at the net, one player picking up balls.
1 Game to 11 points for each player.
Transition to the Net
- Points D/L, commence with a short feed, then approach. No lobs off first hit. 1st to 11.

Doubles Points.
- Doubles points, commence with a short feed, then approach as a pair. No lobs off first hit. 1st to 11.

2 on 1.
- Commence with a short feed, then approach.
No lobs off first hit. 1st to 11.
(1 Player picking up balls).

Swedish Drill with Approach
Scoring
3 points for winning point at the net.
2 points for winning approach.
1 point for winning point from the back of the court.
Cross Court

(i)  C/C B/H’s alternate hitters
    focus on footwork. Up to to 11

(ii) C/C B/H’s Swedish.
    focus on trajectory & clean hits

Doubles Set-Up Drills

(i)  Traditional – 1 Up and 1 Back (rotate after each game)

(ii) 2 Up and 2 Back (Rotate after each game)

(iii) All Players back (Rotate after each game)

(iv) All Players back (see scoring below)

Scoring
3 points for winning point at the net.
2 points for winning approach.
1 point for winning point from the back of the court.
Lob and Smash Drill

Lob and Smash Drill – Commence with a lob

2 Up and 2 Back

First to 15 then swap
Serve and Return:

Serve and Return – targeting returns
Focusing on targeting serves and returns
Developing serve and return routines

Serve and Return and First Volley
- Return back through the incoming server.
- Focus on quality of first volley
- ¾ serves to get a high % of serves in and allow returners a good chance to return serve.

Serve and Return and First Shot
- Serve wide (create space)
- Return (back through the server)
- 1st shot (Server to hit the open court, opponent on the run).

Beat the Champ - Serving.
Play a point to each side, server must win 2 out of 2 points to become the champ.
Round Robin:

Singles
Use round robin draw sheet for draw of matches.
Time slotted (15 mins).
Doubles
Use round robin draw sheet for draw of matches.
Time slotted (15 mins).