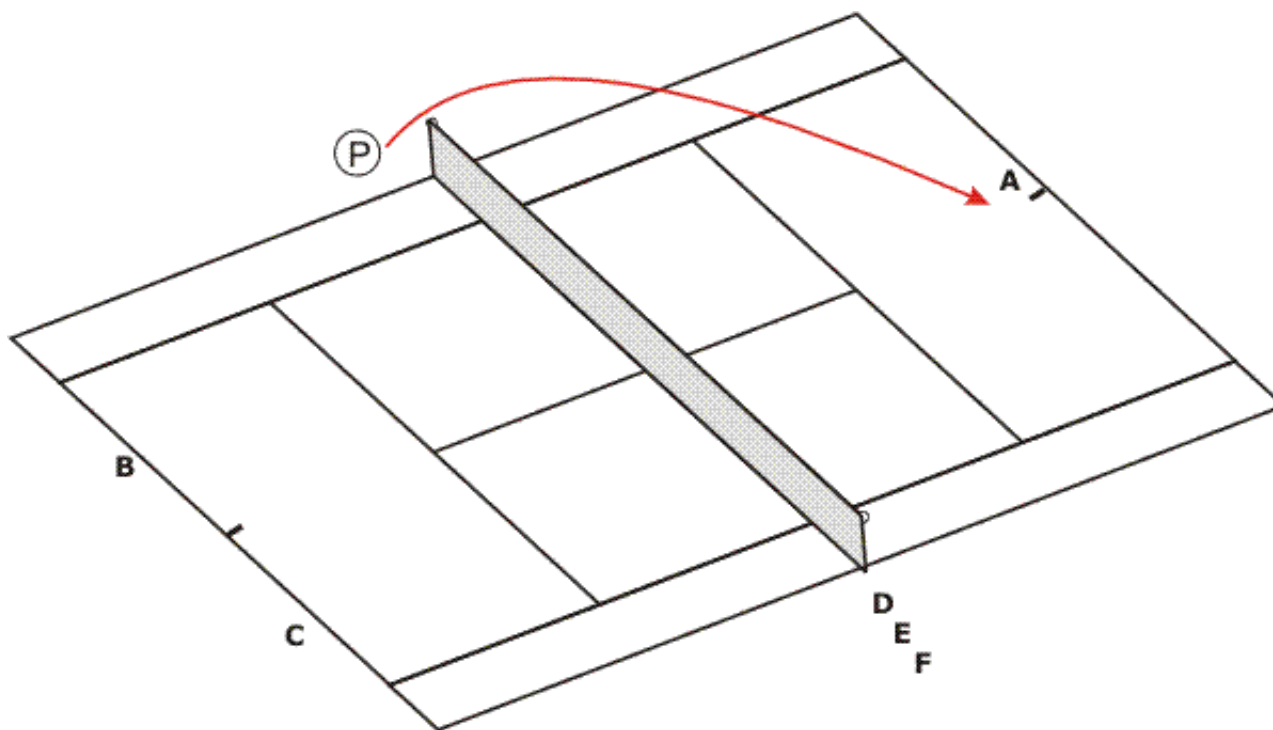


## DRILLS 2010



### **Red Facers - FIRST PLACE WINNER**

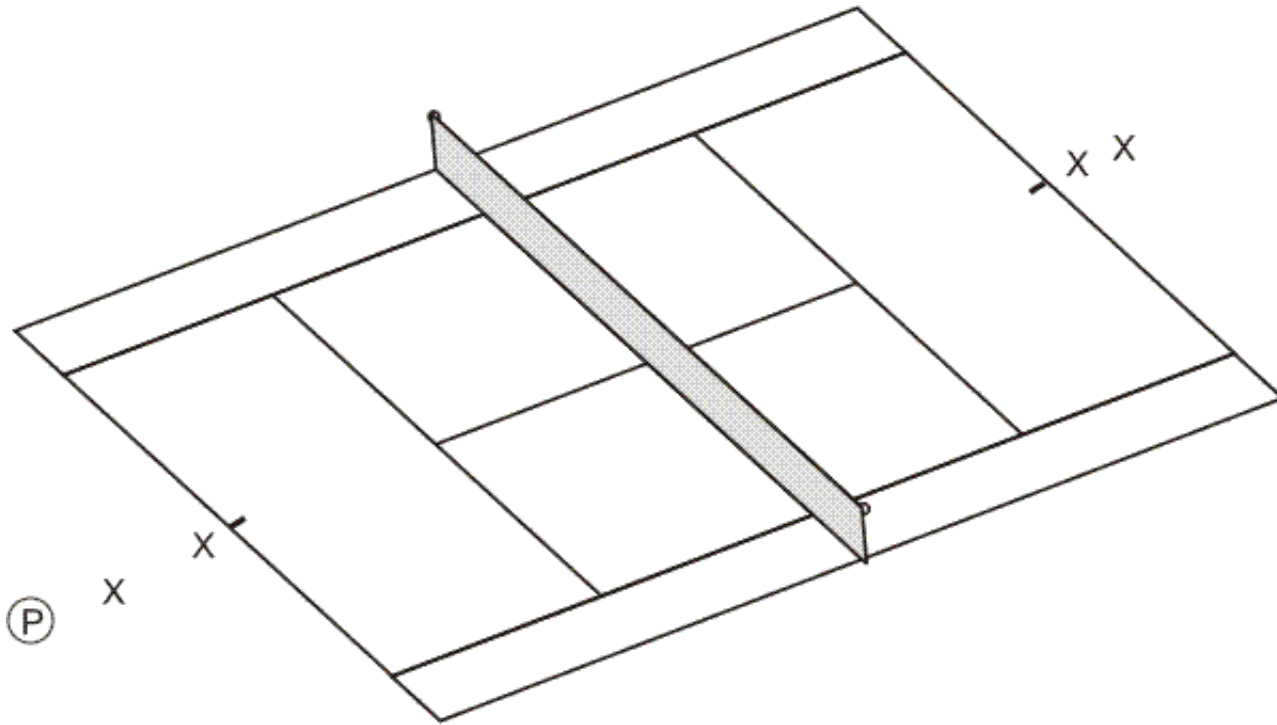
**By Tony Nelson, Vancouver Tennis Ctr, WA**

**Phone: 360-696-8123**

**Objective:** 2 on 1 warm-up

**Description:** Pro feeds to "A" and "A", "B" and "C" play the point (all singles court). If players "B" and "C" win the point, they stay. "A" goes out and "D" comes in. If "A" wins the point, "A" goes to "B", "B" goes to "C" and "C" goes back in line. Drill should move FAST!

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### **Kill Rules! - SECOND PLACE WINNER**

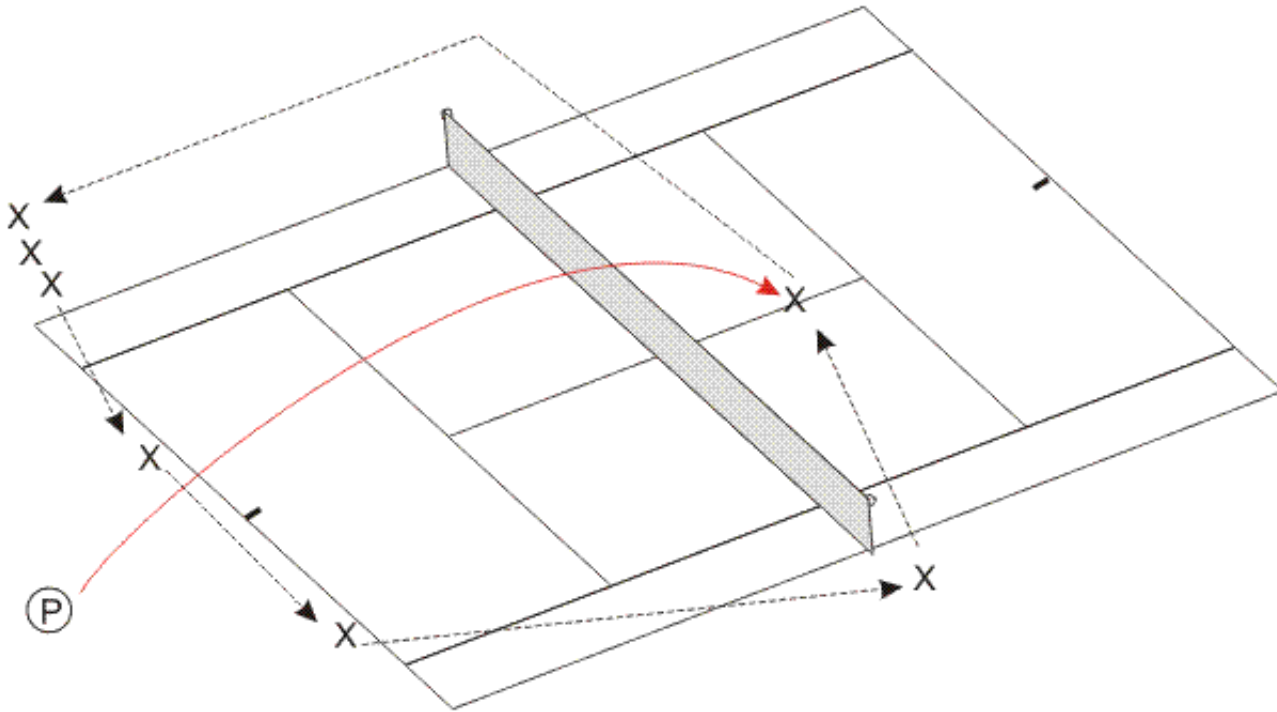
**By Brent Waddle, Vancouver Tennis Center, WA  
360-696-8123**

**Level:** Intermediate to Advanced.

**Objective:** To raise awareness and intent skills.

**Description:** You can use this with almost any singles drill because this is really a scoring system as opposed to a single drill. Players can call "Kill" anytime during the point when they feel they are in a winning position. When they call "Kill" they have 2 shots to finish the point. If the defensive player makes the offensive player play a third shot, he/she automatically wins the point. IF the player who calls "Kill" wins, he/she receives 3 points. If the defensive player wins, he/she gets 5 points. All other points that finish without "Kill" being called are worth 1 point each. If player "A" calls "Kill" and doesn't hit a great shot and player "B" feels he/she can win the point, "B" can call "Kill" as well. If player "B" wins, he/she gets 8 points (5 for beating player "A" after they called "Kill" plus 3 points for winning the rally).

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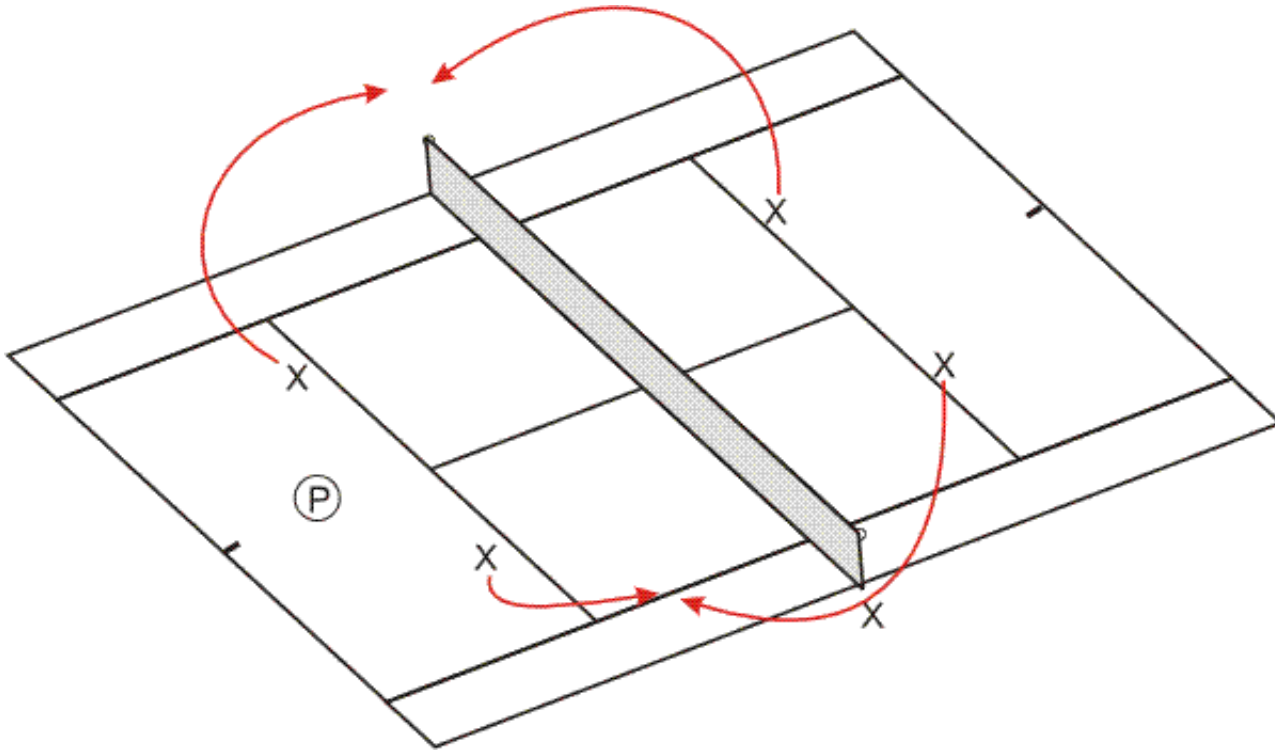


**Smash and Dash - THIRD PLACE WINNER**  
**By Bill Fletcher, Columbia Basin Racquet Club, WA**  
**509-943-8416**

**Level:** Level is adaptive by pacing the feeds.

**Objective:** Work on overhands, reaction and anticipation. This drill's purpose is to keep several players moving and engaged with the skills of point play.

**Description:** This drill works with 5 players and up. Pro hits an overhead to the players on the other side of the net. The point is begun with an overhead hit anywhere in the doubles court. This starts the point which is then played out. When the point is over, every player shifts to the right and a new ball is fed in by the Pro. Games can be set up to be played by any given number.



### Final Countdown

By Marco Pineda / Spokane Club, WA

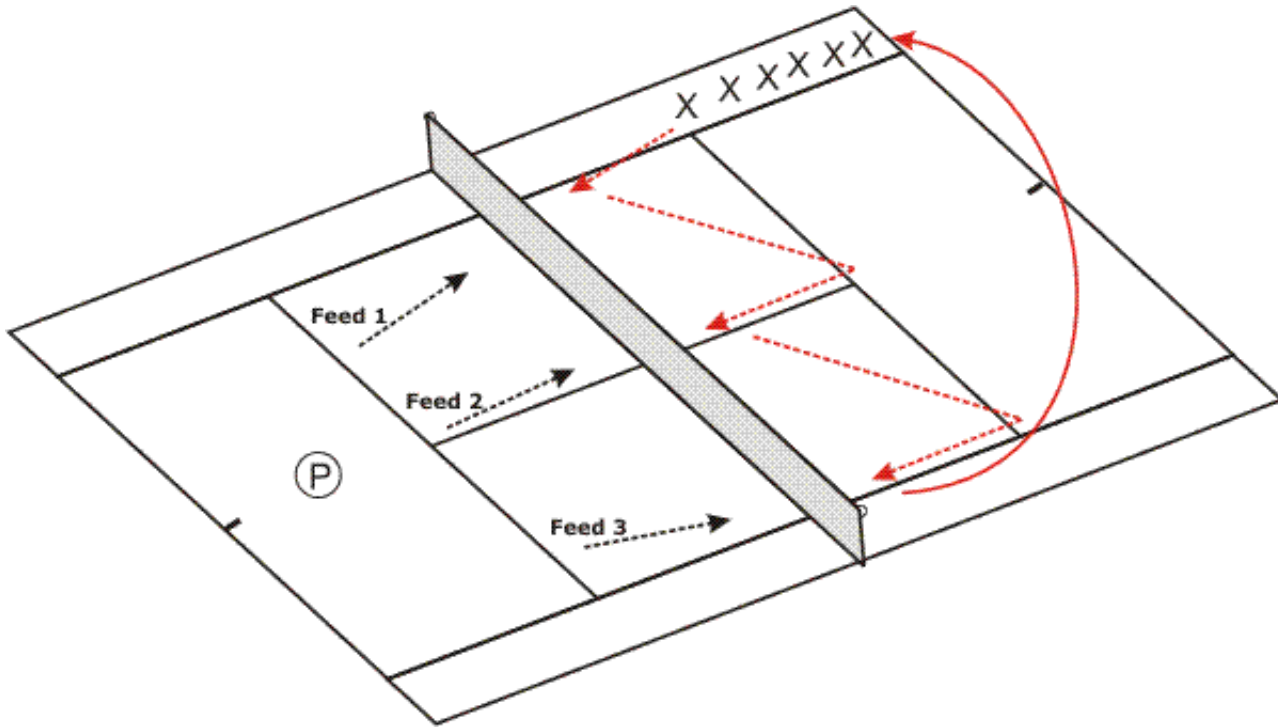
Phone: 509-535-3554

**Level:** Intermediate/Advanced [3.5 to 4.0 rated adults or juniors]

**Objective:** Closing / Being aware of point and score. Playing aggressively or conservatively at different times in the point.

**Description:** Works best with 5 people. Everyone starts with 5 points, or whatever number you like. Play out 2 points. If you hit an unforced error, you lose a point. If you hit a clear winner, you earn 1 point. After 2 points, net post player switches out with the player with the lowest score. If you get to zero points, you are out. Last player standing is the winner. If there is a tie score, the last person who misses is out. You win, you stay in!

You will see how players react to the point situation, or if you are aggressive and it pays off great.



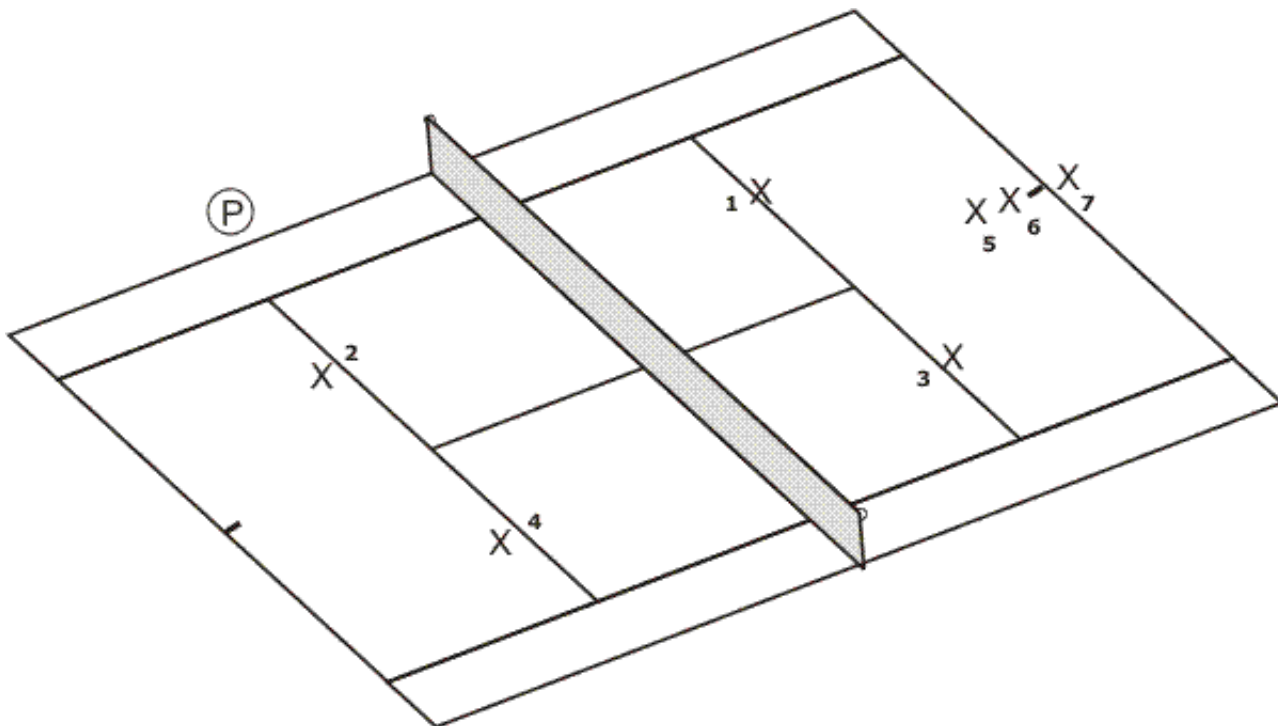
**The Zipper**

By Jeff Urie, Spokane, WA

Phone: 509-535-1239

**Objective:** Cardio workout, Quick reactions, Volleys

**Description:** Players advance to net, split step, volley, then turn and run to the service "T". Move in volley, turn run to service line/sideline, move in volley, then return to start. Three players moving at any one time. Pro feeds players as they approach net.



## Around the World - Volleys

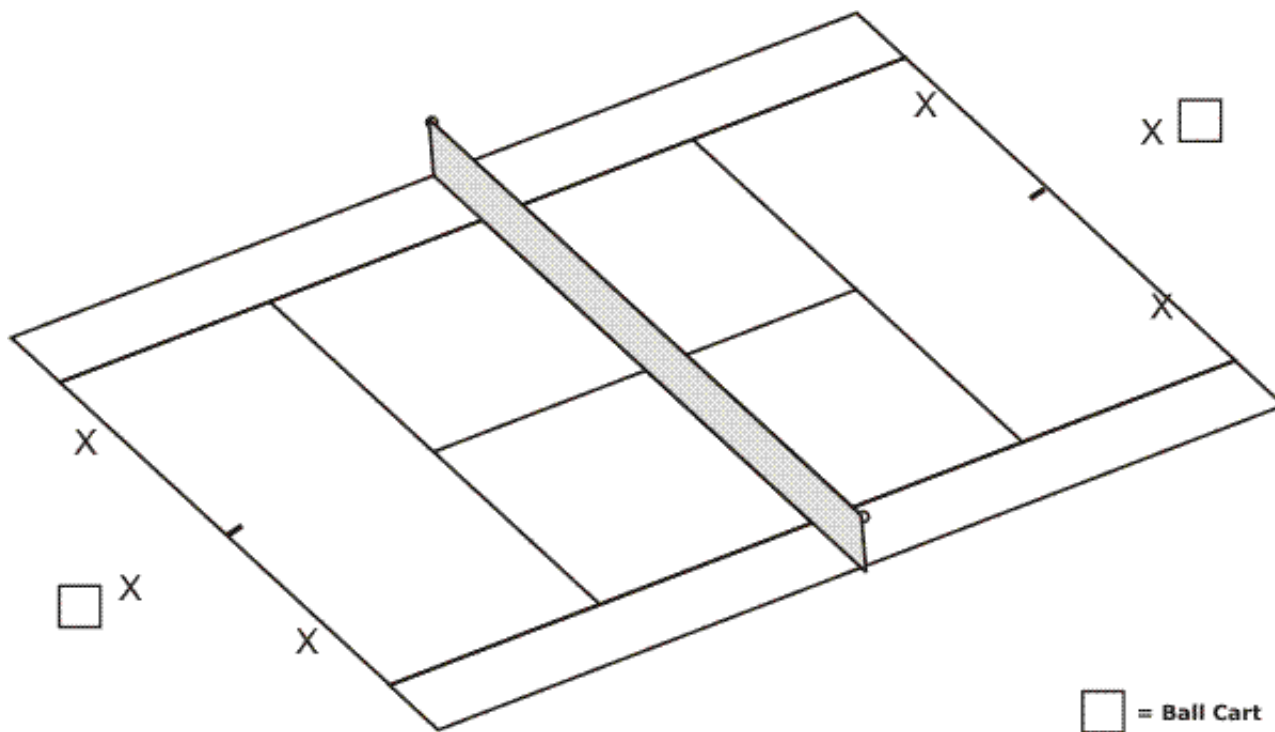
By Kevin Eby, Vancouver, WA

Phone: 480-241-9991

**Level:** Beginners to Advanced players

**Objective:** The scalability of this drill is excellent, (IMO) because you can use it with beginners to advanced players as a warm-up or as a fun game to wind down with.

**Description:** This is a volley game that can also be adapted to a baseline groundstroke game. The focus is on quick reflex volleys. Pro feeds a volley to Player 1, who volleys to Player 2. Player 2 volleys to Player 3, who volleys to Player 4. Player 4 can volley ANYWHERE. The first 4 shots are cooperative and then you can play the point to win. If a player misses on the first 4 shots, the players rotate. You must see this drill! Much easier to show and demonstrate than explain.



## Royal Flush

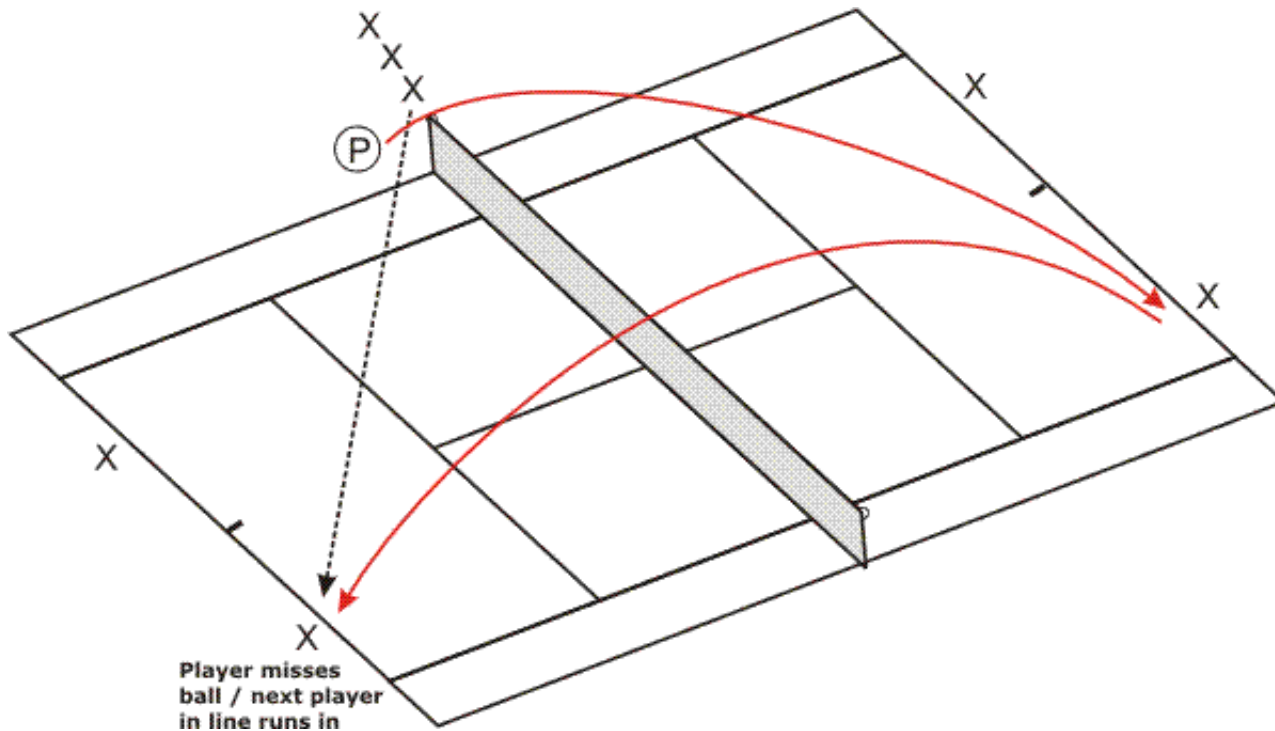
By Kasia Carr, Salem, OR

503-364-6262

**Level:** Intermediate to Advanced. At least 6 participants

**Objective:** To improve doubles strategy / cardio workout

**Description:** Feed 1st ball from behind center of baseline. Opponent lets 1st ball bounce, then point is played out. Person who makes the mistake is out. 3rd player runs in, as fast as they can.



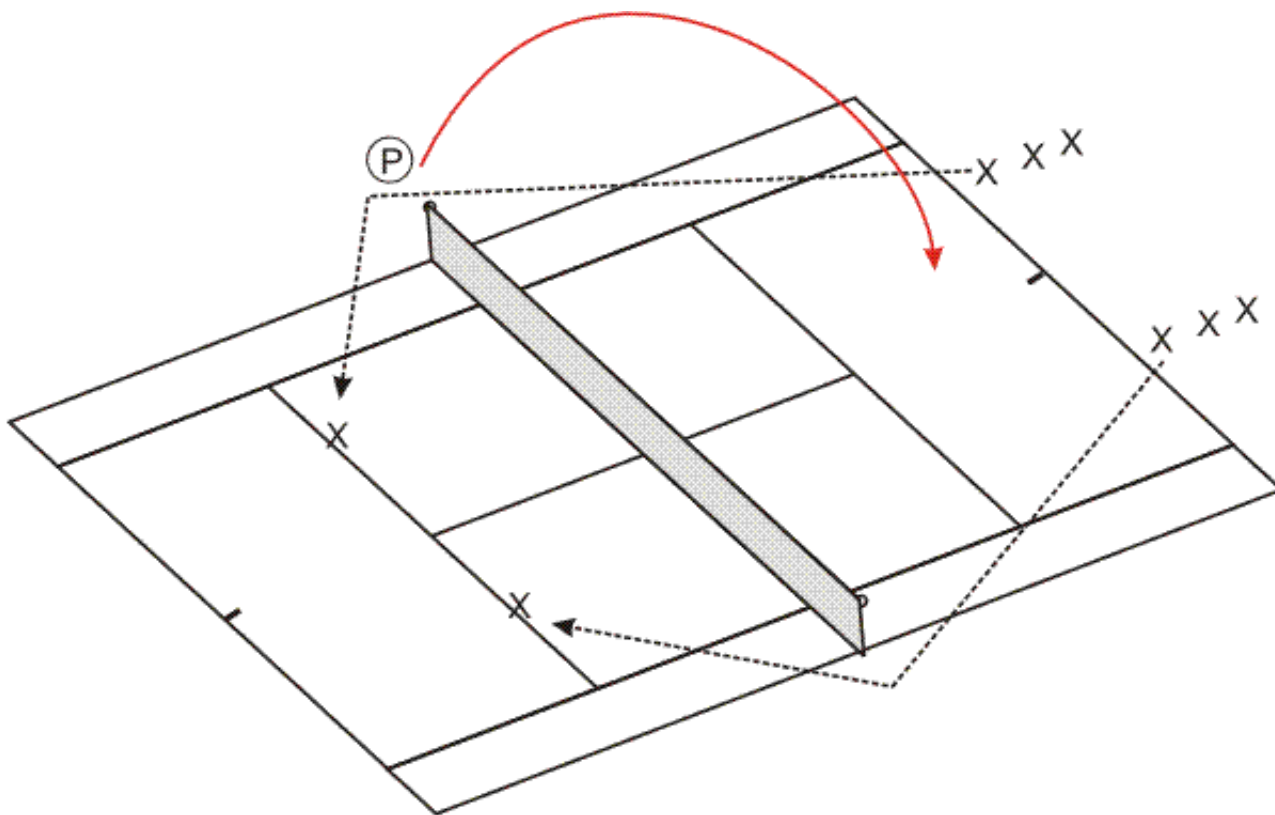
### Equator

By Brian Beaumont, Bellingham, WA  
360-224-6899

**Level:** Intermediate to Advanced.

**Objective:** Court awareness in a doubles setting with an emphasis on cardio.

**Description:** Live ball is fed from side and point is played out. Player who is at fault for the point ending is out and first person in line rushes to take their place while the ball is being fed to the winners' side. If a ball is completely missed/winner is hit, then that player gets a strike. If the ball missed is up the middle, both players get strikes.



### Sky Ball!

By Hans-Walter Seidel, Irvington Club, Portland, OR

Phone: 503-287-8749

**Level:** All levels 2.5 to 5.0+ and Juniors. Unlimited number of players

**Objective:** 1) Good defense when responding to overhead; 2) Overhead technique/aim; and 3) Quickness and movement.

**Description:** Challengers start on baselines; Champ Team at service line. Pro feeds ball to Challenger side. If the team loses the point, they go out. If the team wins 2 consecutive points, they move to the other side of the court and become the Champs. As they come to the other side, the Pro feeds a HIGH bouncing lob. (The ball is fed when Challengers run PAST the net post).

Once the Challengers hit his/her bouncing overhead, the point is live.

If Challenger can hit a clean overhead winner (up the middle) then it is an automatic "over".

The goal is to stay on the Champs side, play good defense and offense!

First team to win 11 points on the Champs side wins the entire game.