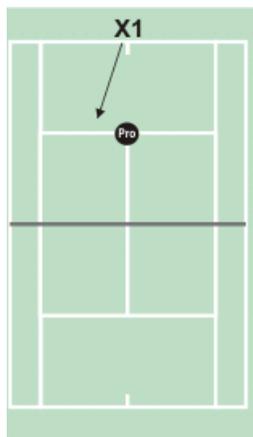


This is a sample of a Daily Sheet. Once you set up your camp or event you can set up a Daily Sheet for each day. An event could also be a week of tennis practices! You can then take the Daily Sheet on the court with you and distribute to your staff or volunteers as a reference. With three boxes you can add drills or exercise diagrams and text from the site and with the other three you can add teaching or tennis tips (again from the site) or your custom text.



CF714 - First Step Drill II

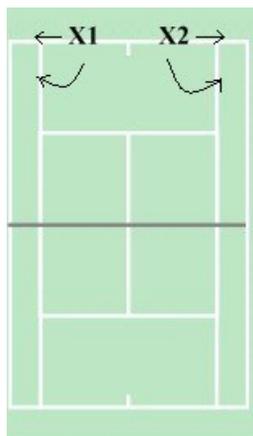
The pro starts on the service line with his arms extended to the side about shoulder height with a ball in each hand. X1 starts on the baseline. The pro will drop one of the balls and X1 must run and catch it before the ball bounces twice.

Code: 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.

Code: GrTT1-124 Forehand Preparation Elbow and Modern Forehand

The elbow is often referenced with the modern forehand preparation. The elbow traces a loop from preparation to contact with the racket head tracing a much bigger loop behind it. With a relaxed arm and rhythm the racket can generate much more speed and spin.

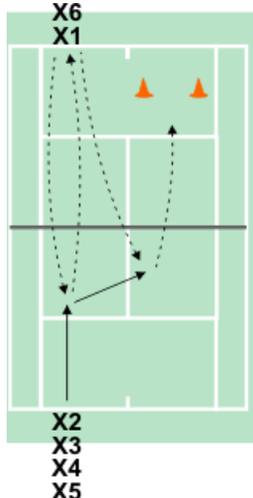


GPT226 - Forehand Catch Opposite Hand Drill

Here's a practice drill helping to create more shoulder turn (power) and alignment for better contact with forehands. This drill can be self run allowing the coach to move from court to court or provide individual instruction. Start with the players on one baseline in two lines. Players will self toss a ball to their forehand side, one line is a wide forehand and the other line is a run around forehand. Players will move to the ball they tossed and catch it with their opposite hands and with their rackets set up to hit a forehand. Players then recover back and toss the ball again but this time they move and hit a forehand. Players then rotate back to the opposite line. For large groups place lines on the other side of the net and those players try to catch the balls using their opposite hands (and positioning set up to hit a forehand), practicing reception skills and the forehand preparation.

GTT9-903 - Fit Skills with Drills

To make things flow on your court try to have a good mix of challenges and successes. If things are too easy kids will become bored and if they are too tough they may become too anxious or frustrated. Different levels of targets and or goals can make a big difference.



SSC460 - Approach and Target Volley

This approach and volley drill starts with a group of players in a line on one baseline near the alley on the ad side. Another line or a player starts on the opposite baseline on the deuce side and only has to defend that side of the court. Also set up a target area on that side of the court. The player on the target side feeds a courtesy short ball and the first player moves in and hits an approach down the line. The baseline player tries to pass the player moving in (no lobs) and the point ends after one shot, for example either a passing shot, error, winning volley, etc. The net player receives an extra point if he volleys the attempted passing shot to the target area.