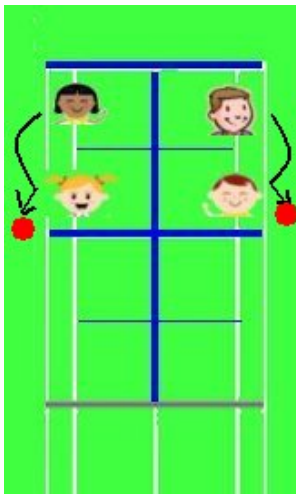


## Wup1006 - Cone Run with Touch

Players can start in teams or as individuals on a line with safe spacing. Place a number of cones (5 or more) in a straight line in front of each team. On command players start to run fast moving through the cones. At each cone players need to lightly touch the cone without knocking it over or move a ball from one side of the cone to the other side. Players should learn to control their bodies as they move fast and perform a movement.

## QT301 - Tap Ups to a Partner (catcher)

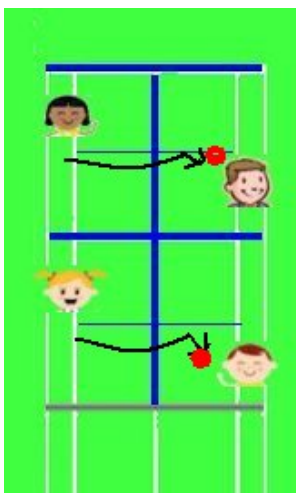


Here's another of a series of progression drills for the groundstrokes for young kids using small rackets and foam or low compression tennis balls. Start by pairing your players and having them stand facing each other about two meters apart. One player starts with a self-hit about head high tapping it to her partner who catches it. That player then hands the ball back to the hitter and the sequence is continued. You can place lines down for the players to stand behind before the sequence is started and eventually players switch positions.

## GrTT1-123 - Forehand Preparation Shoulder Turn

Teach players that the racket will start to go back because their shoulders are starting to turn sideways. They do not want to think about taking their rackets back by using their arms again it starts with the shoulder turn.

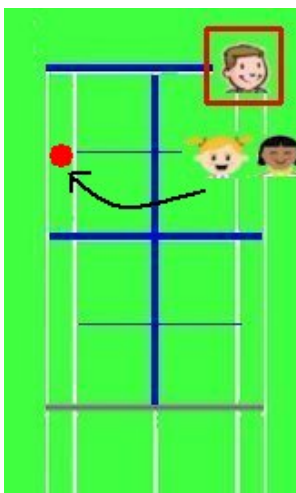
## QT302 - Tap Ups with a Partner (over a line or net)



Here's another of a series of progression drills for the groundstrokes for young kids using small rackets and foam or low compression tennis balls. Start by pairing your players and having them align their rackets up so the strings of their rackets are facing each other. Use either a line on the court or a line of cones separating the players. Players then move back about two or three steps. One player starts with a self-hit to the other player over the line or cones and players continue to tap up over the line or net and "rally" with each other.

Your Notes (attendance, etc.)

## QT304 - Knockout Tap Over



Start with your players in a line a short distance from the net or a line (to tap over). The first player tries to bounce and tap the ball over the net. If she does, she goes to the end of the line. If she does not, she is on the hot seat and can be knocked out if the next player has a successful tap over. However, if the second player also misses, the first player goes to the back of the line and the second player is on the hot seat. Proceed in this manner until there is only one player left in the game. This is a great drill to close practice.

