

DRILLS FOR 2 TO 8 PEOPLE

It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL FIVE

Friendly Doubles, Forehands, Backhands and Volleys

Exercise 1: Two friendlies and play.

All players start on the baseline. Any player can start the rally. It does not have to go in the service box. The first two shots in the rally have to be 'friendly'. After the second shot players can win the point. Encourage players to move forward to net.

Technical teaching points:

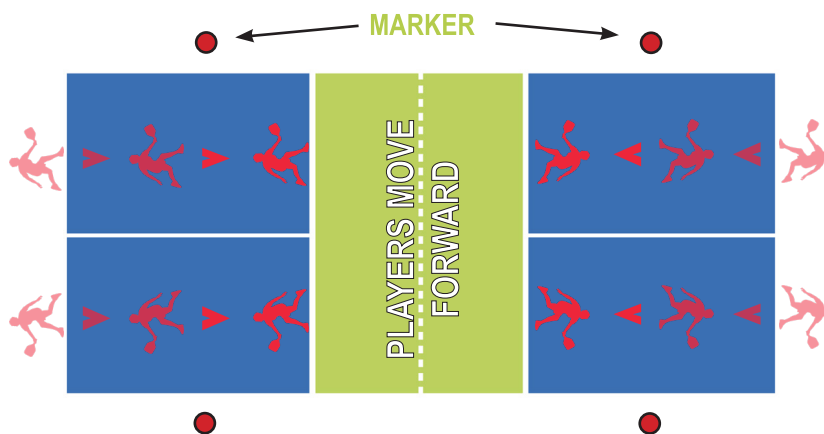
- Encourage smooth groundstrokes using a continental grip and a low to high swingpath.
- When volleying, encourage a short punching motion with little or no swing also using the continental grip.

Tactical teaching points:

- In doubles, communication is vital. Encourage players to work as a team calling 'yours' or 'mine' whenever they are not sure who should hit the ball.

Game: Stealing Time.

Place markers halfway back on each side of the court. Players continue to start the rally with two friendlies. A team receives one extra point for every time they win the point inside the markers with a volley.



Note: It is not important at this stage to enforce the Non-Volley-Zone rule. Encourage players to move forward to take time away from their opponents.