

Doubles Drills & Thrills for Active Doubles Play

- I. How to Move in a 1 Up & 1 Back Formation
Shifting with the ball
Offense – Defense
Semi-Poach; Fake Poach
Drill: USC Poach Drill
Individual Warm-up Poach drill
Game: Drop & Hit Cross-Court only; Open

- II. Return of Serve Options w/ coach hitting ¾ court serves
 1. Cross-court (both forehand & backhand returns)
 2. Strength shot cross-court & down the line @ server's partner
 3. Return Serve Rush Cross-court vs 2nd serve
 4. Block Lob return of serve down the line (more advanced player?)

- III. Return of Serve Formations
Standard Formation
Standard Alternative vs a 2nd Serve
Two-back formation vs a 1st Serve & Possibly 2nd Serve

- IV. Serving Formations
 1. Standard Formation
- include wider start ad-side & hit strength shot
 2. I – Formation
 3. Off I - Formation

Additional Notes: