

Global Sports Coaching

The Global Website for Tennis Professionals and Enthusiasts!

In this eBook you will find 10 drills that cover groundstroke feeding drills, groundstroke live ball drills, serving drills, volley drills, a doubles drill and a singles point play drill.

Tennis Drills in this eBook:

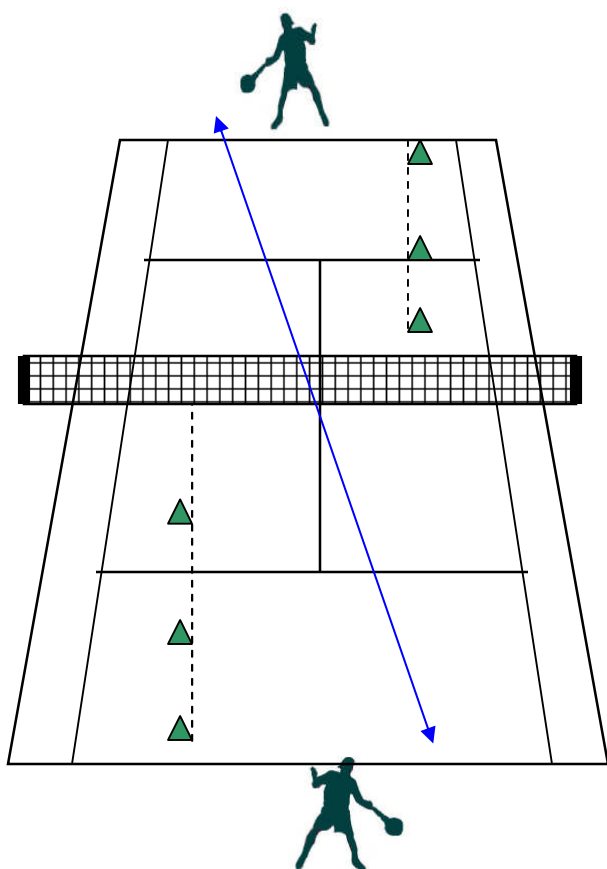
1. **Groundstroke Live Ball Drill:** Forehand Cross Court Consistency
2. **Groundstroke Live Ball Drill:** “Inside – Out” Forehand Patterns
3. **Groundstroke Live Ball Drill:** Half Court vs. Full Court
4. **Groundstroke Feeding Drill:** Depth Control
5. **Serve Drill:** Serve Accuracy
6. **Serve Drill:** 2nd Serve / Kick Serve
7. **Singles Drill:** Control the Center
8. **Doubles Drill:** Charger Doubles
9. **Volley Drill:** Reflex Volleys
10. **Volley Drill:** Ball Volley Drill

We hope that you enjoy these drills and you will find over 300 more tennis and fitness drills on our Global Sports Coaching website.

You may send this **Free eBook** to your friends or include in your ezines.

Global Sports Coaching Team

www.globalsportscoaching.com



Player Level:

Intermediate – Advanced Players

Objective:

This baseline drill develops stroke consistency and builds defensive & offensive cross court patterns.

Instruction:

- Place markers down to cut down court area. Players A & B play cross court.
- Hit forehands only.
- The manipulation of spin, speed, depth & angle are crucial to winning points in this limited court area.
- The point starts with an underhand feed.

Scoring:

1st to 7 points wins the set
3 sets wins the match.

Progression:

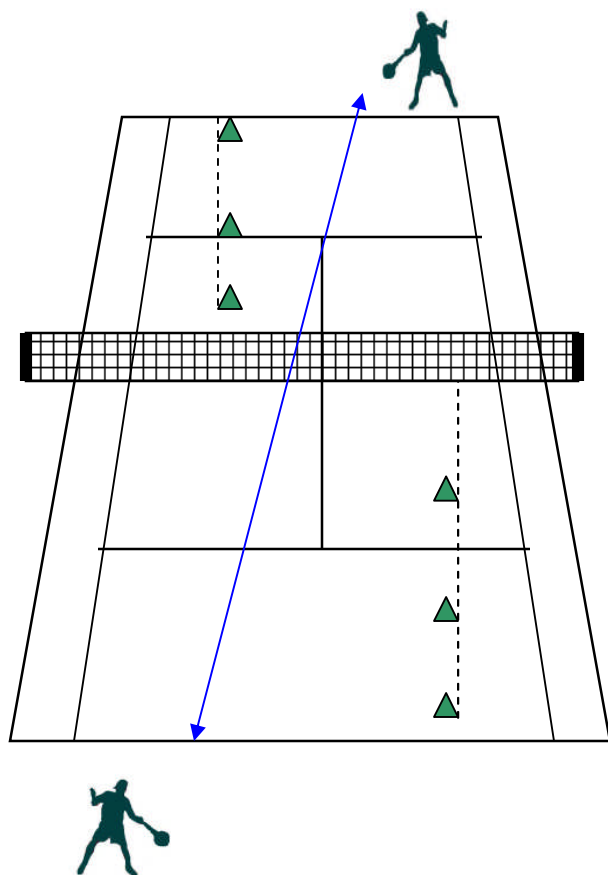
Manipulate scoring to suit lesson plan. ie. Net error = immediate loss of set; or error in first 5 shots = immediate loss of set.

Details:

2 – 4 players.

This drill can be suited to a group lesson by rotating the players after each point or even after each shot to ensure maximum participation.

Set marker cones 1.5 metres (approximately 2 racket lengths) from the side line.



Player Level:

Intermediate – Advanced Players

Objective:

This baseline drill is designed to develop stroke consistency and build defensive & offensive cross court patterns.

Instruction:

- Place markers as illustrated to cut down court area. Players A & B play cross court.
- "Inside-out" forehands only.
- The manipulation of spin, speed, depth and angle are crucial to winning points in this limited court area.
- The point starts with an underhand feed.

Scoring:

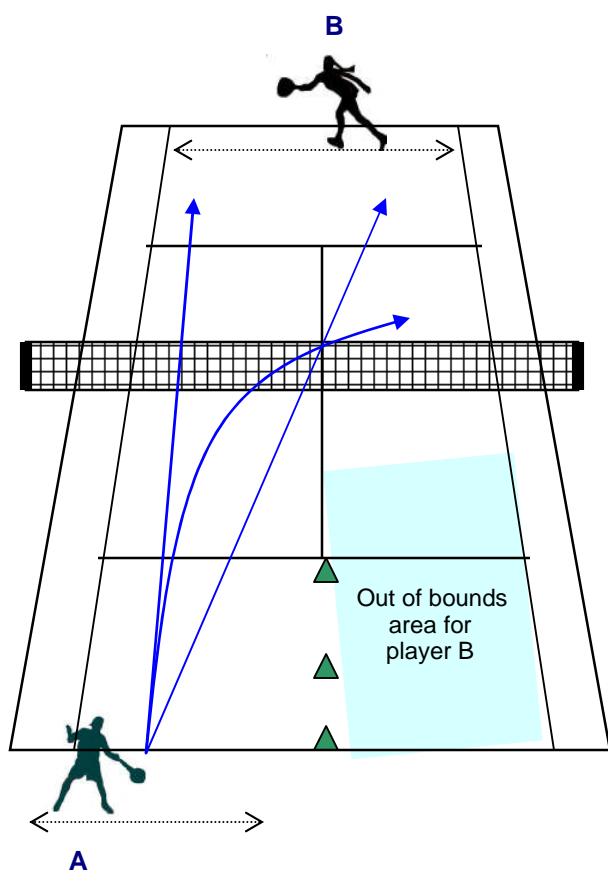
1st to 7 points wins the set
3 sets win the match.

Details:

2 – 4 players

This drill can be suited to a group lesson by rotating the players after each point or even after each shot to ensure maximum participation.

Set marker cones 1.5 metres (approximately 2 racket lengths) from the side line.



Player Level:

Intermediate – Advanced Players

Objective:

In the modern game, players regularly use the “off forehand” to control the point.

This drill emphasises the off forehand, and helps players practise the correct footwork and stroke patterns necessary.

Instruction:

- Set up the court using markers as illustrated to divide the court into two equal halves down one end.
- Instruct player A to use the “off” or “inside-out” forehand to control the point.
- Player A varies depth, angle, spin and speed to move player B all over the court and set up a winning shot.
- Player B must concentrate on movement to the ball and recovery to correct position after each shot.
- Player B must hit all shots to one half of the court.

Scoring:

7 – 11 points

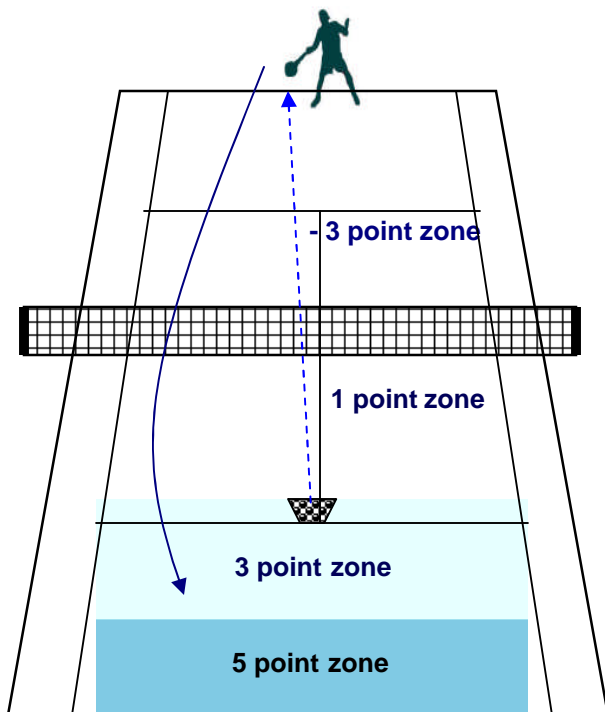
Player B aims to get to 7
Player A aims for 11 points.

After 1 set rotate sides to give both players an opportunity to develop their “inside-out” forehand.

Details:

2 – 4 players

This drill can be suited to a group lesson by rotating the players after each point or even after each shot to ensure maximum participation.



Player Level:

Intermediate - Advanced players.

Objective:

Depth of stroke is a crucial ingredient for the developing tennis player. This drill tries to teach the players to hit deep into the court.

Instruction:

- Set up the court into zones as illustrated, rewarding players for hitting the ball as deep into the court as possible.
- Errors into the net are penalised (- 3 points)
- The coach feeds an easy paced ball while instructing the player to aim high over the net.
- Finish with a long follow through and control the ball with top spin.
- Once the player has mastered hitting the ball deep, the coach should begin feeding in more challenging shots to the backhand and forehand.

Scoring:

Challenge the player to reach a certain score (50 or 100) in a set amount of balls or in a designated time period.

Progression:

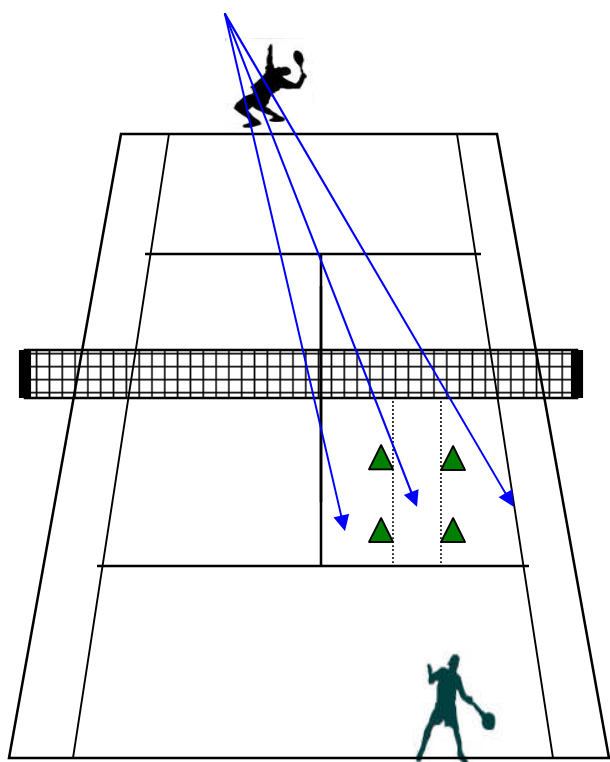
In a group situation, make two teams and the coach alternate feeding to Team A and B.

First team to reach 50 wins.

Details:

1 – 4 players

Marker cones are required to divide zones.



Player Level:

Intermediate – Advanced players

Objective:

In developing an effective serve, accuracy is the most important consideration. In this drill players test their serving accuracy.

Instruction:

- Use markers to divide the service court into three equal boxes.

Servers to practise serving:

- Down the tee
- Into the body
- Out wide
- Players take it in turns to designate the box they are serving into.
- If they are successful with placing their serve, they can keep serving, selecting a different box to serve to each time. If they miss, the next player takes their turn.

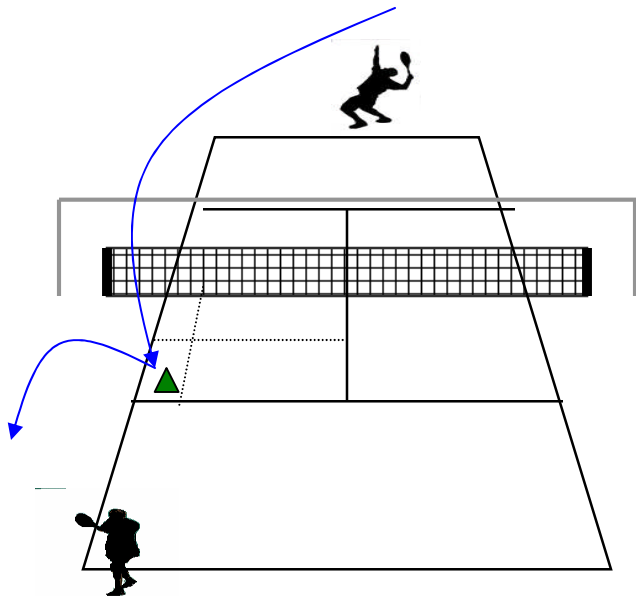
Scoring:

The player who can serve the most consecutive balls into their designated area wins.

*Note. Serves must be of first serve speed to qualify as successful.

Details:

1 – 4 players



Player Level:

Advanced players

Objective:

The “kick” serve is an essential shot for advanced players. It is versatile and can be used as a safe second serve combining top spin, height over the net and depth; or as an aggressive first serve by pulling an opponent out of court with extreme angles.

Instruction:

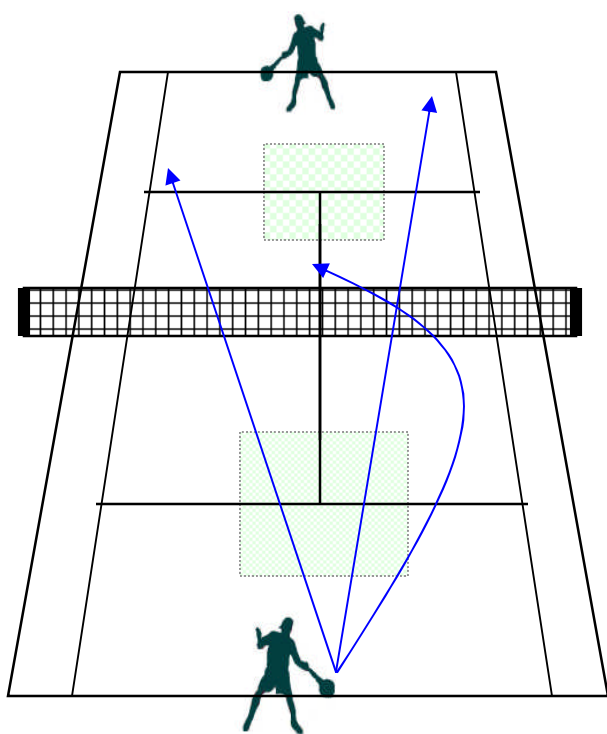
- Place net extenders on the court to emphasise the clearance over the net to the students.
- Start by placing markers parallel to the service line as illustrated (around one racquet length inside the service line).
- Practise 2nd serves clearing the net extender and placing the ball in the target area. Once the player has made 10 successful serves in the target area, move on to practicing 1st serves.
- Place markers in the backhand service box parallel to the singles line as illustrated (around one racquet length inside the service line).
- Practise 1st serves by clearing the net extender and inside the target area – aiming to “kick” the ball away from the returning player (as illustrated).

Scoring:

Points scored for placing the ball in correct target area.

Details:

1 – 4 players



Player Level:

Intermediate – Advanced.

Objective:

Keeping the ball out of the center of the court and therefore moving your opponent and keeping them off balance is an effective method of controlling each point and therefore the match. Use this drill to practice controlling the center.

Instruction:

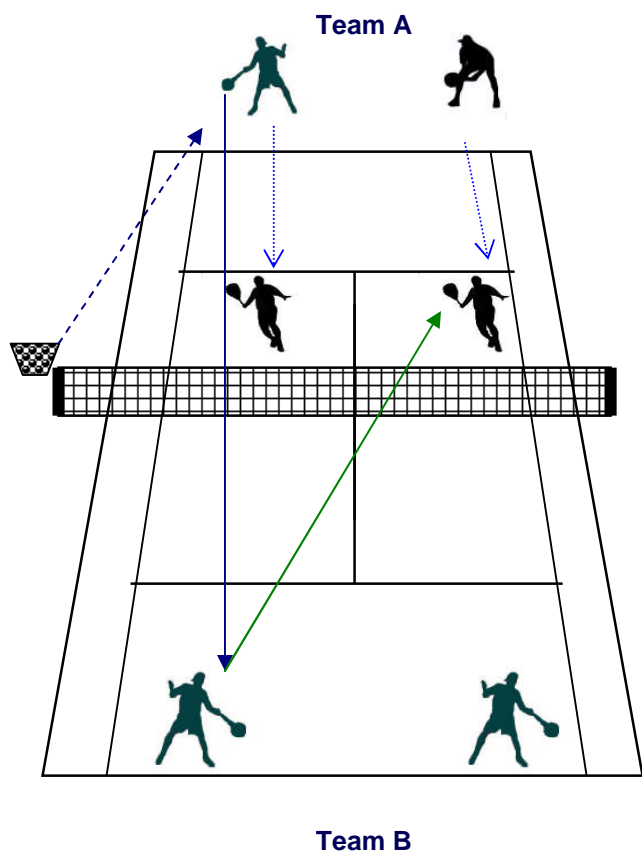
- Using markers designate an area approximately 4 metres x 4 metres in the middle of the court.
(This size of this area can be adjusted to suit the level of the players.)
- Errors can be made into the net, long, wide and every ball that lands in this area is out and a point is lost.
- Two players commence a rally attempting to place their shots outside the marked area by varying the depth and angle of their shots and moving their opponent all over the court.
- The drill encourages effective attacking tennis but also practices making defensive shots away from the center of the court. (which will result in opponent winners as the level of competition improves)

Details:

2 – 4 players using rotations.

Play 1st to 11 points.

Progress the drill by asking players to “go for a winner” off any ball landing in the center area. If they hit the winner they receive a bonus point.



In doubles, either member of your team can serve first. However, it is best to decide before you step onto the court who will serve first. Let the better server on the team serve first.

Player Level:

All levels

Objective:

Practise making approach shots and moving into the net as a team.

Teamwork

Instruction:

- Coach begins the rally with an easy paced feed to Team A.
- Team A hits an approach shot and charges to the net remembering to split step.
- Team B attempts to rally the ball to Team A, who have set up position at the net.
- If a rally is not started, the coach will feed in 3 – 4 volleys to Team A with each volley being rallied out.
- Rotate after each round of strokes.

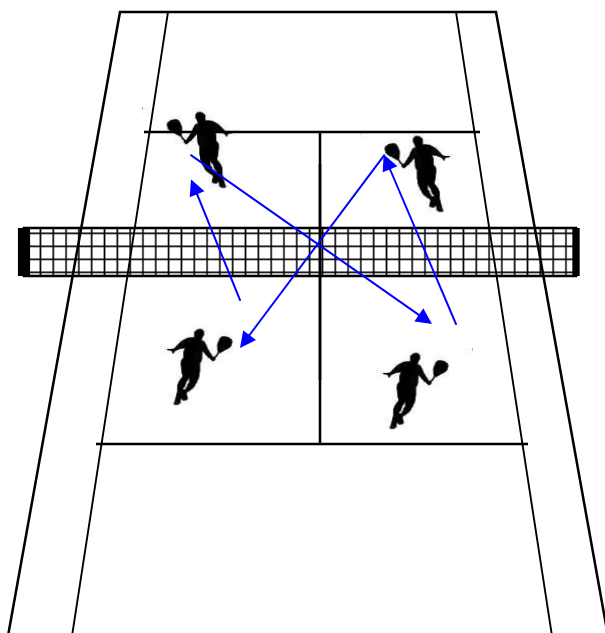
Scoring:

1st to 7 points wins

Normal tennis rules apply except where points are also scored if the ball is allowed to bounce after the serve is returned.

Details:

4 – 6 players



Player Level:

Intermediate – Advanced players

Objective:

Volleys require quick reflexes and minimal racquet work. This drill practises the quick reactions in both footwork and racquet needed for successful net play.

Instruction:

- All players will start at the net.
- The coach or player commences the rally with all strokes to be played on the volley or half volley.
- Control of volleys should be emphasised with no winners or smashes to be hit.
- Random or set patterns can be practised (i.e. cross court to down the line).

Scoring:

Count the longest rally.
The best way to perform this drill is by competing two on two and scoring to 11 points.

Details:

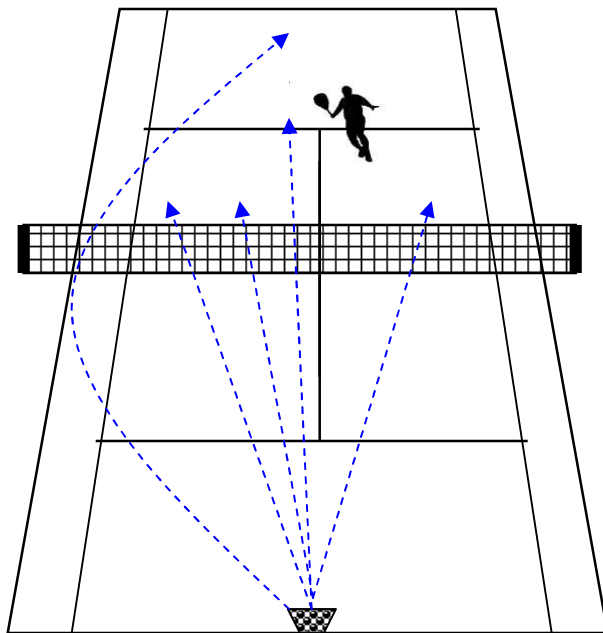
4 – 6 players

This drill is best performed with four players.

Drill Theme: Volley

Drill: 5 Ball Volley Drill

10



Player Level:

Intermediate – Advanced players

Objective:

To work on both the volleys and the overhead while moving forwards, backwards and sideways.

Instruction:

The player will start from the service line.
The coach will feed from behind the baseline.

The sequence of shots will be as follows:

- First volley from the service line
- Close in for a high put away volley
- Smash
- Close in again for a forehand volley
- Move laterally for a backhand volley

Progression:

Add in a sixth shot by hitting a high defensive lob over the player's head.
They must run back deep into the court to retrieve the ball.

Details:

Complete this drill from both the deuce and advantage sides of the court.

Increase the difficulty of the feeds as the player's movement improves.

Global Sports Coaching

The Global Website for Tennis Professionals and Enthusiasts!

Global Sports Coaching Member Benefits

When you become a member of Global Sports Coaching you will have access to the largest collection of tennis drills, tennis fitness exercises, advice and tennis tips and be able to communicate with coaches from all around the world through our great new member's only discussion forum.

Benefits of Global Sports Coaching Membership include:

- Unlimited access to all articles and programs
- Hundreds of tennis drills (GSC Tennis Drills eBooks)
- Hundreds of tennis fitness exercises (GSC Tennis Fitness eBooks)
- Unlimited access to our Coaches Discussion Forum
- New drills and articles added every week
- Free eBooks
- Tennis Resources
- Tennis forms and documents
- You can print and take the drills and exercises on the court with you!
- You will receive our GSC monthly tennis journal full of new articles and drills
- Much more!

Who Would Benefit From a Membership to Global Sports Coaching?

- Country Club Tennis Professionals
- High School Coaches
- College Coaches
- Private Club Coaches
- Tennis Websites and Business Owners
- Fitness Trainers and Consultants
- Tennis Training Schools and Programs
- Tennis Players of All levels
- Club Managers
- Tournament Organizers
- Local, National and International Tennis Organizations

What Separates Global Sports Coaching from the Many Other Tennis Websites?

Our mission is to provide practical and informative tennis resources to tennis professionals that will have a real impact on their tennis careers. We don't just write "empty" articles full of fluff. Our resourceful articles strive to answer tennis specific questions that coaches face in their coaching career.

Limited Time Offer!

For the price of a tennis lesson a membership with Global Sports Coaching is an investment in your career that will be well worth it! We believe that you will gain valuable information and contacts with fellow coaches that will make your tennis coaching career more rewarding and profitable!

Become a member of Global Sports Coaching and get immediate access to all of these great tennis resources! If you wish to join then you will be able to do so via our **Secure** online order form.

Visit the Global Sports Coaching website>> www.globalsportscoaching.com

Global Sports Coaching Team

About Global Sports Coaching

Global Sports Coaching (GSC) was born from the need to provide coaches with one of their greatest assets – an unlimited number of drills and sport specific exercises for their chosen sport.

GSC strives to assist coaches of all levels in every sport to advance in their careers. Coaching can be a very rewarding career and continuing an education and striving to reach one's full potential as a coach should be a main goal for everyone.

GSC's goal is to assist coaches achieve this goal by providing them with the necessary coaching tools.

GSC's team of coaches, exercise physiologists, sports psychologists, consultants and former touring professionals have compiled drills from all over the world with many years of experience. These drills have been compiled for all levels and also include a range and variety of sports.

GSC's team of professionals also provide consulting services to coaches and fitness trainers.

Please check out our website where you will be able to communicate with fellow coaches from all around the world through our members' only discussion forum. You will also find a selection of informative articles, drills and advice specific to tennis.

www.globalsportscoaching.com