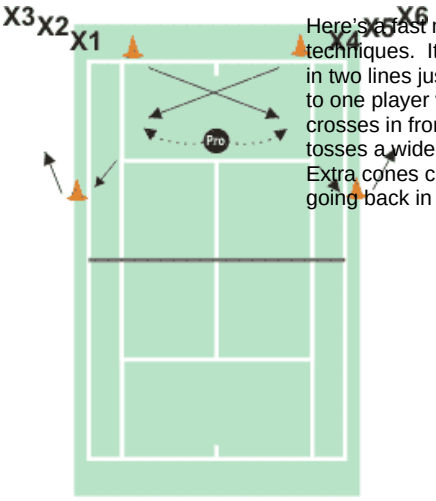
Crosscourt Returns (Doubles)

1/25/2012

GPT156 - Two Line Hit

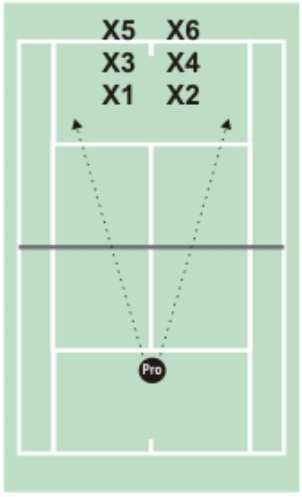


Here's a fast moving practice drill working on different shots and/or techniques. It can also be used with a cardio class. Players start in two lines just behind the baseline. The pro will toss a wide feed to one player who hits a specific shot on the run. As that player crosses in front a player from the opposite line takes off as the pro tosses a wide feed to her. Players return to the opposite line. Extra cones can be set up for the players to move around before going back in line.

GTT9-910 - Ask Questions

Learning is an active process and it helps to encourage your players to think on their own and put ideas in their own words. Asking questions is a great way to help kids learn, use open ended questions rather than yes and no answers. For example, "What are the advantages of hitting topspin on your groundstrokes?"

SRC326 - Air Return



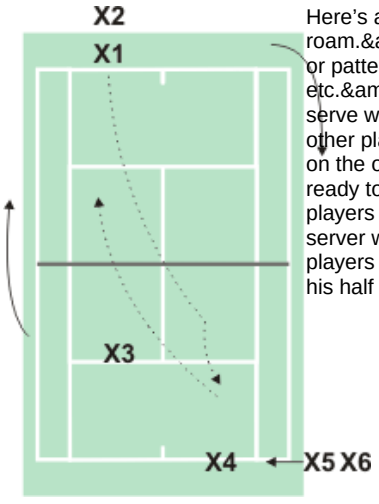
This drill provides opportunities to practice the return of serve. Start with the players in two lines near no-person's land. Players hit the first feed in the air using an abbreviated swing similar to the return of serve. The second feed is a serve from the pro allowing the players to return the ball after it bounces. The emphasis on both shots is a shorter and more contolled backswing. Players then switch lines.

Varaiation: Players can utilize a cardio station to the side before going back in line.

MTT7-702 - Adding or Taking Away

Just about every interaction you have with your students is either going to add or take away from building trust and a beneficial relationship. They are not going to give the effort if they believe you are not doing the same for them. Are your actions helping?

DoC558 - Doubles Half



Here's a large group drill that allows the coach to roam. The drill also allows you to isolate certain areas or patterns in doubles; crosscourt returns, serve and volley, etc. Start with two players on one side (one up to serve with the other player serving the next point). Two other players are in the one up and one back or two back positions on the other side. The extra players will be in a line ready to rotate in. Points are started with a serve and players can only score when they are serving. If the server wins he stays on that side, if the returning team wins players rotate a spot. The server only has to defend his half of the court but can play to the doubles court.

Notes: