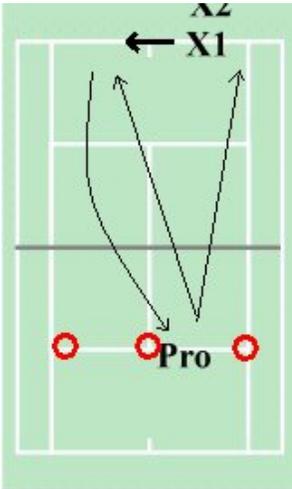


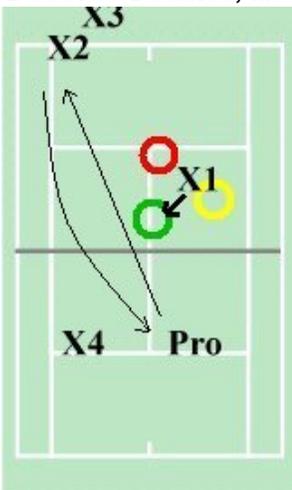
DoC572 - Doubles; Practice the Set Up



Here's the first drill for a series of progressions developing more aggressive doubles tactics for 3.5 and above players. Start with the players in a line on the baseline. The first player will hit a backhand and then move across and hit a forehand. The objective is to "dip" the ball at the Pro's feet and or to have the ball bounce at the target areas. Have the players focus on hitting topspin.

NOTES:

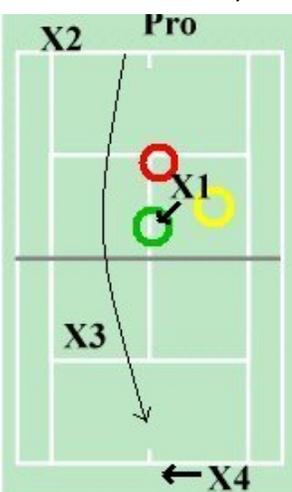
DoC573 - Doubles; Move to Green 1



Here's the second part of a series of progression drills for developing more aggressive doubles play. There is also a handout available helping to explain net player movement from the one up and one back formations. Start with one player on the Pro's side. Two other players will be in the one up and one back positions and extra players will rotate in on that side. The first feed is hit to the baseline player who dips it to the Pro's feet, the Pro plays it back to the middle as the net player moves to green to play an aggressive volley and the point is played out. Eventually a player can take the Pro's spot and a more realistic situation can be played out with the net player making decisions whether to go to green or stay at yellow.

NOTES:

DoC574 - Doubles; Move to Green 2



Here's another drill for developing aggressive net play in doubles from the one up and one back positions. Both doubles teams start in the one up and one back positions. The Pro will feed a deep ball to the center putting that player in a defensive position. The net player on the Pro's side will move to "green" and the point is played out. The Pro can make it more realistic by adjusting the first feed forcing the net player to decide whether to move to green, stay at yellow, etc. Then rotate players.

NOTES: