



## Drills and Activities

### Squad Notes:

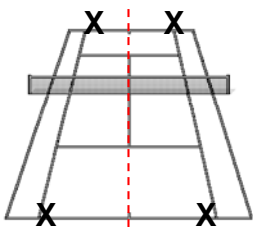
- Squads add volume to a program.
- Maintain intensity.
- Score most activities first to 3/5/7. Increase intensity and reach a big point quickly.
- Drills/Activities move from closed to open where applicable.
- 'In' and 'Out' to maintain movement.
- Impose penalties when intensity drops (not for beginner 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:

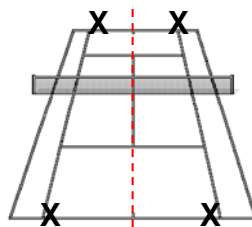
Activity for Player Rankings. This activity can be done initially to separate players into teams and subsequently to rank players within a team.

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.

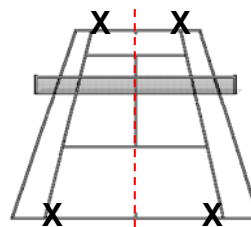
Court 1



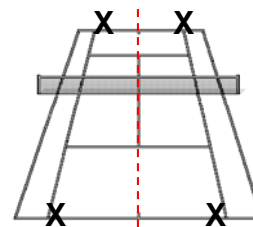
Court 2



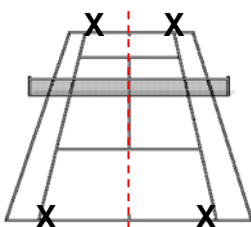
Court 3



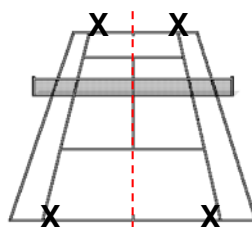
Court 4



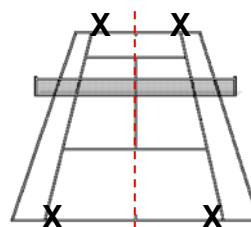
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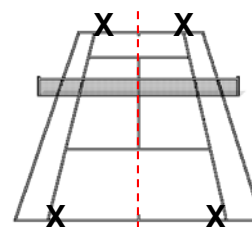
Court 6



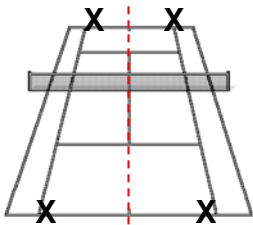
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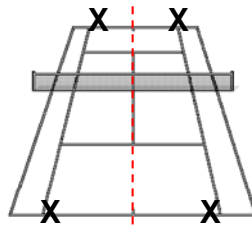
Court 8



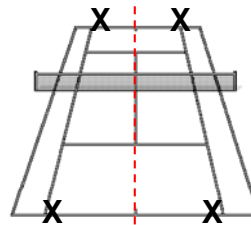
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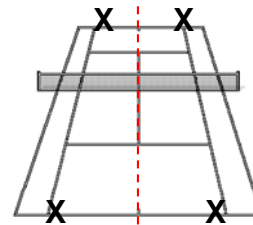
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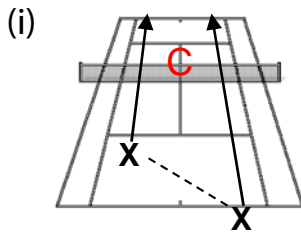
Court 11



Court 12

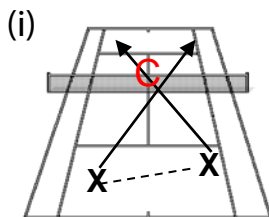
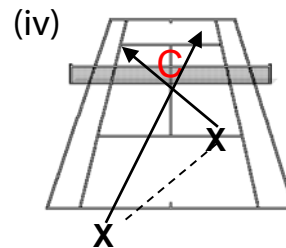
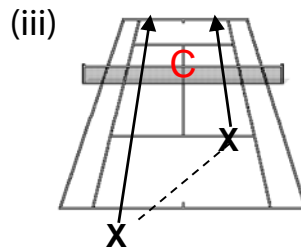
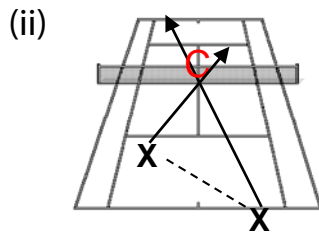


## '2 Ball' Feeding Drills:



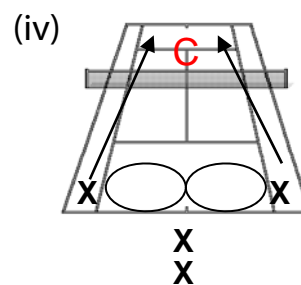
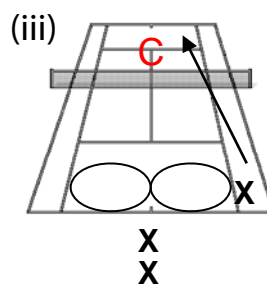
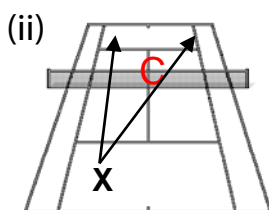
### '2 Ball' Feeding Drills

- (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.

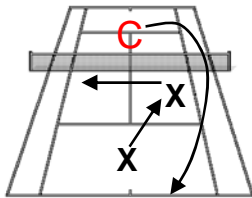


### Drill 2 -'2 Ball' Feeding Drills

- (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)

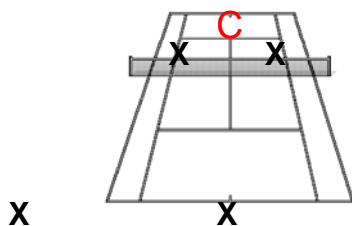


C - Coach



## 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

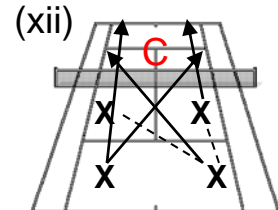
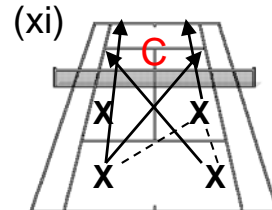
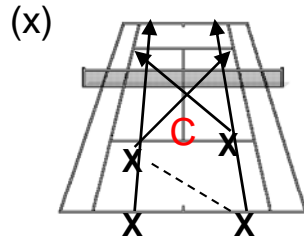
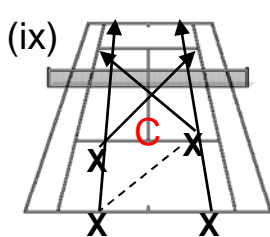
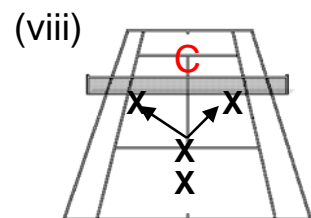
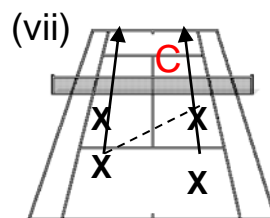
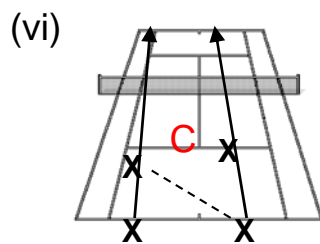
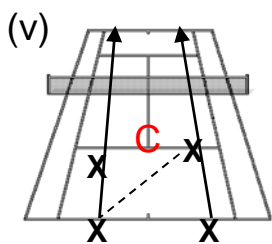
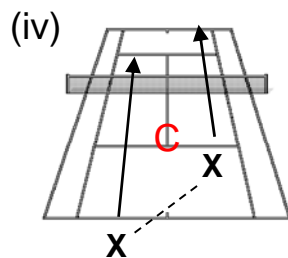
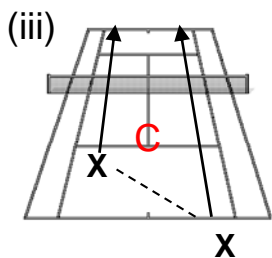
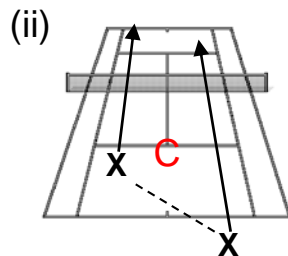
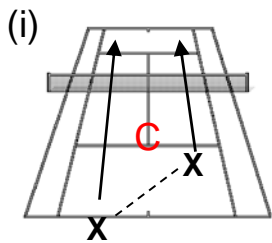
2 at the net, 1 on the baseline (1 picking up balls)

2 mins then rotate

C - Coach

# Spanish Feeding Drills:

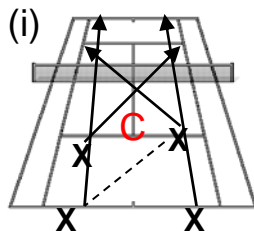
## Spanish Feeding Drills



- (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)
- (v) Deep F/H – F/H Drive V – Deep B/H – Drive B/H V
- (vi) Deep B/H – B/H Drive V – Deep F/H – Drive F/H V
- (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

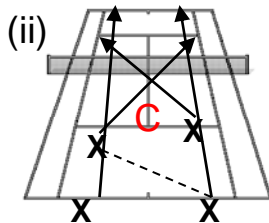
C - Coach

## 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

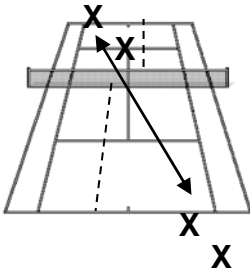
- (ii) 4 Balls - B/H Deep D/L – B/H Short C/C –  
F/H Deep D/L – F/H Short C/C  
(One player drilling, 1 player shadowing,  
1 player picking up, 1 recovering)



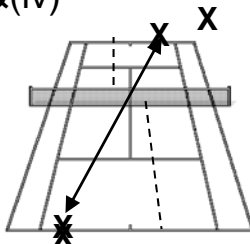
C - Coach

# Game Based Drills:

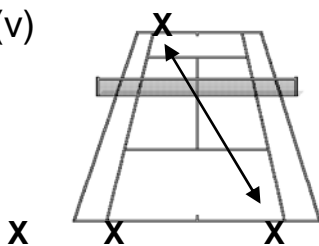
(i) &(ii) X



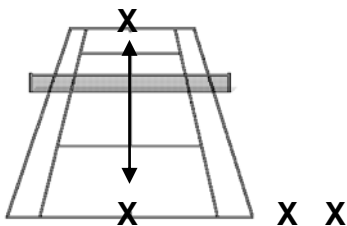
(iii) &(iv)



(v)

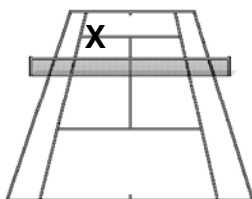


(vi)



(vii)

Returns End



Servers End

X X X

(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.

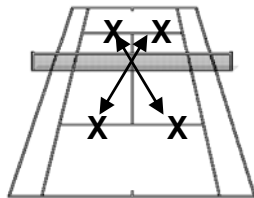
(Doubles end – Player who makes error rotates off).

(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.

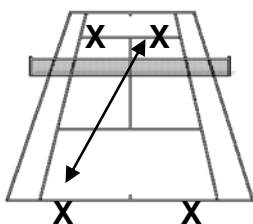
(vii) Beat the Champ - Serving.

Play a point to each side, server must win 2 out of 2 points to become champ



## Reflex Volleys

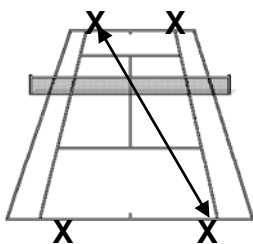
All 4 players at the net –  
All hits to be volleys,  
ball not to hit the  
ground.



## 2 on 2 Points

2 at the net, 2 on the  
baseline

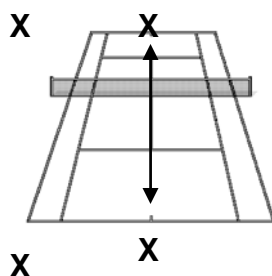
1<sup>st</sup> to 15 - switch



## 2 on 2 Points

All 4 players on the baseline

1<sup>st</sup> to 15 - switch.



## 1 on 1 Points

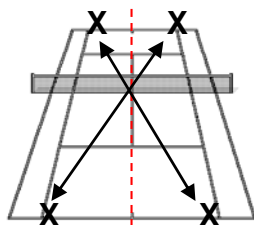
Swedish Style

2 Players alternate 2 points one  
end,

2 players alternate 1 point other  
end.

One game to 15 points each end  
(2).

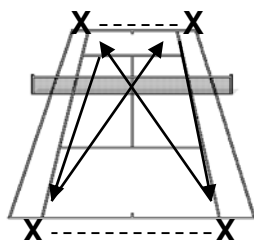




## Cross Court Points

Cross Court Points, ½ court (Doubles lines included)

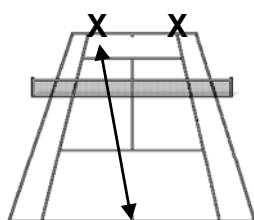
One game to each side, first to 11.



## Cross Court – Down the Line

Cross Court – Down the Line.

Count number of shots until error, alternate after each ball



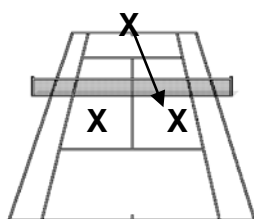
X

X

## 2 on 1 Baseline Points

2 on 1 baseline points, one player picking up balls.

1 Game to 11 points for each player.

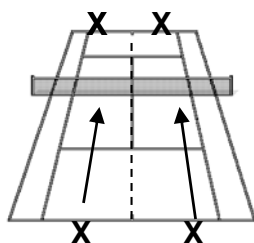


X

## 2 on 1 Net Points

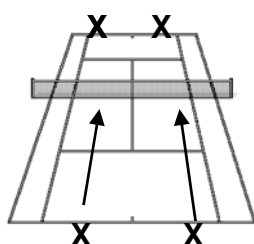
2 on the baseline 1 at the net, one player picking up balls.

1 Game to 11 points for each player.



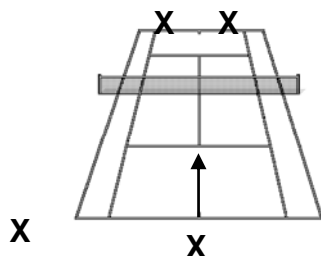
## Transition to the Net

- Points D/L, commence with a short feed, then approach. No lobs off first hit. 1<sup>st</sup> to 11.



## Doubles Points.

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

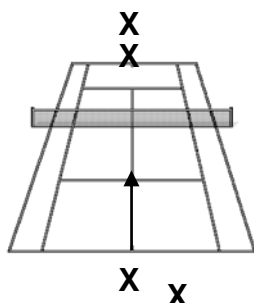


## 2 on 1.

- Commence with a short feed, then approach.

No lobs off first hit. 1<sup>st</sup> to 11.

(1 Player picking up balls).

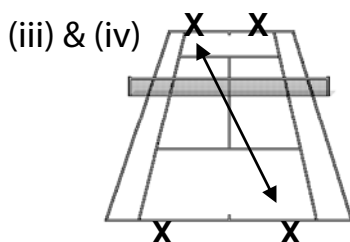
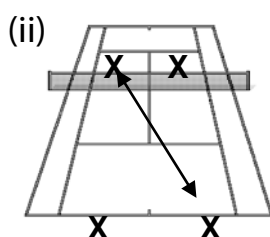
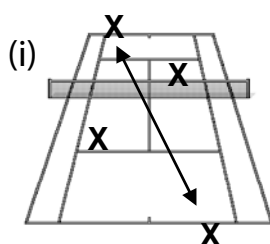
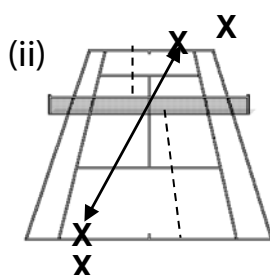
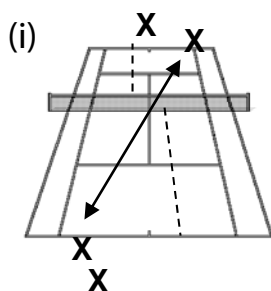


## Swedish Drill with Approach Scoring

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

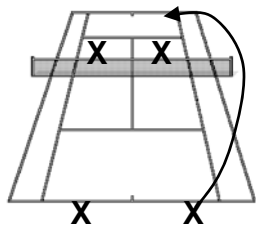
- (i) C/C B/H's alternate hitters  
focus on footwork. Up to to 11
- (ii) C/C B/H's Swedish.  
focus on trajectory & clean hits

## 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.



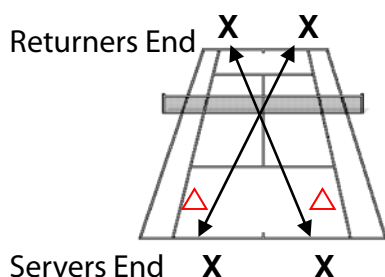
## Lob and Smash Drill

Lob and Smash Drill – Commence with a lob

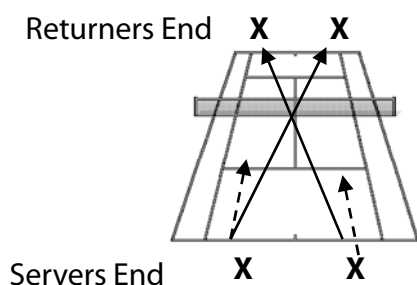
2 Up and 2 Back

First to 15 then swap

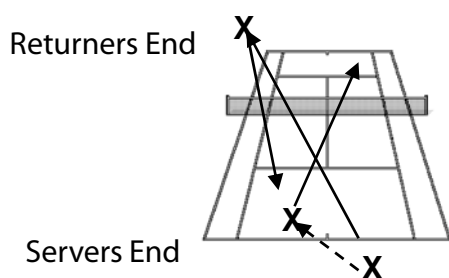
## Serve and Return:



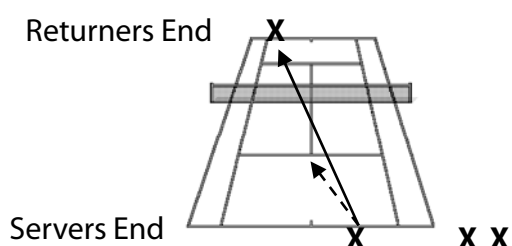
**Serve and Return – targeting returns**  
 Focusing on targeting serves and returns  
 Developing serve and return routines



**Serve and Return and First Volley**  
 -Return back through the incoming server.  
 -Focus on quality of first volley  
 - $\frac{3}{4}$  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)  
 -1<sup>st</sup> 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.

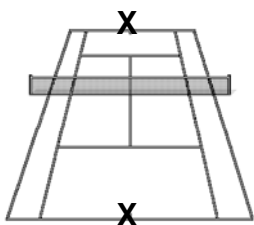
## Round Robin:

### Singles

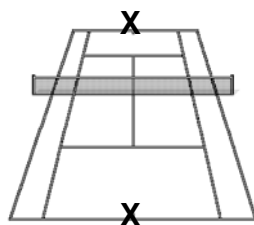
Use round robin draw sheet for draw of matches.

Time slotted (15 mins).

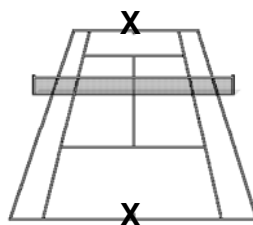
Court 1



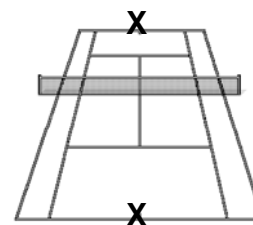
Court 2



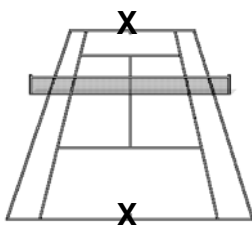
Court 3



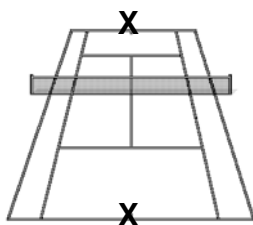
Court 4



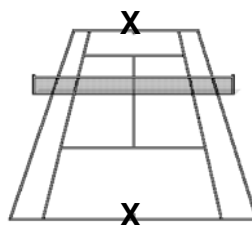
Court 5



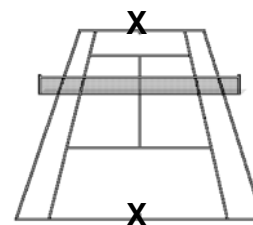
Court 6



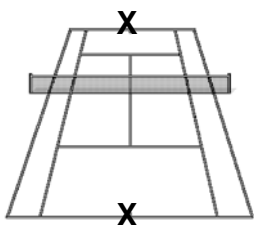
Court 7



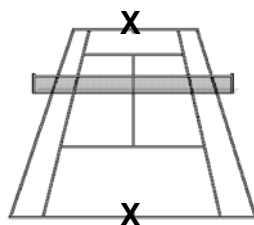
Court 8



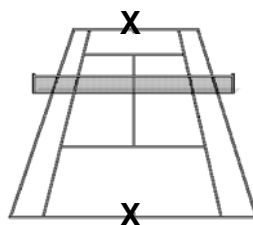
Court 9



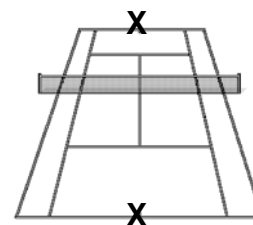
Court 10



Court 11



Court 12

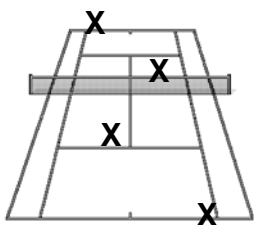


## Doubles

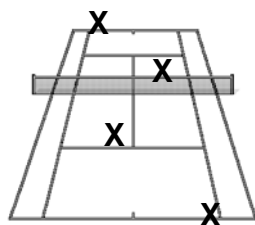
Use round robin draw sheet for draw of matches.

Time slotted (15 mins).

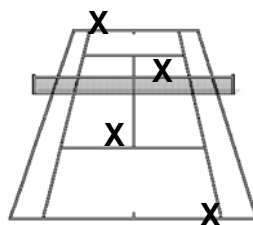
Court 1



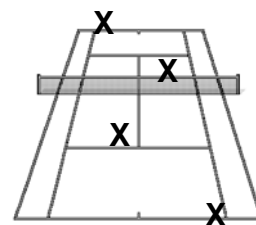
Court 2



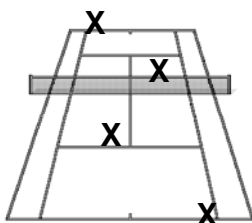
Court 3



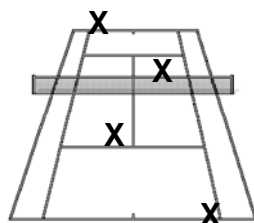
Court 4



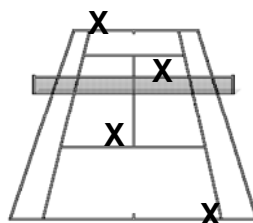
Court 5



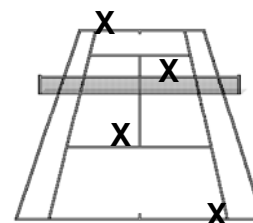
Court 6



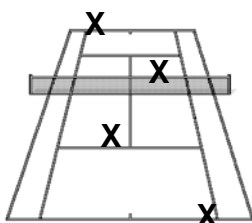
Court 7



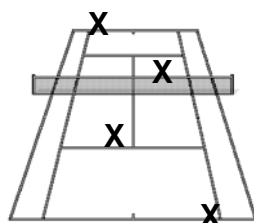
Court 8



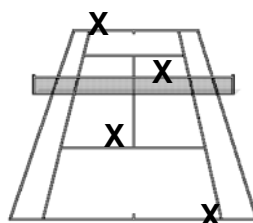
Court 9



Court 10



Court 11



Court 12

