

# GROUP COACHING EXERCISES:

BELOW ARE 45+ EXERCISES IN A POINTS / GAMES BASED APPROACH TO USE IN GROUP COACHING SESSIONS: - **LAST EXERCISE ADDED – NO.47 VOLLEY RUSH**

I HAVE COMPILED THIS DOCUMENT FOR THE FOLLOWING REASONS:

- To have exercises that coaches can use in their group lessons throughout the year, which on average is 8 players in a group (4 players per court)
- To explain exercises in a clear easy to understand format
- To have exercises where there is no rotation at all, so all four players are playing at the same time (especially useful if coaching outside during the cold months of the year!)
- Have exercises on printable A4 sheets
- Have you the coaches send me drills by email so I can draw them up in the same format and add them to this document to have a large library of exercises
- Have the exercises in a point / games based format

The exercises I have used below are exercises I have learnt from coaches I have worked with, books/online resources and some I have made up!

For now I have split the exercises into 3 main categories:

1. Groundstroke Exercises
2. Approach / Volley and Smash Exercises
3. Serve & Return Exercises

If you would like to send me some exercises, then please email me at [robcherry2000@gmail.com](mailto:robcherry2000@gmail.com)

Rob Cherry

Head Coach of Sandycove Tennis Club

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38	LIVE BALL!	14	TBA				
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42	5 MIN DRILL - DOWN THE LINE	15	TBA				

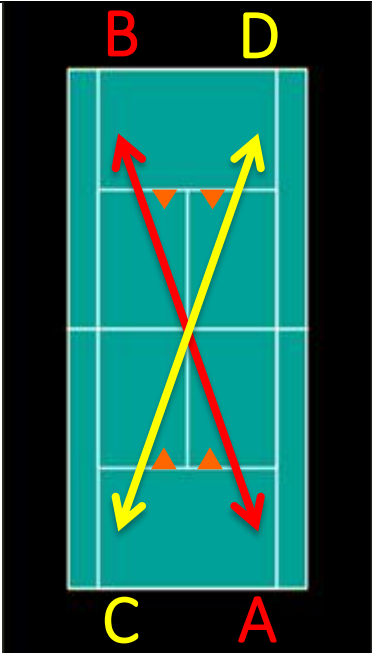
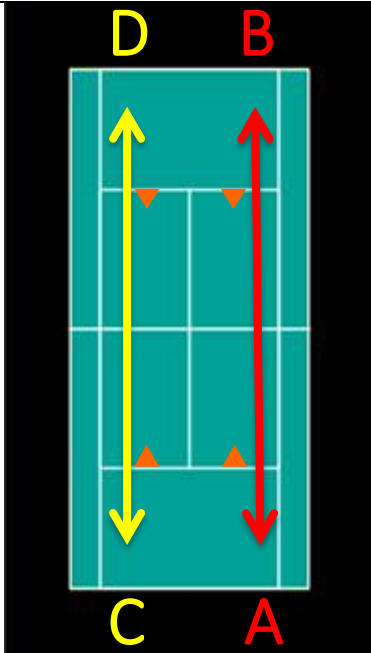
## INDEX OF APPROACH / VOLLEY / SMASH EXERCISES:

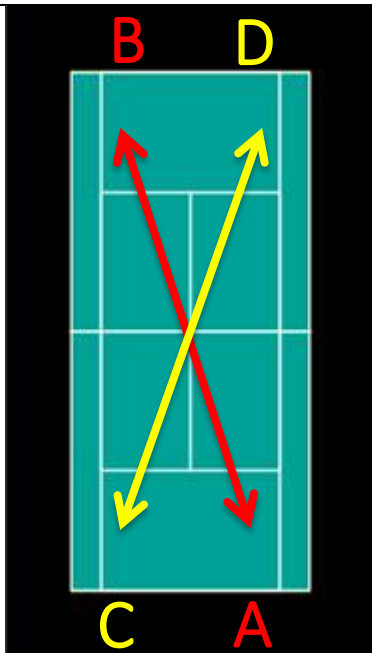
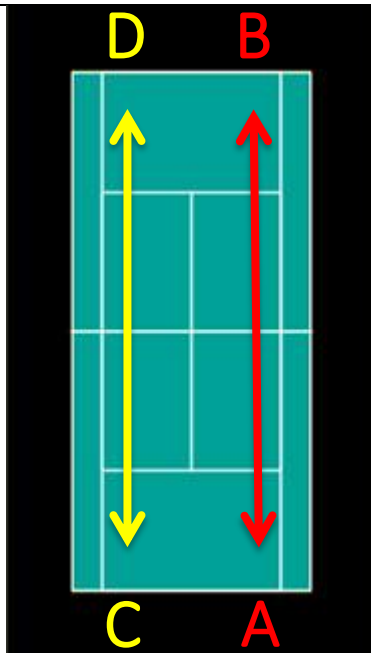
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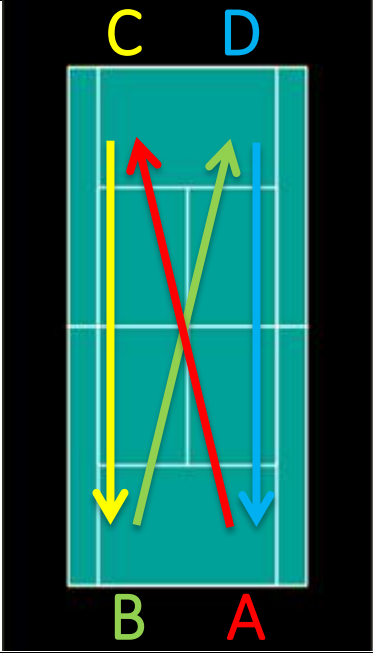
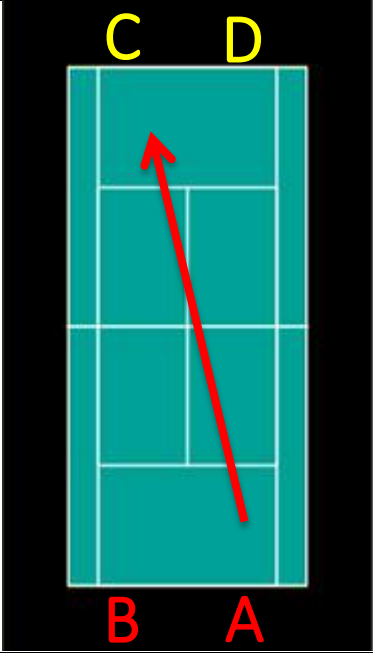
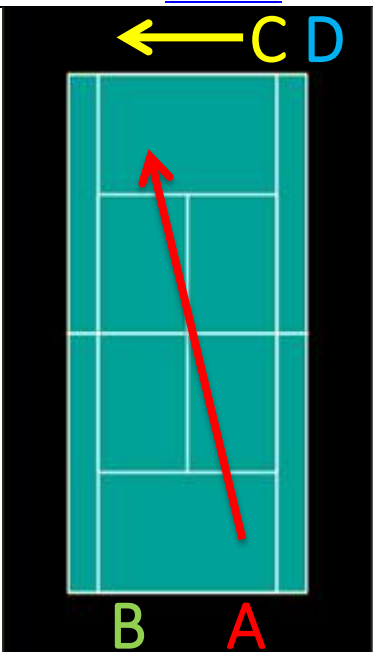
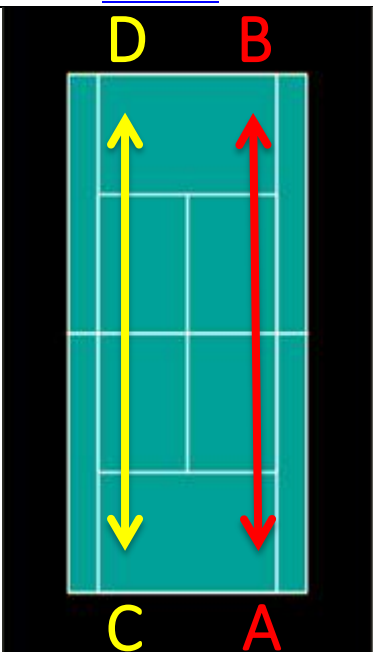
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45	TENNIS SQUASH	16	TBA				

GROUNDSTROKE EXERCISES USING GAMES/POINTS BASED APPROACH

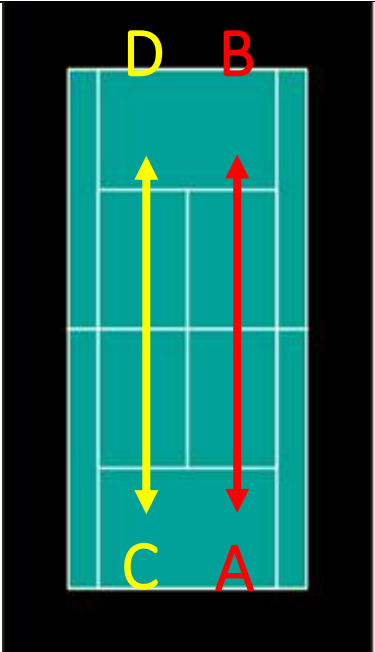
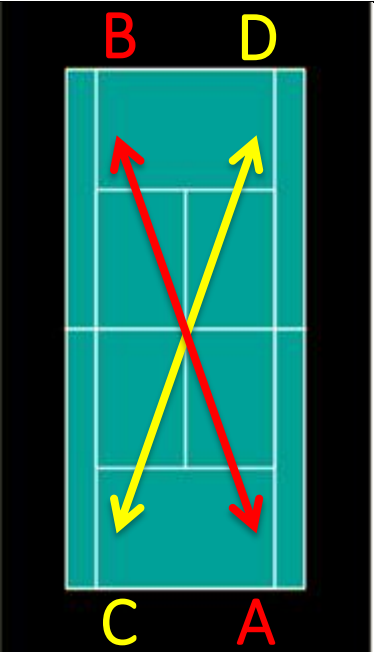
<p>1. CROSSCOURT – <a href="#">VIEW VIDEO</a></p>	<p>2. DOWN THE LINE – <a href="#">VIEW VIDEO</a></p>
	
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• PLAYERS HIT CROSSCOURT SHOTS BETWEEN ORANGE CONE &amp; SINGLES LINE.</li> <li>• (CONES ARE PLACED A RACQUET LENGTH FROM CENTER SERVICE LINE).</li> <li>• <b>PLAY POINTS TO 11, PLAYER LOSES THE POINT IF THEY DON'T HIT THE BALL CROSSCOURT.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• PLAYERS HIT DOWN THE LINE BETWEEN ORANGE CONE &amp; SINGLES LINE.</li> <li>• (CONES ARE PLACED HALFWAY BETWEEN THE SINGLES LINE AND CENTER SERVICE LINE).</li> <li>• <b>PLAY POINTS TO 11, PLAYER LOSES THE POINT IF THEY DON'T HIT THE BALL DOWN THE LINE.</b></li> </ul>

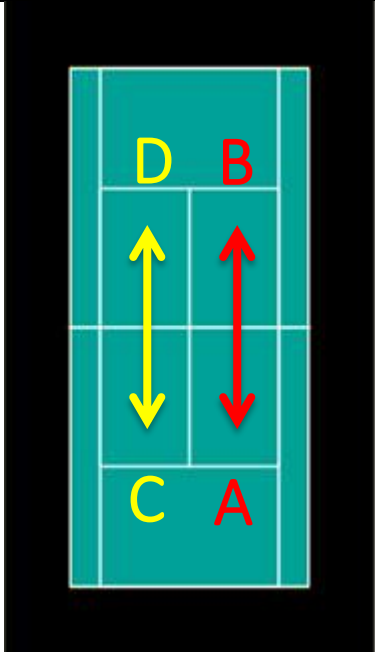
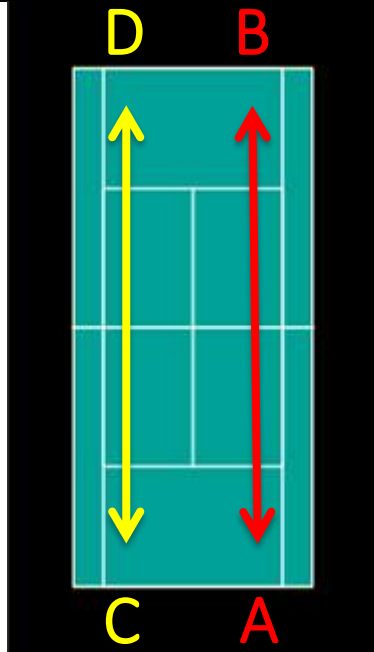
<p>3. HITTING DEPTH CROSSCOURT - <a href="#">VIEW VIDEO</a></p>	<p>4. HITTING DEPTH DOWN LINE – <a href="#">VIEW VIDEO</a></p>
	
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAY <b>D</b>.</li> <li>• <b>PLAYERS PLAY POINTS CROSSCOURT UP TO 11 AS ABOVE BUT HAVE TO HIT PAST THE SERVICE LINE.</b></li> <li>• <b>AS PLAYERS GET BETTER YOU CAN PUT DOWN CONES/LINES FURTHER BACK SO THEY HAVE TO HIT PAST THEM.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• <b>PLAYERS PLAY POINTS DOWN THE LINE UP TO 11 AS ABOVE BUT HAVE TO HIT PAST THE SERVICE LINE.</b></li> <li>• <b>AS PLAYERS GET BETTER YOU CAN PUT DOWN CONES/LINES FURTHER BACK SO THEY HAVE TO HIT PAST THEM.</b></li> </ul>

GROUNDSTROKE EXERCISES CONTINUED...

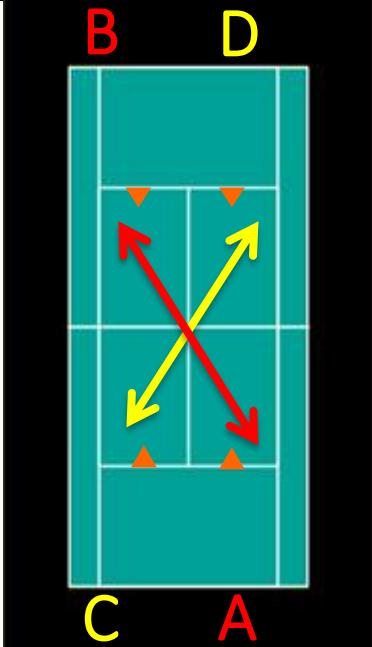
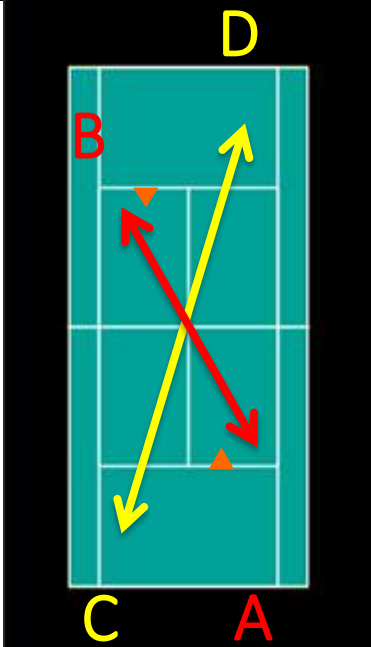
<p>5. CROSSCOURT &amp; DOWN THE LINE – <a href="#">VIEW VIDEO</a></p> 	<p>6. DEPTH CROSSCOURT OR DOWN THE LINE - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• USING ONE BALL, <b>A &amp; B</b> PLAY <b>C &amp; D</b>.</li> <li>• A &amp; B HIT ALL THEIR SHOTS CROSSCOURT, C &amp; D HIT ALL THEIR SHOTS DOWN THE LINE.</li> <li>• <b>E.G.</b> A HITS TO C, C HITS TO B, THEN B HITS TO D, D HITS TO A.</li> <li>• <b>PLAY POINTS TO 11 AS A TEAM, TEAM, LOSES THE POINT IF OPPONENTS DON'T HIT TO AREA. ROTATE DIRECTIONS AFTER A TEAM GETS TO 11 POINTS.</b></li> </ul>	<ul style="list-style-type: none"> <li>• USING ONE BALL, <b>A &amp; B</b> PLAY <b>C &amp; D</b>.</li> <li>• <b>PLAYERS PLAY POINTS AS A TEAM UP TO 11, HITTING PAST THE SERVICE LINE.</b></li> <li>• <b>E.G.</b> PLAYER A FEEDS THE BALL IN TO PLAYER C OR D AND WHICHEVER TEAM MAKE A MISTAKE OR DON'T HIT PAST THE SERVICE LINE LOSE THE POINT.</li> <li>• YOU CAN MAKE IT MORE DIFFICULT BY PUTTING DOWN LINES FURTHER BACK TO HIT PAST.</li> </ul>
<p>7. FH OR BH ON THE RUN! – <a href="#">VIEW VIDEO</a></p> 	<p>8. ATTACK &amp; DEFEND - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• THIS EXERCISE GETS PLAYERS TO RUN ACROSS THE FULL WIDTH OF THE COURT TO PRACTICE HITTING SHOTS ON THE RUN.</li> <li>• USING ONE BALL, <b>A &amp; B</b> PLAY AGAINST <b>C &amp; D</b></li> <li>• <b>TO START, C STARTS IN LINE WITH A. PLAYER A HITS A SOLID SHOT CROSSCOURT AND C HAS TO RUN AND GET TO THE BALL, PLAYER D MOVES ONTO THE COURT AND THEN ALL FOUR PLAY OUT THE POINT.</b></li> <li>• ROTATE WHO RUNS AFTER EACH POINT.</li> <li>• YOU CAN ALSO VARY IT BY FEEDING IN DOWN THE LINE (OPPONENT WOULD STAND CROSSCOURT INSTEAD OF DIRECTLY OPPOSITE).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• ALL PLAYERS START BEHIND THE BASELINE AND PLAY STRAIGHT DOWN THE LINE.</li> <li>• ONE PLAYER FEEDS IN A SOFT HIGH BALL AND THE OTHER PLAYER HAS TO HIT ATTACKING SHOTS LETTING THE BALL BOUNCE WITH THE DEFENDER ONLY BLOCKING BACK SHOTS USING THE "CHOPPER" GRIP.</li> <li>• <b>PLAYERS PLAY POINTS DOWN THE LINE, ROTATING WHO IS THE ATTACKER AND WHO IS THE DEFENDER EVERY 2 POINTS AND PLAY UP TO 11.</b></li> </ul>

GROUNDSTROKE EXERCISES CONTINUED...

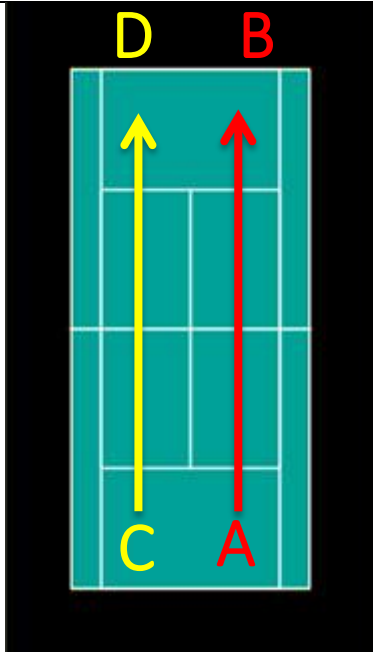
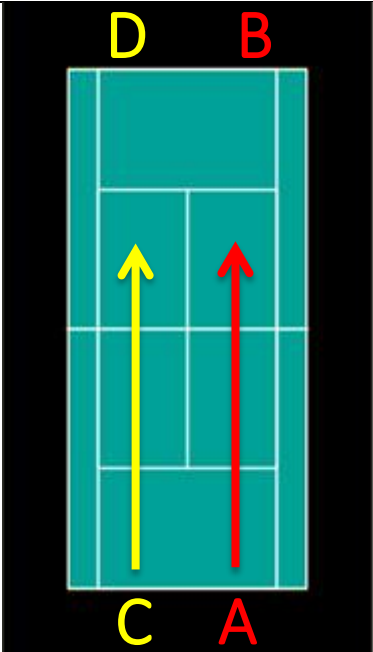
<p>9. TAKING THE BALL EARLY - <a href="#">VIEW VIDEO</a></p> 	<p>10. SINGLES INTO DOUBLES - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>THIS EXERCISE HELPS PLAYERS TO TAKE THE BALL EARLY INSTEAD OF ALWAYS RUNNING BACK TO HIT SHOTS. <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>PLAYERS PLAY POINTS UP TO 11 LIKE ABOVE BUT PLAYERS MUST NOT PLACE THEIR FEET BEHIND THE BASELINE AT ANY TIME. IF THE COACH SEES A PLAYER STEP BEHIND THE BASELINE THEN THEY LOSE THE POINT.</li> <li>THIS WILL GIVE THEIR OPPONENT LESS TIME TO REACT TO THEIR SHOT AND IMPROVE THEIR TIMING.</li> <li>ALTERNATIVELY HIT CROSSCOURT.</li> </ul>	<ul style="list-style-type: none"> <li>THIS EXERCISE TURNS CROSSCOURT SINGLES RALLIES INTO DOUBLES POINTS.</li> <li>THE POINT STARTS WITH <b>A</b> RALLYING CROSSCOURT WITH <b>B</b> AND <b>C</b> RALLYING CROSSCOURT WITH <b>D</b>.</li> <li>IF THE RALLY BREAKS DOWN FOR EXAMPLE BETWEEN PLAYERS A AND B, THEN THEY SHOUT "DOUBLES" &amp; BOTH COME INTO THE NET AND PLAY OUT A DOUBLES POINT WITH THE REMAINING BALL.</li> <li>THEY PLAY POINTS UP TO 11, ONCE SOMEONE MISSES THEN PLAYERS A AND C PLAY AGAINST PLAYER B AND D IN DOUBLES POINTS.</li> </ul>

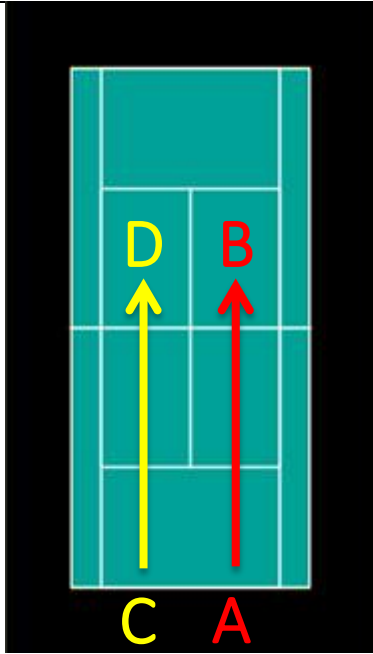
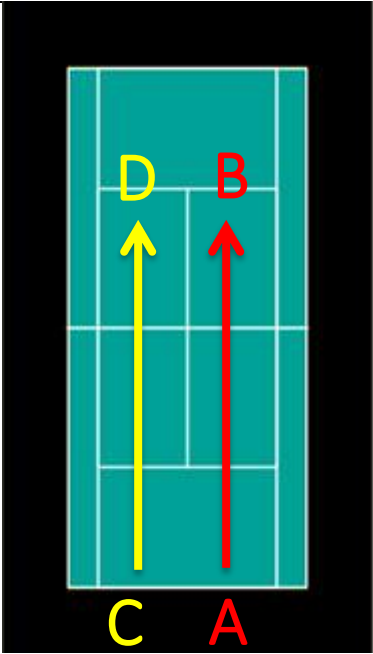
<p>11. TOUCH BOXES - <a href="#">VIEW VIDEO</a></p> 	<p>12. BACKSPIN AND SIDESPIN - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>THIS EXERCISE HELPS PLAYERS TO GET USED TO THE "CHOPPER GRIP" BUT ALSO DEVELOP TOUCH SHOTS.</li> <li><b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b> OR ALL FOUR AT ONCE.</li> <li>PLAYERS PLAY POINTS FROM 10 DOWN. PLAYER A PLAYS PLAYER B, WHEREBY THEY HIT SOFT SHOTS TO EACHOTHER. IF A PLAYER LOSES A POINT, THEN THEY GO DOWN TO 9 POINTS. 1<sup>ST</sup> TO ZERO LOSES.</li> </ul>	<ul style="list-style-type: none"> <li><b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b> OR ALL FOUR AT ONCE.</li> <li>THIS EXERCISE IS A PROGRESSION FROM EXERCISE 11, WHEREBY THEY PLAY FROM THE BASELINE AND CAN ONLY HIT BACKSPIN/SIDESPIN SHOTS USING THE "CHOPPER GRIP".</li> <li>PLAY POINTS TO 11, ROTATE WHO FEEDS IN EVERY 2 POINTS. PLAYERS CAN HIT DROP SHOTS, LOBS, VOLLEYS ETC.</li> </ul>

GROUNDSTROKE EXERCISES CONTINUED...

13. HITTING ANGLES VERSION 1 (IF SPACE!) – <a href="#">VIEW VIDEO</a>	14. HITTING ANGLES VERSION 2 (IF NO SPACE!)
	
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IS THE SAME AS EXERCISE 1 (HITTING CROSSCOURT) BUT NOW THE CONES ARE MOVED TO NEARER THE CENTER SO PLAYERS HAVE TO HIT IN THE SERVICE BOX BETWEEN THE CONE AND THE SINGLES LINE.</li> <li>• <b>*** PLEASE NOTE HAVING ALL PLAYERS HIT ANGLES AT ONCE DEPENDS ON HOW MUCH SPACE IS BETWEEN COURTS. PLEASE SEE VERSION 2 IF YOU DON'T HAVE MUCH SPACE!</b></li> <li>• <b>PLAY POINTS TO 11, PLAYER LOSES THE POINT IF THEY DON'T HIT THE BALL INTO THE SERVICE BOX AT AN ANGLE.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IS THE SAME AS EXERCISE 14 BUT IS USED IF YOU DON'T HAVE MUCH SPACE BETWEEN COURTS.</li> <li>• SO AS PLAYERS DON'T RUN INTO EACHOTHER FROM SEPARATE COURTS, PLAYERS A AND B PLAY EACHOTHER CROSSCOURT HITTING ANGLES, BUT PLAYERS C AND D ARE PLAYING POINTS CROSSCOURT IN THE SINGLES COURT, WORKING ON DEPTH.</li> <li>• <b>PLAY POINTS TO 11, ROTATE WHICH PAIR HIT ANGLES AND WHICH PAIR HIT DEPTH AFTER EACH ROUND.</b></li> </ul>

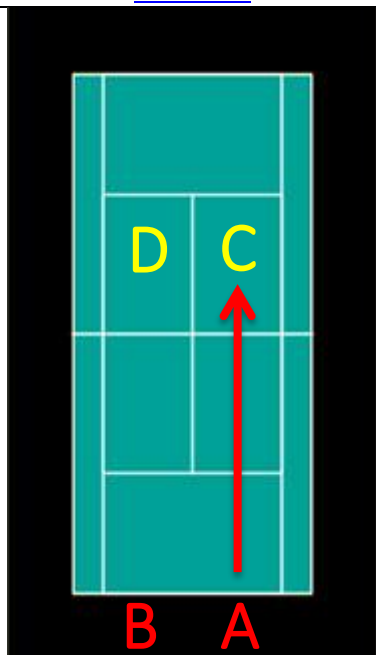
# APPROACH/VOLLEY/SMASH EXERCISES USING GAMES/POINTS BASED APPROACH

<p>15. SELF FED APPROACH SHOT – <a href="#">VIEW VIDEO</a></p> 	<p>16. FED APPROACH SHOT – <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IMPROVES PLAYERS ABILITY TO COME INTO THE NET.</li> <li>• <b>PLAY POINTS TO 11, PLAYER A STANDS HALF WAY BETWEEN THE SERVICE LINE AND BASELINE AND DROPS THE BALL FROM THEIR HAND, LETTING THE BALL BOUNCE, THEN HITS AN APPROACH SHOT TO PLAYER B AND COMES INTO THE NET TO PLAY OUT THE POINT. SAME FOR PLAYERS C &amp; D.</b></li> <li>• FOR THE 1<sup>ST</sup> POINT THEN CAN HIT A FOREHAND FROM A DROP FEED AND FOR THE 2<sup>ND</sup> POINT THEY CAN HIT A BACKHAND.</li> <li>• ROTATE EVERY 2 POINTS.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IS SIMILAR TO EXERCISE 15, BUT THE OPPONENT APPROACHES THE NET OFF OF A SHORT BALL RECEIVED.</li> <li>• <b>PLAY POINTS TO 11, PLAYER A HITS A SOFT SHOT THE INTO SERVICE BOX AT DIFFERENT HEIGHTS TO PLAYER B, PLAYER B THEN HITS AN APPROACH SHOT AND COMES INTO THE NET. SAME FOR PLAYERS C &amp; D.</b></li> <li>• ROTATE EVERY 2 POINTS</li> <li>• ALTERNATIVE IS ALL 4 PLAY AS A TEAM AT THE SAME TIME, ROTATING EVERY POINT.</li> </ul>

<p>17. REFLEX VOLLEYS - <a href="#">VIEW VIDEO</a></p> 	<p>18. LOW VOLLEYS - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IS TO IMPROVE THE REACTION/REFLEXES OF THE VOLLEYER.</li> <li>• <b>PLAY POINTS TO 11, PLAYER A LETS THE BALL BOUNCE &amp; HITS THE BALL HARD TO PLAYER B AT THE NET &amp; PLAY OUT THE POINT. SAME FOR PLAYERS C &amp; D.</b></li> <li>• PLAYERS AT THE NET SHOULD BE IN A GOOD READY POSITION WITH THEIR RACQUET AWAY FROM THEIR BODY.</li> <li>• ROTATE EVERY 2 POINTS.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THIS EXERCISE IMPROVES THE VOLLEYS ABILITY TO DEAL WITH SHOTS HIT DOWN AT THEIR FEET &amp; THE BASELINER IS PRACTICING HITTING THE BALL LOW AT THE PLAYERS FEET.</li> <li>• <b>PLAY POINTS TO 11, PLAYER B STANDS JUST INSIDE THE SERVICE LINE. PLAYER A TRIES TO HIT THE BALL LOW AT PLAYER A'S FEET AND THEY PLAY OUT THE POINT. SAME FOR C &amp; D. THE VOLLEYERS SHOULD TRY TO MOVE FORWARD TO THE VOLLEYS/HALF VOLLEYS.</b></li> <li>• ROTATE EVERY 2 POINTS.</li> </ul>

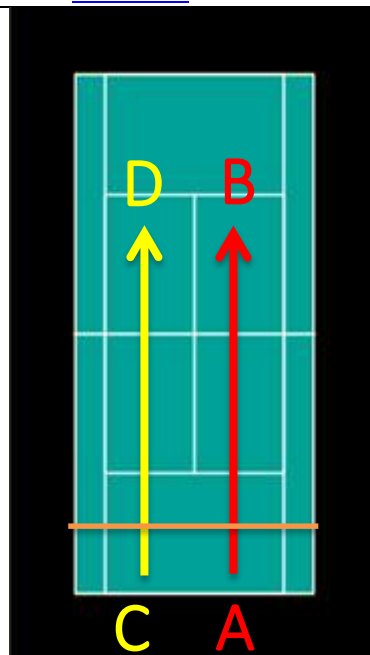
APPROACH/VOLLEY/SMASH EXERCISES CONTINUED...

19. PUT AWAY VOLLEYS - [VIEW VIDEO](#)



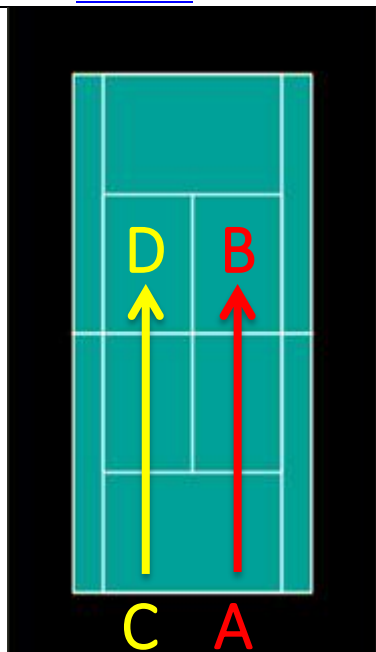
- **A** PLAYS **B** AND **C** PLAYS **D**.
- THIS EXERCISE IS TO IMPROVE THE PLAYERS ABILITY TO PUT AWAY A HIGH VOLLEY.
- **PLAY POINTS TO 11. PLAYER A HITS A SOFT HIGH BALL ABOVE HEAD HEIGHT TO B. PLAYER B TRIES TO PUT THE BALL AWAY & PLAY OUT THE POINT HITTING STRAIGHT.**
- THE PLAYER RECEIVING THE HIGH BALL SHOULD TRY AND CLOSE DOWN ON THE NET, LOOKING FOR GAPS SO IT IS EASIER TO PUT AWAY THE BALL
- ROTATE WHO VOLLEYS EVERY 2 POINTS.

20. DEEP VOLLEYS - [VIEW VIDEO](#)



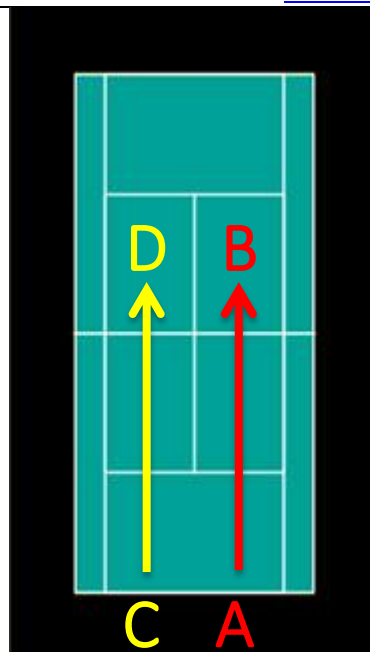
- **A** PLAYS **B** AND **C** PLAYS **D**.
- THIS EXERCISE TEACHES PLAYERS TO HIT THEIR FIRST VOLLEY DEEP OFF OF A LOW BALL.
- **PLAY POINTS TO 11, PLAYER B STANDS JUST INSIDE THE SERVICE LINE. PLAYER A TRIES TO HIT THE BALL LOW AT PLAYER A'S FEET LIKE EXERCISE 4 AND THEY PLAY OUT THE POINT. THE DIFFERENCE IS THE POINT ONLY STARTS WHEN THE 1<sup>ST</sup> VOLLEY GOES PAST THE ORANGE LINE. THEY GET 2 CHANCES TO DO THIS. SAME FOR C & D.**
- ROTATE EVERY 2 POINTS.

21. DROP VOLLEYS - [VIEW VIDEO](#)



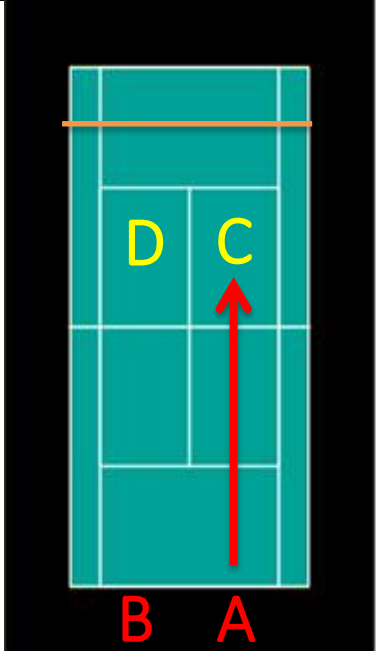
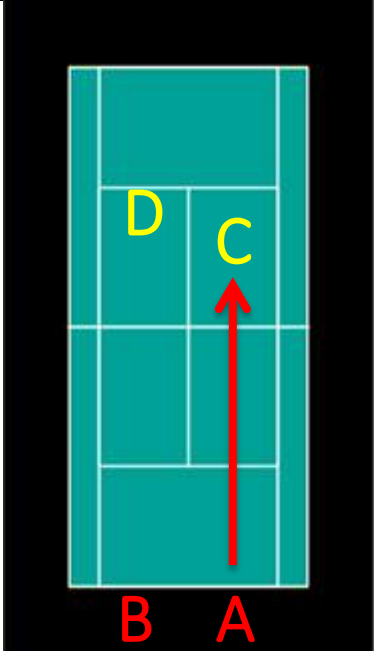
- **A** PLAYS **B** AND **C** PLAYS **D**.
- **PLAY POINTS TO 21, PLAYER A FEEDS IN A MEDIUM PACE SHOT TO PLAYER B. PLAYER B TRIES TO HIT A DROP SHOT VOLLEY.**
- **PLAYERS GET 1 POINT IF THE BALL BOUNCES 3 TIMES BEFORE THE SERVICE LINE, 2 POINTS IF THE BALL BOUNCES 5 TIMES OR MORE BEFORE THE SERVICE LINE AND 5 POINTS IF THEY GET THE BALL TO STOP DEAD IN THE BOX.**
- ROTATE EVERY 2 POINTS.

22. PUT AWAY SMASHES EXERCISE 1 - [VIEW VIDEO](#)



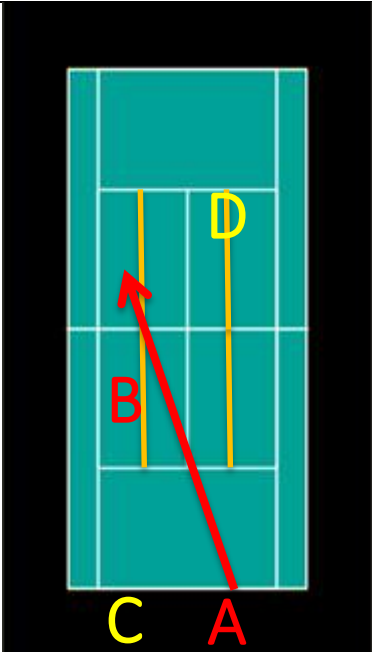
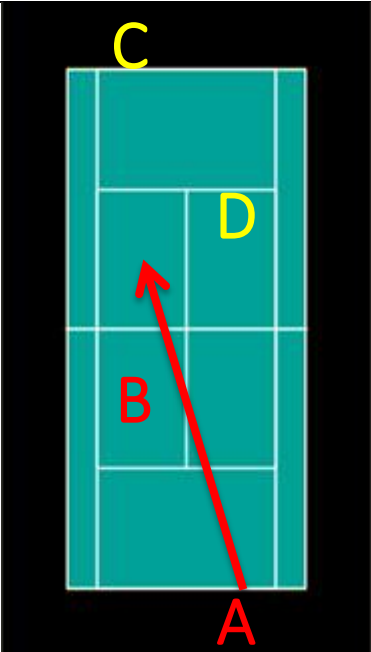
- **A** PLAYS **B** AND **C** PLAYS **D**.
- **PLAYER A FEEDS IN A LOB TO PLAYER B.**
- **FOR THIS EXERCISE, PLAYER A'S LOB CAN'T GO PAST THE SERVICE LINE. IF IT DOES THEN THEY RETAKE THE LOB.**
- **PLAYER B TRIES TO PUT AWAY THE SMASH AND THEN PLAYERS PLAY OUT THE POINT IN THE HALF COURT.**
- ROTATE EVERY 2 POINTS.

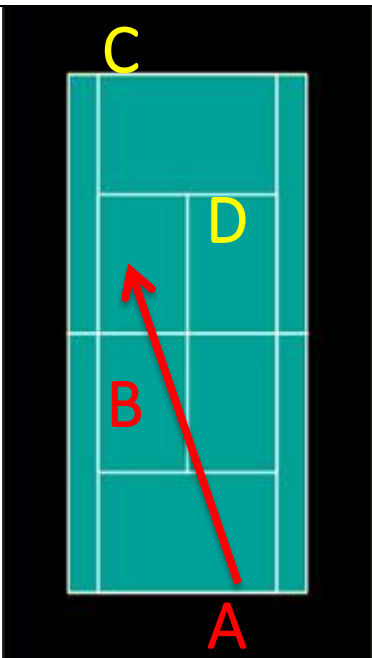
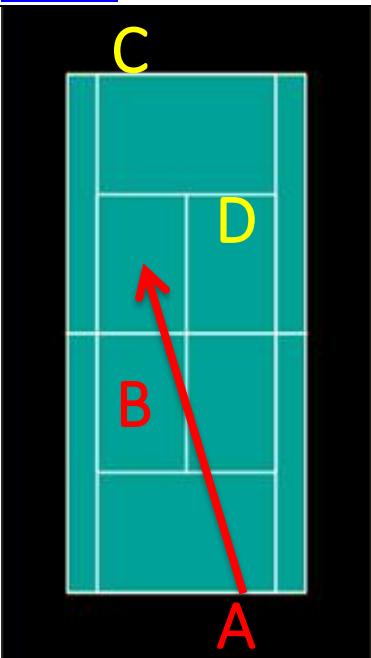


23. PUT AWAY SMASHES EXERCISE 2 - <a href="#">VIEW VIDEO</a>	24. SMASH OR RECOVER LOB - <a href="#">VIEW VIDEO</a>
	
<ul style="list-style-type: none"> <li>THE PROGRESSION AFTER EXERCISE 6 IS TO DO THE SAME EXERCISE BUT NOW THE LOB CAN'T GO PAST THE ORANGE LINE.</li> </ul>	<ul style="list-style-type: none"> <li>IN THE NEXT PROGRESSION THE LOB CAN GO AS DEEP AS THE PLAYER FEEDING IN CHOOSES.</li> <li>IF THE LOB FROM PLAYER A HAPPENS TO GO OVER PLAYER C'S HEAD, THEN PLAYER D GOES TO GET THE BALL, PLAYER'S A AND B SHOULD BOTH COME IN TO THE NET.</li> <li>AS SHOWN ABOVE THE PARTNER OF THE PLAYER GETTING LOBBED CAN START ON THE SERVICE LINE SO THEY CAN RETRIEVE THE LOB IF NEEDED. PLAYER C SHOULD CALL "MINE" IF THEY THINK THEY CAN HIT THE SMASH AND "YOURS" IF THEY DON'T THINK THEY CAN.</li> </ul>

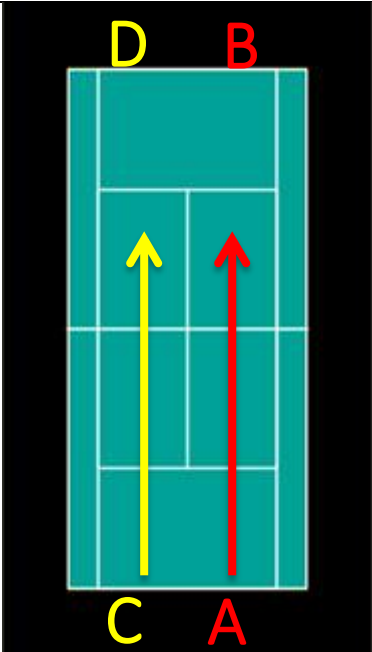
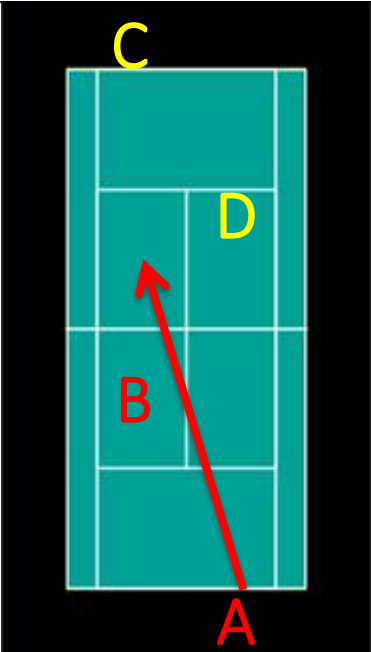
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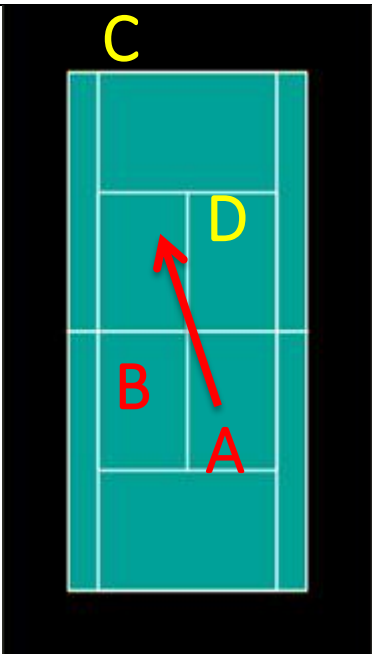
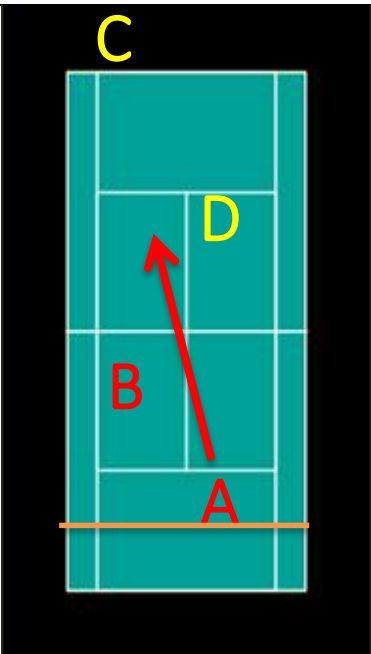
SERVE AND RETURN EXERCISES USING GAMES/POINTS BASED APPROACH

<p>25. SERVE PLACEMENT - <a href="#">VIEW VIDEO</a></p> 	<p>26. ONE SERVE ONLY! - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• USING ONE BALL, <b>A</b> AND <b>B</b> PLAY <b>C</b> AND <b>D</b> IN DOUBLES POINTS. THIS EXERCISE HELPS IMPROVE ACCURACY.</li> <li>• I HAVE SPLIT THE BOX INTO TWO WITH LINES, SO FOR WIDE AND "T" SERVES BUT YOU COULD SPLIT IT INTO THREE TO ADD IN A BODY SERVE. CAN ALSO DO 1 ON 1.</li> <li>• <b>PLAY POINTS TO 11, PLAYER A SERVES AND WHEN THE BALL IS IN THE AIR, CALLS OUT 'T' OR 'WIDE'. PLAYER A HAS 2 CHANCES (1<sup>ST</sup> &amp; 2<sup>ND</sup> SERVE) TO SERVE THE BALL TO THE AREA THEY HAVE CALLED OUT.</b></li> <li>• IF PLAYER A GETS IT IN THE AREA, THEY AUTOMATICALLY GET A POINT, ALL FOUR THEN PLAY OUT THE POINT, THE TEAM THAT WINS THE RALLY GETS THAT POINT.</li> </ul>	<ul style="list-style-type: none"> <li>• LIKE EXERCISE 1, USING ONE BALL, <b>A</b> AND <b>B</b> PLAY <b>C</b> AND <b>D</b> IN DOUBLES POINTS. YOU COULD ALSO DO IT ONE ON ONE, BUT SERVES WOULD NEED TO BE HIT STRAIGHT.</li> <li>• THIS EXERCISE HELPS PLAYERS TO GET THEIR 1<sup>ST</sup> SERVES IN MORE, BY TAKING AWAY A 2<sup>ND</sup> SERVE.</li> <li>• <b>PLAY POINTS UP TO 11. PLAYERS SERVE FOR TWO POINTS EACH, BUT THEY ONLY HAVE 1 SERVE. IF THEY DON'T GET THEIR SERVE IN, THEIR OPPONENTS WINS THE POINT. IF THEY DO, THEN ALL FOUR PLAY OUT THE POINT TO SEE WHO WINS THE POINT.</b></li> <li>• ROTATE WHO SERVES EVERY 2 POINTS.</li> </ul>

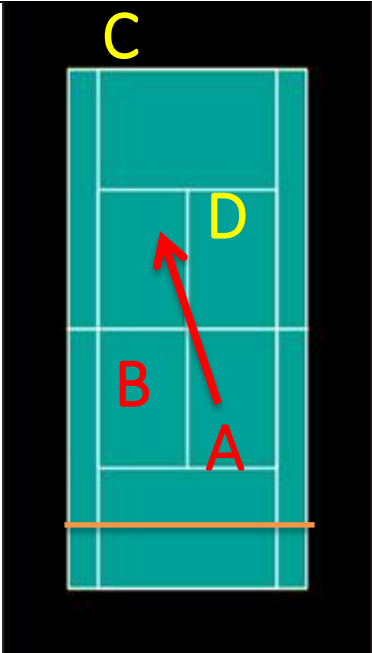
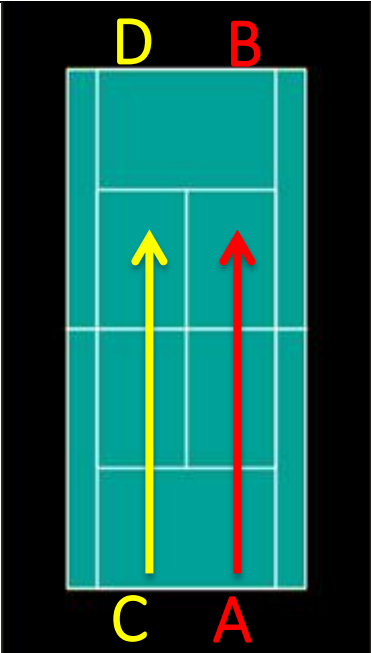
<p>27. UNRETURNABLE!</p> 	<p>28. ACE HIGH! - <a href="#">VIEW VIDEO</a></p> 
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THE GOAL IS TO HIT AN UNRETURNABLE SERVE.</li> <li>• <b>PLAY POINTS TO 11, PLAYER A SERVES TO PLAYER C AND PLAYER B SERVES TO PLAYER D FOR TWO POINTS EACH.</b></li> <li>• PLAYER A HITS A HARD SERVE, IF PLAYER C GETS IT BACK INTO PLAY CROSSCOURT THEN PLAYER C WINS THE POINT.</li> <li>• IF THEIR OPPONENT KEEPS GETTING THEIR SERVE BACK THEN PLAYERS LEARN THEY HAVE TO HIT IT HARDER OR ALSO PLACE THEIR SERVES BETTER WITH POWER.</li> </ul>	<ul style="list-style-type: none"> <li>• LIKE EXERCISE 1, USING ONE BALL, <b>A</b> AND <b>B</b> PLAY <b>C</b> AND <b>D</b> IN DOUBLES POINTS.</li> <li>• <b>PLAY POINTS UP TO 21. PLAYERS SERVE FOR TWO POINTS EACH.</b></li> <li>• IF A PLAYER HITS AN ACE THEY GET 5 POINTS.</li> <li>• IF A PLAYER HITS A SERVE AND THEIR OPPONENT DOESN'T GET IT BACK INTO PLAY, THEY GET 3 POINTS</li> <li>• IF A PLAYER HITS A SERVE, AND THEIR OPPONENT GETS THE BALL BACK INTO PLAY, ALL FOUR PLAYERS PLAY OUT THE RALLY AND WHOEVER WINS THE RALLY, WINS THE POINT.</li> <li>• ROTATE WHO SERVES EVERY 2 POINTS.</li> </ul>

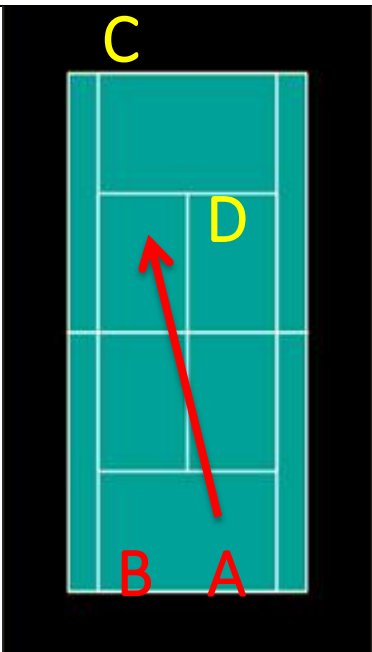
SERVE AND RETURN EXERCISES CONTINUED...

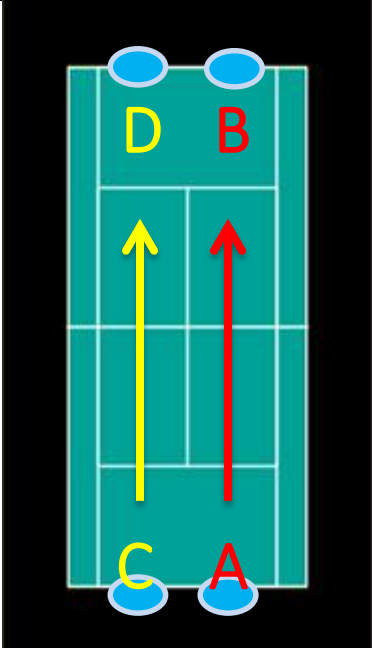
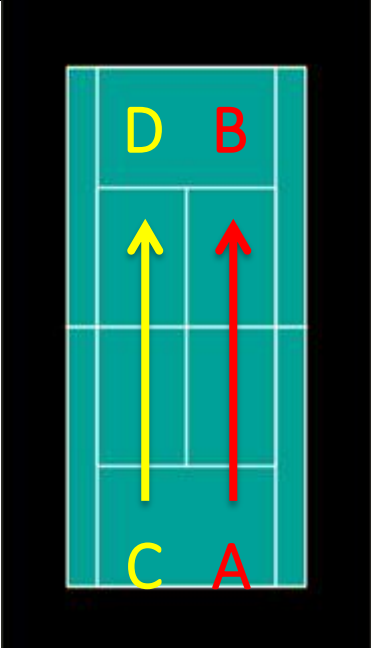
<p>29. SERVE &amp; VOLLEY EXERCISE 1</p> 	<p>30. SERVE &amp; VOLLEY EXERCISE 2</p> 
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• PLAYERS SERVE STRAIGHT IN THE HALF COURT.</li> <li>• <b>PLAY POINTS TO 11. AFTER THEIR SERVE THEY MUST COME INTO THE NET AND PLAY OUT THE POINT.</b></li> </ul>	<ul style="list-style-type: none"> <li>• SAME AS EXERCISE 5 BUT ALL FOUR PLAY IN A DOUBLES FORMAT.</li> <li>• THE SERVER MUST COME INTO THE NET AFTER THEIR SERVE.</li> </ul>

<p>31. RETURNING HARD SERVES EXERCISE 1</p> 	<p>32. RETURNING HARD SERVES EXERCISE 2</p> 
<ul style="list-style-type: none"> <li>• USING ONE BALL, <b>A</b> AND <b>B</b> PLAY <b>C</b> AND <b>D</b> IN DOUBLES POINTS. THIS EXERCISE HELPS IMPROVE REACTION TIMES FOR RETURNS.</li> <li>• <b>PLAY POINTS TO 11. PLAYER A HITS A HARD SERVE FROM THE SERVICE LINE TO PLAYER C AND THEN ALL FOUR PLAYERS PLAY OUT THE POINT.</b></li> <li>• ROTATE WHO SERVES EACH POINT.</li> </ul>	<ul style="list-style-type: none"> <li>• SAME AS EXERCISE 1 BUT THIS TIME, PLAYER A SERVES FROM THE ORANGE LINE OR A CONE PLACED HALF WAY BETWEEN THE SERVICE LINE AND BASELINE (TO THE SIDE OF THE COURT)</li> <li>• ROTATE WHO SERVES EACH POINT.</li> </ul>

SERVE AND RETURN EXERCISES CONTINUED...

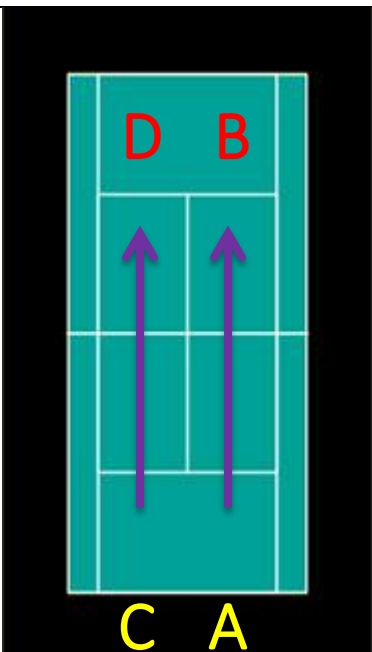
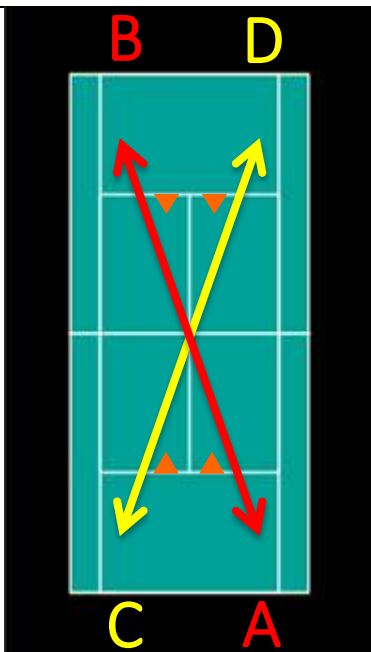
<p>33. RETURNING HARD SERVES EXERCISE 3</p>	<p>34. RETURN DEEP EXERCISE 1</p>
	
<ul style="list-style-type: none"> <li>• SAME AS EXERCISE 1 AND 2 BUT NOW THE SERVER GETS TO CHOSE WHERE THEY SERVE FROM.</li> <li>• PLAY POINTS TO 21.</li> <li>• IF THEY SERVE FROM THE SERVICE LINE AND WIN THE POINT THEN THEY GET 1 POINT.</li> <li>• IF THEY SERVE FROM THE ORANGE LINE AND WIN THE POINT THEN THEY GET 2 POINTS.</li> <li>• IF THEY SERVE FROM THE BASELINE AND WIN THE POINT THEN THEY GET 3 POINTS.</li> </ul>	<ul style="list-style-type: none"> <li>• THIS EXERCISE IMPROVES THE PLAYERS ABILITY TO HIT A DEEP RETURN.</li> <li>• PLAYERS PLAY POINTS STRAIGHT IN THE HALF COURT.</li> <li>• PLAY POINTS TO 21. PLAYER A SERVES TO PLAYER B, IF PLAYER B GETS THEIR RETURN PAST THE SERVICE LINE THEN THEY WIN THE POINT. IF NOT THEN THEIR SERVER WINS THE POINT.</li> <li>• FOR THIS EXERCISE THE SERVER MUST LET THE RETURN BOUNCE ON THEIR SIDE AFTER THEIR SERVE.</li> <li>• YOU CAN ALSO MAKE IT HARDER BY PUTTING DOWN A LINE FURTHER BACK TO HIT PAST.</li> </ul>

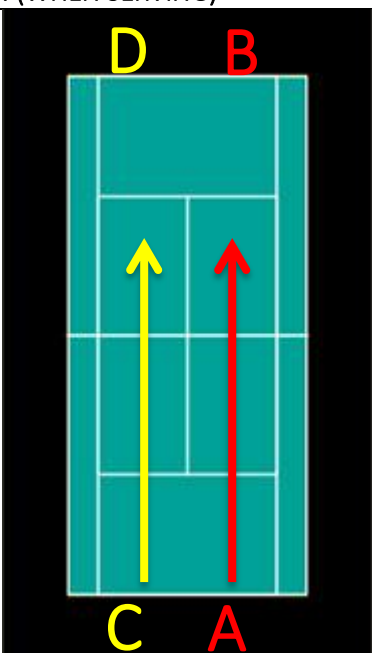
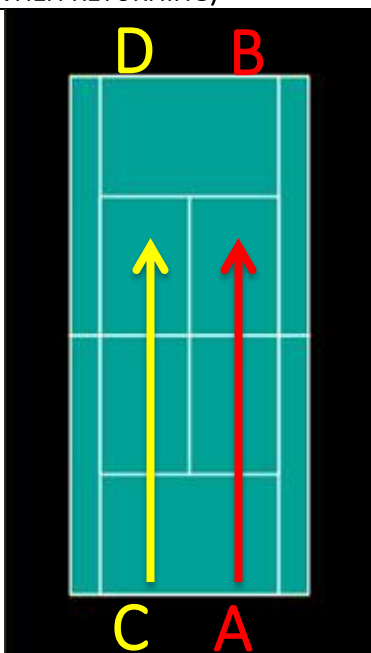
<p>35. RETURN DEEP EXERCISE 2</p>	<p>MORE EXERCISES ON NEXT PAGE...</p>
	
<ul style="list-style-type: none"> <li>• SIMILAR TO EXERCISE 10 BUT ALL FOUR PLAYERS PLAY AT THE SAME TIME. PLAYERS <b>A</b> AND <b>B</b> PLAY <b>C</b> AND <b>D</b>.</li> <li>• PLAY POINTS TO 21. PLAYER A STARTS THE POINT BY SERVING TO PLAYER C. PLAYER B MUST ALSO BE BACK BEHIND THE BASELINE. IF PLAYER C GETS THEIR RETURN PAST THE SERVICE LINE ON EITHER HALF OF THE COURT THEN, PLAYERS C &amp; D AUTOMATICALLY GET A POINT. ALL FOUR PLAYERS THEN PLAY OUT THE RALLY TO SEE WHO GETS THE POINT.</li> <li>• ROTATE WHO SERVES EACH POINT.</li> </ul>	

36. TOPSPIN SERVES FROM KNEES	37. TOPSPIN SERVES OVER A ROPE
	
<ul style="list-style-type: none"> <li>THIS EXERCISE IS TO PROMOTE HITTING UP FOR THE 2<sup>ND</sup> SERVE. PLAYER A PLAYS PLAYER B AND PLAYER C PLAYS PLAYER D.</li> <li>E.G. PLAYER A STARTS ON THEIR KNEES (WITH THEIR KNEES POINTING DIAGONALLY RIGHT AND THEIR RACQUET BEIND THEIR HEAD. USE A MAT TO KNEEL ON IF POSSIBLE.</li> <li>PLAY POINTS TO 11. PLAYER A STARTS THE POINT BY SERVING A HIGH TOPSPIN SERVE INTO THE SERVICE BOX, STRAIGHT. PLAYER B STANDS INSIDE THE BASELINE AS THE ARE GOING TO ATTACK THE 2<sup>ND</sup> SERVE.</li> <li>ONCE PLAYER A HITS THE SERVE, THEY IMMEDIATELY STAND UP AND PLAY OUT THE POINT. PLAYER A IS PRACTICING TOPSPIN SERVES AND PLAYER B IS PRACTICING TAKING A TOPSPIN SERVE EARLY.</li> <li>ROTATE WHO SERVES EVERY 2 POINTS.</li> </ul>	<ul style="list-style-type: none"> <li>THIS EXERCISE IS ALSO TO PROMOTE HITTING UP FOR THE 2<sup>ND</sup> SERVE.</li> <li>PLAYERS STAND UP THIS TIME AND CAN EITHER STILL START THE RACQUET BEHIND THEIR HEAD OR DO A FULL SWING.</li> <li>POSITION A ROPE ABOUT ANOTHER NET HEIGHT ABOVE THE NET BY TYING IT TO A SIDE FENCE / FLOODLIGHT POLES.</li> <li>PLAY POINTS TO 11. THIS TIME WHEN PLAYERS ARE SERVING, THE SERVE MUST GO OVER THE ROPE AND INTO THE SERVICE BOX AND THEN THEY PLAY OUT THE POINT.</li> <li>ROTATE WHO SERVES EVERY 2 POINTS, PLAYERS HAVE 2 CHANCES EACH POINT TO GET THEIR SERVE OVER THE ROPE AND INTO THE SERVICE BOX.</li> </ul>

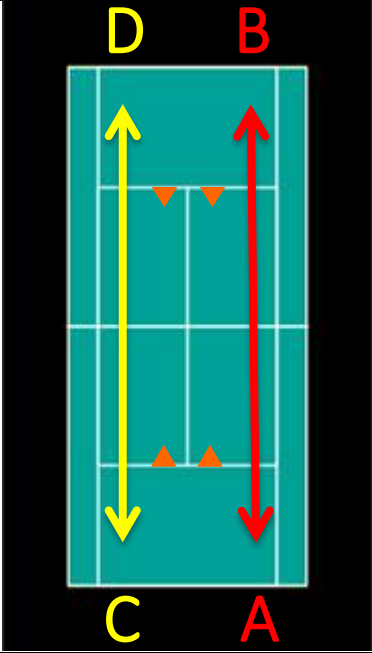
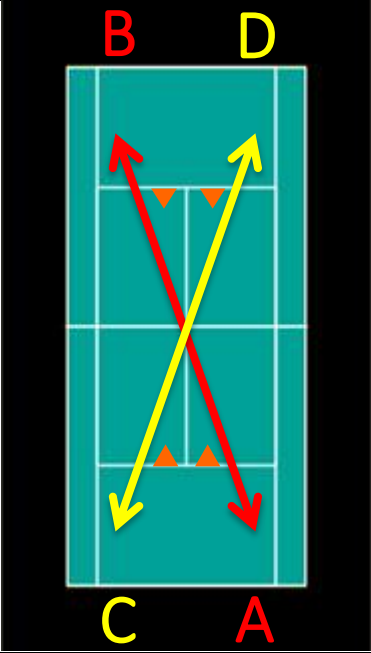
MORE CONTENT ON NEXT PAGE...

Live Ball! - provided by Sean Yates - Head coach in East Sussex of the Green Ltc & Hailsham Ltc

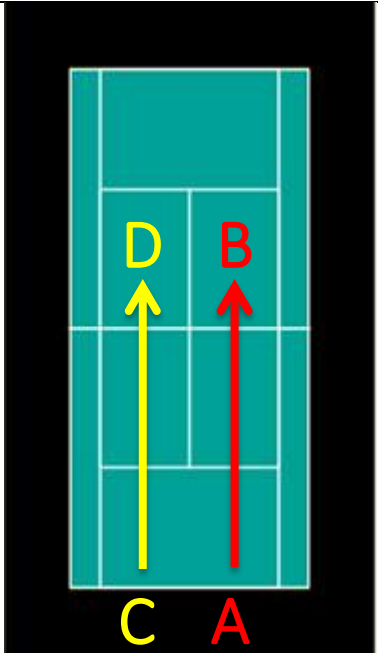
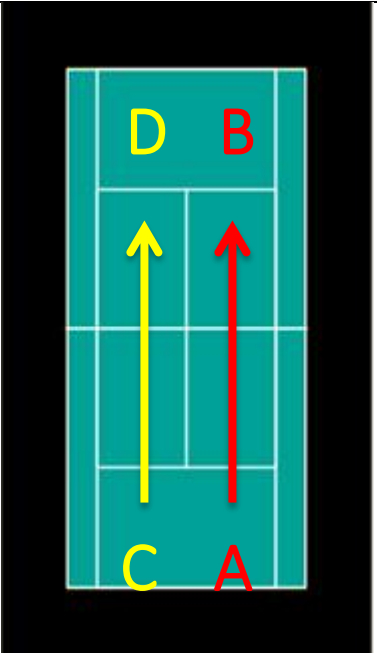
38. LIVE BALL!	39. ALTERNATE
	
<ul style="list-style-type: none"> <li>• 4 PLAYERS ON COURT, A, B, C &amp; D</li> <li>• THEY START 2 RALLIES AT THE SAME TIME BY COUNTING DOWN, "3,2,1 GO".</li> <li>• CAN BE PLAYED CROSS COURT OR DOWN THE LINE.</li> <li>• AT THIS STAGE, PLAYERS ARE JUST KEEPING THE RALLY GOING, WHEN 1 PLAYER MISSES PLAYERS SHOUT "DOUBLES" AND THE REMAINING BALL BECOMES LIVE.</li> <li>• A &amp; C ARE THEN A TEAM AGAINST B &amp; D, PLAYERS BECOME AGGRESSIVE AND TRY TO WIN THE POINT.</li> <li>• <b>PLAY POINTS AS A TEAM UP TO 11</b></li> </ul>	<ul style="list-style-type: none"> <li>• IN THIS EXERCISE, PLAYERS HAVE TO ALTERNATE BETWEEN THEIR FOREHAND AND BACKHAND AFTER EVERY SHOT.</li> <li>• THIS PROMOTES GOOD MOVEMENT</li> <li>• <b>A PLAYS B AND C PLAYS D.</b></li> <li>• THIS CAN BE HITTING STRAIGHT OR CROSSCOURT.</li> <li>• <b>PLAY POINTS TO 11, PLAYER LOSES THE POINT IF THEY DON'T HIT THE BALL BACK CROSSCOURT BUT ALSO IF THEY HIT TWO FOREHANDS OR BACKHANDS IN A ROW.</b></li> </ul>

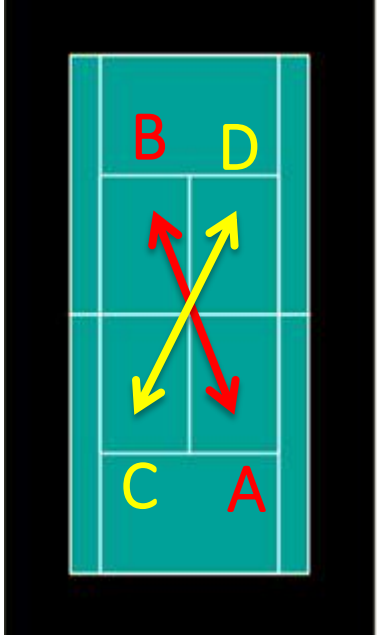

40. FINISH IT! (WHEN SERVING)	41. FINISH IT! (WHEN RETURNING)
	
<ul style="list-style-type: none"> <li>• <b>A PLAYS B AND C PLAYS D.</b></li> <li>• PLAYERS SERVE STRAIGHT IN THE HALF COURT.</li> <li>• PLAYERS WHO ARE SERVING MUST WIN THE POINT WITHIN 3 SHOTS</li> <li>• THIS PROMOTES ATTACKING PLAY FROM THE SERVER</li> <li>• <b>PLAY POINTS TO 11</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>A PLAYS B AND C PLAYS D.</b></li> <li>• SAME AS EXERCISE TO THE LEFT BUT THIS TIME THE RETURNER NEEDS TO BE AGGRESSIVE</li> <li>• SERVER MUST HIT ONLY A 2<sup>ND</sup> SERVE &amp; THE RETURNER STEPS IN TO ATTACK THE SERVE</li> <li>• PLAYERS WHO ARE RETURNING HAVE TO WIN THE POINT WITHIN 3 SHOTS.</li> <li>• <b>PLAY POINTS TO 11</b></li> </ul>

FIVE Minute Drill - provided by Justin Clarke – Head Coach of JCA Tennis

42. FIVE MINUTE DRILL – DOWN THE LINE	43. FIVE MINUTE DRILL – CROSS COURT
	
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b>.</li> <li>• THE GOAL OF THIS EXERCISE IS TO HIT AS MANY SHOTS IN WITHIN THE HALF COURT IN 5 MINUTES</li> <li>• PLAYERS HAVE TO HIT STRAIGHT BETWEEN THE CONE AND THE DOUBLES SIDELINE (CONE IS PLACED A RACQUET AWAY FROM THE CENTER SERVICE LINE IN CASE SHOTS GO DOWN THE MIDDLE)</li> <li>• EACH PAIR GET ONE BALL BETWEEN THEM &amp; CAN ONLY USE THAT ONE BALL.</li> <li>• ADVISE PLAYERS TO TAKE THE BALL EARLY &amp; WITH GOOD INTENSITY</li> <li>• <b>THE PAIR THAT GET THE HIGHEST TOTAL OF SHOTS IN WITHIN THE 5 MINUTES ARE THE WINNERS</b></li> </ul>	<ul style="list-style-type: none"> <li>• THIS IS THE SAME AS THE DRILL BESIDE BUT THE PLAYERS HIT CROSSCOURT</li> <li>• IF RIGHT HANDED AND ON THE DEUCE SIDE, PLAYERS CAN ONLY HIT FOREHANDS, IF RIGHT HANDED ON THE AD SIDE, PLAYERS CAN ONLY HIT BACKHANDS</li> <li>• THE CONES ARE PLACED ABOUT A RACQUET AWAY FROM THE CENTER SERVICE LINE AS A GUIDE ON WHERE TO RECOVER TO BEHIND THE BASELINE</li> <li>• <b>THE PAIR THAT GET THE HIGHEST TOTAL OF SHOTS IN WITHIN THE 5 MINUTES ARE THE WINNERS</b></li> <li>• SWAP SIDES AFTER 5 MINUTES SO THEY PRACTICE FOREHAND AND BACKHAND</li> </ul>

MORE CONTENT ON NEXT PAGE...

NEW CONTENT ADDED 28/10/13	NEW CONTENT ADDED 02/11/13
44. FIVE MINUTE VOLLEY / GROUNDSTROKE DRILL	45. TENNIS SQUASH
Modification on above 5 minute drills provided by Justin Clarke	Content provided by, Baika Ferreira from Baikatennis Fort Beaufort South Africa
	
<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b></li> <li>• THE GOAL OF THIS EXERCISE IS TO HIT AS MANY VOLLEYS &amp; GROUNDSTROKES WITHIN THE HALF COURT IN 5 MINUTES</li> <li>• PLAYERS HAVE TO HIT STRAIGHT WITH ONE PERSON VOLLEYING AND ONE PERSON AT THE BASELINE.</li> <li>• EACH PAIR GET ONE BALL BETWEEN THEM &amp; CAN ONLY USE THAT ONE BALL.</li> <li>• <b>THE PAIR THAT GET THE HIGHEST TOTAL OF SHOTS IN WITHIN THE 5 MINUTES ARE THE WINNERS</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b></li> <li>• THIS EXERCISE CAN BE PLAYED ONE ON ONE STRAIGHT OR IN PAIRS AS A TEAM WITH ONE PERSON SERVING CROSSCOURT</li> <li>• PLAYER A SERVES, PLAYER B RECEIVES</li> <li>• PLAYER A SERVES AS LONG AS HE/SHE WINS THE POINT</li> <li>• WHEN PLAYER B WINS A POINT, HE/SHE BECOMES THE SERVER</li> <li>• A PLAYER CAN ONLY WIN POINTS WHILE HE IS SERVING</li> </ul>

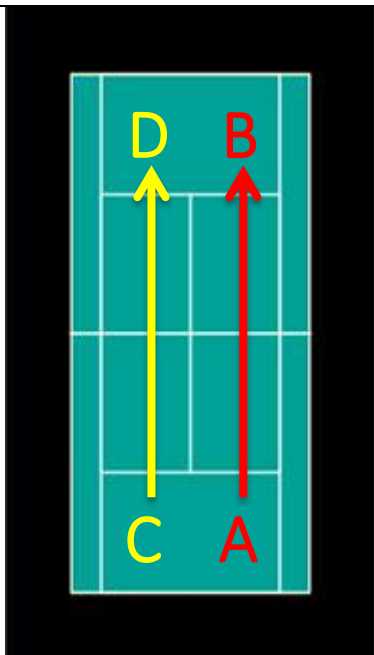
NEW CONTENT ADDED 15/11/13	You can also view a video of the crosscourt drill on the Casey Tennis Facebook Page by clicking the image below.
46. CROSSCOURT RECOVERY DRILL - <a href="#">VIEW VIDEO</a>	
Provided by Paul Casey of Casey Tennis	
	<ul style="list-style-type: none"> <li>• <b>A</b> PLAYS <b>B</b> AND <b>C</b> PLAYS <b>D</b></li> <li>• THIS EXERCISE TEACHES PLAYERS TO RECOVER AFTER THEIR SHOT</li> <li>• PLAYER A HITS TO PLAYER B IN THE SERVICE BOXES</li> <li>• AFTER EACH SHOT THE PLAYERS MUST TIP THE CENTER SERVICE LINE WITH THEIR RACQUET</li> <li>• PLAYERS ARE ENCOURAGED TO HIT HIGHER OVER THE NET IF PUSHED OUT WIDE TO ENABLE THEM TO RECOVER</li> </ul> 



NEW CONTENT ADDED 03/12/13

47. VOLLEY RUSH - [VIEW VIDEO](#)

THIS IS AN EXERCISE TO IMPROVE VOLLEY REFLEXES



- **A** PLAYS **B** AND **C** PLAYS **D**
- BOTH PLAYERS START HALFWAY BETWEEN THE BASELINE AND THE SERVICE LINE.
- PLAYER A FEEDS TO PLAYER B WITHOUT THE BALL BOUNCING AND PLAYERS STARTING MOVING FORWARD TO VOLLEY.
- THE POINT ONLY STARTS WHEN BOTH PLAYERS HAVE HIT A VOLLEY BACK TO EACH OTHER.
- **PLAY POINTS TO 11 ROTATE WHO FEEDS IN EVERY 2 POINTS**

*If you have any more group coaching exercises with 4 people on a court at the same time, please email me with a description at [robcherry2000@gmail.com](mailto:robcherry2000@gmail.com) and I will add it to this document.*