

## DRILLS FOR 2 TO 8 PEOPLE

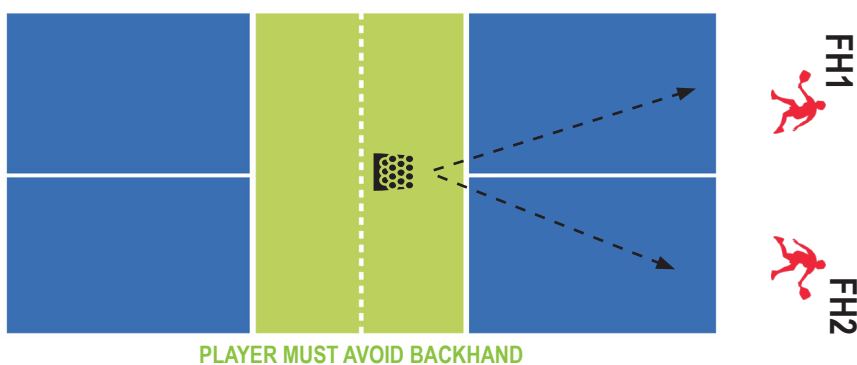
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL NINETEEN

#### Forehands

#### Exercise 1: The off Forehand

The coach stands a few feet away from the baseline, in the centre of the court on the same side as the player. The player starts just behind the baseline in the centre and receives a throw feed to the forehand side. Then the player must side step back to the middle. Now they receive a throw feed to the backhand side which they must manoeuvre around to hit another Forehand. Change hitters after 2 shots, then 4 shots then 6 shots.



#### Technical teaching points:

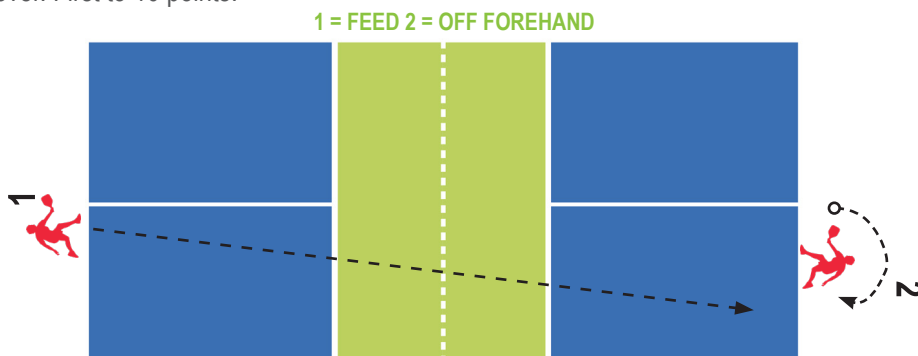
- Encourage a good unit turn so the player can start to engage their upper body.
- The continental grip should be used for a solid contact.
- Players should have a low to high motion with a smooth swing.
- The backswing can be moderated depending on how much time the player has on the off forehand, ie. shorter backswing.

#### Tactical teaching points:

- It is advantageous that players use their strengths as much as possible when competing.
- Using their stronger shot will enable them to get to their opponents' weaknesses.
- Using their stronger shot will cut down on unforced errors.

#### Game: 'Only forehands'

Both players start in the centre of the court. Player 'A' feeds to player 'B's backhand side. Player 'B' must run around their backhand to hit a forehand. Now both players are only allowed to hit forehands. When a mistake is made or a backhand is played the point is over. First to 10 points.



**Note:** A player's forehand is not always better than their backhand but the exercise is great practice anyway.