



Tennis Drills

“Around a Circle” Drill

- To start with this tennis drill, the students position themselves around the coach in a circle
- Begin with a gentle hit of the ball by the coach to one of the athletes
- The athlete then hits the ball back to the coach after the ball takes a bounce
- Then the coach hits the ball back to a different athlete

“Bouncing Ball” Drill

- The athletes will position themselves on the baseline facing the net
- The coach will mark a point near the net.
 - o This point is the point where each athlete has to turn around when they reach it.
- Depending on the number of athletes, both sides of the court can be used and one of multiple athletes can go at a time
- To do this drill, the athlete will need to continuously bounce the ball (as in basketball but with the use of the tennis racket)
- While bouncing the ball, he or she moves forwards to reach the mark
- Once he or she reaches the mark, the athlete will go around the mark and head back to his or her teammate doing the same thing (bouncing the ball)
- Once he any of his foot touches the baseline, the next athlete will go
- If you want to make it a competition: If one of the athletes loses control of the ball he or she will have to go back to the starting line and do the drill again. The first group to finish are the winners

Crosscourt Drill

- This drill is done simply by having a coach feed to the athlete’s forehand and backhand side
- The athlete must hit everything crosscourt
- The coach will count how many balls the athlete can keep inside the crosscourt section of the court without missing

Follow What I Say Drill

- The athletes will line up horizontally along the service line and the coach is in the other side of the court
- The coach then feeds the ball to each of the athletes and at the same time telling them to hit either a volley or a groundstroke

Simple Serving Drill

- The coach will make a circle shape (size can vary) on the opposite service box while the athlete stands on service line ready to serve
- The athlete must try to hit the circle
- If the ball hits outside the circle it is considered a fault
- To make it a competition: The athletes are given 10 tries to hit the circle and whoever get the highest score wins



Mini Tennis Drill

This tennis drill can be performed with 2 or 4 athletes and this can be played as single mini tennis match (two athletes are needed) and the double mini tennis match (4 athletes are needed)

The athletes will play just like an actual tennis game but all balls should land only in the service box or else a point is given to the opponent. Double match can also be played but again, instead of using the double match line, only the service box is used as boundaries.

- This drill starts with one player on either team feeding a ball to the other team and making sure that the ball lands in the service box
- After the first feed lands in the service box, the players can start the drill and they can hit the ball either in the air with a volley or on the bounce but making sure it lands in the service box
- Players can then hit volleys, short slices or topspin to play out the point

Hand and Eye Coordination Drill

- Two people stand across from each other, one on the end of the service box and one on the baseline
- Step 1: The partners will throw the ball back and forth to one another allowing the ball to bounce once before catching it
- Step 2: One partner will throw the ball and the other will hit it softly with their racket (after the ball has bounced once) back to the partner who threw the ball
 - o The partner who threw the ball must catch the ball
 - o Repeat 5 times
 - o Then switch roles
- Step 3: The partners will just try to hit it back and forth, letting it bounce once on the ground before returning the ball

Hit and Run Drill

This tennis drill should be done at one athlete at a time. This drill will help improve agility and quickness.

- The athlete will be positioned in the center part of the line on the service line while the coach stands on the other side of the court
- To start the coach will feed a ball to the far side of the court and the athlete will run to hit the ball and then recovers back to the center returning to their original position
- The coach will continuously feed the ball but the next ball should land on the other far side of the court and the athlete will have to run and hit the ball and recover to their original position
- Continue to repeat this for a few rounds and then rotate in a new athlete