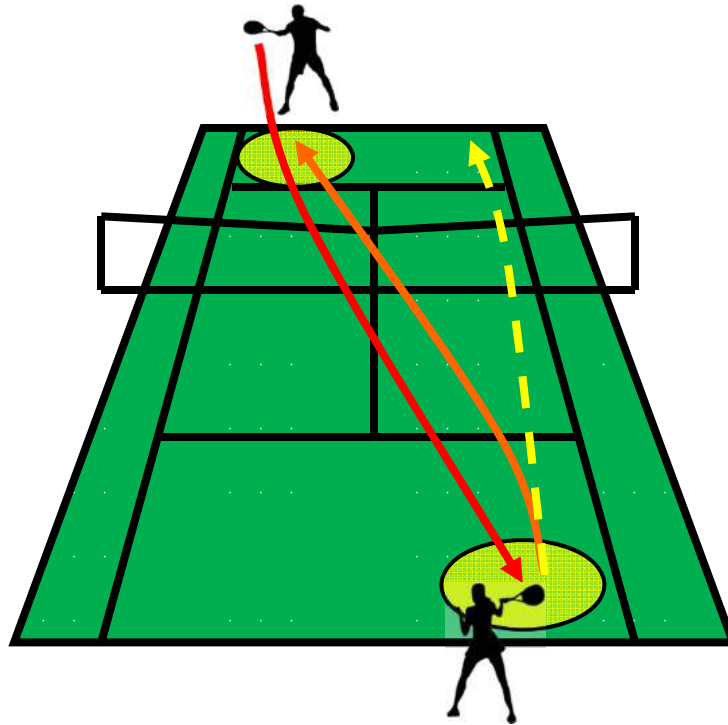


Tennis Drill Sheet

Drill Name: Forehand Cross Court Controls



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



00:01 Level 2, Forehands Crosscourt Controls

This is a Level 2, Forehand Crosscourt Control drill with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and angle during a crosscourt rally. Level 2 players can strive to make sets or 20 repetitions in a row.



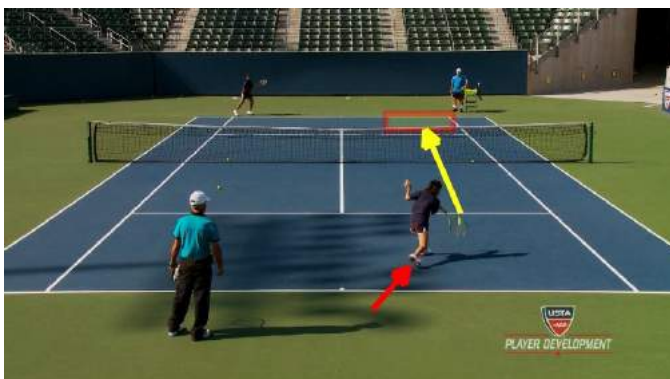
00:13 Recovery Position

Since the rally is crosscourt, it is important that the player does not recover to middle but slightly to the add side so they split the possible angles of the opponents shot.



00:22 Crosscourt Target

This is a solid target for the players hitting crosscourts. She has plenty of margin from the sideline and baseline. Players should avoid making any mistakes wide or in the net during live ball drills.



00:55 Simple Variation

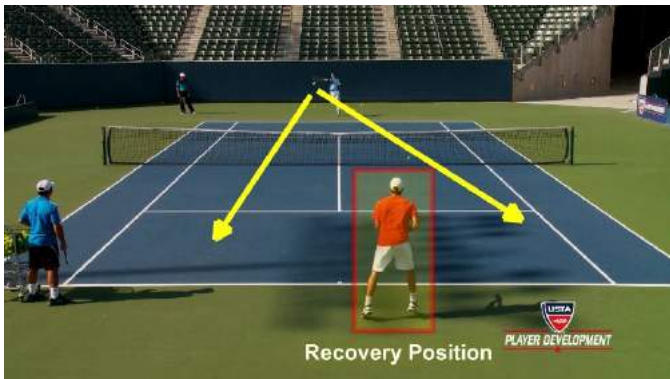
A simple variation is described that allows for either player to change direction and hit the ball down the line either ending the point or the point can be played out full court from then on. Notice that Emma has recognized the short ball from Jada and stepped up into the court to hit the shot down the line.

It is important for player to change direction by aiming for a deep target and avoid trying to hit the ball too close the line. When hitting the ball down the line he or she must recover the to deuce side of the court quickly to stay in the point if playing it out.



00:58 Level 3, Forehands Crosscourt Controls

This is a Level 3, Forehand Crosscourt Control drill with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and angle during a crosscourt rally. Level 3 players can strive to make sets of 50 balls in a row and should be able to focus on advanced tactics such as on taking the ball on the rise, faster racket speed and short angles after establishing depth and consistency.



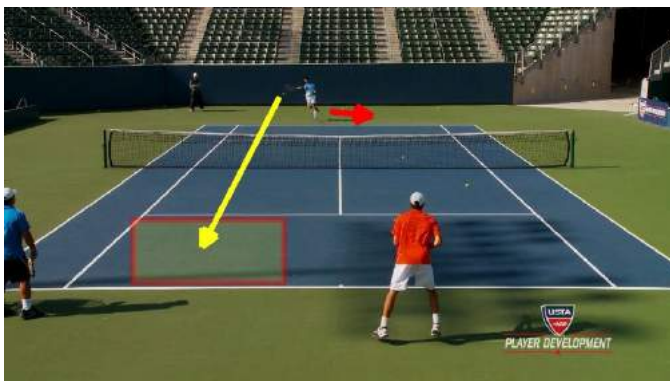
01:19 Recovery Position

Since the rally is crosscourt, it is important that the player does not recover to middle but slightly to the deuce side so they split the possible angles of the opponents shot.



01:30 Crosscourt Target

This is a solid target for the players hitting crosscourts. He has plenty of margin from the sideline and baseline. Players should avoid making any mistakes wide or in the net during live ball drills. Advanced Level 3 players can hit to high percentage targets with heavy amounts of spin to pull their opponents out of position and force errors without taking much risk.



02:19 Simple Variation

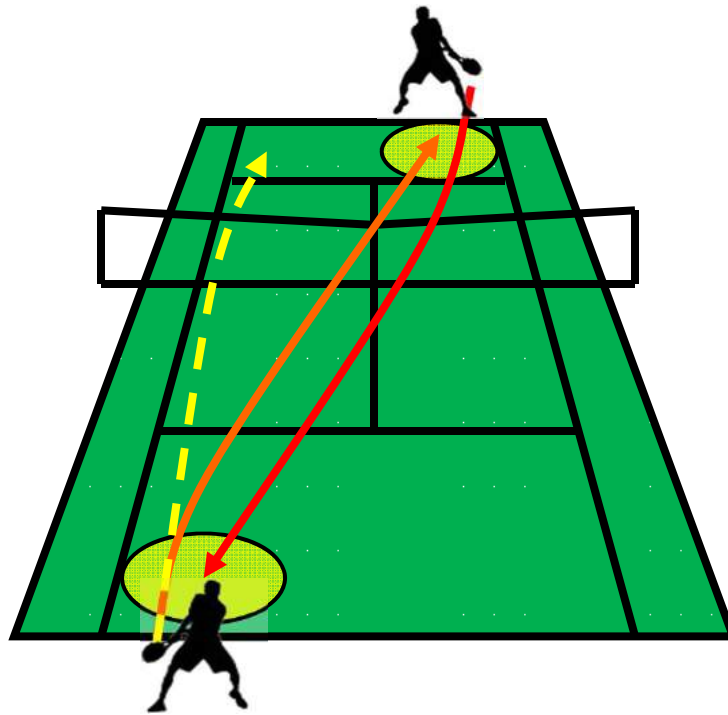
A simple variation is described that allows for either player to change direction and hit the ball down the line either ending the point or the point can be played out full court from then on. Notice that Raymond has recognized the opportunity ball from Dennis and stepped up into the court to hit the shot down the line.

It is important for player to change direction by aiming for a deep target and avoid trying to hit the ball too close the line. When hitting the ball down the line he or she must recover to the deuce side of the court quickly to stay in the point if playing it out.

Advanced players can increase their margin by hitting shots with combinations of topspin and sidespin that curve back into the court when changing direction or when hitting passing shots down the line.

Tennis Drill Sheet

Drill Name: Backhand Cross Court Controls



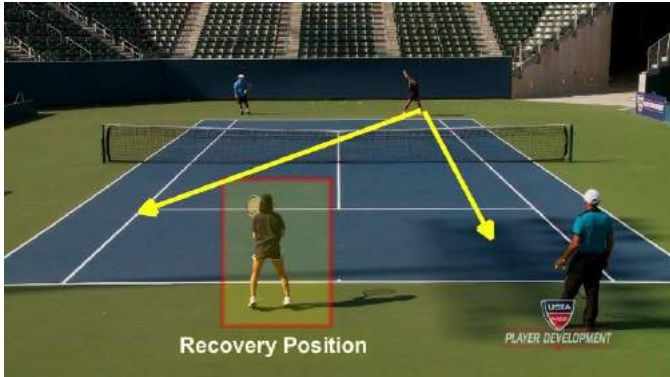
Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



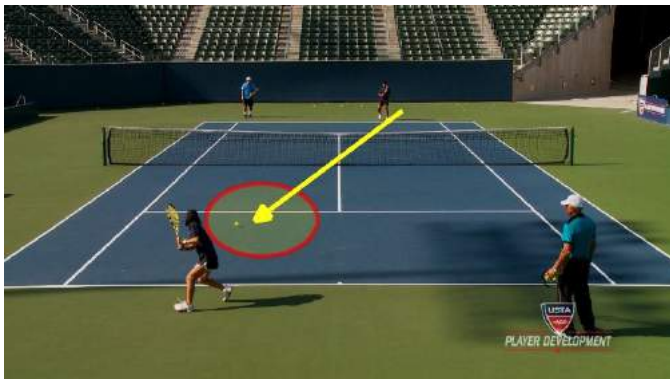
00:01 Level 2 - Backhands Controls

This is a Level 2, Backhand Crosscourt Control drill with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and angle during a crosscourt rally. Level 2 players can strive to make sets or 20 repetitions in a row. Players should hit forehands inside-out if the ball comes through the center of the court. The slice backhand should be used when players are in a defensive position, to change rhythm or to challenge the opposing player with shots low in the strike zone.



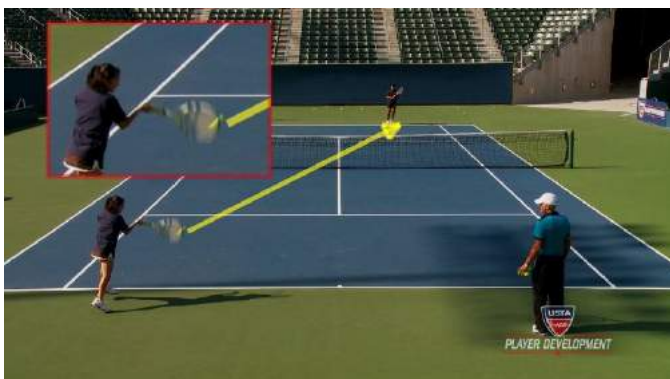
00:06 Recovery Position

Since the rally is crosscourt, it is important that the player does not recover to middle but slightly to the add side so they split the possible angles of the opponents shot.



00:13 Crosscourt Target

This is a solid target for the players hitting crosscourts. She has plenty of margin from the sideline and baseline. Players should avoid making any mistakes wide or in the net during live ball drills.



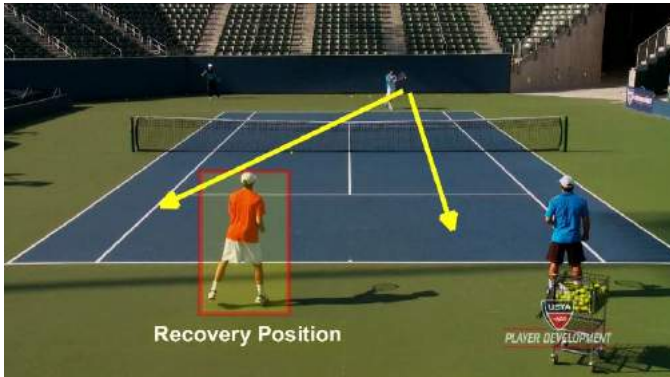
00:34 Hit Forehands When Given the Chance

If a ball in the rally comes to the player's forehand they should hit a forehand inside-out to the opponents backhand and avoid running around the forehand to hit backhands only. A simple variation of this drill is to have one player hitting all forehands from the add side while the opponent hits mostly backhands.



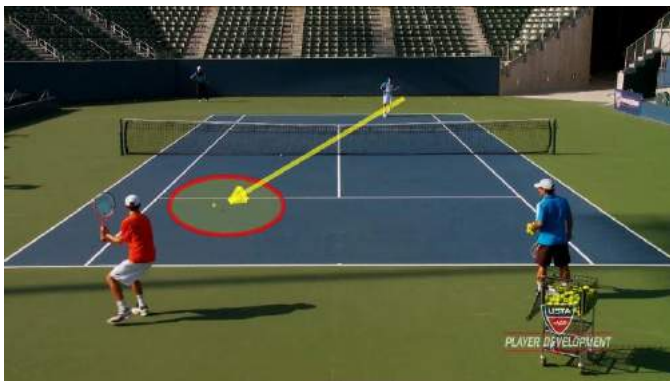
00:42 Level 3 - Backhand Controls

This is a Level 3, Backhand Crosscourt Control drill with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and angle during a crosscourt rally. Level 3 players should strive to make sets of 50 balls in a row and should be able to focus on advanced tactics such as on taking the ball on the rise, increased racket speed and short angles after establishing depth and consistency. The slice backhand should be used when players are in a defensive position, to change rhythm or to challenge the opposing player with shots low in the strike zone.



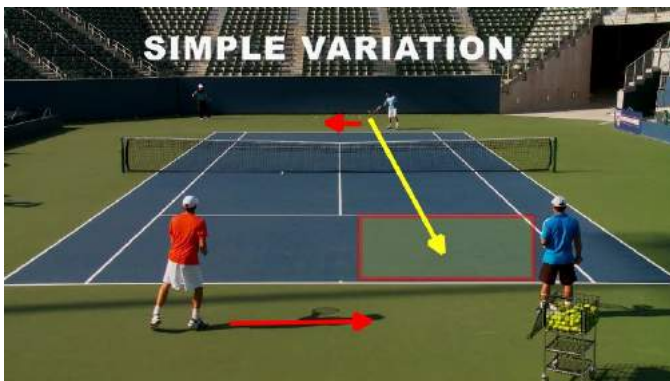
00:56 Recovery Position

Since the rally is crosscourt, it is important that the player does not recover to middle but slightly to the add side so they split the possible angles of the opponent's shot.



01:01 Crosscourt Target

This is a solid target for the players hitting crosscourts. He has plenty of margin from the sideline and baseline. Players should avoid making any mistakes wide or in the net during live ball drills. Level 3 players can hit to high percentage targets with heavy amounts of spin to pull their opponents out of position and force errors without taking much risk.

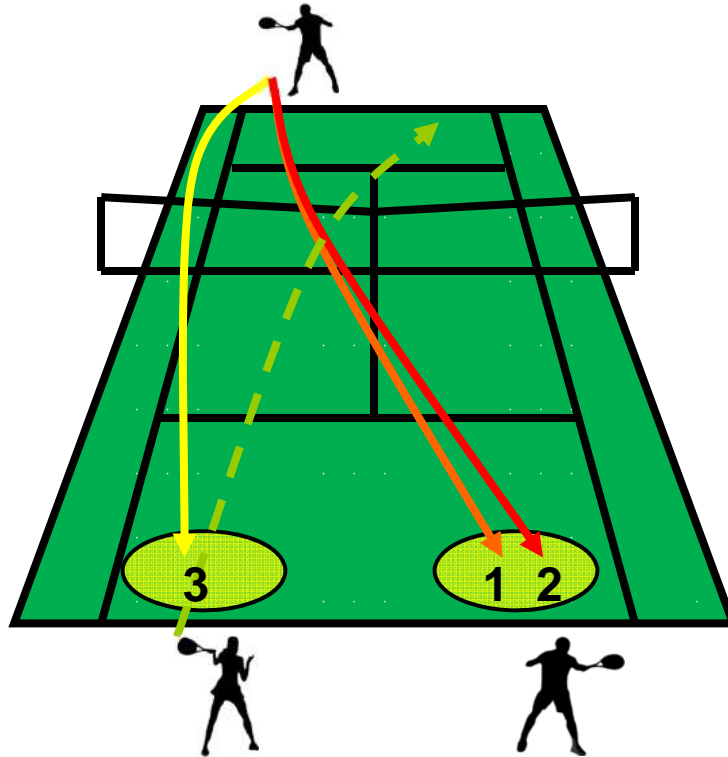


01:26 Simple Variation

A simple variation is described that allows for either player to change direction and hit the ball down the line either ending the point or the point can be played out full court from then on. Depending on the coach's focus for the practice and the player's ability, the players could use either inside forehands or outside backhands with strong court position to hit down the line.

Tennis Drill Sheet

Drill Name: Two on One – 2 Crosscourt 1 Down the Line



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



00:02 Level 3, Two on One Drill

This is a Level 3, 2 on 1 Drill with all three players at the baseline. We will demonstrate three different variations of the same drill in the same format but with a different purpose. This is a cooperative, live ball drill that is a physical drill as the single player is covering the entire court while the group of two are covering only half the court.



00:11 Variation 1 - 2 Crosscourt, 1 Down the Line

In the first variation of the 2 on 1 Drill, the player that is alone will maintain a pattern of 2 shots crosscourt followed by one shot down the line. The players on the two side will hit everything moderately crosscourt while maintaining a balance between cooperating with the single player and challenging him to cover the whole court as he executes the pattern.



00:43 Crosscourt Target

This is a solid target for the single player hitting to the crosscourt target. He has plenty of margin from the sideline and baseline. Players should avoid making any mistakes wide or in the net during live ball drills.



00:46 Down the Line Target

It is important for the single player to change direction by aiming for a deep target and avoid trying to hit the ball too close the line. When Raymond hits the ball down the line from this position he must recover to the opposite side of the court quickly to maintain the pattern. In a point situation, when players choose to change direction, they need to maintain a lead in the point by changing with depth or spin to avoid being out of position on the next shot.



00:51 Variation 2 -Slice Backhand Only

In the second variation of the 2 on 1 Drill, Dennis will hit only slice backhands to the target of his choice. Raymond and Eduardo will keep the ball lower (Dennis would normally use his two hander on higher balls) and use pace and to allow Dennis to practice the slice backhand. The key to the drill is maintaining a balance between cooperating with the single player and challenging him to defend and recover.



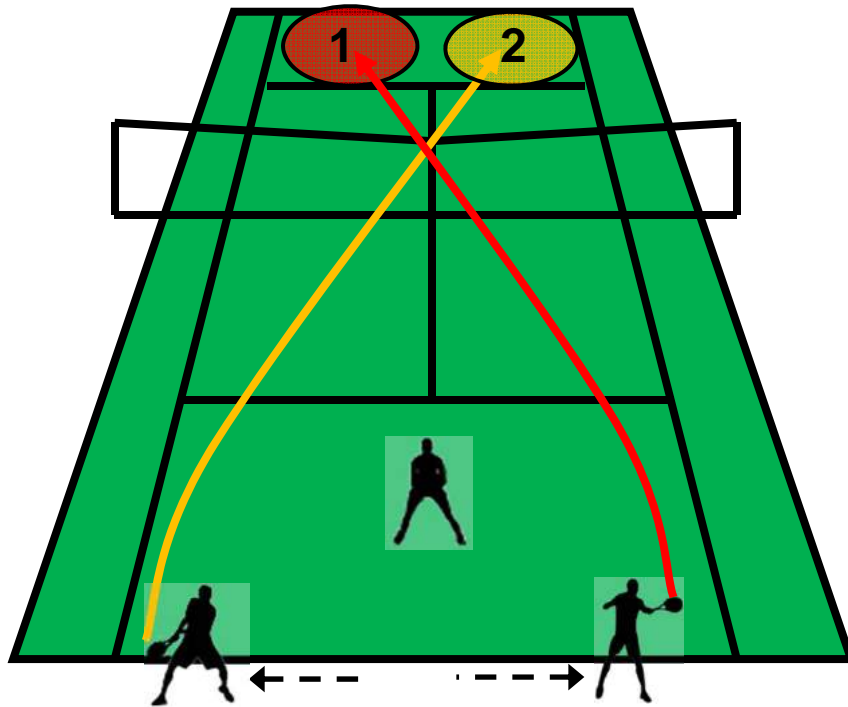
01:46 Variation 3 - Only Forehands

This is a Level 3 - Two on One Drill with all three players at the baseline. The single player may hit only forehands to the target of his or her choice. The two players should attempt to play with more pace to the forehand side and less pace to the backhand to allow the single player enough time to run around their backhand.

It is important for the single player to work on various types of forehands using different amounts of spin, pace, and targets while receiving the ball in the optimum strike zone to be offensive. Since this drill is focused on weapon development, the player should maintain maximum racket speed at all times which may cause more errors than during a typical two on one drill.

Tennis Drill Sheet

Drill Name: Side to Side

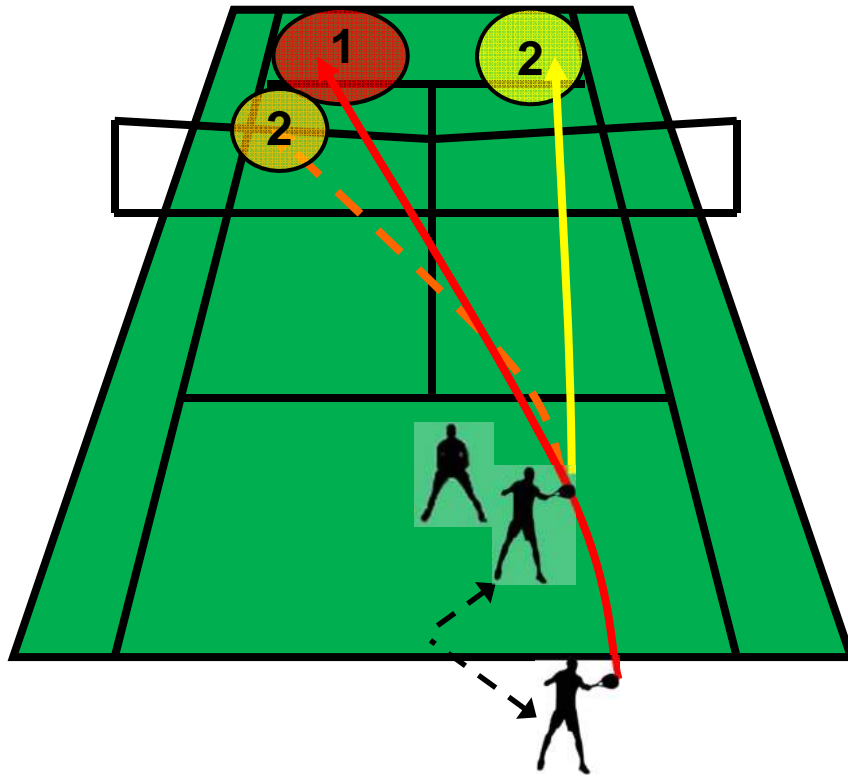


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Deep / Short: Forehand “V-Drill”

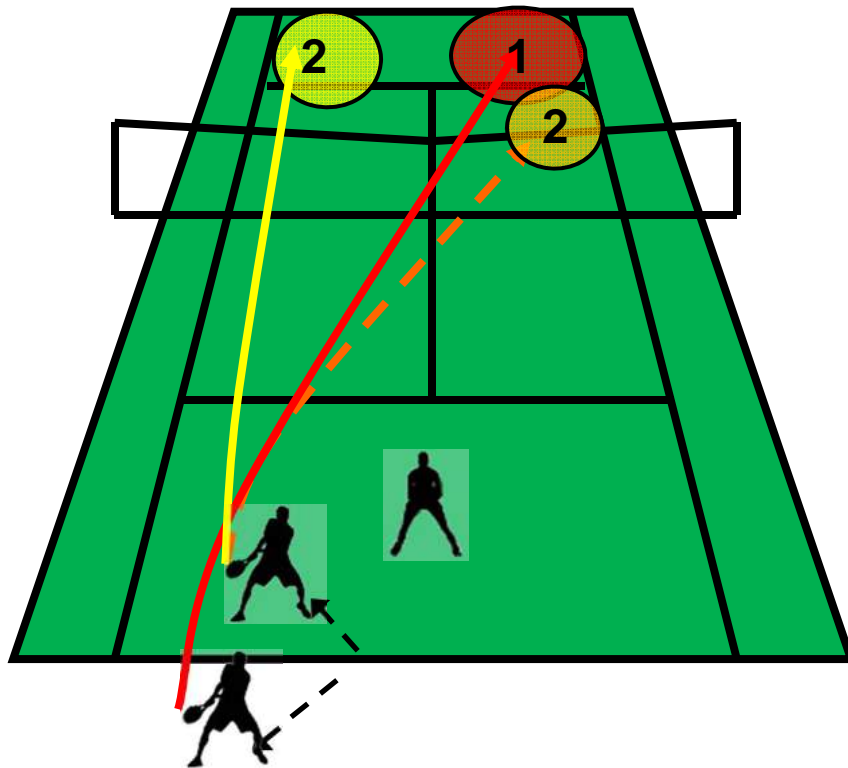


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Deep / Short: Backhand "V-Drill"

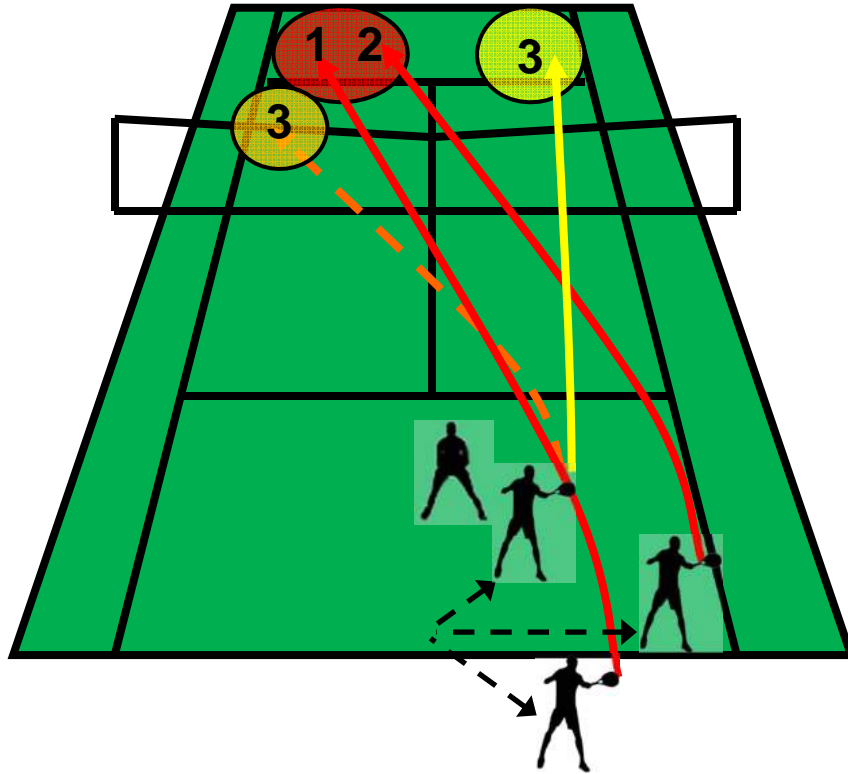


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: 3 Way Forehand

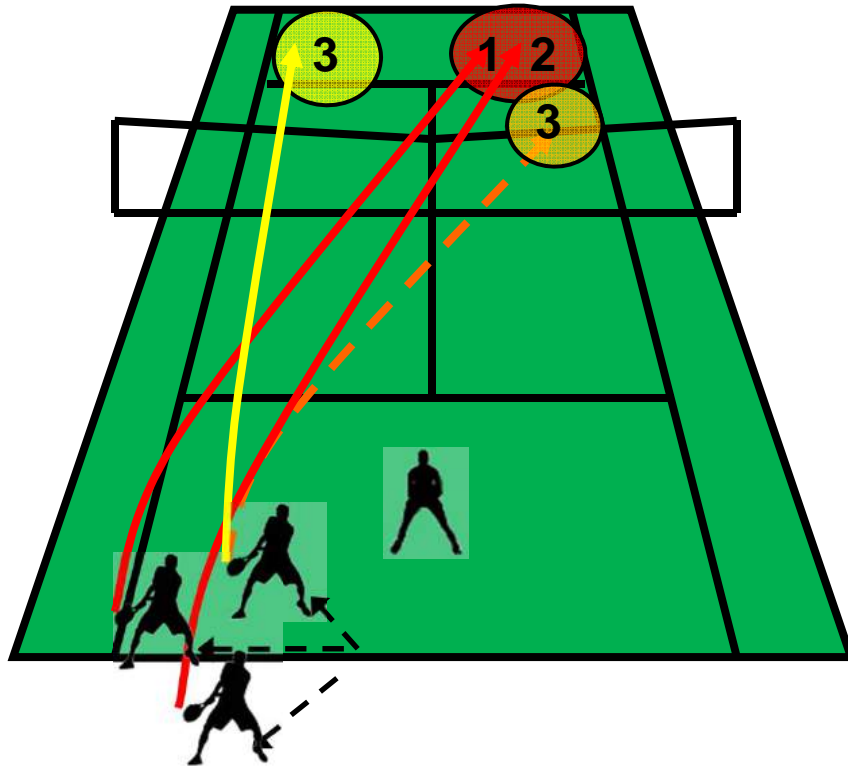


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: 3 Way Backhand

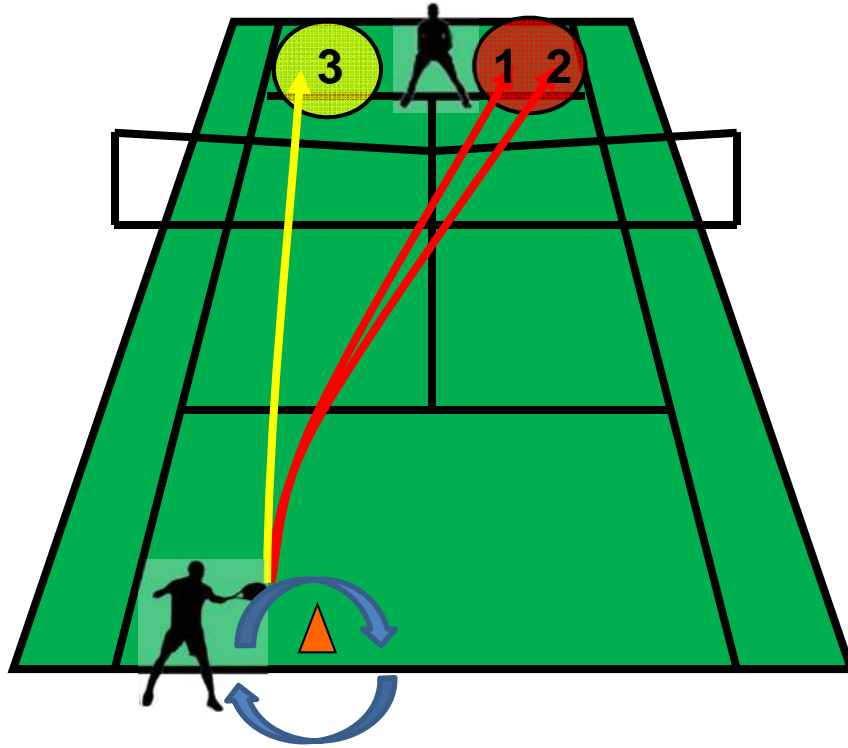


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Run Around Forehands with Cone

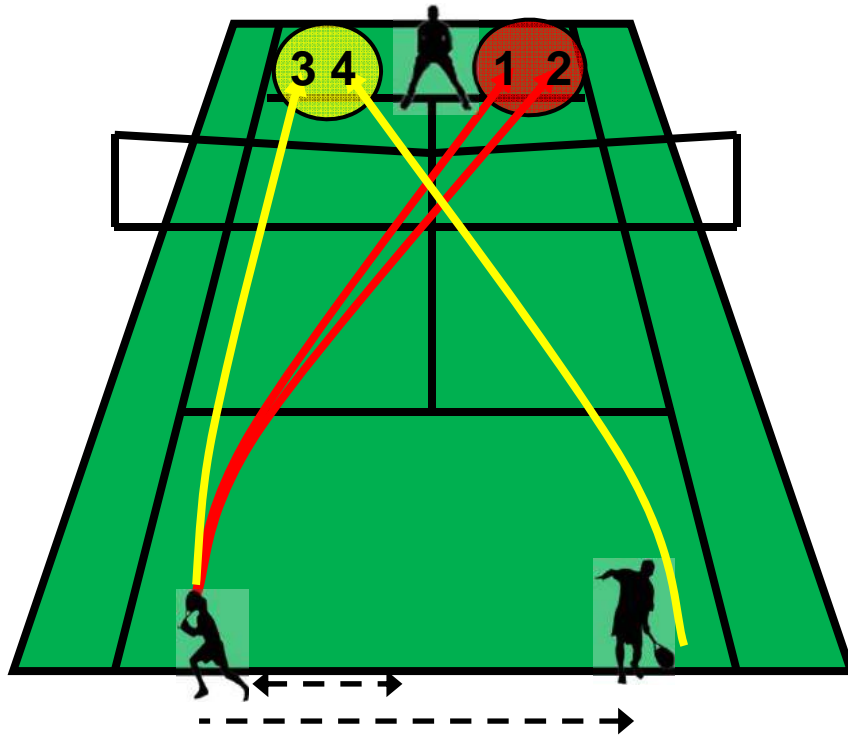


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: Back Hand Slice w/ Running Forehand



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



00:00 Level 2, Slice Backhand Progression, Hand

This a level 2 Slice Backhand Progression with two progressions. In the first progression, the player starts in the middle of the service box and the coach is in a similar position on the other side of the net. In the second progression the player moves back behind the service line and the coach stays up at net. The purpose of the drill is to familiarize the player with the grip, swing path and feel for the slice backhand in a controlled environment.



00:08 Progression 1

In the first progression, the coach is hand feeding balls to the player in the middle of service box from the other side of the net. The player is choked up on the grip with a continental grip and her non-dominant hand cradling the throat of the racket. The player should prepare by taking the racket back above her bottom hand with a unit turn and a square stance and take a small step forward as she hits the ball back into the coach's hand. If the player has trouble keeping the head of the racket in the proper position during the stroke the coach should have them play the ball crosscourt.



00:58 Progression 2

In the second progression, the coach asks the player to move back behind of the service line and repeat the first drill with a greater distance to the coach. Now the player may have to use some minimal movement to adjust to the incoming shot. If the player establishes the proper shot mechanics, they should continue to back up towards the baseline and slide the hand down on the grip to a typical position to continue to develop the correct technique.

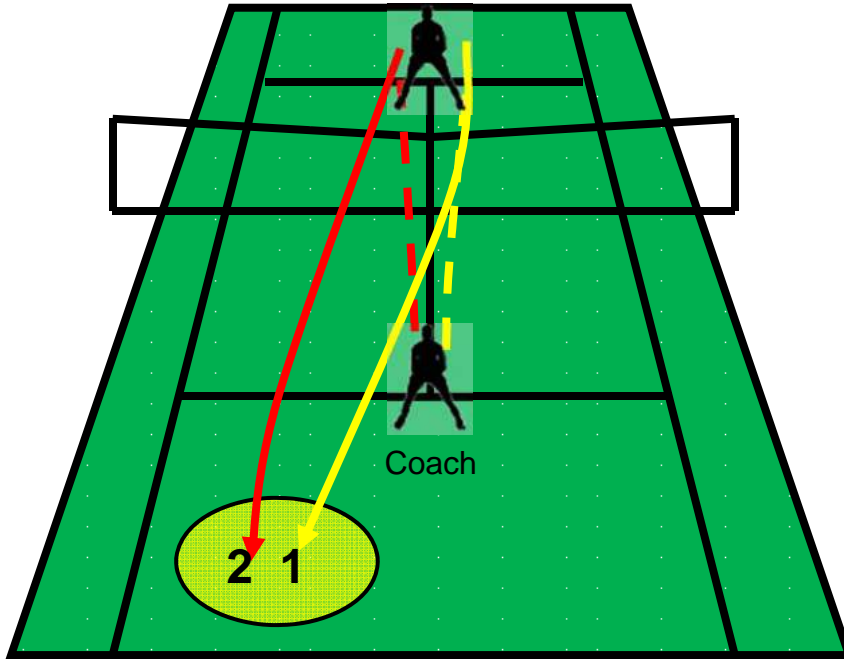


01:20 Level 3, Slice Backhand Progression, Racket

This is a Level 3, Slice Backhand Progression. The player is positioned at the baseline and the coach is at the opposite service line using racket feeding. The purpose of the drill is to challenge the player to cover the court while hitting wide forehands and slice backhands. As the player improves their court coverage and slice backhand technique, the coach can challenge them further by making the feeds more difficult or by making the feeds random.

Tennis Drill Sheet

Drill Name: Forehand / Backhand Volleys

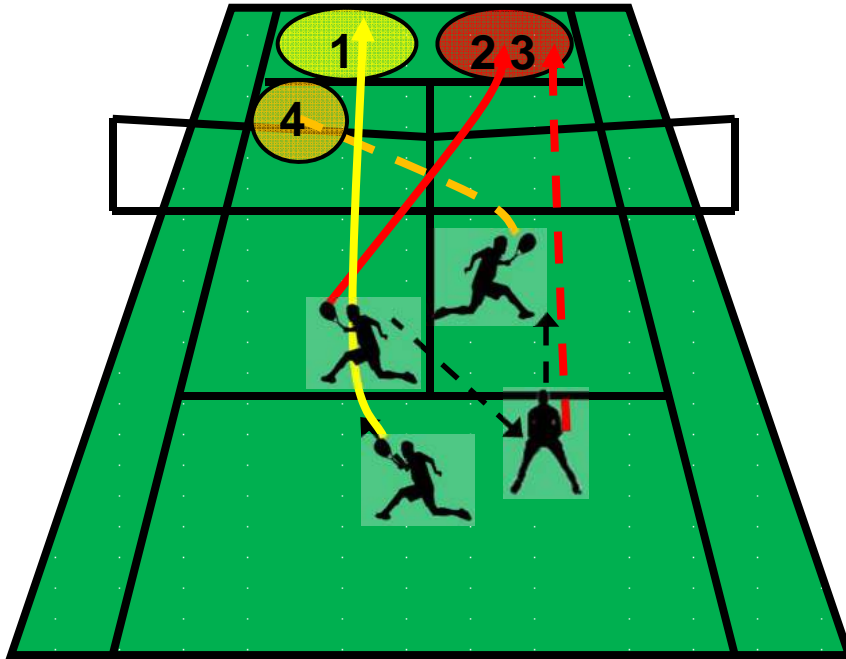


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Forehand / Backhand Volley and Overhead Combo



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



00:07 Forehand and Backhand Volley L1 – L3

This is a Level 1, Forehand and Backhand Volley Drill that has four progressions. This progression begins with hand feeding and evolves to racquet feeding and finally live ball vs. coach. Although this drill is being demonstrated on a 78 foot court, it can be done on a 36 or 60 foot court with the appropriate racquet and ball for 10 and under players.



00:13 Progression 1, Forehand Volley

The player should use a Continental grip for the volley and should choke up to just above the handle to give the player better control of the racquet face. The Continental grip is essential for net play as it allows the player to use one grip for the forehand and backhand volley as well as the overhead. The outside (right) foot should be pointed toward the sideline and the racquet prepared out in front. The player steps forward with the left foot and blocks the ball back into the left hand of the coach simulating a down the line volley.



01:15 Progression 2, Backhand Volley

Just as on the forehand side, the player will be choked up with a continental grip and the non dominant hand on the throat of the racquet with the outside foot pointing toward the sideline and the racquet prepared out in front with a slight shoulder turn. Once the coach hand feeds the ball, the player steps forward with the right foot and blocks the ball back into the hand of the coach simulating a crosscourt volley.



01:55 Progression 3, Backhand Volley with Hand Behind the Back

Coaches with players that have a two handed backhand often have trouble hitting a one-handed volley can use this drill to help isolate the right hand and improve volley technique. The player starts as they did in the previous drill but now with the non-dominant hand behind the back as they hit the shot.



02:05 Progression 4, Alternating Forehand and Backhand Volley

Now that the player has a good feel for the forehand and backhand volley separately, the coach can first racquet feed alternating volleys to the player at mid-service box and then rally volley to volley with the player in a cooperative manner. The player can continue to volley while choked up on the racquet and then progress to volleying with the normal grip position. The graphics illustrate the pattern of footwork previously mentioned where the weight is first put on the outside leg and then transferred forward to the inside leg as contact is made.



02:48 Level 2, Forehand and Backhand Volley

This is a Level 2, Forehand and Backhand Volley Drill that is slightly more advanced than Level 1 as the player is positioned closer to the service line and the coach is racquet feeding from the opposite service line. The player is now only slightly choked up on the grip and begins with alternating volleys right away. The technical emphasis is again is to step out with the outside leg and then forward with the inside leg as the player makes contact. The coach can progressively challenge the player with greater levels of movement as they continue to improve.

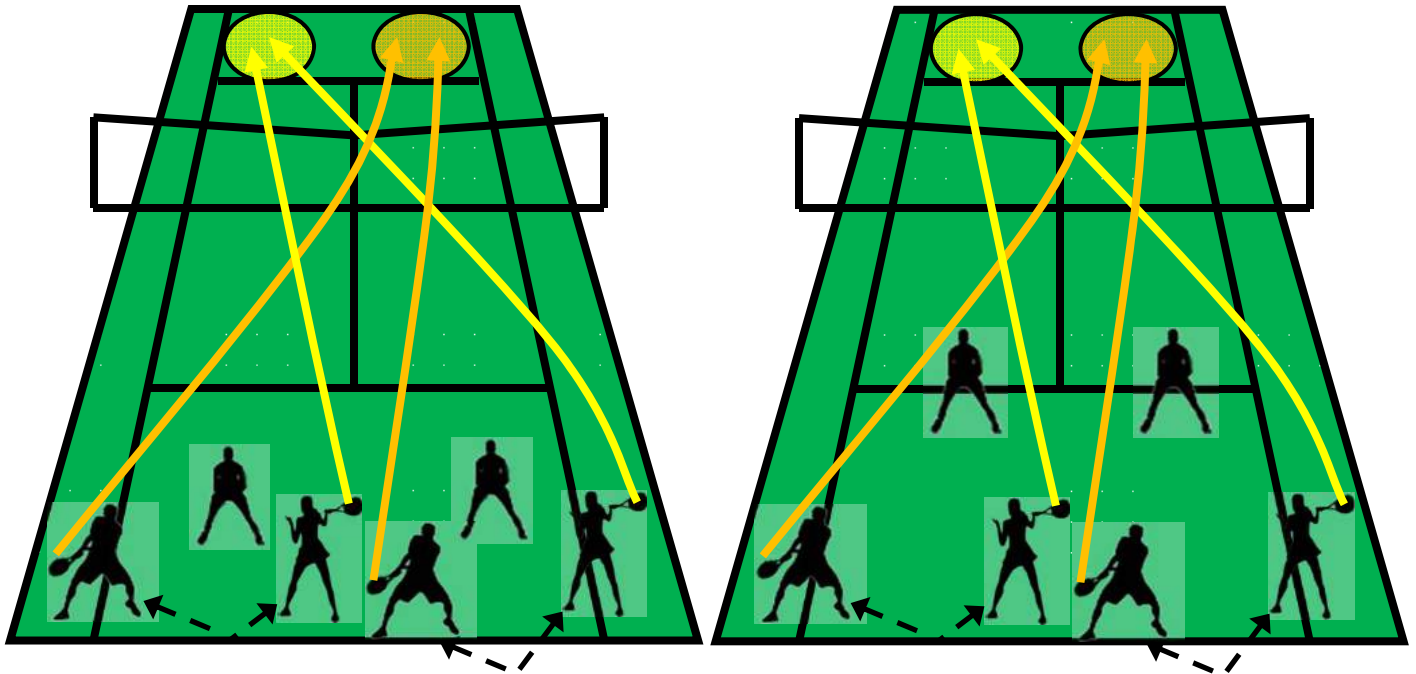


03:42 Level 3, Forehand and Backhand Volley

This is a Level 3, Forehand and Backhand Volley Drill that is very advanced as the player is hitting a variety of closing volleys with an advanced level of movement while covering the entire court. The coach is positioned on the opposite baseline and feeds alternating volleys to challenge the player. The player has been instructed to volley the first shot crosscourt so they can practice following the shot into the net with the correct positioning.

Tennis Drill Sheet

Drill Name: Return Progression

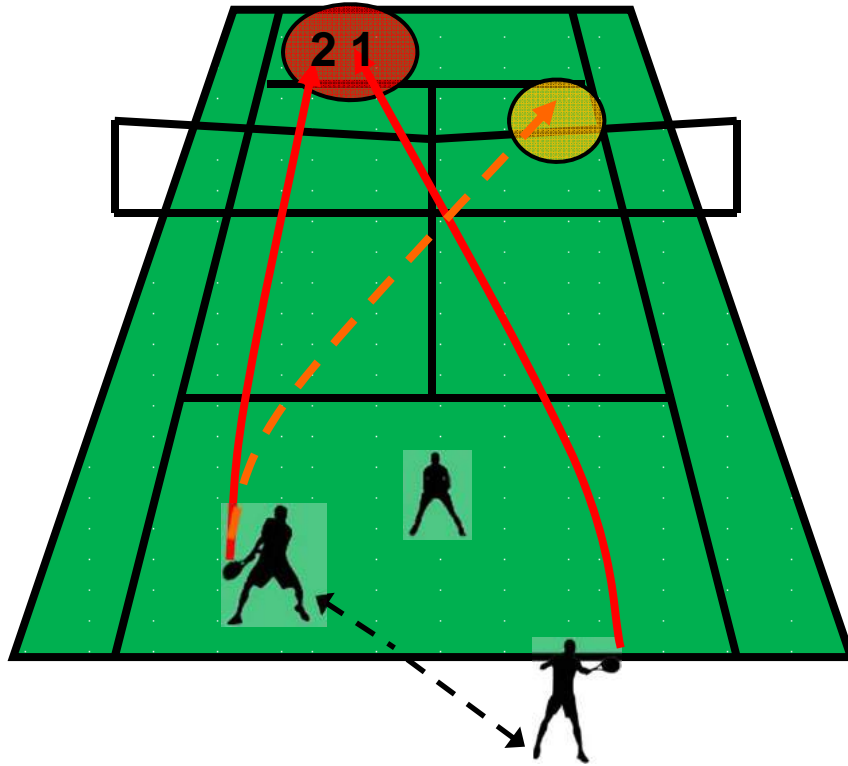


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: Half X Forehand

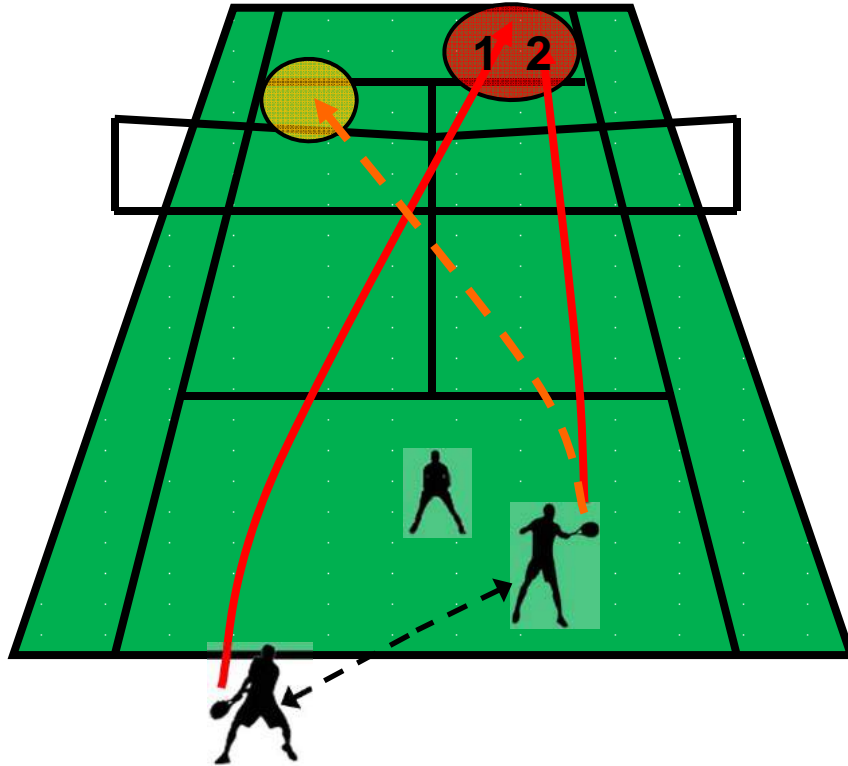


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: Half X Backhand

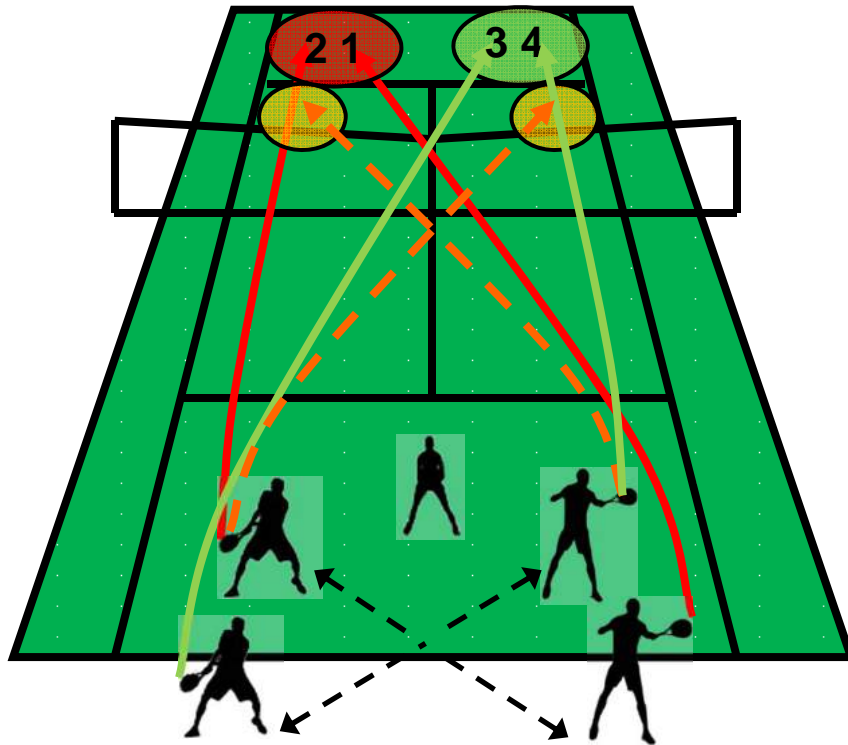


Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Tennis Drill Sheet

Drill Name: Side / Deep / Short: Full X



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



00:01 Level 2, "X" Drill, Hand Fed

This is a Level 2, "X" Drill using hand feeding where the player is at the baseline and the coach is just in front of the service line. The purpose of the drill is to teach correct footwork and shot selection, while moderately moving diagonally in all directions working on defending, neutralizing and attacking. The coach should allow the player to recover with a split step after hitting each shot.



00:09 Movement Pattern

The pattern of movement for the "X Drill" (for right handed players as shown) is first a deep forehand, second a short backhand, third a deep backhand and fourth a short forehand.



00:20 Taking Ground

When the player receives the shorter feeds they should take a diagonal into the court and use the square stance to hit the ball either down the line or with a short angle. It is important that the player gets up to the shot quickly to hit it before it begins to drop. It is also important that the coach does not feed the short balls too short as the player would normally progress to the net from positions inside of three quarter court.



00:29 Giving Ground

When the player receives the deeper feeds they should take a diagonal back from baseline and use the semi-open stance to hit the ball with heavy topspin either crosscourt or deep and down the center to neutralize the shot. The coach may toss lower balls that bounce beyond the baseline to push the player back but should not toss the ball too high as the player should take those balls on the rise.



00:46 Level 3, "X" Drill, Hand Fed

This a Level 3, "X" Drill that is essentially the same drill as the Level 2 Drill but done with advanced levels of diagonal movement in all directions. Once the player demonstrates competency in all four directions the coach may choose to make the feeds random or dependent on the shot execution of the player. For example if the player is pushed deep and hits a short reply the coach will continue to push them back deep until they produce the correct response and then they would receive a short ball.

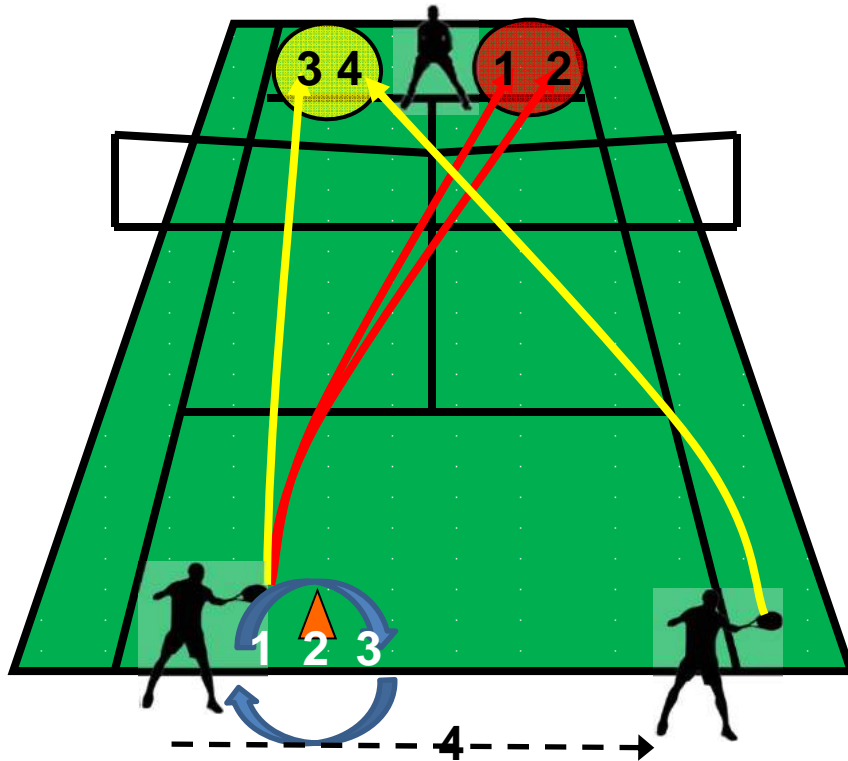


01:21 Isolation

When Jose sees that Kennedy has trouble using a crossover step to initiate the movement to her deep forehand, he isolates that skill by feeding that single shot to her until she gets it right.

Tennis Drill Sheet

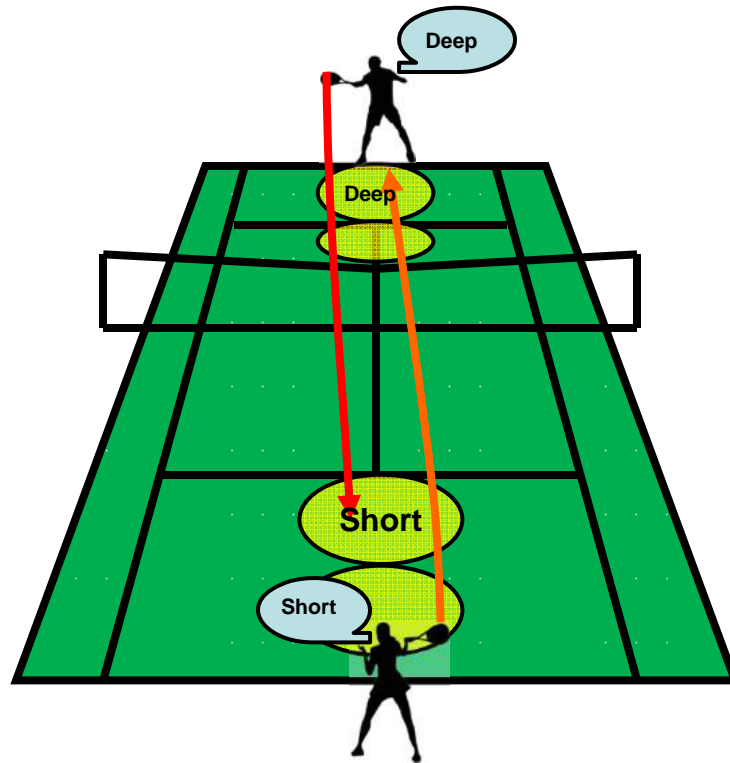
Drill Name: 4 FH's: 2 Inside-out / 1 Inside-in / Running Cross-court FH



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			

Drill Name: Simple Controls (Call the Bounce)



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			



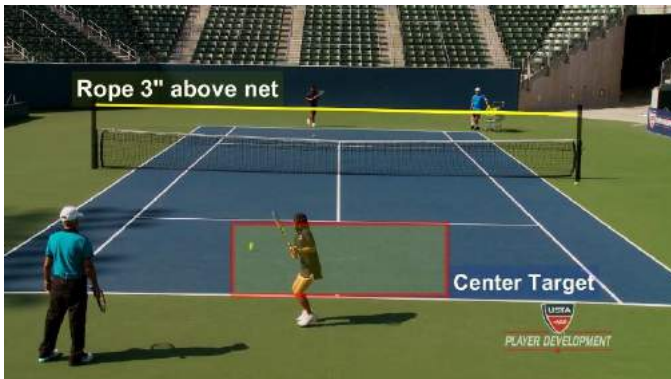
00:00 Level 2, Simple Controls

This is a Level 2, Simple Control drill down the center with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and footwork during a rally through the center of the court. This is a typical warm-up drill to get into a good rhythm and get a feel for the speed of the court. Level 2 players can strive to make sets of 20 repetitions in a row.



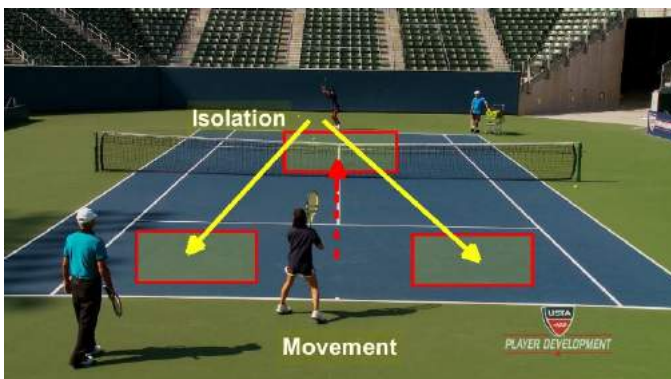
00:11 Use the Square or Semi-Open Stance

When players are hitting through the center of the court we recommend a square or neutral stance as often as possible. Players should be exaggerating their footwork in the simple control drill constantly working to strike the ball in the proper stance with the optimal point of contact.



00:24 Center Target

Level 2 Players should be able to consistently hit the ball past the service line and through the center of the court with appropriate racquet speed and height to avoid making mistakes in the net. A great teaching aid to help players visualize the proper height over the net during a controlled rally is a rope strung about above the net



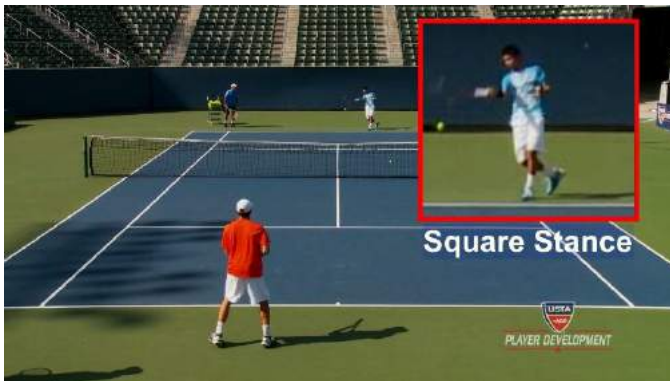
00:25 Simple Variation

A simple variation to this drill is to have one player hit through the center while the other plays the ball to the whole court. The player dictating from the center of the court can practice simple patterns such as 2 to the backhand and one to the forehand or just randomly move the player from side to side. This isolation vs. movement drill can also be done with the player dictating from the deuce or add courts.



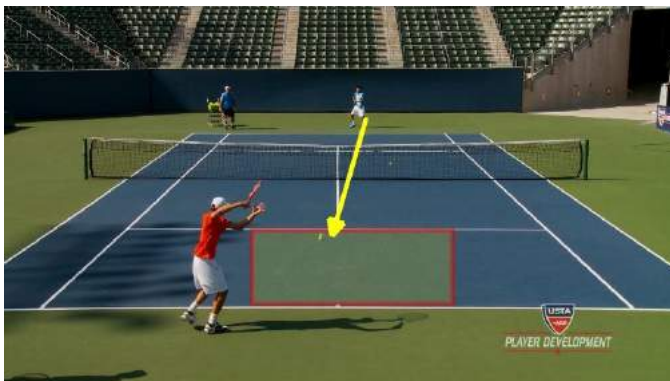
00:26 Level 3, Simple Controls

This is a Level 3, Simple Control drill down the center with both players at the baseline. This is a cooperative live ball drill that focuses on developing consistency, placement, depth, spin and footwork during a rally through the center of the court. This is a typical warm-up drill to get into a good rhythm and get a feel for the speed of the court. Level 3 players can strive to make sets of 50 repetitions in a row.



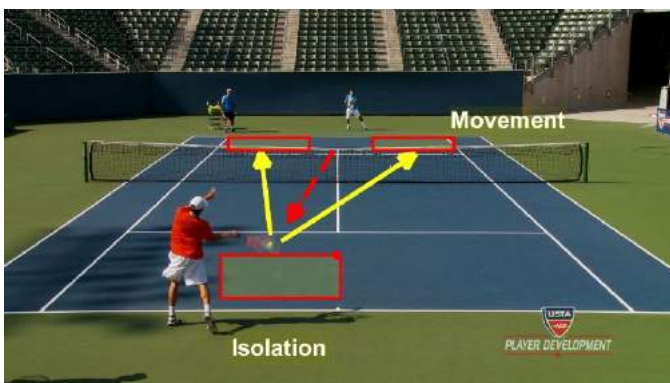
00:46 Use the Square or Semi-Open Stance

When players are hitting through the center of the court we recommend a square or neutral stance as often as possible. Players should be exaggerating their footwork in the simple control drill constantly working to strike the ball in the proper stance with the optimal point of contact.



00:52 Center Target

Level 3 Players should be able to consistently hit the ball past the service line and through the center of the court with an advanced level of racquet speed and the proper height to avoid making mistakes in the net. Level 3 Players should strive to take the ball on the rise as often as possible and should be able to rally at a higher speed and with greater pace than Level 2 Players.

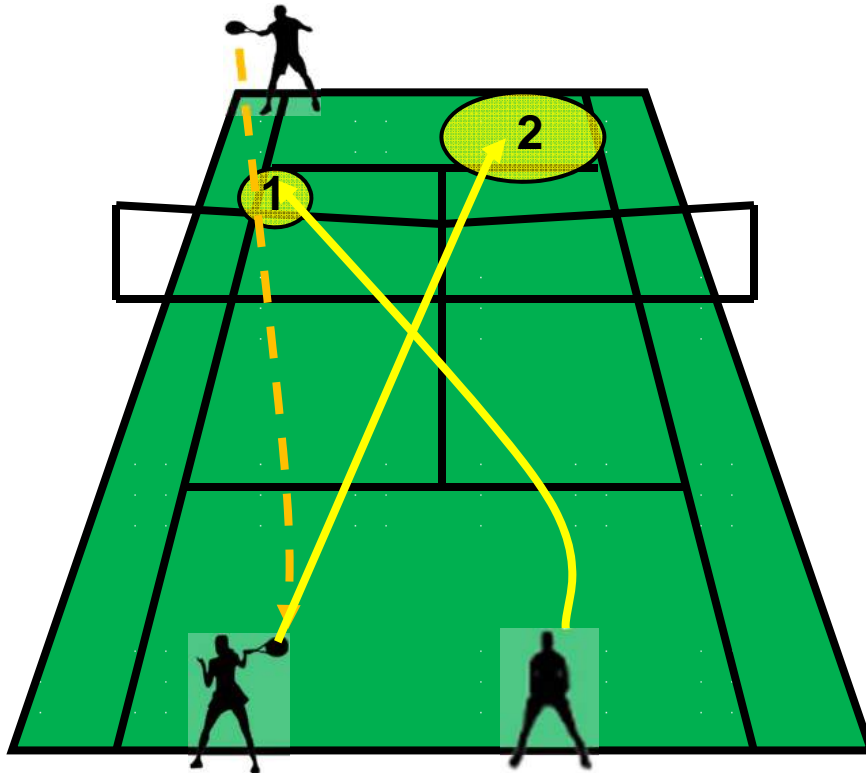


00:52 Simple Variation

A simple variation to this drill is to have one player hit through the center while the other plays the ball to the whole court. This isolation vs. movement drill can also be done with the player dictating from the deuce or add courts as illustrated in this example.

Tennis Drill Sheet

Drill Name: Basic Serve Patterns- Deuce Court



Parameters based Learning Outcomes

	Hands	Feet	Eyes & Mind
Level 1			
Level 2			
Level 3			