

50 Best Drills

by Ken DeHart

1. Warm up Drills
2. Serve Drills
3. Live Ball Drills
4. Games for Skills
5. Mental Concepts for Drills

Skills, Drills & Thrills is one of the sequences in developing a lesson plan for player development.

*First get the players warmed up and focused

*Next select the skills you intend to work on

*Then have a series of drills that re-enforce the skills that you chose to work on

*Lastly put the skills into a game situation to see if the skills hold up in the thrill of competition.

For more drills visit kendeharttennis.com for dvd's or click on "In the Game Blog" for 2 years of free tennis tips.