

Doubles Formations, Strategy and Drills
Tom and Jean Lilly - Creighton University Tennis
Tuesday July 23 - 2:20 – 3:10

- 3 Main serve formations (Regular, “I”, Aussie)
 - Regular formation
 - Poach movement (faking/timing)
 - Squeeze movement tendencies
 - Different locations for serve partner to start
 - ‘I’ formation
 - Location of server’s partner
 - Benefits (applying pressure)
 - Poaching early or staying
 - Aussie formation
 - benefits (to mix things up and easier to serve)
 - Deficiencies in this formation

- Put players in best position to succeed.
 - Server’s strengths and weaknesses (server as the QB)
 - Volleyer’s strengths and weaknesses (formations can help)

- Return Team Strategy and Formations
 - Where to stand when partner is receiving depends on server strengths and activity at the net
 - First and second serve returns

- Doubles Drills
 - One up one back same side (net players hog middle)
 - Doubles approach shot drill (2nd serve version)
 - First volley drill and targets
 - 2 up vs 1 up 1 back (covering middle)
 - Lob and switch (feed lobs for movement; they lob for practice)
 - Wide ball feeds (for when groundstrokes and serves pull partner wide)
 - All 4 up no alleys
 - Poach volley drill (timing, switching and starting location)

- Questions

Singles Drills, Strategy and Team Dynamics
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July 23 - 3:30 – 4:20

- Directional term/meaning (Paul Wardlaw book)
 - Percentage tennis
 - Baseball analogy (when okay to not use directionals)
 - Important for singles serve returns

- Practice Percentages/competition
 - Helpful in determining line-up initially
 - Competition brings improvement
 - Keeps team engaged in drills
 - Good energy for practices

- Drills for Singles
 - Serve returns all Directionals
 - Cross court points (no alley)
 - $\frac{3}{4}$ court only forehands (or strength)
 - Rally to 100 race
 - $\frac{1}{2}$ court full court (different patterns)
 - Defense vs normal
 - Passing shot drill
 - Approach shot drill
 - Djoker drill
 - Federer drill
 - Everyday drill

- Team Dynamics
 - Team 1st Coaching Decisions
 - Line ups; doubles teams; travel roster; practice set up
 - Captains, team fun events, uniforms (give them some say and empowerment)
 - Everyone can play a positive role
 - Energy in practice
 - Pushing teammates harder in drills (the other side of the net needs to improve)
 - Supporting when not competing
 - Their choice (positive or negative)
 - Team success and failure involves everyone

- Parents
 - Empower them with decisions regarding meals/treats
 - Let them know at the start how you will run things and determine line up (they don't get to help in that)

- Questions/Their ideas that have worked