

## A Systematic Approach for **Doubles** in a Team Tennis Practice

**Objective:** How to run an effective team practice for developing doubles skills

### Dynamic Stretch Warm-up

#### Warm-up

1U-1U and progression or standard warm-up

Cross court diagonal with either the down the line option or transition option

Server's partner position for net play practice

### Warm-up Phase: Coach Feed Net Play Doubles Practice

#### Coach feed from RS position to Server's Partner

- vs 2 Back or the Standard RS partner position
- add semi-poach & fake poach for Server's Partner
- option to include I or Off-I formation

#### Serve

Server Position: Doubles; Deuce side & Ad side

Serve Targets: ABC - Alley, Body (preferably left hip d-side if RS is a righty), Center

Serve Type: Open then either 1stS/2ndS or 2<sup>nd</sup> serve only (for RS player)

#### Return of Serve:

Type: Neutral, Step-up (Y footwork), Edge vs 2<sup>nd</sup> S

#### Serve/Return Drill: S/RS +1 or +2 vs 1<sup>st</sup>/2<sup>nd</sup> serve

Return Serve Options: Crosscourt, Down the Line, Block Lob down the line, plus RS Rush

#### Drills:

3-players on court 2 vs 1 for score or no score

1. 2-back return of serve position vs Server's Partner (R of Serve side feed)
2. Standard return of serve position vs Server's Partner (feed returned to feeder then open)

#### 4-players on court with coach as Feeder

1. Shifting w the ball 1U-1B w coach feed the return of serve

##### **Modifications:**

- No down the line alley from 1B vs 1U-1B (promotes semi-poach)
  - No lob or moonball (promotes closing on the net)
2. Non-Hitter Sneak Attack from 2B Return of Serve Team

#### 4-players on court with coach as Server

1. Return of serve vs Coach 1<sup>st</sup> serve: Crosscourt; block lob vs jam body serve/SP close to net
2. Versus 2<sup>nd</sup> serve – edge and hit crosscourt, edge & hit down the line @ pigeon, Ret S Rush

### **Up & Down The River Games**

1. **1Back-1Back Phantom Dbls** a) no serve; b) serve; both diagonals; add transition +2 pts  
**Note:** Can do 4/court with alternating points for safety
2. **1U-1U ½ court games** (2 or 4 per court)
3. **1U-1B ½ court games** (2 or 4 per court)

### **Additional Restriction Games**

1. Competitive Play w Full Games or 3 of 5-point games (same as starting 15-all)
2. 9 Serves only – No-Ad Games
3. First Point worth 2 Points

### **Doubles Games Alternative Formations**

- 1) **Server: I Formation or Off-I Formation** on ad-side, deuce side optional, or min twice/game
- 2) **Return of Serve Team: 2-Back Formation** (option to switch to standard formation 2<sup>nd</sup> S)

### **Doubles Philosophy: “CAT Doubles”**

C – Communication with Partner @ service line – Strategy & Positive Dialog

A – Attack Mode - smart aggressive and edging/fake in movement

T – Tempo (up tempo walk and energy between points)

Notes: