

Session 1 - Outdoor demonstration on school tennis courts w/local players  
- Court diagrams will be provided for coaches to draw up drills and take notes

### TENNIS DOUBLES DRILLS FOR ALL LEVELS

1. 3 Volley - 2 lines, alternating feeds
  - a. Deep, middle, short - use 'sidewalk' chalk for marks
  - b. Targets - build your own, pre-made
  - c. Adjust feed for different levels, large numbers, fewer balls, etc.
  - d. Emphasis - split step, foot movement, shoulder turn, grip, racket level
  - e. Add - poach with cross
  - f. Add - overhead as 4th ball
  - g. Add - closing volley as 5th ball
2. 5 Ball with movement and positioning - 2 positions, alternating feeds
  - a. Groundstroke, deep volley, closing volley, 'drop' in box, poach, overhead
  - b. Feed to level of your players
  - c. Add shot targets
  - d. Emphasis - variety of all types of shots and movements within a doubles point
3. 4 in the Box Volley game
4. Serve/Return/half-court point play
5. Player Positioning w/Ball Toss and Catch