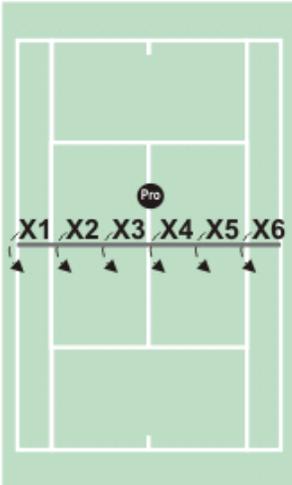


GC136 - Topspin



Here are some ideas and progressions for developing topspin. Start with your players standing sideways to the net. For forehands place their opposite hand on the net and their front foot at the bottom of the net. For a one-handed backhand stand about a foot away from the net and for a two-handed backhand the front foot is at the bottom of the net. Have the players take a few easy swings hitting the net and brushing up. On their forehands occasionally have them finish over their hitting shoulder for more topspin. Then have the players place a ball between their rackets and the net. Have the players brush up on the ball and spin it over. Eventually the players will move back and drop and hit topspin. Let the players start to alternate finishes on the forehand with one finish over their hitting shoulder and one in front of them. Then move the players to the baseline to practice topspin. The same procedure can be used for backhands. For the one-handed backhand players will finish in front and remain more sideways to the net.

Practice Schedule and Tips:

Warm-up

Drills:

GC136 Topspin

GC187 Hit and Run with Targets

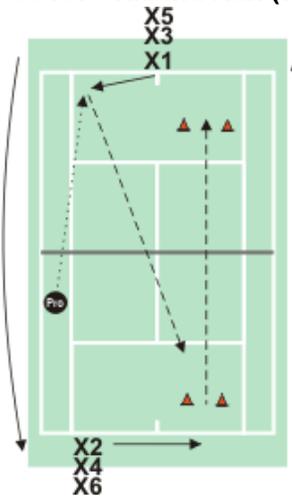
GC234 Practice and Play

Wrap-up

Practice Tips

- All courts start with the same drill and then progress to the other drills
- Or use the drills as stations and groups rotate from station to station
- Emphasize one or two ideas for each drill (station)
- End each practice with a team building group activity such as relays, game, etc.

GC187 - Hit and Run (with targets)



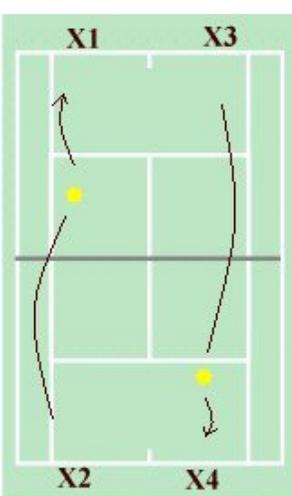
This drill will handle a large group and it can be used with a cardio tennis class. Start by dividing your players into two lines starting behind the slash mark on one side and on the singles side line on the other baseline. The players near the singles side line can start with a courtesy feed or the pro can feed a running forehand to the first player(X1). The first player hits it crosscourt to the target area and the player on that side (X2) tries to return that shot down the line to the other target area. Players receive points for hitting through the targets. Players can either rotate to the other side of the court or back in their line after each hit.

Variations: Players receive more points for hitting the targets from the live shot.

GrTT1-101 - Topspin "Clock It"

Here's a good visual analogy to help players develop more topspin using the face of a clock imposed on a tennis ball. Imagine hitting the ball at 6 o'clock keeping the face on the racket perpendicular. You can also use your watch around the ball or draw the numbers on the ball with young kids to emphasize this point.

GC234 - Practice and Play



Here's a groundstroke drill that can be self run allowing the coach to roam. The drill can also handle a large group and different levels on the same court (as long as similar ability levels are paired up). Start by pairing your players with two players starting on each half of the court. Players will stay in for a series of two points. The first "point" is cooperative and players count the number of successful shots in the rally, stopping once a mistake is made or when they reach seven successful hits. The next "point" is then played and is worth the number of successful shots in the previous rally, never worth more than seven. Score is kept until a certain number is reached for example, "77". In this drill players will practice both consistency and trying to win the point. Variation: With a smaller group of similar ability you can use a winners can move up and losers down format.

GrTT1-103 - Opposite Hand - Ready Position

The function of the opposite hand in the ready position is to help hold the racket giving the hitting hand and arm an important rest. The opposite hand will also hold the racket while a player will switch grips. The opposite hand will also stay on the racket as a player prepares for a forehand or backhand helping to facilitate more shoulder turn.