

High Percentage Tennis Strategy (Doubles)

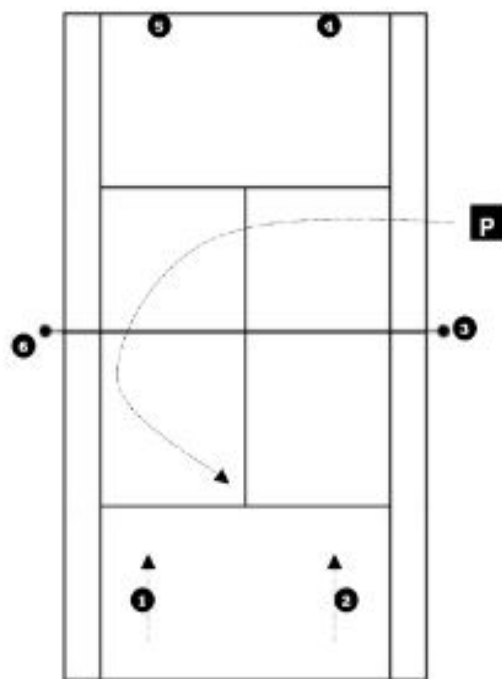
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Wednesday, July 25

2:35 – 3:25 PM

DOUBLES DRILL

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47) Ball:

This is a great that teaches to fight for a point and defend against an overhead.

Level: 3.0 and higher

Ball 1: Pro feeds the players on the far side a short lob that they must bounce and then hit an aggressive OH at the opposing team which has retreated and dug in for the incoming overhead.

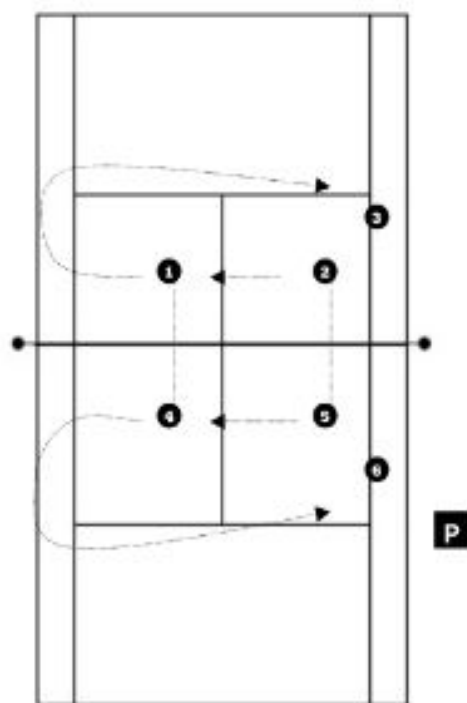
Ball 2: Pro feeds the same type of feed to either player on his side.

Ball 3: Same as ball 1

Ball 4: Same as ball 3.

After 4 points are played with each player hitting one of the feeds, the players rotate 1 spot around on the court.

Players keep track of their score with any point won by the attacking team being worth 1 point to them, but any point that is won by the defending team is with 2 points. This really emphasizes the point of the drill which is to defend.



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11) Bryan Brothers Volley Drill:

This is an advanced volley control drill best suited for higher level players.

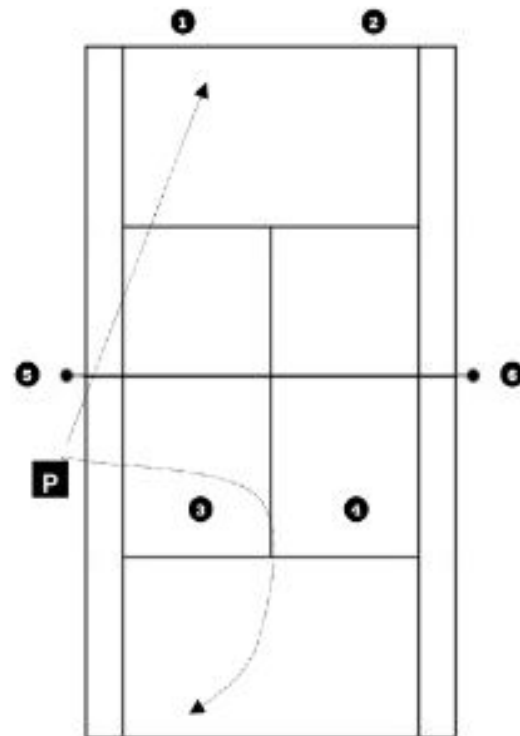
Level: 4.5 and higher

Player 1 & 4 hit cooperative volleys to each other as they slide across very close to the net. When they reach the doubles alley, they drop back to just behind the service line and continue to sustain what is now a lob volley rally with each other over the heads of the players that are close at the net.

If a ball goes out of play, they simply start another ball from where they missed.

All shots are hit as controlled volleys, the goal is to keep the volleys alive and going.

V= Use foam balls



31) Butt and Elbows:

This is a great drill to teach doubles players a commonly violated doubles tactic.

Level: 2.5 and higher

Pro feeds shots to the baseline team and they try to get the net team off of the net. The best way to do this is to hit a low short ball and then lob them.

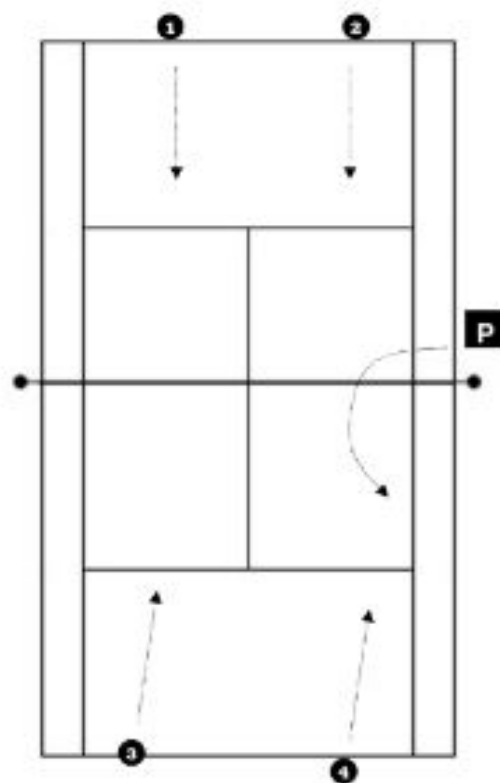
Every time the baseline team successfully lobs over the net team's head, they will see the net team's **Butts and Elbows** (as they run back to retrieve the ball)

This is when the pro yells "Butts and Elbows" which should always trigger the baseline team to come into the net and "Hover" around the service line expecting a lob in return.

Then pro should occasionally lob the net team on his side and they must let the ball bounce. This will create more butts and elbows scenarios.

After a few minutes, the pro rotates every player one spot to their right on the entire court.

V= Keep score by ones, but if the baseline team correctly implements the butts & elbows rule, they get 3 points.

**82) Crafty Doubles:**

This drill make players react to a number of various situations that might occur in a doubles match.

Level: 2.5 and higher

Ball 1: Pro feeds a drop-shot to player 3 or 4 and then the point is played out to completion. Players 1 & 2 should probably move forward to defend against a drop-shot from the other team.

Ball 2: Pro feeds a lob over the heads of player 3 and 4 and they must let it bounce and run it down. Then the point is played out to completion again.

After 2 points, the players all re-set to the baseline and the pro repeats the sequence with this time hitting the feeds to players 1 & 2.

The main lesson to be learned in this drill is not to close too tight to the net when you have successfully lobbed an opposing team. This is because they are likely to lob the ball anyway.