

On court Lecture © 2022 David W. Smith

Team Unity: Organizing your players

We start and end practices with serves: (Serve priorities: spin, positions, Locations)

Drills: Call out your cone; 27 different serves; Fence-to-fence serves;

1. Callies: Talk about claps, importance of various exercises; why we don't specifically just "run"
 - a. Down bounces: Make a dot; why we kneel
 - b. Up Bounces: form, variations
 - c. Catches; one side, alternating sides
 - d. Down slice bounces
2. Toss and Block Drills: backhand, forehand, alternation; variable, Half-volleys, angle volleys; segmented swing toss and block
3. Live Ball Volleys: 8-10 on a court
 - a. Drills: Let it drop but not bounce; Mini me; Drop drop clear clear; Angle volleys; Closing in Volleys; Catch and hit volleys; Two player two shot alternation volleys; butterfly volleys
4. Partner drop feed basket drills
 - a. Six baskets, one court (diverse options: slice or topspin) three players (or four) two hitting one feeding; angle topspin, midcourt and deep topspin. Lob Drills
 - b. Four baskets, on side one court.
 - c. Three baskets, with 4-6 players each with movement. (one feed, three-five hitting with movement: Wide on the outside baskets, down the line inside basket.)
 - d. Kneeling on a towel with topspin or slice shots in a position; Chair volleys
 - e. Six ball drop feed from back fence to net. (Partner fed, six per court) Full racket drop feeds across many courts
 - f. Fast Hands Drill
 - g. Alternation deep/short drop feeds;
 - h. Partner running up to short ball drill
 - i. Toss for overhead drill
 - j. \$10,000 shot sequence Drill (Inside out, inside in
 - k. Partner single ball drop feed to a player at the net 6 per court. Live volley (crosscourt and down the line)
5. Pro-fed Drills
 - a. Three ball across: forehand, backhand, backout, one footed, overhead
 - b. Cross over drills; baseline crosscourt, down the line, drop shots
 - c. POACHING DRILL
 - d. Overhead
6. Games:
 - a. 21, Rush and crush, Run and gun,
 - b. Volleyball tennis (Favorite)
 - c. Fast Format Tournaments: (30-all, 3-game sets, one serve)
 - d. Divide the court in half to play half court challenges with large numbers
 - e. Why Challenges are GREAT
7. Strategy Singles: \$10,000 shot; hierarchy of skills;
8. Doubles Strategies: Do's and don'ts; Developing champion doubles team

Resources: YouTube: Dave Smith Tennis; Facebook: Competitive Tennis Coaches