

DRILLS FOR 2 TO 8 PEOPLE

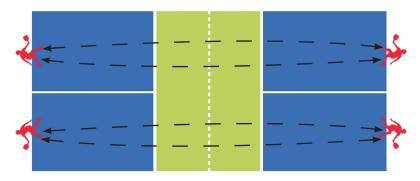
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL TWELVE

Skinny singles

Exercise 1: Groundstroke and volley control, down the line.

Players will use half court only to play singles points.



Technical teaching points:

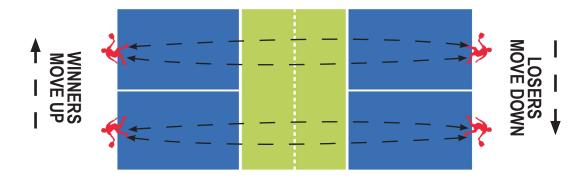
- Encourage players to use a 'continental' grip and use a low to high swinging motion for both forehand and backhand groundstrokes.
- For volleys, players are advised to use the same continental grip and have a short punching motion with little or no backswing.

Tactical teaching points:

- As this singles game is only played on half court, it is a great way for players to work on the consistency of their ground strokes/volleys.
- There are not many opportunities for 'winners' so it encourages them to be patient with their shots.

Game: 'Top of the hill'

Assign a top and a bottom court. Players will play Skinny singles across all courts. When the coach calls time, whoever is winning moves up a half of a court, and whoever is losing moves down a half of a court.



Note: Don't let the matches go on for too long before you swap people around as it is a great way for people to meet the others in the group.