



Practice Drills for Middle School Tennis

Beginners

1) **Ground Strokes**

- a) Partner Rally at service line
 - i) With a partner standing at the service line, turn sideways so your non-dominant hip is facing the net. Rally back and forth
 - ii) Each time you rally the ball 4 successful times over the net, move back two steps.
 - iii) If you miss before 10. Move in 1 step
- b) Partner Rally mid court
 - i) With a partner standing at the service line, turn sideways so your non-dominant hip is facing the net. Rally back and forth
 - ii) Each time you rally the ball 4 successful times over the net, move back two steps.
- c) Partner Rally from baseline
 - i) With a partner standing at the service line, turn sideways so your non-dominant hip is facing the net. Rally back and forth
 - ii) Each time you rally the ball 4 successful times over the net, move back two steps.

2) **Cross Court Ground Strokes**

- a) Same as above only hitting cross court

3) **Volleys**

- a) With continental grip from service line
- b) Have players volley ball back and forth over net from service line
- c) Move in towards net and continue volleying back and forth

4) **Practice Serving**

- a) Start from net toss and tap into correct box
- b) Move back to service line, toss, tap and follow through
- c) Continue to move back incrementally until they get to the baseline
- d) Allow the beginners to practice a drop serve (drop hitting ball)

5) **Rally and play with partner** (take turns drop hitting ball to get point started)

- a) Rally ball 3 times over net then play out the point
 - i) This can be done half court if necessary.
 - ii) Depending on number of players, have them rotate in and out

6) **Tennis Four Square**

- a) Label each square in order 1, 2, 3 and 4 with square 1 being top square
- b) Coach (**or** player in top square) puts ball in play amongst all four players and can be hit after the bounce into any of the squares (including the one to the side - not over the net). Player who loses the point rotates out and everyone rotates up (if that player created an empty space) and next player rotates in.
 - i) If hitting the ball to the same side doesn't work for the skill level, only let them hit over the net in either box.

2) **Scoring**

- a) When players are ready (after a couple of practices) begin to teach them scoring
 - b) Once the players know how to score, let them play out practice matches
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Experienced Players

1) **Ground Strokes**

- a) Rally ball across net with partner this can be half court or three across if need be
- b) Once a team gets 5 in a row over net, rotate around until all players have been in all spots

2) **Cross Court Ground Strokes**

- a) Same as above only hitting cross court

3) **Serving**

- a)** Two on one side of the net (receivers) one on deuce side one on ad side, two on the other side (servers) one on deuce side one on ad side, any other players on the serving side waiting to rotate in
- b)** They can both serve at the same time
 - i)** Server serves ball, receiver returns it. Do not play it out. Once the receiver returns it, the ball is dead (otherwise there will be chaos)
 - ii)** The server serves it again until he has served the ball five times
 - iii)** Once server serves five times, rotate to back of line on the receivers side
 - iv)** Continue until all players have been in all 4 spots

4) **Up and Down the River**

- a) Declare a top court so if you are using two full courts, there are 4 half courts and one of those courts is top and the last one is bottom
- b) Play half court, alley's court
- c) Player drop feeds the ball to person on the other side.
- d) If player returns ball over the net, the point starts and continues until someone wins.
 - i) If player does not return the ball, opposite player feeds ball again until the point starts
- e) Second player drop feeds next point and plays out same as above
- f) Once a player has 3 points game is over
- g) Once all courts have a declared winner, winners move up and losers move down
- h) Continue for a specified amount of time

5) **Champs and Challengers** (can be used in doubles or singles) use as many courts as you have players to play

- a) Player/s on one side are the champs, players on the other side are the challengers. If you have more than 4 players, have remaining players waiting to rotate in on serving side.
 - i) Player serves from deuce side and plays out point.
 - ii) If the server wins the point, she takes the receivers spot and becomes the champ.
 - iii) If the receiver wins the point, she stays and the server rotates out and the next player rotates in for the next serve.

Twenty-One Doubles or Singles (can incorporate the beginners into this game-especially with doubles)

1. Two teams on opposite sides in a single file line
2. Coach feeds ball to same side throughout the game
3. Feed ball to first in line, he/she plays out point with the first person in line on opposite side
4. Winner stays for max of 2 points
5. Loser rotates to back of his own line
6. Coach calls score and feeds next point to either the next in line or the winner from the last point
7. When one player has won two points, they have to rotate to the back of their own line
8. Continue until one team reaches 11 points and then move teams to opposite end of the court
9. Play until one team reaches 21 points and wins