

**Peggy Holecek -- Glenbrook North Head Girls Tennis Coach
Nebraska Tennis Clinic Wednesday, July 24th**

Session 1 8:30AM to 9:20AM Tennis Courts

Group Drills a Solo Coach Can Run

8:30AM Hello and Welcome
Brief Intro/Coaching History

- Lob Scramble
- Lo-Jo
- Knock Out
- Rush and Crush
- Split 'Em
- Illini Charge
- Running Doubles
- Skyball

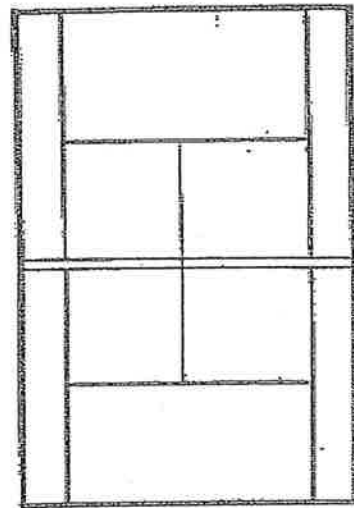
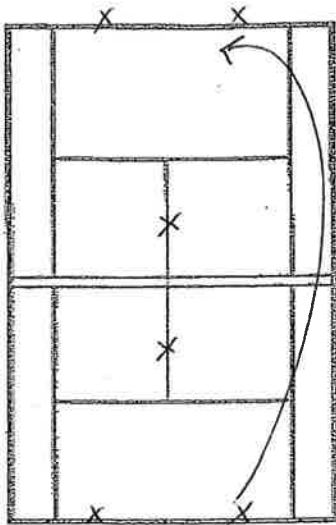
- Round the World Serving
Four on a Court. Each player gets a normal first and second serve that returner catches. After each serve rotation, players rotate clockwise. Keep track of your serve number. Progression: Play out the points crosscourt singles or doubles.
- "GBN" play a serve game where you call the placement of your serve. Your opponent must match your serve if you hit it accurately. Same rules as HORSE.

Name of Drill - Lob Scramble

Purposes - Work on lobs - picking off the short ball

Description - Feed the lob - all lobs until you get a short ball.
Once the net player touches the ball - anything goes

Comments - Can play as a regular game (no ad) Rotating positions

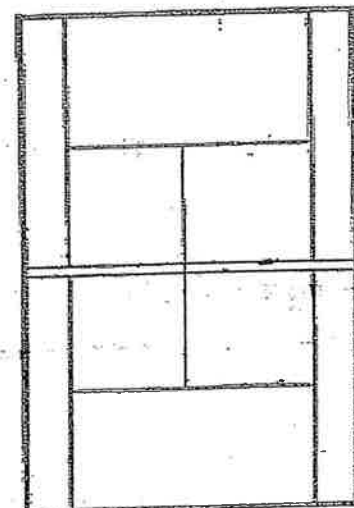
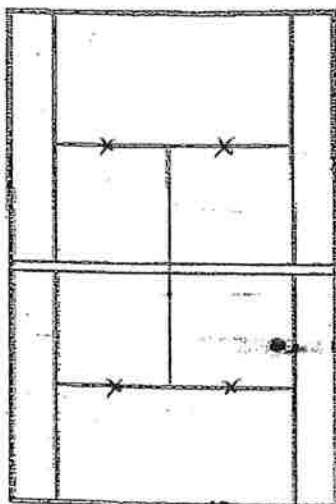


Name of Drill - Lo-Jo

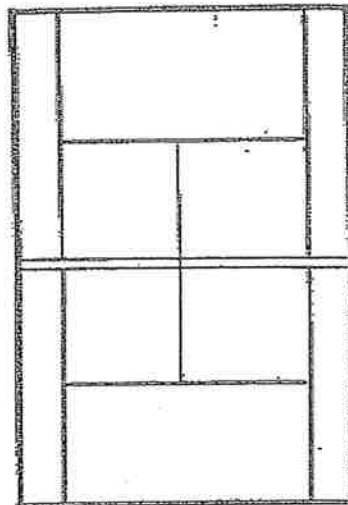
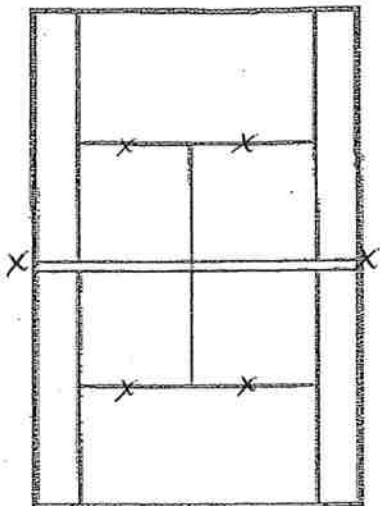
Purposes - work on volleys and closing the net
good footwork and placing volleys

Description - Each person "serves" five balls and play out the point. Switch ad + deuce and repeat

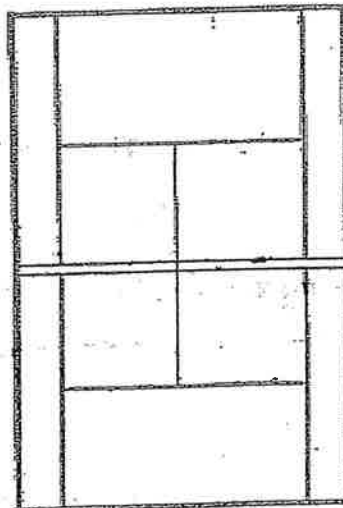
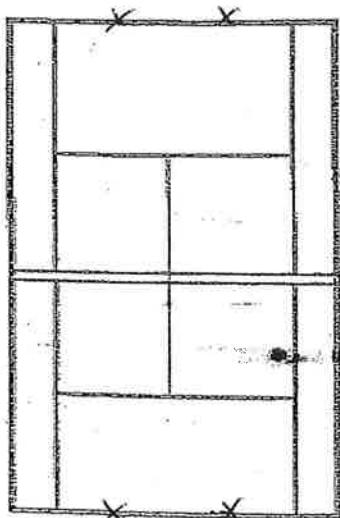
Comments - the goal is to move forward - encourage players to step forward.



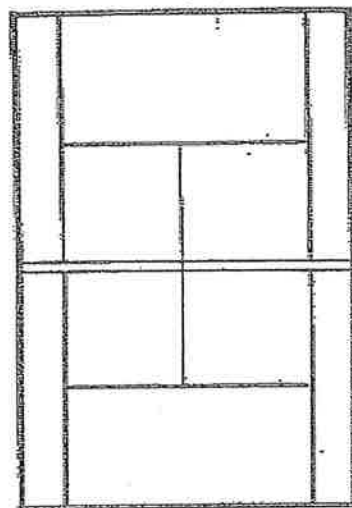
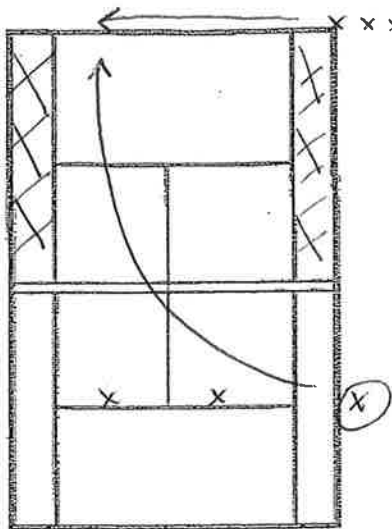
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| Name of Drill - <i>Knock out</i> | |
| Purposes - | <i>to work on volleys & closing the net good footwork and placing volleys</i> |
| Description - | <i>Each player puts 2 tennis balls in a pocket. One player feeds with an extra ball to begin. When you miss, you</i> |
| Comments - | <i>feed. When you are out of tennis balls, a waster comes in. get 2 more balls & repeat.</i> |



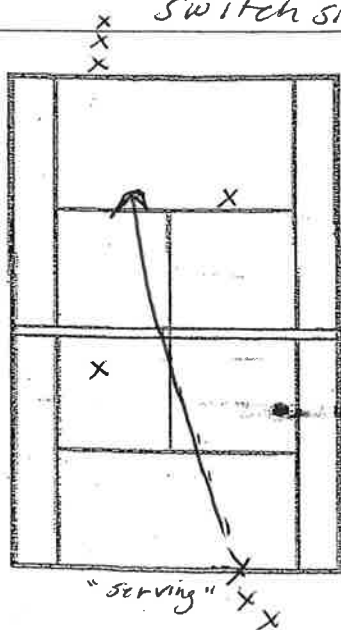
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| Name of Drill - <i>Rush and Crush</i> | |
| Purposes - | <i>to work on movement - closing the net and moving when you get a short ball.</i> |
| Description - | <i>Alternating feed from the baseline - players hit until a short ball (in front of the service box) then</i> |
| Comments - | <i>both players must move in together. Win the point and you reset & keep the feed. Play to 12 and switch.</i> |



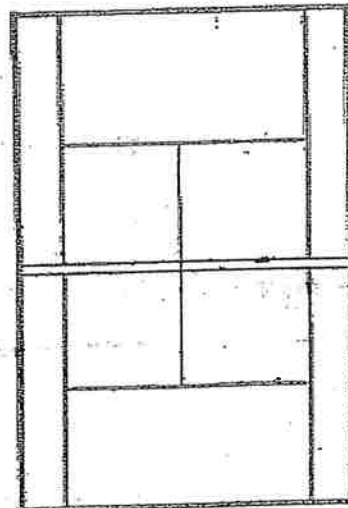
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| Name of Drill - | Split 'Em | Coach Fed Group Drill |
| Purposes - | Coach feeds to the moving player at the baseline. If the baseliner beats the net player, she takes the net. | |
| Description - | position. Coach gives a count of 5-4-3-2-1 and then feeds. If the baseliner SPLITS 'EM, 2 baseliners | |
| Comments - | go over. Alternate ad-deuce feeds. Can also have two players run out along the baseline | |



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| Name of Drill - | "Illini Charge" |
| Purposes - | working on serve and volley technique without serving. Works on doubles play, fast-moving competitive drill |
| Description - | Serving team feeds a ball around the service line. Play out the point. Server goes to net, next player serves. When 10 points |
| Comments - | have been "served" switch ad-deuce. After 20 points switch sides |



□ = ball hopper

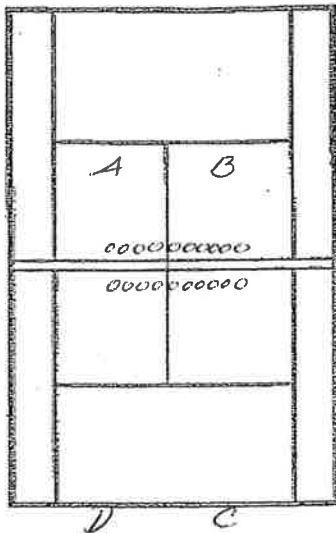


Name of Drill - *Running Doubles*

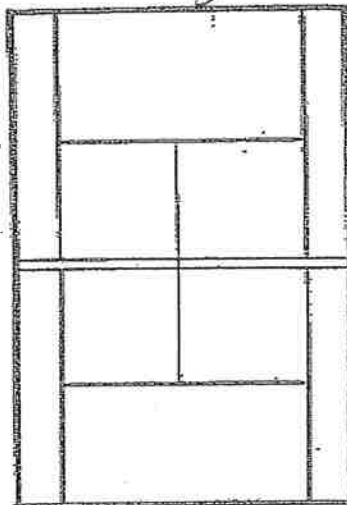
Purposes - *overheads, lobs, passing shots, movement*

Description - *Each team places 20 balls at the net. Spin the racquet for position on at the net to start. Net team feeds the ball past the service line to start.*

Comments - *Any shot goes - try to win the point. The team that wins the point runs up, grabs a ball and feeds, taking the net. You can only win a point at the net. Winning points at the baseline only allows you to take the net and feed the ball*



If the net team loses, they should back pedal at the baseline. Baseliners should run in and feed in order to try and catch the net team out of position.

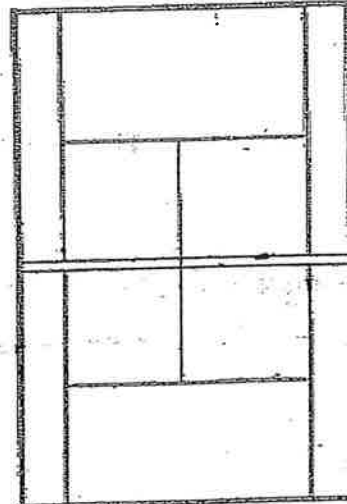
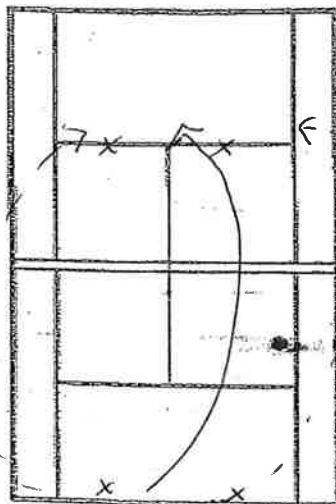


Name of Drill - *Skyball - team drill - fast paced.*

Purposes - *overheads, lobs, passing shots, movement*

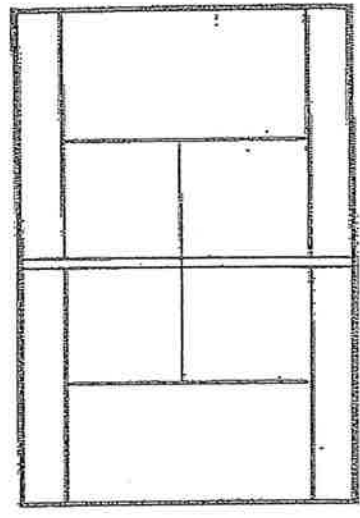
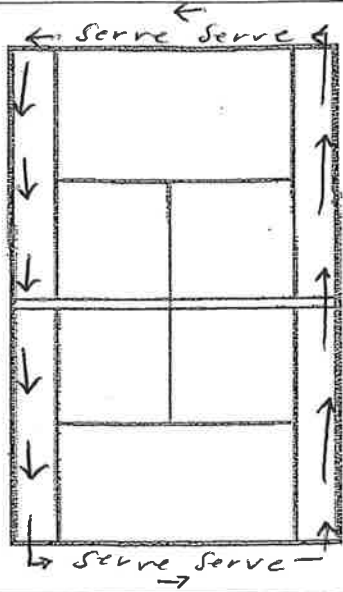
Description - *play begins as coach calls 5-4-3-2-1 as first two players run to the service line. On "1" coach feeds a very high lob to start the point. Net players must hit the overhead*

Comments - *and then anything goes. As long as net team wins, they stay. Coach begins every point with a "sky high lob". Once the net team loses, the baseliners run over.*



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| Name of Drill - <i>Around the World Serving</i> |
| Purposes - <i>practice first and second serves know/improve serve number</i> |
| Description - <i>practice usual first and second serves. Five first & second serves from each spot. Rotate.</i> |
| Comments - <i>Can return "in" serves or catch.</i> |



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| Name of Drill - <i>"GBN" Serve drill</i> |
| Purposes - <i>To work on serve placement</i> |
| Description - <i>Same rules as HORSE - player calls out serve placement. If she makes it, opponent must match or get a letter if you don't</i> |
| Comments - <i>switch adv deuce. Can also have players return in serves if desired.</i> |

