



High Speed Live Ball Games

High speed live ball games are designed so that the players can play a lot of points, hit many different style (groundstrokes, approach shots, volley's, half-volley's, overheads, etc.) shots, be in a multitude of court positions, and experience numerous point situations during practice. The high speed live ball games are also structured so that the players can have a narrow focus on executing a strategy and make good decisions (shot selection) to set up and finish points. Six players per court is a great number for the high speed live ball games, however there are many variations to each game, so they are very effective for practice with larger or smaller numbers of players per court. The structure, rules, and proper rotations of the games will be described in prose form, and then the names of the games plus modifications (court position arrangements) will also be listed in bullet form. Lastly, additional names of other high speed live ball games that have a very similar structure, rules, and rotations with slightly different court arrangements will be listed. Use these games during practice to keep the players moving, rotating, hitting many shots, and playing a lot of points to optimize/maximize practice time. Always remember, that all high speed live ball games are rotating so after every point there is a rotation that takes place. It only takes one point to get over to the high side of the net!

Structure and Rules of the High Speed Live Ball Games / Prose Explanation

The structure and rules of the games are the same, however there are various amounts of starting court player positions and arrangements that are applied to each individual game. For the purposes of explaining the structure and rules of the game it is assumed that there are six players on the court. Also, to explain the rules, it is assumed that it is a **two on two doubles game** and all four of the players are positioned on the baseline (one player is the deuce court and one player in the add court). There are two players on the (High) side and four players on the (Challenger) side. On the (Challenger) side there are two players on the baseline, one in the deuce and add court and the other two players on deck waiting in line behind the baseline on add side. The Coach and his tennis basket are located on the (High) side of the court and to start the game the Coach feeds the ball to either the deuce or add court player on the (Challenger) side. The objective of the game is for the (Challenger) side team to win the point so that the player in the deuce court on the (Challenger) side can come over to the (High) side and collect points to win the game. **All high speed live ball games are rotating games so after every point there is a rotation that takes place!** It only takes one point to get over to the other side of the net. If a (Challenger) side team wins the point, then the players automatically slide one position to the right. For example, when the (Challenger) side team wins the point then the player in the add slides one position over to the deuce court, the player in the deuce court runs around the net post to the right side of the court and takes the add court position, the player on deck on the (Challenger) side will slide into the baseline position on the add court. Then the Coach will feed in the ball to the (Challenger) side to start the next point. In general, whoever misses the shot is out, or if the player loses the point on their half of the court due to a winner that goes by them then they are out and they must return to the back of the (Challenger) line. Only one player can win the game, and the only way to score and collect points in the game is to be positioned on the (High) side of the court in the deuce position. Every time the (High) side of the court team wins a point the player in the deuce court collects the point (typically 15 points wins the game). Only the player in the deuce court position can earn and collect points. Again, after every single point there is a rotation that takes place. If the player on the (High) side is in the Top (scoring) position located in the deuce court misses the ball or loses the point then they are out and they must run across the net post on the right side of the court and return to the back of the (Challenger) line, then every position slides to the right so the add court player on the (High) side will slide into the Top (scoring) position in the deuce court, the deuce court player on the (Challenger) side will run across the net post on the right side and take the (High) side add position, the (Challenger) player in the add court will slide one position to the right in the deuce position and the player on deck on the (Challenger) side will slide into the add court

position. The Coach will then feed in the ball to the (Challenger) side players to start the next point and the rotating constantly continues until one of the players wins the game by winning the correct amount of points in the deuce court on the (High) side. When there are larger numbers of players on one court then the (High) side will have three players with two players in the game and one player on deck standing behind the baseline on the add side waiting to enter the game when one of the (High) side players misses and is out. When the (High) side has three players if they win three points in a row then they escalator to the right which means the player in the add slides one position to the right, the Top (scoring) position in the deuce rotates back to be on deck, and the player on deck comes in to take the add position. When the players escalator they all shift one position but none of the players go across the net to the (Challenger) side. Now that the structure, rules, and proper rotations of the game are known many different high speed live ball games can be conducted with the main variable changing is the starting positions of the players on the court. Next, the different variations of the high speed live ball games will be listed. Remember, the structure, rules, and rotations of the game remain the same, only the starting positions of the players will typically modify.

Names and different Variations (Players on Court Starting Positions) for High Speed Live Ball Games / Bullet Form

- **Two Players at the Net, Two Players at the Baseline**

- Net players are the (Challengers), Baseline Players are on the (High) side
- The (Challengers) get the Feed
- This is a rotating "Right" of the net post game
- Only the baseline player in the deuce court on the (High) side can win the game. That is the only position on the court where points can be earned and collected
- When there are larger numbers in the game and three players are on the (High) side, the escalator rule is in effect. Three victorious points in a row on the (High) side causes the players to escalator positions.

Variation: This game can be reversed where the Baseline players are the (Challengers) and the net players are on the (High Side). The (Challengers) still get the first ball feed. The structure, rules, and rotations of the game remain the same, only the positions are changed.

- **Doubles formation / One player on the Baseline in the Deuce, one player at the Net in the Add for both teams**

- The (Challengers) get the Feed. Either the Baseline player or the Net player can hit the Feed
- Players on Deck line up behind the baseline in the Deuce court on the (Challenger) side
- This is a rotating "Left" of the net post game. After every point the rotation is always one position to the "Left"*
- Only the net player in the add court on the (High) side can win the game*
- When there are larger numbers in the game and three players are on the (High) side, the escalator rule is in effect. Three victorious points in a row on the (High) side causes the players to escalator positions

Variation: This game can be reversed where the players will be positioned in the Add doubles formation (Baseliners in the Add, Net players in the Deuce). This is a rotating "Right" of the net post game. Only the net player in the deuce on the "High" side can win the game.* With larger numbers in the game, the escalator rule is in play when there are three players on the (High) side and they win three points in a row.

- **Two on One Game / Two players on the Baseline (High) side, One player on the Baseline (Challenger) side**

- The (Challenger) singles player, get the Feed.
- The other challengers on the court are on deck behind the baseline on the (Challenger) side
- The singles (Challenger) gets to hit the ball into the doubles court, the doubles (High) side only gets the singles court
- This is a rotating "Right" of the net post game

- Only the player in the deuce court on the baseline (High) side can win the game
- When there are larger numbers in the game and three players are on the (High) side, the escalator rule is in effect. Three victorious points in a row on the (High) side causes the players to escalator positions

Variation: This two on one game can be played where the (Challenger) receives a short ball approach shot feed where they hit the ball and then they come into the net. The structure, rules, and rotations of the game remain the same, the only modification is that instead of a deep feed, the (Challenger) receives a short feed and then approaches to the net.

Variation #2: This two on one game can be played where the (Challenger) starts on the baseline but they charge the net and they receive a high volley out of the air to start the point. The structure, rules, and rotations of the game remain the same, the only modification is that the (Challenger) receives a charger volley feed to start the point.

- **King of the Court / One on Two Game / Baseline on the (High) side plays singles, challengers play doubles from the baseline on the (Challenger) side**
 - The (High) side singles player, gets the Feed.
 - There is one player on deck on the (High) side waiting to play. Even though there are only two players on the (High) side, the escalator rule is in play on the (High) side. If the (High) side wins three points in a row, then they escalator with the other player on deck.
 - The other challengers on the court are on deck on the (Challenger) side lined up behind the baseline in the add court.
 - The (High) side gets to hit the ball into the doubles court, the (Challenger) side only gets the singles court
 - This is a rotating "Right" of the net post game
 - Only the singles player on the baseline (High) side can earn, collect points, and win the game

Variation: This King of the Court one on two game can be played where the (Challenger) side doubles team receives the feed and either the player in the deuce or the add can receive the feed on the baseline. The structure, rules, and rotations of the game remain the same, the only modification is that instead of the (High) side singles player receiving the feed, the (Challenger) doubles side receives the feed.

Variation #2: This King of the Court one on two game can be played where (Challenger) side players start at the net. The structure, rules, and rotations of the game remain the same, the only modification is that the (Challenger) doubles side plays the net, the (High) side singles player plays the baseline but the (Challenger) side receives the feed.

Variation #3: This King of the Court one on two game can be played where the (High) side singles player takes the net and the (Challenger) side doubles team takes the baseline. The structure, rules, and rotations of the game remain the same, the only modification is that the (High) side singles net player receives the feed.

- **Additional Names of High Speed Live Ball Games that have a very similar structure, rules, and rotations with just slightly different court arrangements.**
 - Sky Ball, Singles down the line approach shot game, Three Point Transfer, Doubles Approach Shot Game, 2 out of 3 Point Mini-Matches Game, 3 out of 5 Point Mini-Matches Game etc.