

"GETTING THE MOST OUT OF YOUR ATHLETES"

I. QUICK-HITTERS (Ideas/Suggestions/Coaches Checklist)

*Plan your practices...plan too much! (Start on time and finish on time.)

*Condition within! (See drill ideas, below.)

*Drill a lot, play a little! (See drill ideas, on back.)

*No lines! Keep them short, if necessary.

*Preach (and model) proper etiquette and good sportsmanship.

*Encourage to watch and read tennis!

Matches on TV, You-tube videos, Tennis Magazine, Inner Game of Tennis, Winning Ugly, I've Got Your Back, You Cannot Be Serious

*If you cut (or when you rank, initially), have a system in place.

*Make it a team sport. Make them stay at matches until all are done!

*Make it fun!

II. DRILLS TO GET THE MOST OUT OF YOUR LIMITED TIME & SPACE

A. CONDITION WITHIN

*1. "Around the World" 3 strikes; jog or pickup until the rest are done!

*2. "Musical Spots" 8 playing points on 2 courts (4 half-width courts); up to 6 others jogging. Run to open spot and play.

3. "3 to Take Over" 2 courts (4 half-width courts) playing singles points (alleys are good); First challenger to win 3, changing courts each time, takes over the 3rd won spot. All others start over!

4. "Up and Down the River" 4 players/court; 1st person or team to 21 (yells "21") wins, all others stop with the leader declared the winner. Each time the ball is hit counts as a point. Winner(s) move up a court, loser(s) move down a court.

a. Singles (half-court widths)

b. Ping-Pong Doubles

c. 1 Racquet Ping-Pong Doubles

B. STRATEGY-BASED DRILLS

1. "Air Zone" hit over (if both back), or hit under (passing shot, or to hit at opponent)
2. "Rope Zone" create thirds of the court (outside, inside, outside)
 - a. Outlast
 - b. Mix-it-up
 - c. Outer Thirds
3. "Cross-Fire" challenger must start point with a cross-court shot, then point is played out. If challenger wins 1st point, they each touch their cone and repeat play. If challenger wins 2nd point, he is now a champion. (2 champs, rotate each time they win a point...must hit a ball.) Coach feeds to start each point, and challenger must win 2 in a row.
4. "Point of No Return" 2 half-width competitions/court. 2 champions and 2 lines of challengers, behind the opposite service line. Challenger must win 3 in a row, bounce-feeding from behind the service line and closing in to net. Champs cant lob the fed ball & challengers try to put away the 1st volley. Champs may lob after the volley, & the challenger cant go back past the service line, a.k.a. the "point of no return."
5. "Overhead Defense" 2 champions (at net) hitting coach-fed overheads. 3 challengers (plus a short line) at opposite baseline, defending. Play out the points, with challengers rotating from left to right each point, until the challengers win 3. The 2 on the right take over as the champs.