

Tennis Australia's favourite activity manual 2009

Copyright © Tennis Australia 2009

Tennis Australia's favourite activity manual 2009
Copyright notice
Copyright © Tennis Australia 2009



This activity manual has been developed by Tennis Australia using resources produced by attendees at the 2009 Australian Grand Slam Coaches Conference. Tennis Australia wishes to express its sincere appreciation to the attendees who completed a 'favourite drill/activity sheet' and signed the disclaimer, or accepted via phone or email communication, consenting to amendment and reproduction of the activities. All contributors to this manual have been listed on the last page.

All rights reserved. The reproduction or utilisation of this work in any form or by electronic, mechanical, or other means not known or hereafter invented, including photocopying, xerography and recording, or in any information storage and retrieval system, is forbidden without written consent and permission from Tennis Australia. This permission should be sought by contacting Tennis Australia.

Tennis Australia	T +61 3 9914 4000
Private Bag 6060	F +61 3 9650 1040
Richmond South Vic. 3121	E coached@tennis.com.au
	W www.tennis.com.au

Acknowledgments: The Tennis Australia Coach Development department wishes to thank the following individuals and/or organisations that contributed to the development of this manual.

Production/development: Tennis Australia Coach Development department – Travis Atkinson - Manager Coach Development, Sarah Sweeney - Coach Development Assistant and Ryan Jamieson - Coach Development Assistant.

Authors/contributors: Tennis Australia Coach Development department and 2009 Australia Grand Slam Conference attendees (listed on the last page).

Design/layout/diagrams: Tennis Australia Coach Development department

Editorial consultant: Rufus Keown - TA Club Professional Coach

Disclaimer: While care has been taken in the preparation of this manual, Tennis Australia and the contributing authors do not accept any responsibility for any loss, damage or injury caused directly or indirectly by, through, or in connection with, any drill, skill, action, instruction or suggestion depicted in this manual. Coaches, players and others undertake any drill, skill or action at their own risk.

Notes: Safety considerations and relevant risk management measures should be taken into consideration when delivering these coaching activities e.g. obstacles, hydration, court set-up, first aid, updated coach knowledge etc.

Tennis Australia has taken all care and made best efforts to ensure that the information herein is an accurate representation and depiction of the activity as described by the contributors. In most instances exact descriptions submitted by each contributor have been used. Not all activities submitted by the conference participants could be included in this manual.

Tennis Australia prides itself on being environmentally friendly therefore this manual will only be distributed electronically.

Tennis Australia would like to extend a special thanks to the Australian Sports Commission for their support and assistance with the production of this manual – www.ausport.gov.au.



Australian Government
Australian Sports Commission



Dear tennis professional,

At Tennis Australia we are committed to the tennis coach and coach development. It is the tireless hours, both full and part-time, coaches dedicate to our sport that assists in positioning tennis at the forefront of sport in this country.

The Tennis Australia Coach Development team thanks all coaches for their enthusiasm and commitment to delivering the best coaching sessions possible. In doing this coaches are engaging and empowering both young and experienced players, presenting the game as a healthy experience and a great fitness workout.

This manual identifies some of the more successful coaching activities coaches have used over the years. Use these activities and add your personal flavour according to your coaching environment. The manual activities are presented in stages according to the Tennis Australia Athlete Development Matrix which identifies the following key phases of development: explore (4–7 years), develop (7–10 years), encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years) and performance (17+ years). Each phase includes its own respective competencies. Some of the junior activities presented in this manual would be challenging activities for players of all ages. As coaches, your ability to design and progress coaching activities is one of your best skills.

Encourage players to alter the activities themselves to aid their own development. Let them advance the activities by choosing new progressions, scoring formats and to take ownership of what they want to achieve from each activity.

Finally, thanks again for the contribution you make to our sport. Not only do coaches introduce our game to tennis enthusiasts for the first time, but they also harness the talent that becomes our future champions.

A handwritten signature in black ink that reads "Travis Atkinson".

Travis Atkinson
Manager Coach Development

This manual has been produced with the support of the Australian Sports Commission.



Australian Government
Australian Sports Commission

Your feedback is important to us!

Click this button to email your thoughts on the Tennis Australia favourite activity manual.

Introduction to serve

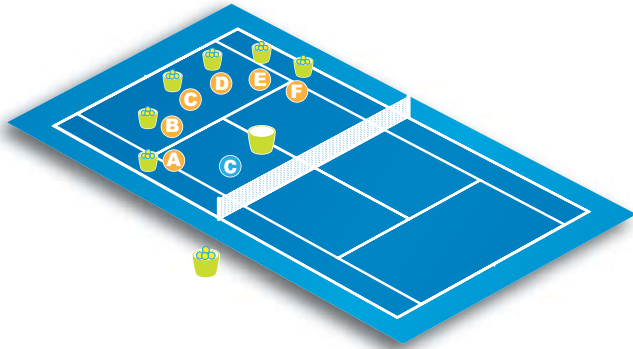
Pepper Hewitt
TA Club Professional

Stage: explore (4–7 years)

Focus: physical, technical

Equipment: buckets, hoops

Time: 25 mins

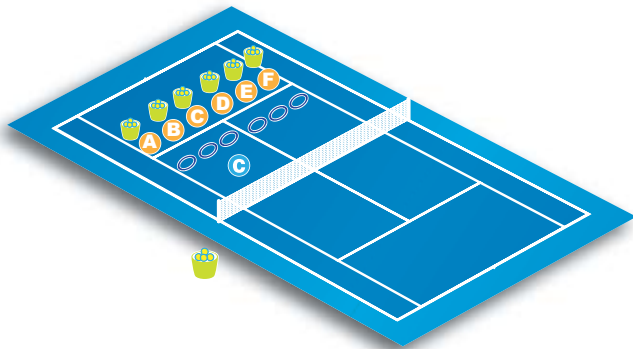


Objective

To successfully introduce the serve to beginners, while placing emphasis on the throwing action.

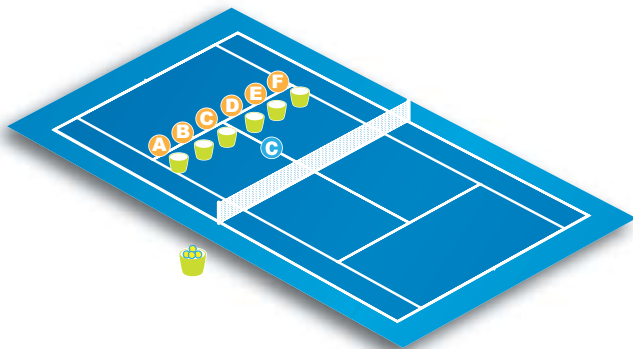
Progression 1

- Players each have a bucket of 10 balls and stand side on in throwing position.
- As a team, players stand side on, turning hips and shoulders, and try to throw as many balls as possible into the centre of the basket.
- Adjust the distance of the basket from players according to the ability of the group.
- Repeat the activity to ask the team to beat their first score.



Progression 2

- Arrange hoops in front of players in position for the ball lift on serve.
- Players should stand side on and attempt to use ball lift to land ball in hoop, making sure the ball is lifted above the player's head.
- Play first to five, counting how many times players can successfully land ball in the hoop.



Progression 3

- Players now attempt to combine ball lift and throw in the service action.
- Instruct players that the ball lift is number one, ball throw is number two.
- Players should attempt to get the balls to collide in mid-air.
- If players are having difficulty, coaches may assist by doing the ball lift and practice in slow motion, holding the ball in position.

Progression 4

- Introduce racquets to players in addition to balls.
- Start with racquet in the 'trophy position' and ball positioned pointing to the sky, ready to toss.
- Players attempting to contact the ball with the racquet using a modified serving action.
- Use 'one-two' rhythm, while players take turns with their partners.

Key

C Coach
A Player

Buckets
Hoops

Spot markers
Drop down lines

Ball direction
Player movement

Drop, hit, catch

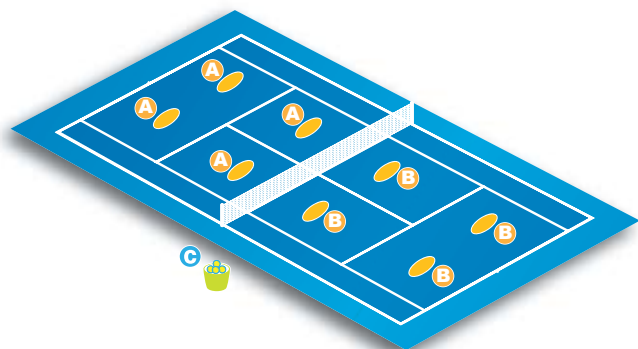
Christopher Forwood
TA Club Professional

Stage: explore (4–7 years), develop (7–10 years)

Focus: physical, social

Equipment: spot markers, modified balls

Time: 5–10 mins

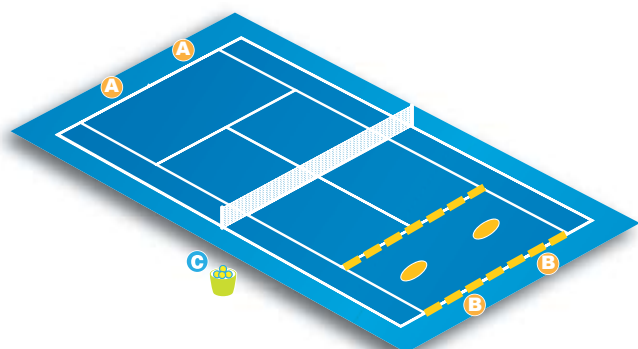


Objective

To develop court awareness, encourage teamwork, introduce hitting zones for singles or doubles play and practice scoring.

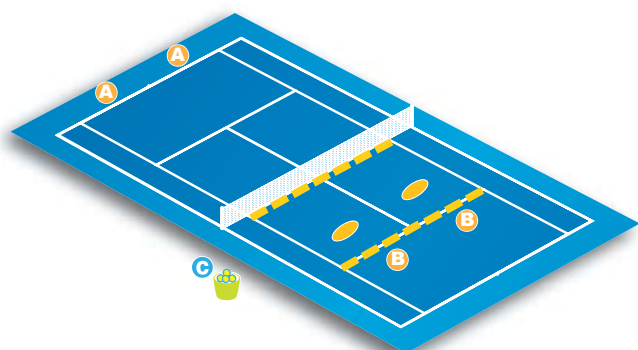
Progression 1

- Divide students into two teams of two (singles) or four (doubles) players.
- Team A stand on flat markers (servers) with racquets.
- Team B stand on flat markers (receivers) ready to catch the balls.
- Team A take turns to drop and hit serve to land in front of a player in Team B. Team B catches the ball on the first bounce.
- Rotate server and receiver teams. Teams can stay together as servers and receivers change.



Progression 2

- Remove markers from progression 1.
- Team A (servers) hit forehands and backhands into singles court between service line and baseline.
- Team B (receivers) catch the ball after the first bounce.
- A point is scored for successful hits landing between the service line and the baseline.
- Continue until three points are achieved or rotate after each point.
- Teams can stay together or coach can rotate players either individually or in pairs.



Progression 3

- Continuing from previous progression, introduce racquets to all players.
- For another variation, ball must bounce once between the net and the service line.

Progression 4

- Develop into playing singles or doubles during the next lesson.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Hoop the forehand

Peter Georgiades

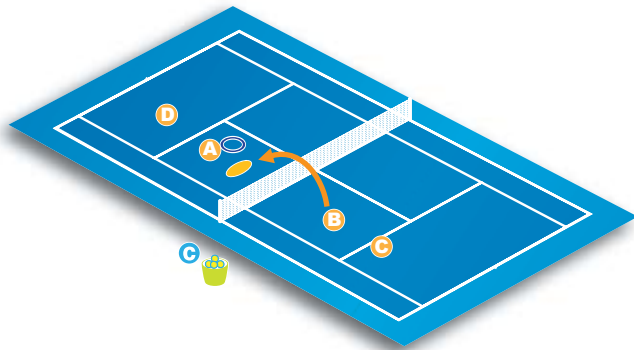
TA Junior Development

Stage: explore (4–7 years), develop (7–10 years)

Focus: technical, social

Equipment: spot markers, hoops, large ball, modified balls

Time: 12 mins

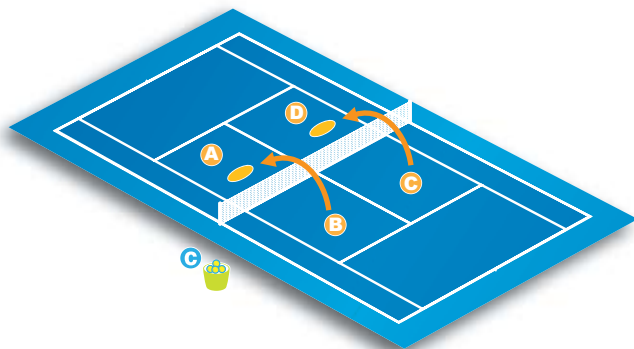


Objective:

To practice and explore all aspects of the forehand.

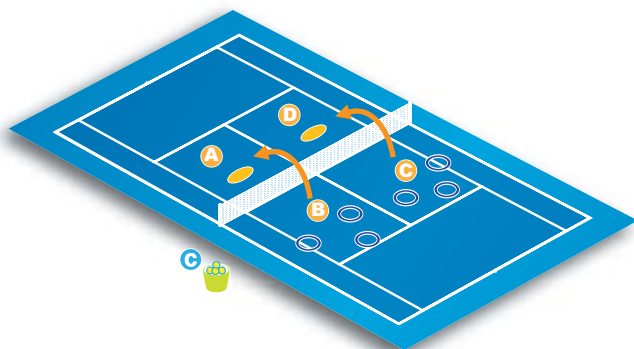
Progression 1

- Divide players into pairs. One large sized ball and one hoop per pair.
- Player B underarm throws a large ball to the forehand side of Player A who is holding up a hoop out in front on the forehand side. The ball should bounce and then go through the hoop. Place a flat marker on the ground as a guide for where the ball should bounce.
- Count how many times the pair can get the ball through the hoop.
- Player C and B can take turns to underarm throw the ball to Player A. Player D stands behind Player A to collect the balls.



Progression 2

- Substitute the hoop for a racquet and the large sized ball to a modified tennis ball.
- Player B underarm throws the ball to the forehand side, while Player A blocks the ball using a forehand grip. No swinging.
- Player C and D copy Player A and B.
- Ask players “what should your racquet look like when you block the ball?” Keep rotating players.



Progression 3

- Player B underarm throws a ball to the flat marker.
- Player A hits the ball back to their partner to catch. Count how many catches a pair can make.
- Ask players “where should your racquet finish up after you have hit the ball?”

Progression 4

- Player A can hit the ball at a target (hoop) nominated by them. If they get the ball to land where they aim, they score a point.
- Players C and D continue to copy Players A and B. Ask players “which foot do you step with to make a forehand?”

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Matchplay madness

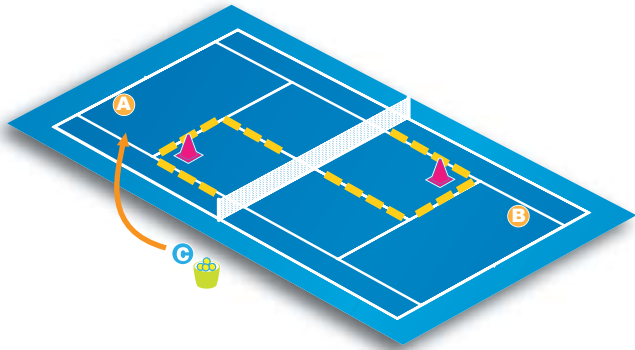
Robert Jamieson
TA Club Professional

Stage: explore (4–7 years), develop (7–10 years)

Focus: tactical, social, competition/tournament

Equipment: cones, modified balls, drop down lines

Time: 30 mins

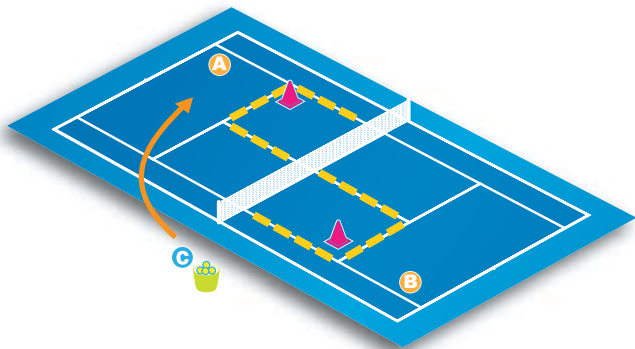


Objective

To teach students the rules of tennis in a fun environment.

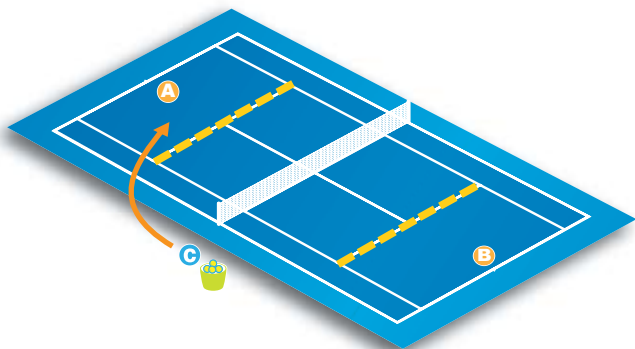
Progression 1

- Players start on the court between the baseline and the service line.
- Each player places a cone anywhere in the deeper half of the service box.
- One player feeds a ball into play.
- Players count how many shots they hit in. One point per 'in' shot, 10 points for hitting their opposition's cone.
- Winner is the first player to reach 20 points.



Progression 2

- Switch to backhand side.



Progression 3

- Players now hit in both service boxes, hitting forehands only.
- Playing a King/Queen of the court style competition, players rally out each point, beginning the rally with a drop and hit.
- The first player to five points is the winner and moves up while the loser must stay on court. You can introduce a handicap if required.

Progression 4

- Continuing with King/Queen of the court rules, players can only let the ball bounce once per rally. This will force players to come to the net and volley.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Loud 'n' proud

Matt Henderson

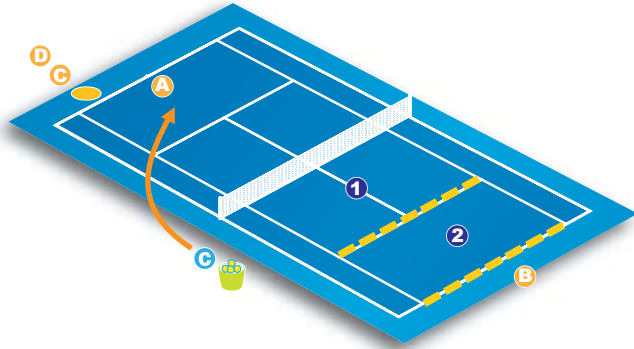
TA Junior Development

Stage: explore (4–7 years), develop (7–10 years), encourage (10–12 years), enhance (12–15 years)

Focus: technical, tactical, mental

Equipment: drop down lines

Time: 15–20 mins

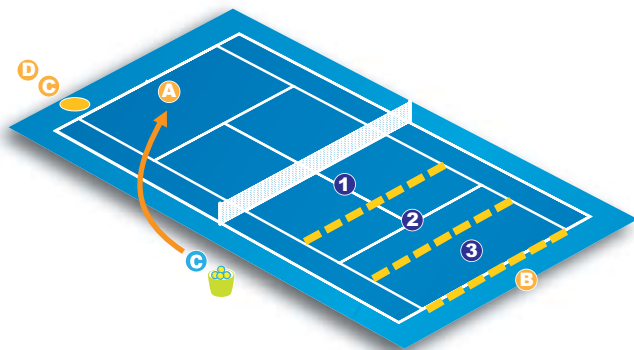


Objective

To help player's understand court positioning, judging the length, spin and height of the ball and shot selection. Helps with learning development as players must think for themselves out on the court.

Progression 1

- Two players stand at either baseline at each end of the court.
- Coach feeds the ball to Player A who hits the ball over the net to Player B. As the ball is crossing the net, Player A must make a call as to whether they think the ball is short (will land in zone 1 between the net and the service line) or deep (will land in zone 2 between the service line and the baseline).
- There are no right or wrong answers, but players learn to position themselves for a shot as they are telling themselves where they should move.
- Players play out the rally.



Progression 2

- Divide the court into 3 sections as shown: attack (zone1), rally (zone 2) and defend (zone 3).
- Players can now progress to call out whether they should attack, rally or defend.
- Wherever the ball lands, players (both alternating or one) have to call out which sort of shot to play. Again, no right or wrong answers, but players learn to choose the most correct shot to play depending on their court position.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Five point game

Cynthia Doerner
TA Club Professional

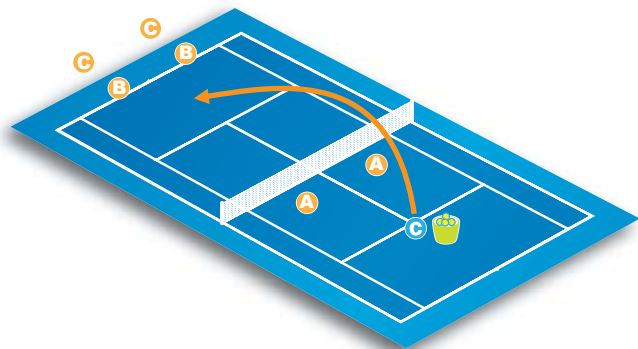
www.doernercoaching.com

Stage: explore (4–7), develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical, mental, social, competition/tournament

Equipment: cones, spot markers

Time: 15–20 mins

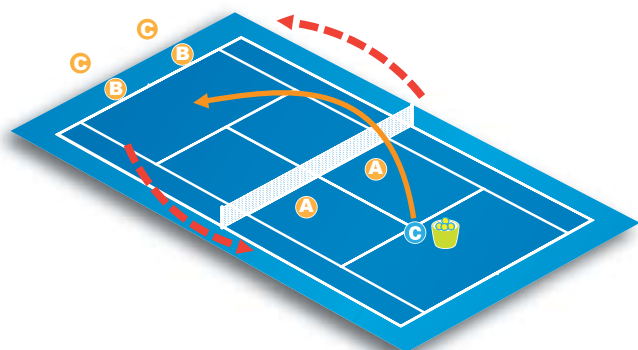


Objective

To get players moving and playing all shots in a competitive environment.

Progression 1

- Playing with four to six players in pairs.
- Set-up the court with three pairs.
- Coach feeds the ball to the baseline team to start the point.
- Pair A at the net is the non scoring position.
- Pair B at the baseline is the first team up to win the rally and score a point. If Pair B lose the rally, Pair C step up to play for the next point.



Progression 2

- When a pair score five points they are upgraded to the coach's side of the net.
- The pair who were on the coach's side of the net are sent around to the back of the court.

Progression 3

- Teams rotate after five points. Players keep adding on to their score.
- The team with the highest score at the end of the designated timeframe wins.

Progression 4

- Variations of the activity include:
 - players scoring individually, not in pairs
 - coach feeds to forehand/backhand/high/low etc
 - bonus points are given for winning shots
 - increase or decrease the difficulty of the activity depending on the standard of the players
 - game can be scored to three points for younger players.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Three point race

Dylan Edgley

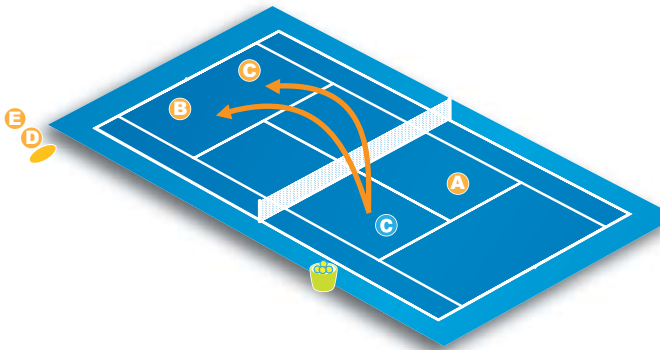
TA Club Professional

Stage: explore (4–7), develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: technical, tactical, social

Equipment: spot markers

Time: 15–20 mins

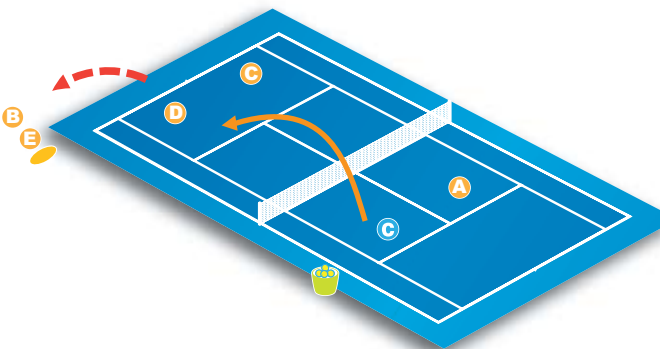


Objective

To improve doubles play and communication.

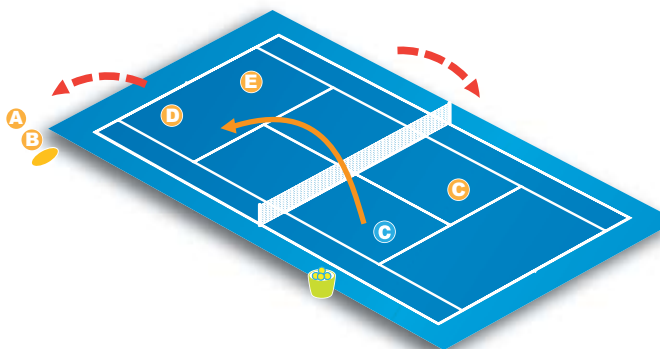
Progression 1

- Players line-up near the baseline at the 'challengers' end (opposite end to coach).
- The first 'challenger' to win three points will become the 'champ' and will go down the other end with the coach (replacing Player A).
- Players can hit shots anywhere in the court. If a player makes a mistake, they go to the back of the challenger line.
- Players can work on technical aspects on first shot and tactical for the rest.



Progression 2

- This game can be played from all parts of the court, with a variety of shots e.g. players begin at net.
- Coach can introduce a new rule, where a clean winner hit by a challenger against the coach and champ is worth three points.



Progression 3

- Coach can determine whether players keep or lose their points when a player reaches three points and is appointed as the new champ.
- To increase the challenge, restrict the hitting area to the singles court only.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Mini tennis

Craig Gallagher

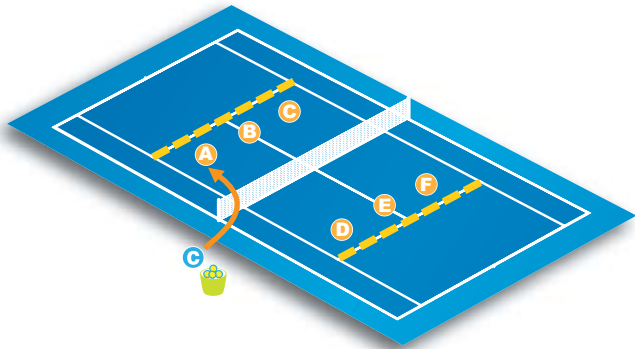
TA Junior Development

Stage: develop (7–10 years)

Focus: physical, tactical

Equipment: drop down lines

Time: 15 mins

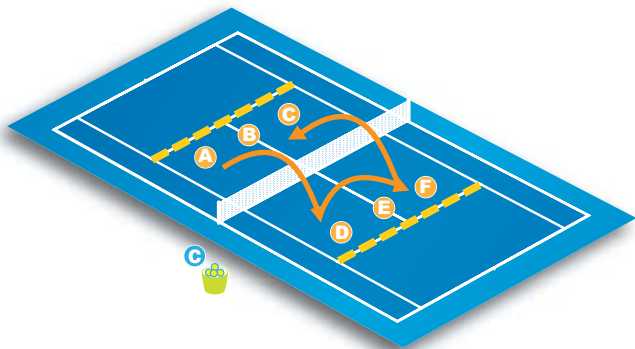


Objective

To encourage players to focus on a combination of coordination, movement and footwork. A great drill to get players moving, but not too far (e.g. in hot weather).

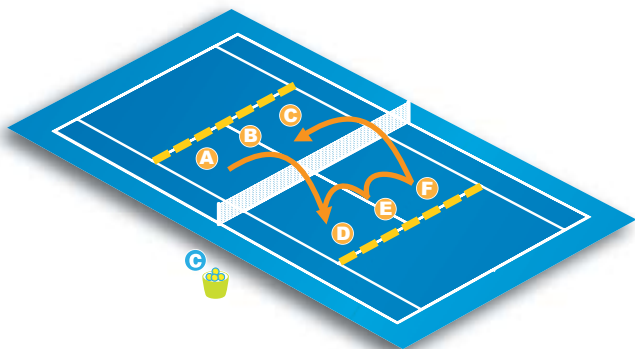
Progression 1

- Up to six students can participate on court at any one time.
- Using only the service boxes as shown, start 'mini-tennis' rally with feed from coach. Players cannot hit the ball two times in a row.
- The first team on either side of the net to score six points wins.
- Coach to use judgement to ensure there is not one dominant team.



Progression 2

- Player D traps the ball for either Player E or Player F to hit within the 'mini-tennis' court. The ball is allowed to bounce once after the trap.
- One point is awarded to the winner of the rally.
- First team to score six points wins.
- Rotate players to ensure players D, E and F all have a chance to trap and to hit over the net.



Progression 3

- Now the ball cannot bounce after the trap.
- This develops a volley-type punch over the net by Player E or Player F.
- Coach must tactically manage if any players work out to pop the ball up for teammate to smash.
- First team to score six points wins.

Progression 4

- Now Player D traps the ball up, then Player E also traps the ball up, and Player F must hit the ball over the net.
- Rotate the players to ensure players D, E and F all have a chance at each task.
- First team to score six points wins.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forehand/backhand drill

Julie Dybendahl

TA Junior Development

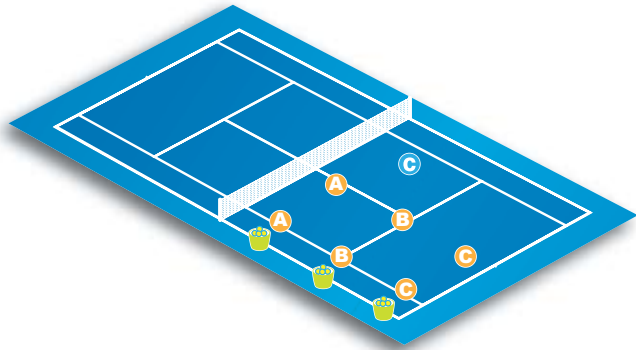
www.sanctuarycovegolfclub.com.au

Stage: develop (7–10 years)

Focus: physical, technical, tactical

Equipment: buckets, modified balls (if required)

Time: 20 mins

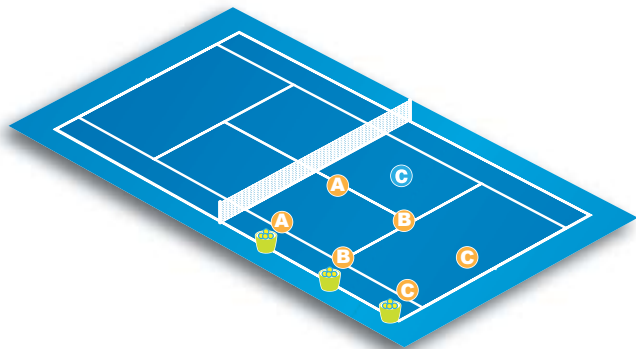


Objective

To increase coordination and correctly choose whether to hit the ball with a forehand or backhand.

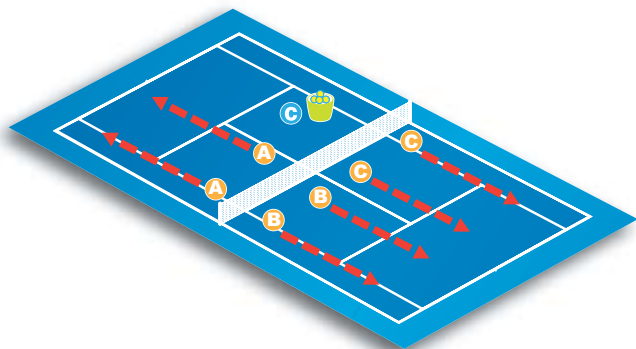
Progression 1

- Players find a partner and face each other: one on the singles sideline and one on the centre line.
- Players bounce the ball back and forth with their partner who catches the ball and returns it. Ensure the ball is underarm and mimicking a feed.
- Players focus on bouncing to the forehand side while their partner calls out “forehand”.
- Players then focus on backhand side while partners call out “backhand”.
- Mix things up, players bounce balls to either side, while partners call out the relevant hand.



Progression 2

- Players take same position on the court.
- Using the same process as progression 1, partners identify as they catch either a forehand or backhand ball out in front and to the side.



Progression 3

- This time add a challenge to players and catching partners as they move up and down the court.
- Players develop an understanding of which is the forehand and which is the backhand side while using sidesteps, feeding skills, movement skills and catching at waist height.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

The running backhand

Sam Giess

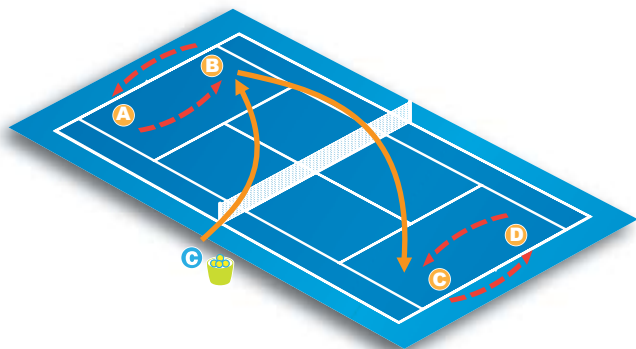
TA Junior Development

Stage: develop (7–10 years), encourage (10–12 years)

Focus: physical, technical, tactical, mental

Equipment: modified balls (if required)

Time: 10–15 mins

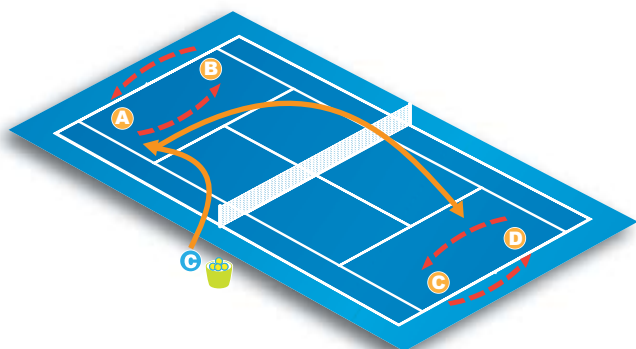


Objective

To simulate match situations dealing with wide balls and appropriate reactions to the wide ball.

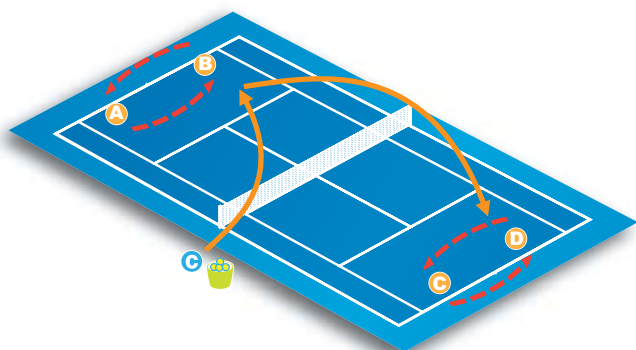
Progression 1

- Four players start in set-up positions shown on diagrams, with one player in each baseline corner of the singles court.
- Coach feeds the ball to the backhand corner.
- Player A runs across and plays a cross court shot.
- The point is then open and the players play the point to completion.
- If Players C or D play two shots in a row they must swap sides of the court with their partner mid-point.



Progression 2

- Coach feeds the ball to the opposite side of the court and a forehand cross court shot is played.



Progression 3

- The first shot from the coach's feed is made down the line off the backhand.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Triangle drill

Dean Carter

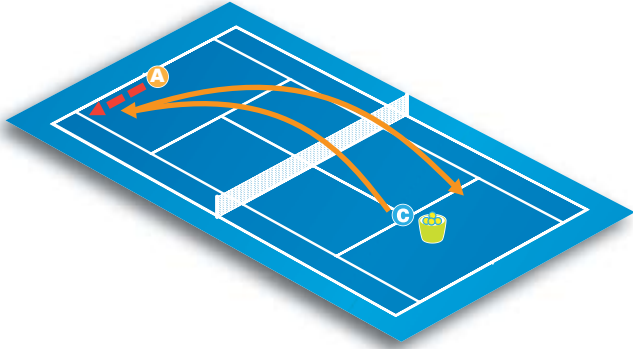
TA Junior Development

Stage: develop (7–10 years), encourage (10–12 years)

Focus: physical, technical

Equipment: N/A

Time: 5 mins

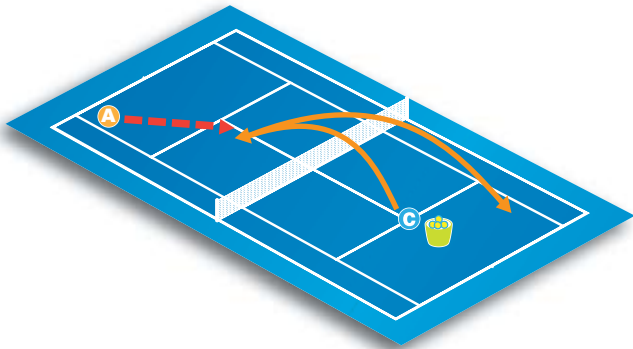


Objective

To enhance footwork and encourage players to recognise the different lengths of balls and shots to play on these balls.

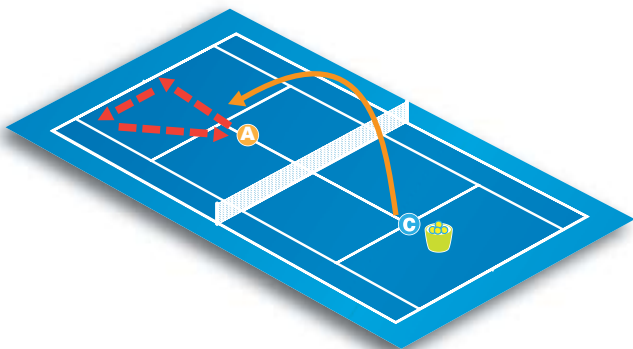
Progression 1

- Player begins in the centre of the court. Coach feeds ball to the forehand side, player moves sideways and returns a forehand cross court.



Progression 2

- Coach feeds a short ball and the player pounces on it, endeavouring to put it away or hit an approach shot.



Progression 3

- Coach feeds a high loopy ball (common in beginner's tennis) to the baseline.
- The player pushes hard backwards, always facing the opponent (coach) and hits a rally shot to get back into the point. Ideally, this would be a forehand to the opponent's backhand corner.
- Repeat this 'triangle' sequence for as long as the player's fitness allows.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Dingles

Tina Dodd

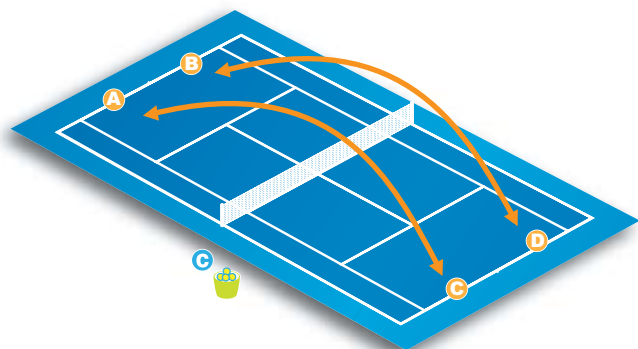
TA Club Professional

Stage: develop (7–10 years), encourage (10–12 years)

Focus: tactical, competition/tournament

Equipment: N/A

Time: 15 mins

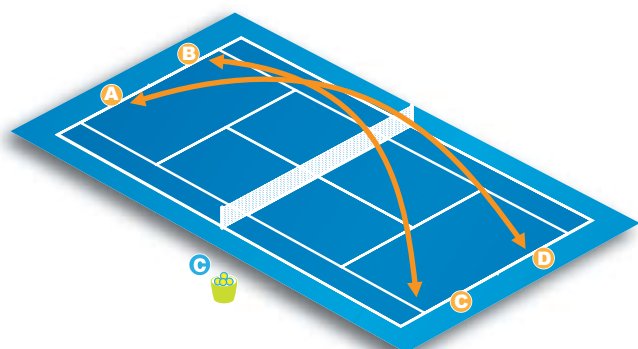


Objective

To develop the ability to handle competitive situations and quick decision making while having a lot of fun.

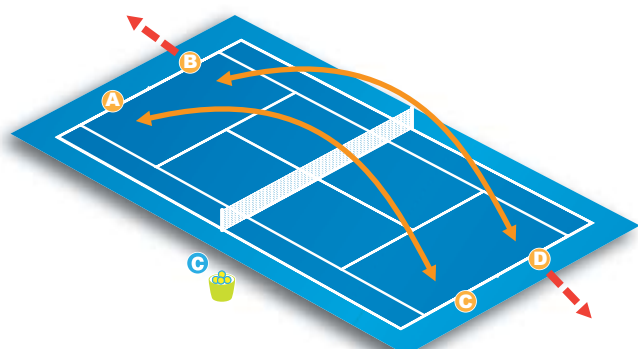
Progression 1

- Players A and C rally cooperatively in singles format using half a court.
- Players B and D rally using the other half of the court. Ensure both rallies start at the same time.
- As soon as one rally breaks down the players shout “Dingles” and the remaining ball is played out competitively between the four players in a doubles format.
- This is a consistency game that has a competitive finish with a huge fun element.



Progression 2

- This time, Players A and D rally and Players B and C rally cross court.
- Again, the format extends to doubles, once one rally is finished and the “Dingles” call is made.



Progression 3

- All rallies in singles and Dingles format are played in the singles court only.
- This will help players to develop directional play alongside consistency.
- Dingles should promote more net play as the doubles rally is played in the singles court.

Progression 4

- When one rally breaks down, the two players from that rally move to the back of the court, while the two players in the remaining rally, play out the point in singles format.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Bombs

Alana Browne

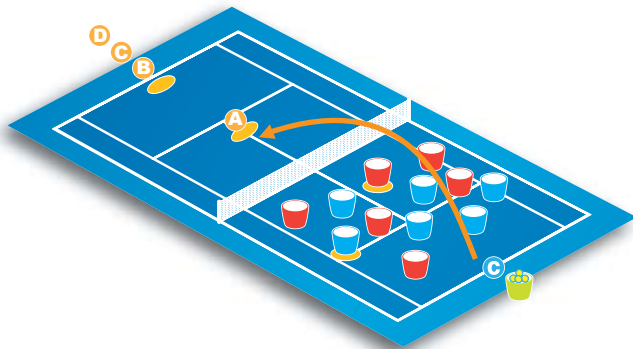
TA Junior Development

Stage: develop (7–10 years), encourage (10–12 years)

Focus: tactical, social

Equipment: buckets, spot markers

Time: 12 mins

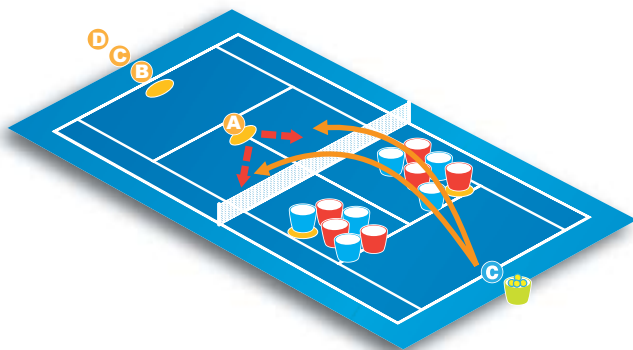


Objective

To increase consistency and strategic directional hitting in a fun filled yet competitive environment.

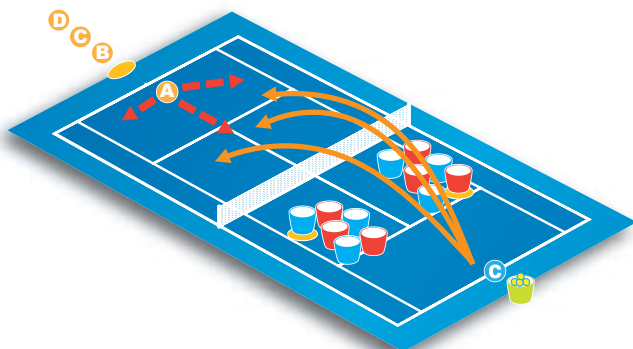
Progression 1

- Start with six red and six blue buckets. Buckets are placed in areas on the court in which players think they can hit.
- Players are split into two teams – a red team and a blue team.
- The aim of the activity is to hit the buckets with a volley either on the full or with one bounce.
- Players in the red team aim for the red buckets and vice versa.
- If a player hits a bucket it explodes and is turned upside down. The team with the most number of buckets upside down at the end of time, or the team to turn all their buckets upside down first, wins.
- Under one red and one blue bucket is a spot marker, placed by the coach when players are not looking. If the bucket with the spot marker under it is hit, it explodes all the bombs and that team wins automatically.



Progression 2

- Encourage players to hit wider volleys. By placing buckets towards the service lines, players will aim volleys wider and can focus on accuracy.



Progression 3

- Rally with the coach, chasing all balls and aiming to hit the buckets.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Boxes

Natalie Dash

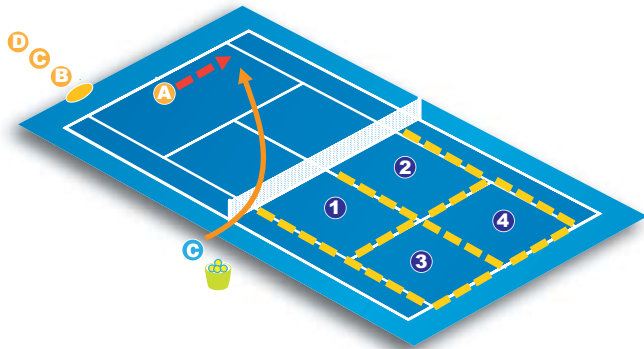
TA Junior Development

Stage: develop (7–10 years), encourage (10–12 years), enhance (12–15 years)

Focus: technical, mental

Equipment: chalk, drop down lines

Time: 15 mins

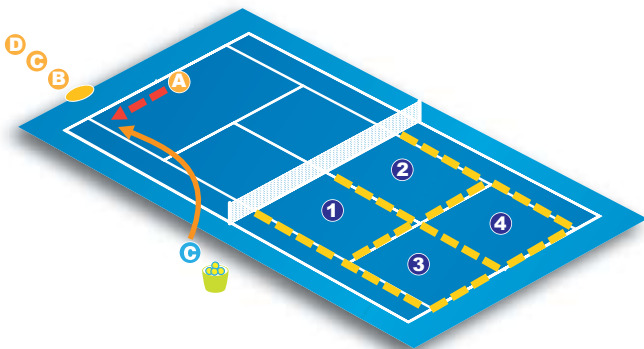


Objective

For players to develop footwork that enables them to hit the ball exactly where they want it to go.

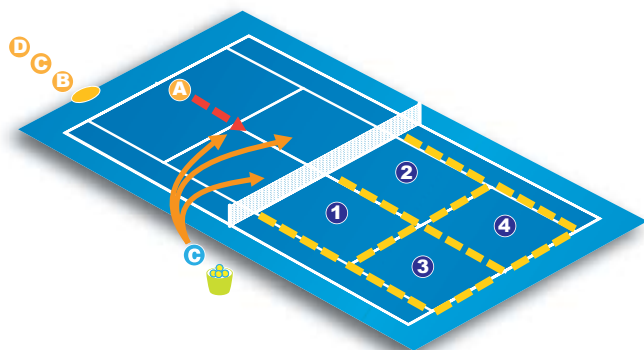
Progression 1

- Player calls out the number of the boxed area where they plan to hit the ball.
- Coach feeds the ball to the backhand corner.
- Player hits the ball and receives one point if it lands in the box they called out.



Progression 2

- Coach feeds the ball to the forehand corner.
- Player calls which box, hits the ball and receives one point if it lands in the box they called out.



Progression 3

- Coach feeds the ball shorter to the service boxes.
- Player calls which box, hits the ball and receives one point if it lands in the box they called out.

Progression 4

- Similar to other progressions, however, the coach feeds the ball to all areas of the court in a random order. This will keep the player on their toes, as they must move around quickly while making decisions as to which area to hit the ball in.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Running the baseline

Colin Mander
TA Club Professional

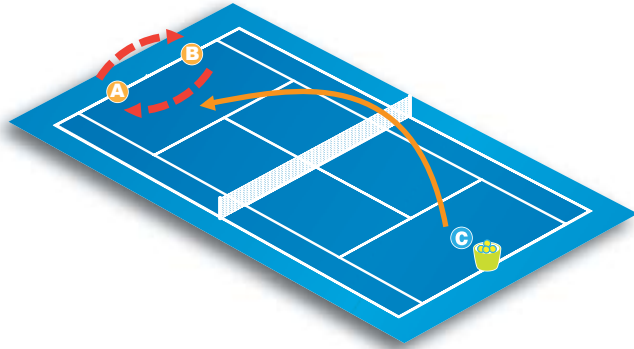
www.roselands-tennis.com

Stage: develop (7–10 years), encourage (10–12 years), enhance (12–15 years)

Focus: physical, technical, competition/tournament

Equipment: cones, spot markers

Time: 10 mins



Objective

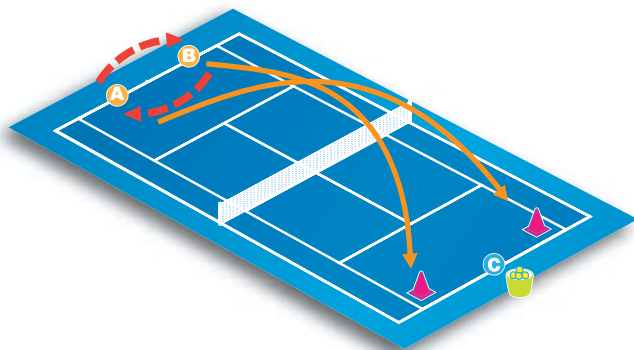
To improve concentration and footwork to a wide ball.

Progression 1

- Coach feeds randomly, however whenever player on the advantage court hits (successfully) players switch sides.

Progression 2

- This time, coach feeds more balls to the advantage court to increase the pace and amount of movement.



Progression 3

- Coach feeds into both sides of the court to extend the player running wide.
- Players must have clear communication when swapping sides.
- Coach can add in targets in the corners down their end of the court.
- Players aim cross court and score a point if they hit a target.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

King and Queen of the court

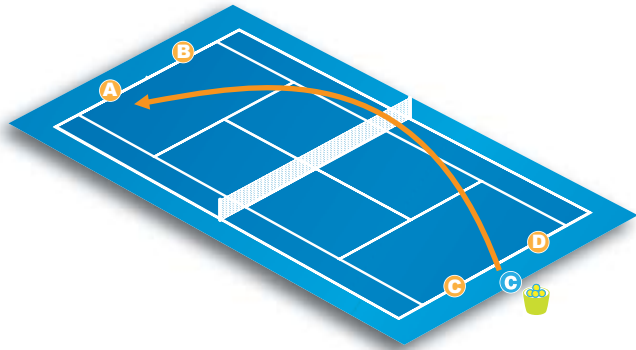
Elizabeth Peers
TA Club Professional

Stage: develop (7–10 years), encourage (10–12 years), enhance (12–15 years)

Focus: physical, competition/tournament

Equipment: N/A

Time: 15–20 mins

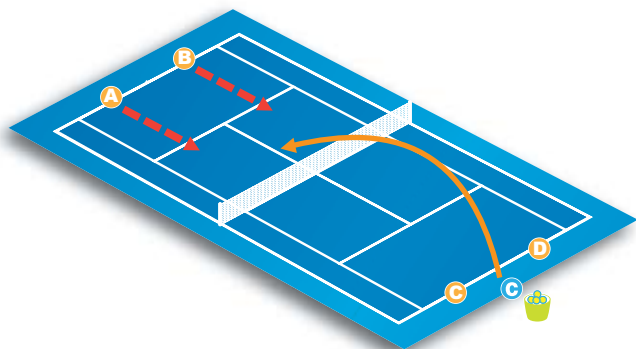


Objective

To simulate doubles play, teamwork, attacking the net, volleys, smashes and lobs while having fun and improving fitness. This is a fun, competitive drill to finish a lesson. Even number of players are not required. When you have an odd number, players play with different partners and need to learn to adapt quickly.

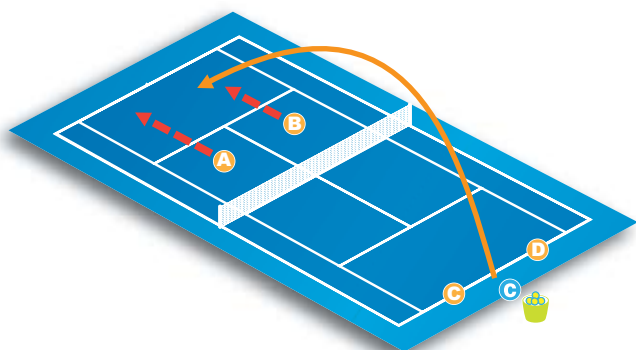
Progression 1

- Coach selects two players to be the Kings/Queens of the court, who play at the coach's end.
- Other players form two lines at opposite end.
- The first point is fed to the baseline.



Progression 2

- If Players A and B win the point they move forward anticipating the second point which is fed to the net area as an approach or volley.



Progression 3

- If Players A and B win the point they move forward anticipating the third point fed as a lob.
- Coach alternates feed to players.
- If challenging players lose a point, the next two in line step up and start from the baseline.
- Two players from opposite end must win three consecutive points against the Kings/Queens.
- Coach counts to five (seconds) and players must run down to coach's end quickly to take the place of the Kings/Queens.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Backhand attack

Richard Bruce-Smith

TA Club Professional

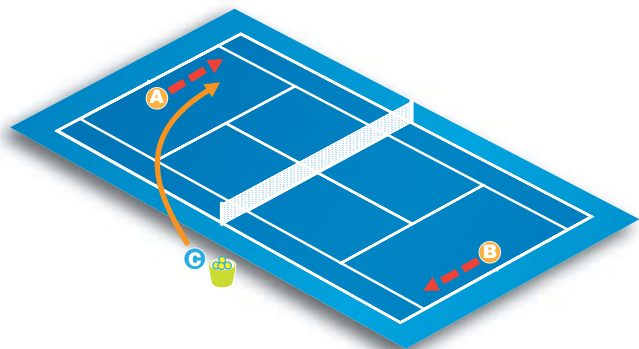
www.stagtennis.asn.au

Stage: develop (7–10 years), encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years)

Focus: technical, tactical

Equipment: N/A

Time: 15 mins

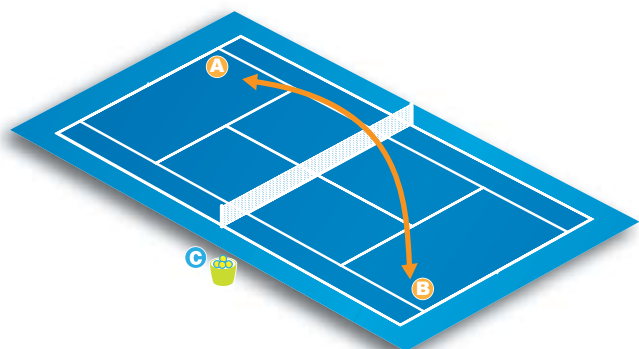


Objective

To teach players to attack the short ball confidently and try tactics to follow through and win the point. Coach will have minimal impact, as players are responsible for their own decision-making and risk taking.

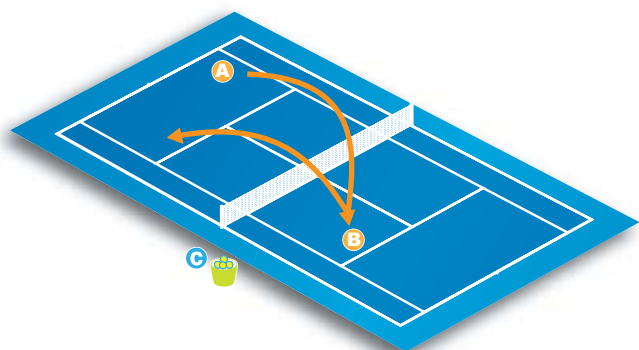
Progression 1

- Coach to begin rally by feeding ball to Player A's backhand.
- Player A to return backhand as Player B moves across and then returns a backhand.



Progression 2

- Player A and B cooperate and continue backhand rally for three shots each.



Progression 3

- Player A to return ball short to Player B after the third shot.
- When the ball is returned short Player B can attack by changing the direction (e.g. down the line) with either a backhand or a forehand. On change of direction, the point is worth two points.
- First player to score five points wins.

Can be played with up to six players (three per side) with quick rotation after every shot.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

L.o.s.e.r. (O.u.t.)

Peter Staples

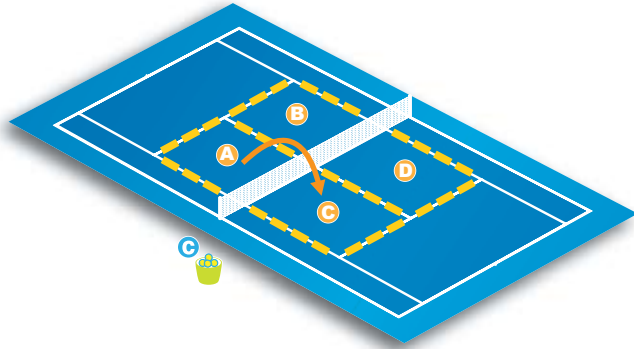
US PTR Coach

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical, mental, social, competition/tournament

Equipment: modified balls (if required), drop down lines

Time: 15 mins



Objective

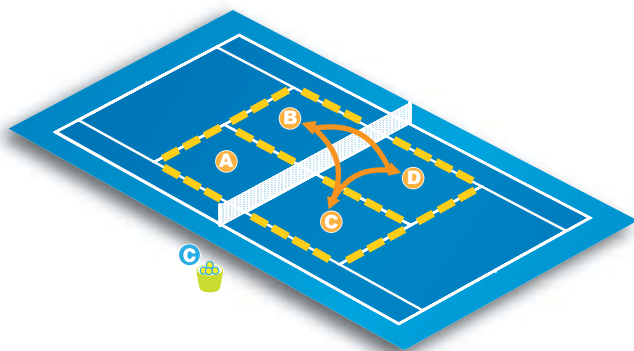
To develop and improve player's footwork and racquet face control.

Progression 1

- Begin with four players, one in each service box. Each player is playing for his or herself. Each player has either three or five lives (e.g. O.U.T = three lives, L.O.S.E.R = five lives).
- The four service boxes are the total playable area and each player is responsible for his or her service box only.
- Each player in turn drop feeds to any of the two service boxes across the net and the point is played out.
- Once the ball has crossed the net two times, players can attack any of their opposition's service boxes, even the player next to him/her.
- If a player loses the point, they lose a life. Once all lives have been lost a player is out of the game and their service box is dead and no longer in play.
- Eventually two players will be left to find a winner and they may be playing against each other on the same side of the net.

Progression 2

- If a player volleys a clean winner, they may receive an additional life. This will encourage players to come to the net and volley throughout the rally.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Smack and back

Aaron Fox
USPTA PTR Coach

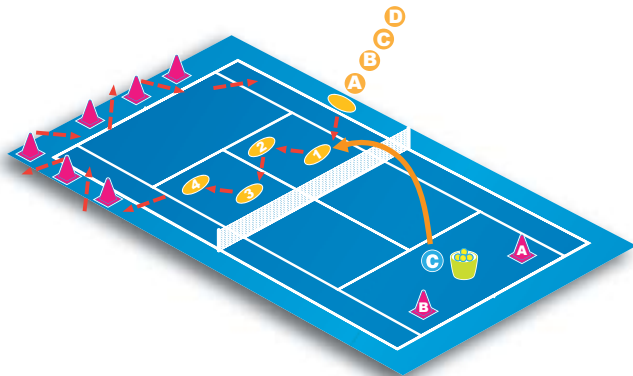
www.gripsprogram.com

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical

Equipment: cones, spot markers

Time: 7 mins

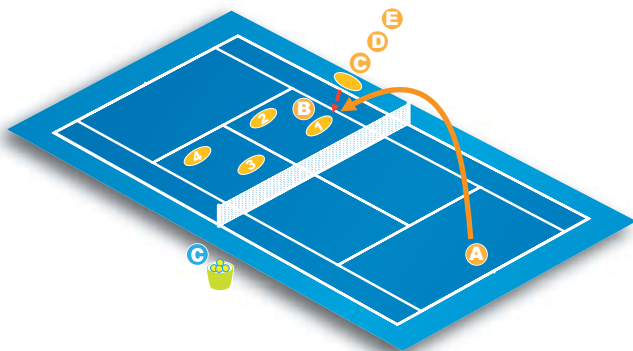


Objective

To develop agility, racquet control and improve ball placement.

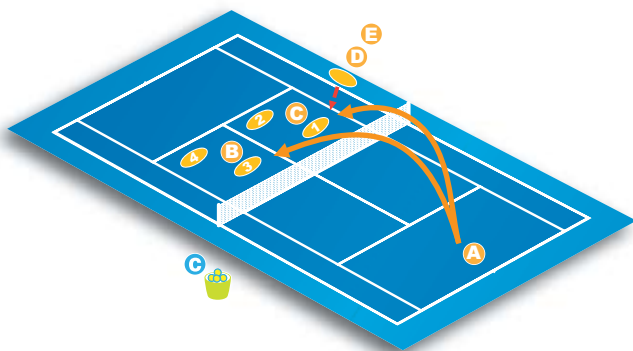
Progression 1

- Coach feeds four balls in order. Balls to spot marker 1 and spot marker 3 are short volleys and should be hit to cone A.
- Balls to spot marker 2 and spot marker 4 are short lobs to be hit as overheads and should be hit to cone B.
- Emphasise the use of a lot of small adjustment steps.



Progression 2

- Remove cones from the court. Introduce a new player to the court on the coach's side.
- Coach will now feed from the side of the court.
- Player A (on coach's side) plays out volley point and overhead point.
- Play a total of four points at each spot marker (1–4). If playing with a large group, play only the overhead point (spot markers 2 and 4) to ensure all players participate.



Progression 3

- Player A feeds balls to two players (e.g. Player B and C) cooperatively to keep all four balls in play. On spot marker 4 players should play out the point.
- This progression should emphasise ball control and shot selection. On spot marker 4, shot selection should be the main focus for both the overhead shot and for the player receiving the overhead shot.

Key



Coach



Buckets

Spot markers

Ball direction



Player



Hoops

Drop down lines

Player movement

Sevens

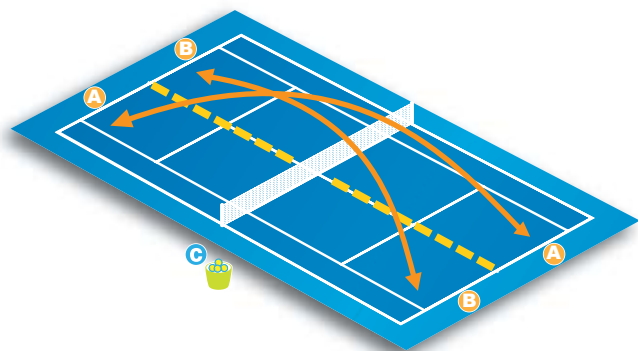
Allison Miller
TA High Performance

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical

Equipment: spot markers, cones, drop down lines

Time: 5–10 mins



Objective

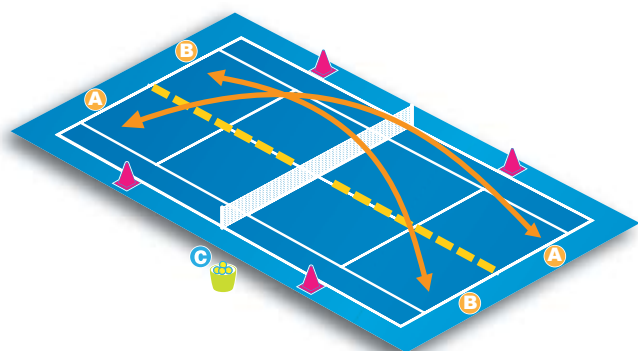
To develop consistency and depth in groundstroke rallies.

Progression 1

- Players A rally cross court and Players B rally cross court. Coach can feed in the ball or players can begin the drill with a bounce and hit.
- The aim is to play points cross court. Winner is the first player to win seven points.
- After rallying cross court and a winner is determined, change the drill to down the line. Player B's will hit to opposing Player A's.

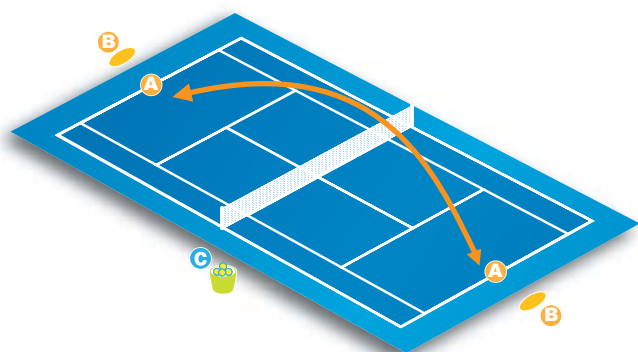
Progression 2

- Same cross court rules where Players A and Players B rally and the first to seven points wins.
- In this progression, balls must land past the service line. This helps players to develop the tactic of hitting the ball deep and receiving a short ball from their opponent.
- Again, after rallying and a winner is determined, change the drill to down the line and play against a different opponent.



Progression 3

- Now, remove drop down lines and players compete as a team (two or more players) using the singles court only.
- Winner is determined by the first team/pair to win seven points.
- Players within the team rotate when they either lose one point or win two points.
- Mix the teams around after seven points.
- Add in a new rule where the ball must land between the service line and the baseline.



Progression 4

- Now, points begin with a serve rather than a feed or bounce and hit.
- Same rules apply where the first team to seven points wins, and players must rotate if they lose one point or win two points.
- Drills can be adapted to the level of the students.
- If using more than one court, players can rotate around, winners to the right, losers to the left.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forwards and backwards

Julie Gordon
LTA CCA Coach

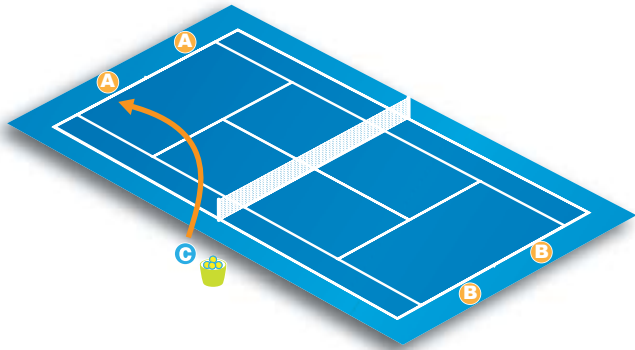
www.glasgowwestern.co.uk

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical, mental, social, competition/tournament

Equipment: modified balls (if required), buckets

Time: 15 mins

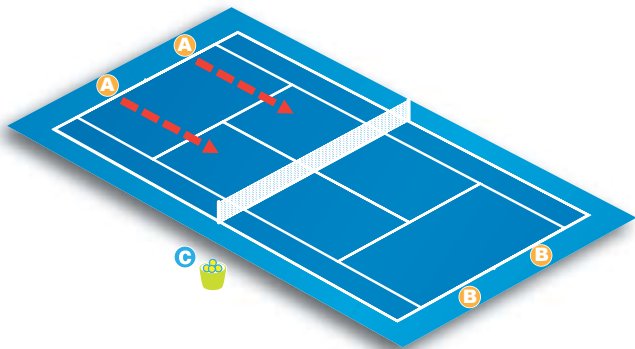


Objective

To practice moving to the net as a team in doubles. To explore various tactical situations in relation to two-up, two-back doubles formation.

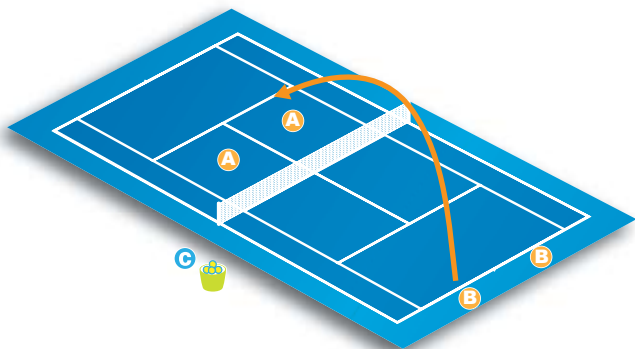
Progression 1

- Using only the singles court, two pairs start on the baseline on either side of the net (see Team A and Team B in diagram).
- Coach feeds in the ball and all four players compete. The pair who wins the point must proceed immediately to the net. E.g. if Team A win the first point, they advance to the net, then the coach feeds to Team B on the baseline and play proceeds.
- No lobs are allowed. Teams can only score a point in the net position.
- If Team A loses at the net, they must retreat to the baseline while Team B advances to the net.



Progression 2

- Same rules apply but this time lobs are allowed. This encourages more touch play, smashes and the opportunity to teach efficient movement back for the lob recovery.



Progression 3

- Same rules apply, lobs are allowed, but the net players are not allowed to let the ball bounce on their side of the net.
- Open the game up to the doubles court, with any variation you decide to implement.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Falling off a cliff

Rick Willsmore
TA Club Professional

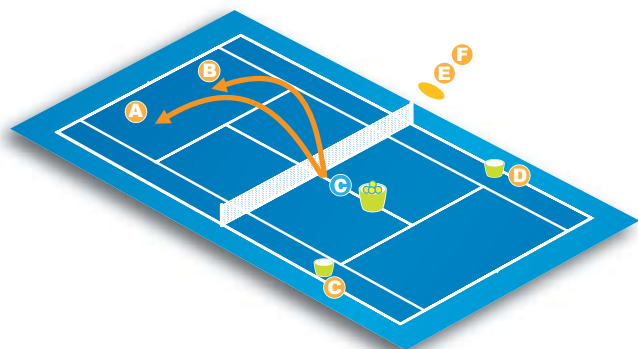
www.scarboroughtennis.com.au

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical, mental, competition/tournament

Equipment: sport markers, buckets

Time: 10–20 mins

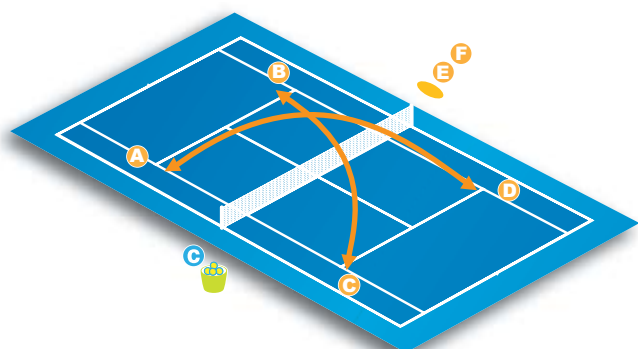


Objective

To promote the use of angles while forcing the opposition off the court.

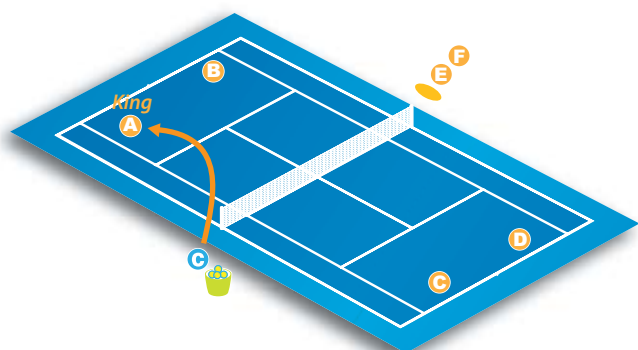
Progression 1

- Coach feeds to players in the forehand and the backhand corners.
- Players practice hitting at angles, where the second bounce aims to be outside of the singles sidelines.
- Players standing in the singles sidelines aim to catch the ball into buckets after one bounce.
- Rotate after 10 shots each.



Progression 2

- Players on both sides of the net practice hitting angles to each other. Aim for the first bounce to be just inside the singles court.
- Rotate after 10 shots each.



Progression 3

- The cliff stage – four players on the court with a 'King' position in one corner.
- Coach feeds the ball into court where players rally, staying inside of the sidelines. Any player whose feet go into the sideline or extended sideline, fall 'off the cliff'.
- Any player who falls 'off the cliff' or make a mistake, go to the back of the line of waiting players while other players move up towards the 'King' position.

Key

C Coach
A Player

Buckets
Hoops

Spot markers
Drop down lines

Ball direction
Player movement

Bring it on

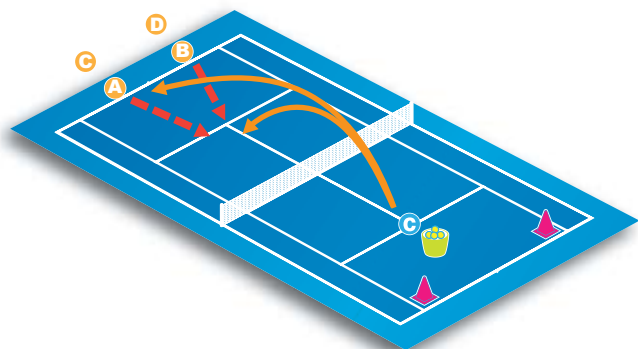
Marco Persi
TA Junior Development

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical, competition/tournament

Equipment: cones, spot markers

Time: 25 mins

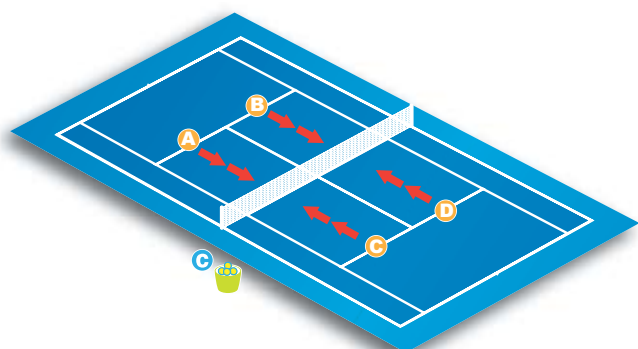


Objective

To get the player to create and attack the ball, while putting pressure on their opponent by moving to the net and finishing the point with a volley.

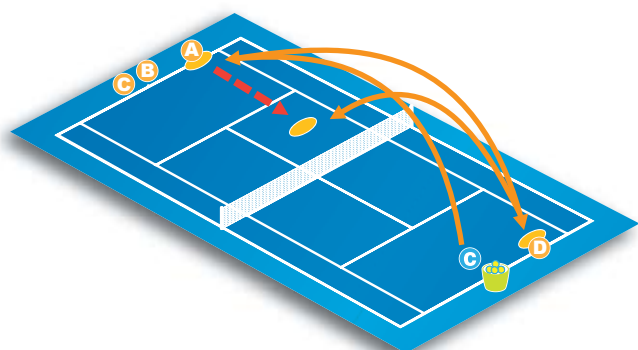
Progression 1

- 'Short ball.' Coach feeds two balls. Players first shot must be high and deep from or behind the baseline.
- The coach then feeds a slower short ball for the player to hit down the line and move to net.
- Place cones in the corner of the court behind the coach to encourage accuracy and consistency.
- For variation, the short ball can be taken out of the air and driven down the line.



Progression 2

- 'Volley attack.' In pairs the players volley to each other from the service line. After each volley the players must move forward cooperatively.
- Players should go for their shots and the first player to win five points is the winner.



Progression 3

- 'Attack the line.' As in progression 1 the coach feeds a deep ball. Players must create the short ball chance with a high deep ball down the line then come in with their second shot.
- Play out point, then rotate players.

Progression 4

- 'Bring it on.' Play out the points in singles or doubles.
- Points can only be won by a volley or by forcing your opponent to hit a winner or error.
- To make it clearer to players, coach can specify which side is attacking and which side is defending.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Crossover

Peter Owen

TA Club Professional

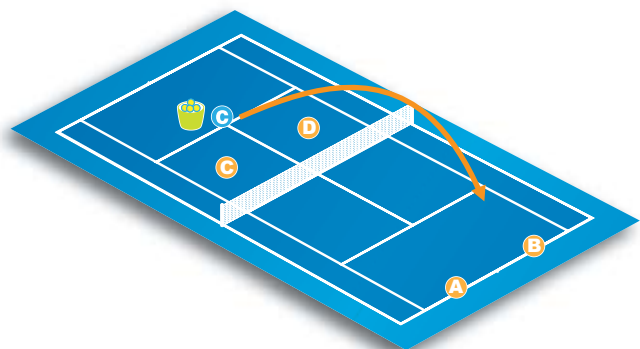
www.toptenn.com

Stage: develop (7–10), encourage (10–12), enhance (12–15), cultivate (15–17), performance (17+)

Focus: physical, technical, tactical

Equipment: N/A

Time: 15 mins

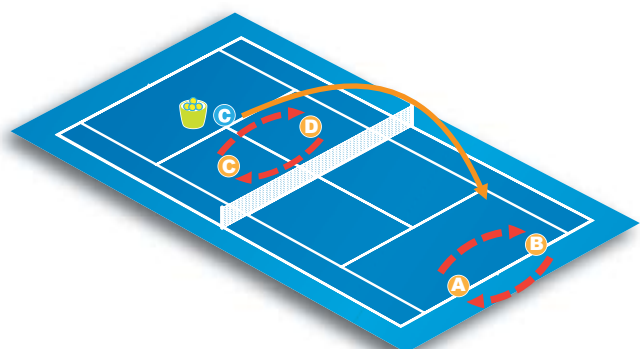


Objective

To create a dynamic environment to enhance net play and movement while players discover different options for passing shots.

Progression 1

- Coach feeds to Player A or B and players play out point as per normal.

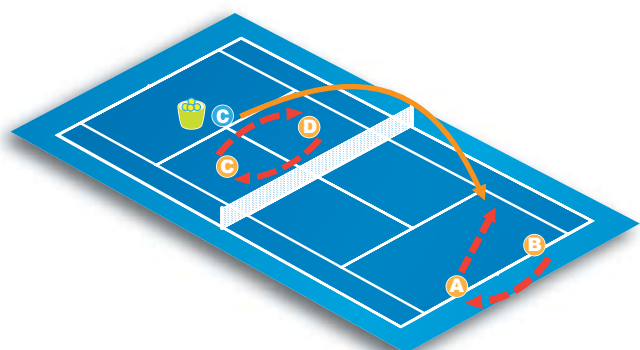


Progression 2

- This time, Players A and B cross on feed.
- Coach should encourage students to discuss passing on defensive options and recovery techniques.

Progression 3

- Players C and D cross on feed.
- Pairs score first to five.
- Coach to ensure there are quick rotations. Coach should encourage students to discuss timing movement and recovery at the net.



Progression 4

- Coach feeds wide to Player A to create pass on the run. Player B switches behind Player A to cover the vacant side.
- Players C and D cross as coach's feed passes between the two players.
- Play out point. Repeat this activity with no down time. Players and coach can explore further progressions.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Zig zag drill

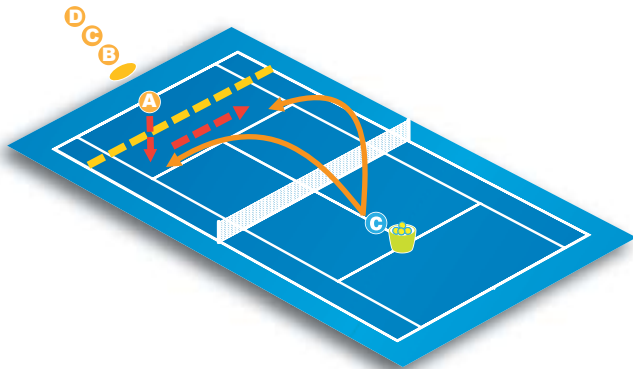
Jon Coleman
TA Club Professional

Stage: encourage (10–12 years)

Focus: physical, tactical, mental, competition/tournament

Equipment: N/A

Time: 15 mins

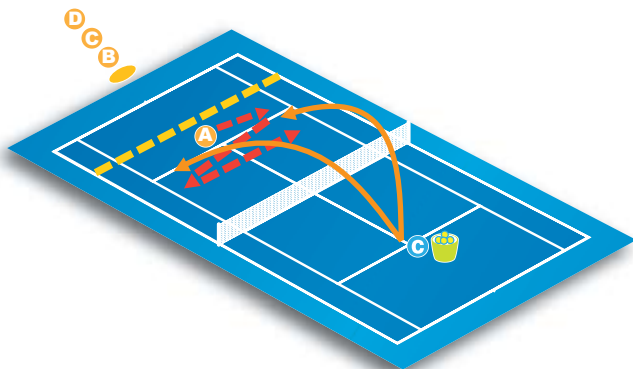


Objective

To encourage players to move from side to side on the baseline while hitting a deep forehand and backhand with topspin.

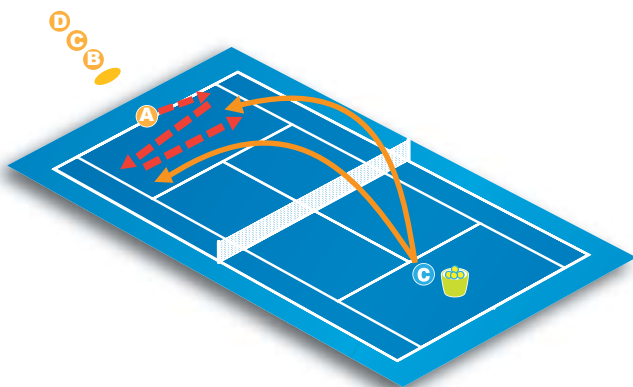
Progression 1

- Players start in the centre of the court. Coach feeds the ball from the other side of the net from the centre of the court.
- Coach feeds ball half way down the court to the player's forehand side, and then to the backhand side. Slow movement only with rotation of players.
- Step up the pace, hitting six balls either side to each player, then rotate players.
- Use three quarters of the court only until consistent returns are made.



Progression 2

- Coach moves back to feed from service line and hit harder with increased topspin.
- Increase number of feeds to 20 per player and continue using three quarters of the court.



Progression 3

- Coach moves players to the baseline, using the entire court, with continuous rotation of players.
- 20 feeds per player.
- Increase pace to and from both sides encouraging quick movement and footwork.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Cone targets

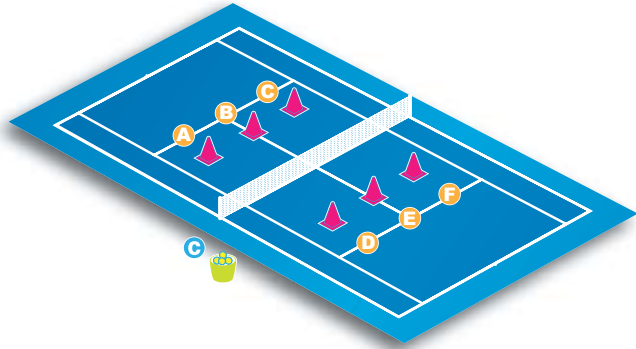
Raju Jubbal
TA Club Professional

Stage: encourage (10–12 years)

Focus: technical, tactical

Equipment: cones

Time: 25–30 mins

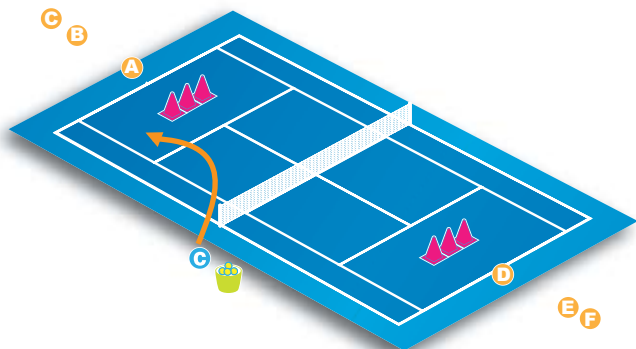


Objective

To improve accuracy on groundstrokes.

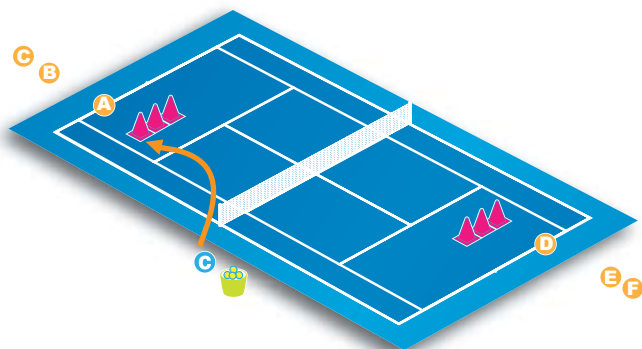
Progression 1

- Four to six players to be positioned on or just behind the service line with a cone placed in front of each player.
- Players start with an underarm feed and aim for each other's cones.
- Focus could be to either move their feet, or hit the ball from the sweet spot and feel it.



Progression 2

- Players now divide into two teams, one team on either side of the net. They line-up behind each other on or just behind the baseline.
- Coach feeds the ball and players hit two shots in a row then move to the end of the line. Rally shots should aim to knock the other team's cones.
- Focus can be on working on contact point, swing pattern, racquet face position at contact or hand position.
- The first team to knock over the other team's cones is declared winner.



Progression 3

- This time, cones can be placed on different parts of the courts for tactical reasons (e.g. cross court).
- Competition can be one on one and the players waiting could be doing shadow practice.
- Reposition targets to focus on different tactical play.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Tug of war

Rufus Keown
TA Club Professional

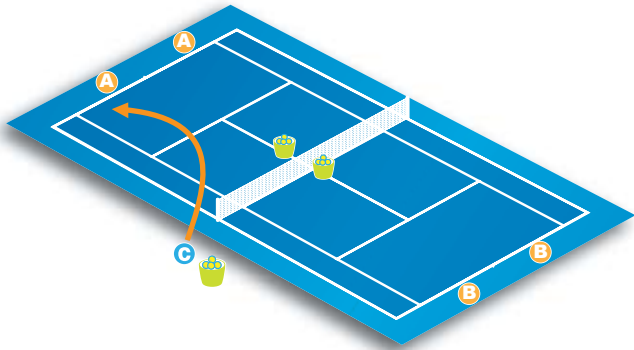
www.victennisacademy.com.au

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: physical, technical, tactical, competition/tournament

Equipment: buckets

Time: 12 mins

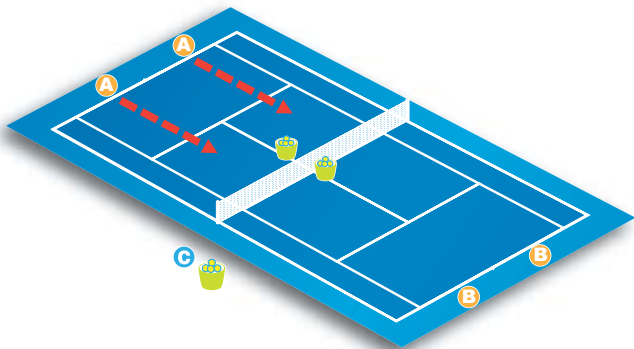


Objective

To simulate doubles play with emphasis on teamwork, forwards and backwards movement, covering the net, and passing shots. This is a great high intensity workout.

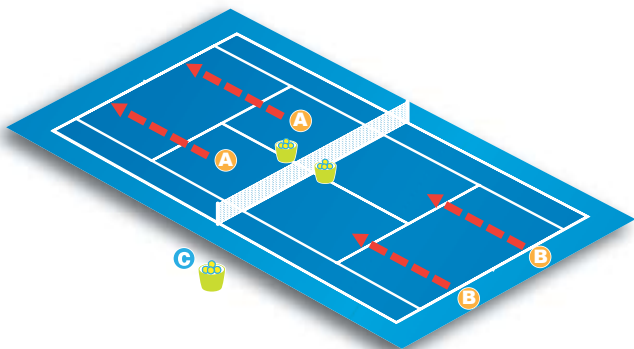
Progression 1

- A bucket of tennis balls is placed in the centre on either side of the net.
- Both Team A and Team B start at the baseline.
- Coach starts the rally with a feed to Team A.



Progression 2

- Team A and Team B exchange a baseline rally concentrating on consistency and quality ball speed.
- The winner of the rally moves forward to assume net position (assume Team A).



Progression 3

- One of the players collects a ball and feeds it beyond the service line to Team B.
- The point is played out: net v baseline. If Team A wins the rally they score a point and the game starts again with both teams at the baseline.
- If Team B wins, they advance to the net and Team A must retreat to the baseline and work at passing shots and lobs.
- Again, the point is played out: net v baseline. Winner of the point scores one point.
- The winning team is the first team to score 11 points.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Bust up

Pat Coburn

TA Club Professional

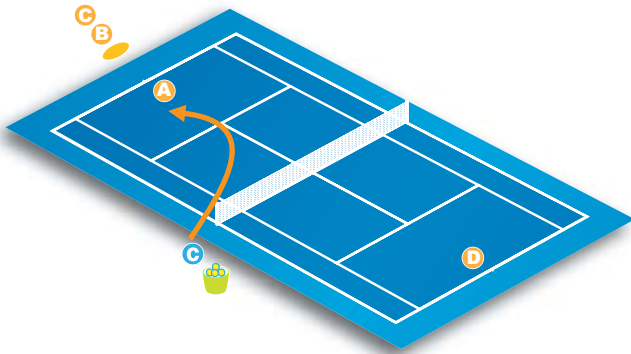
www.dtcsports.com.au

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: physical, tactical, mental

Equipment: spot markers, courage

Time: 20 mins

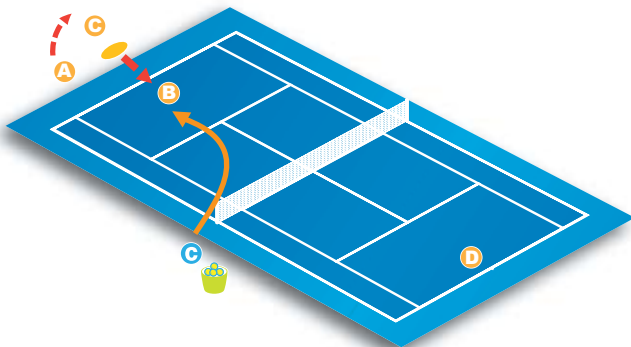


Objective

To establish if players have courage to stay in the point when they are really hurting as well as teaching players how to kill off a fatigued opponent.

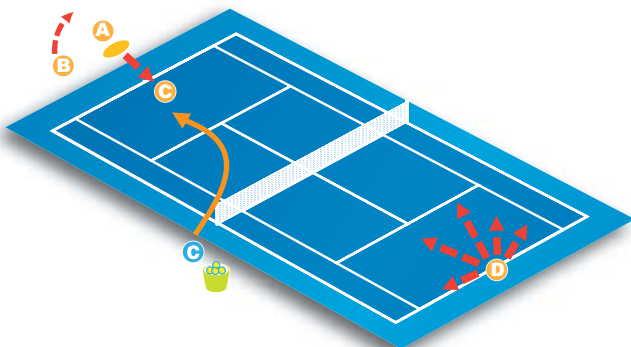
Progression 1

- Players A, B and C head to one end of the court, while Player D heads to the other end of the court by themselves.
- The single player must compete against the team, first to 11 points wins. To earn a point, the team must hit a clean winner against the single player.
- Coach feeds to Player A who rallies with Player D. Player A stays on the court until he/she loses a point. When Player A makes a mistake, Player B takes their place and Player D scores a point.
- Once there is a winner, the single player will rotate with a team player.



Progression 2

- Progressions in this activity are determined by the various tactics developed by players to win the game.
- The first tactic is likely to be for Player A to keep the ball in play and try to fatigue Player D. Player B will be fresh when they come on the court, while Player D is getting more and more fatigued.
- Team players learn the court gets a lot bigger when a player is fatigued.



Progression 3

- Players on the team will force Player D to move around the court, learning to hit angles, move forward in the court and play aggressive tennis.
- Player D must learn to defend and try to push the team players to the back of the court. This activity exposes players without the courage to work hard to stay in the point.
- To begin with, the single player nearly always wins. Once the team sort out tactics and work together, they are able to dominate. This activity provides a true test of courage on the court as well as letting players make team and individual decisions.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Serve and volley

Bruce Fraser

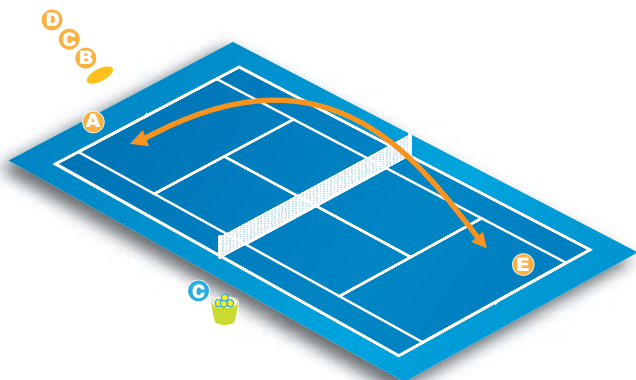
TA Club Professional

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: physical, technical, tactical

Equipment: N/A

Time: 15–20 mins

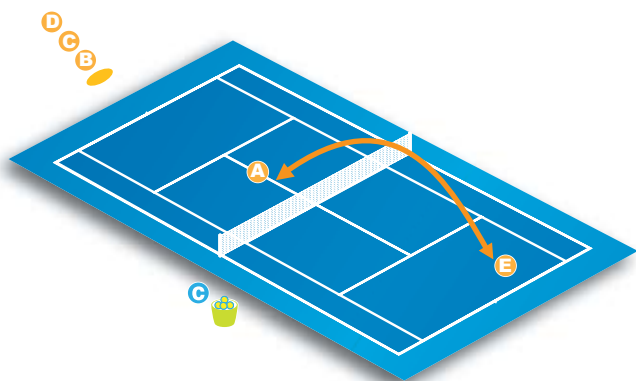


Objective

To practice the serve and volley action and movement on court.

Progression 1

- One player to receive and try to stay at the receivers end. The others to serve and volley from opposite end and try to reach 10 points first to become the receiver.
- Once there is a new receiver, all players start again with a score of zero.
- Points system:
 - Three points: serve, rush the net, and win the point from within the service line and the net.
 - One point: win the point from the backcourt.
- This will encourage players to rush the net to gain three points at a time.
- As each contest is only one point, the drill flows quickly. First player in line serves and approaches the net. While the point is in progress, the next player in line is ready to serve and start the next point.



Progression 2

- The competition to gain 10 points keeps the players involved and interested.
- To ensure every player has a turn at being the receiver, introduce the rule that when a player is the first to win 10 points for the second time, they must nominate a player who hasn't had a chance of being the receiver.
- Coach can participate easily by being a server, or being the receiver and adjusting returns to suit the standard of the players.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Jamaican bobsled

Stephen Halls

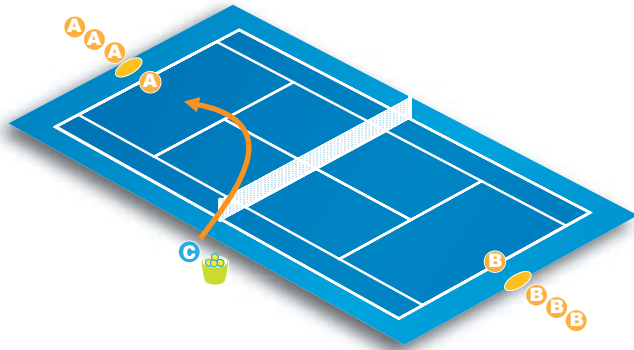
TA Junior Development

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: physical, technical, tactical, social

Equipment: spot markers, modified balls (if required)

Time: 15 mins



Objective

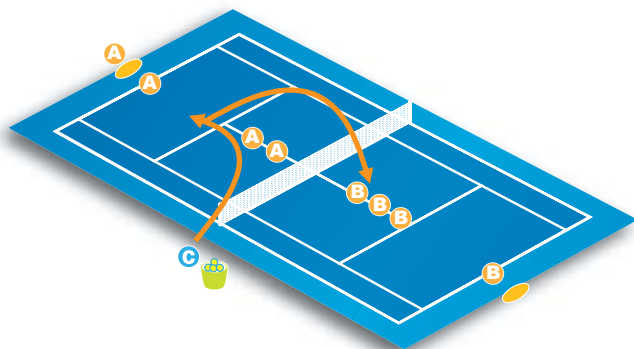
To develop teamwork and cooperation within the group by succeeding with quick, constant racquet changes. To enable players to control the ball consistently.

Progression 1

- Divide players into two teams, forming a single line at each end of the court.
- Each team has the use of one racquet only and starts on the spot marker in the centre of the baseline.
- Coach feeds the ball to start the rally, players hit ball, then pass on racquet to next player in line. Each team rotates players until one team wins the point.

Progression 2

- When a team loses a point (rally) they lose a 'life'.
- On the third loss of a 'life' for a team, the player who makes the mistake must sit down on the T at the centre of the service line.
- This is the forming of the 'bobsled' as players sit in a row along the middle line. They are able to sway from side to side to avoid the ball but cannot move off the line nor touch the ball.
- If a player sitting as part of the 'bobsled' touches the ball, their hitting team member is out and sits on the line with them.
- Once a whole team is sitting on the middle line, the other team wins.



Progression 3

- Cross court/down the line—now players in the 'bobsled' are able to catch the opposing players out, as long as they are able to do it while remaining in the sitting position.
- If a player is caught out, they join their team members in their 'bobsled'.
- This starts to develop and enhance a player's cross court, down the line and positioning skills as players avoid hitting near the sitting bobsleds.

Progression 4

- Hitting deep—this time, when players are out and must sit down, they sit on the service line or in a service box to encourage players to hit higher and deeper shots.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Net charge

Joan Nicoll

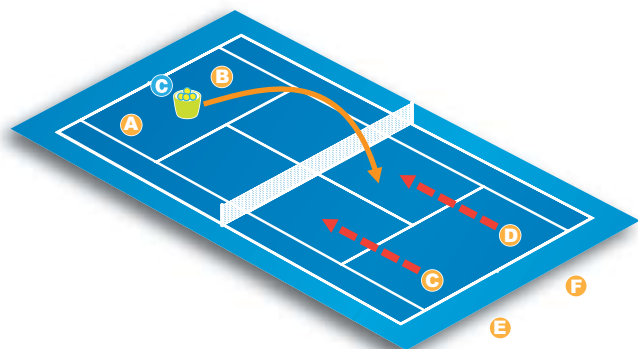
TA Club Professional

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: tactical, mental

Equipment: modified balls (if required)

Time: 10–15 mins

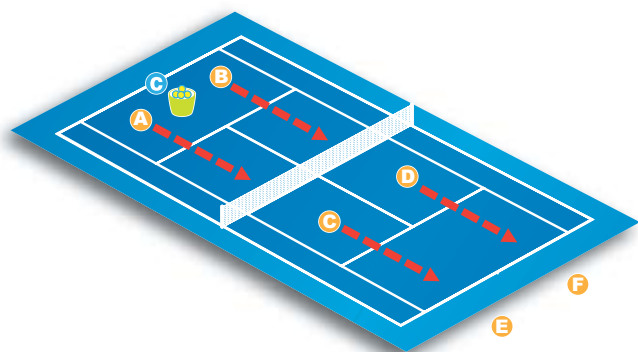


Objective

To encourage net approaches in doubles and to let players experience the fun and adrenaline of the two-up, two-back approach to doubles.

Progression 1

- Divide players into pairs. One pair stays down one end with the coach and the other pairs line-up the other end.
- Coach feeds in short ball to alternate sides.
- Both players must approach the net and follow the return in. No lobs are allowed on the first ball.
- After the first return, open play on court.
- Score first to 11 points.
- Coach can encourage players to create their own scoring method (e.g. win three points from challenger's feed and rotate with coach's feed).



Progression 2

- When coach feeds a lob to the pair at the net, they retreat to the baseline.
- Pair at the coach's end must then approach (charge to) the net together to volley the lob return.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Set and spike

Mike Barrell

LTA Level 3 Licensed Coach

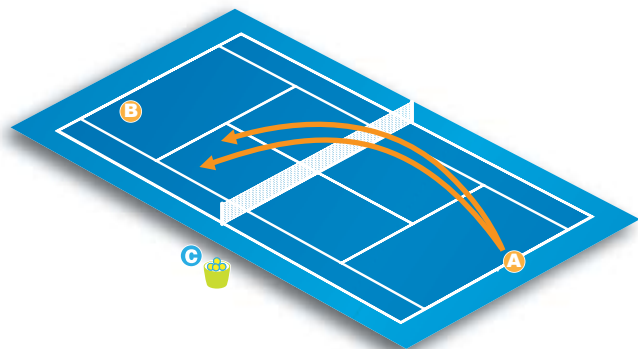
www.evolve9.com

Stage: encourage (10–12 years), enhance (12–15 years)

Focus: physical, technical, competition/tournament

Equipment: drop down lines

Time: 10–15 mins

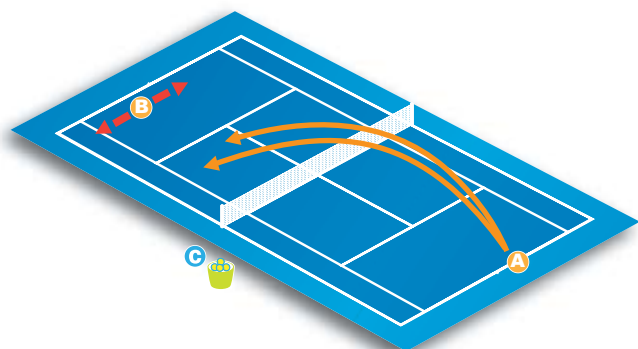


Objective

To give players the concept of the intention of the serve.

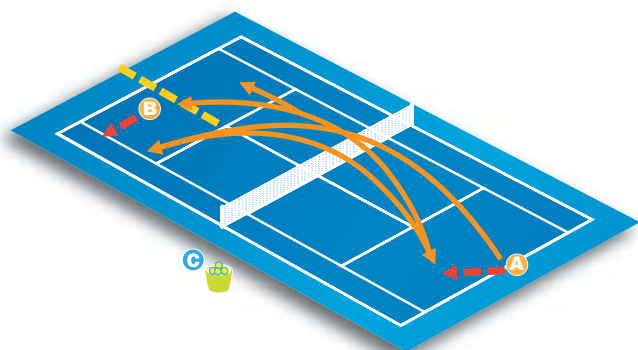
Progression 1

- Players set-up in a singles format, ready to serve and return.
- Receiver must stand with their feet stuck to the ground and must not move to return the serve.
- If the receiver gets the ball back over the net, they win a point. If they do not return the ball over the net, the server wins a point.
- Play a game with each player serving. Note: the ball must not bounce twice before reaching the baseline (no drop shot serves).



Progression 2

- Now the server is focussing on a wide serve. The receiver can now move to return the ball, but must freeze in return position.
- After their return they must pace back how many steps the server has moved the receiver from their original position.



Progression 3

- Receiver may now move to return serve.
- Server must get in position for the return and strategically hit a shot to the opposite side of the court (e.g. serve to forehand side is followed by shot to backhand side).
- The aim of the server is to make the receiver have to cross the drop down line to the backhand side of the court.

Progression 4

- Serve wide and play out the point. Server must complete the point within four shots (e.g. serve + three shots), hitting to open areas of court.
- Players concentrate on hitting wide shots and using as much court as possible.
- Play a game.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forced approach

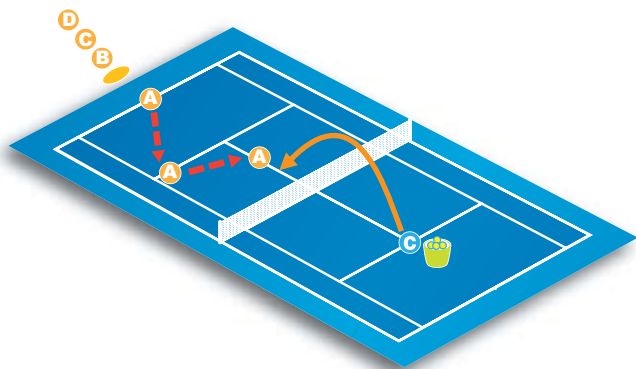
Matthew Blackley
TA Junior Development

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years)

Focus: tactical, mental

Equipment: N/A

Time: 30 mins

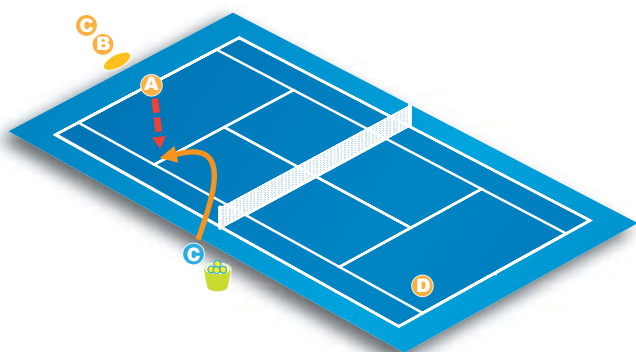


Objective

To encourage players to move forward to the net, force a short ball and confidently attack shorter balls.

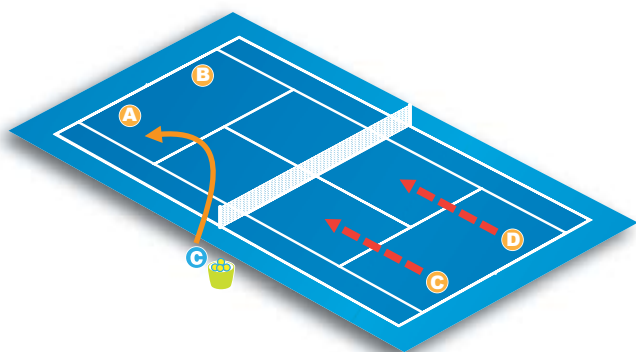
Progression 1

- Approach shots: coach feeds short balls to players, one by one they approach, then volley, then smash.



Progression 2

- Approach game: coach feeds short ball to the opposite end.
- Player hits and approaches down the line while the other player returns the ball. Point is then played in full after first volley.
- Modify game with rules, such as no lobs allowed etc.



Progression 3

- Rally approach: players divide into two ends and engage in an open rally situation.
- Any ball that lands in the service line must be approached by both players at that end.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Volley drill for large groups

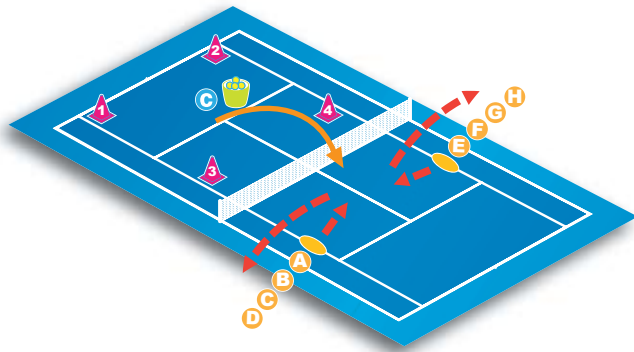
Michael Whiter
TA Club Professional

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years)

Focus: technical, tactical

Equipment: cones, spot markers

Time: 10 mins

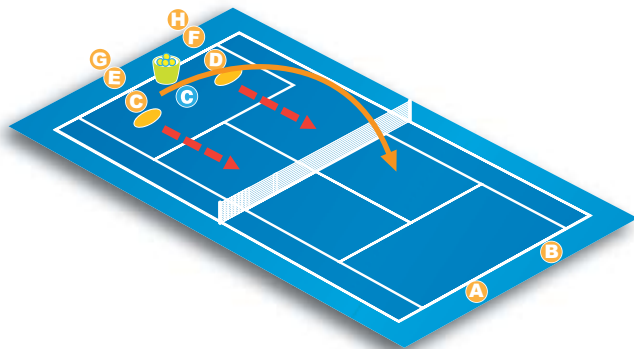


Objective

To move diagonally forward to the forehand and backhand volley.

Progression 1

- Coach feeds ball down the centre line.
- Player moves in from corner of the singles and service lines to make the volley before it gets too low.
- Player should move in towards the net/ball as quickly as possible so they hit it above the height of the net.
- Cones placed short and deep act as targets to promote good technique and feel for volleys.



Progression 2

- For an additional volley drill, separate players into pairs. First pair ('Champs') receive a feed from the coach at the opposite baseline.
- As the coach is hitting to the 'Champs' on the baseline, he calls out "Go" and the pair lining up either side of the coach run towards the net.
- They must volley the return from the pair on the opposite baseline. The pressure is on the 'Champs' to make a shot with the volleying pair running at them.
- Both baseliners receive a ball from the coach and each point is played out.
- The first pair to win the best of three either remain, or become the new 'Champs' at the opposite end.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Four point drill

Kelvin MacLean

TA Club Professional

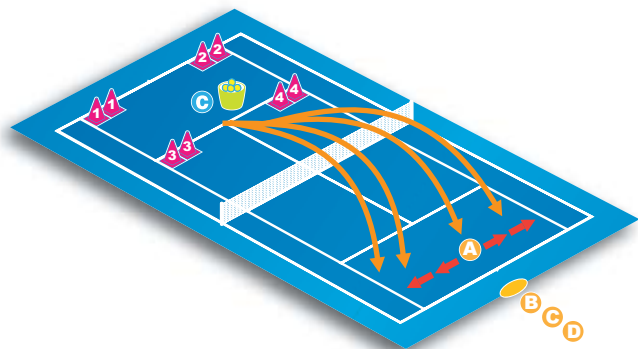
www.kelvintennis.com

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years)

Focus: physical, technical, tactical, competition/tournament

Equipment: cones, spot markers

Time: 10–15 mins

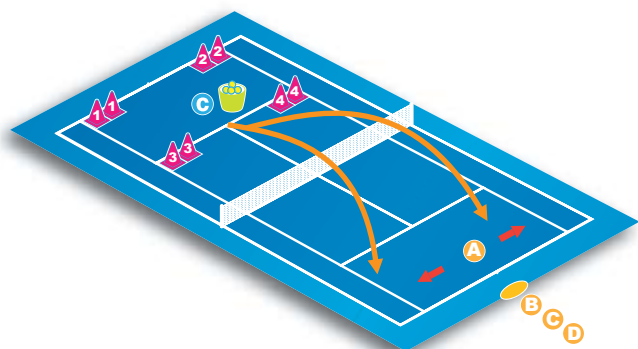


Objective

To enable players to focus on forehand directional hitting to four points on the court.

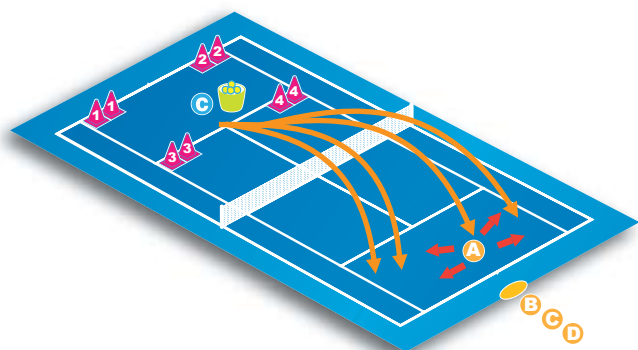
Progression 1

- Coach feeds ball to wide right, player hits forehand to cone 1.
- Coach feeds the ball to the right, player hits forehand to cone 2.
- Coach feeds to the left, player hits forehand to cone 3.
- Coach feeds to wide left, player hits forehand to cone 4.



Progression 2

- Coach feeds to the right and player nominates either cone 1 or cone 2 as target.
- Coach feeds to the left and player nominates either cone 3 or cone 4 as target.



Progression 3

- Coach feeds random balls and player makes own choice as to aim for cone 1, 2, 3 or 4.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Hit and run

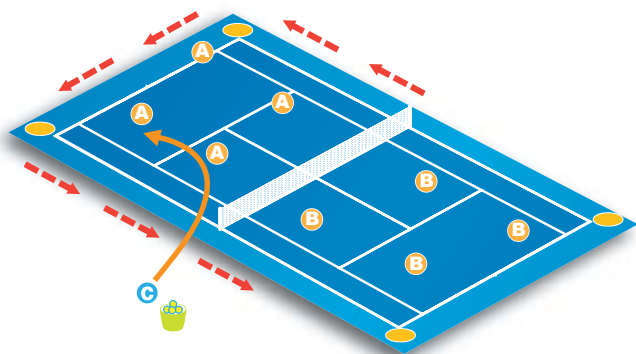
Nick Caines-Zaicew
TA Junior Development

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, social

Equipment: spot markers

Time: 20 mins

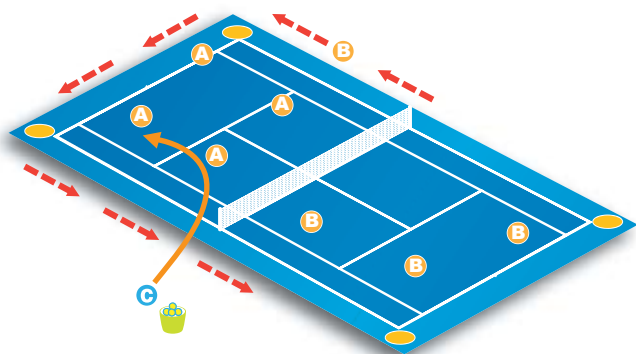


Objective

To achieve a combination of fitness and fun while players focus on consistency and ball control.

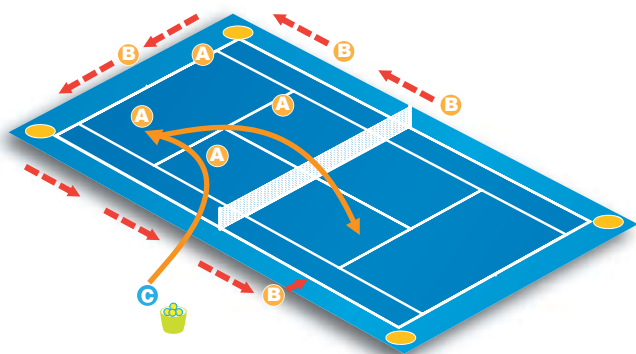
Progression 1

- Divide players into two even teams (Team A and Team B), with at least two players on each team.
- Coach feeds to one team from behind the baseline. Players play out the point, Team A v Team B.
- The player who misses the ball, or gets a winner hit against them, must run around the back of the entire court to get back into the point.
- Once a point is over the coach must feed the new ball straight away.
- The drill is finished, and winners declared, when a whole team is running around the court, and the opposite team hits a winner into the open court.



Progression 2

- To increase the challenge, place spot markers on court corners to increase the running distance.
- This is great for improving a player's fitness and ability to continue playing when exhausted.



Progression 3

- Continue until one team wins.
- A team is declared the winner when the opposing team is unable to return a ball as all participants are running around the court.

Key

C Coach

G Buckets

O Spot markers

→ Ball direction

A Player

○ Hoops

- - - Drop down lines

- - - - - Player movement

Two vs one singles

Alec Pero

TA Club Professional

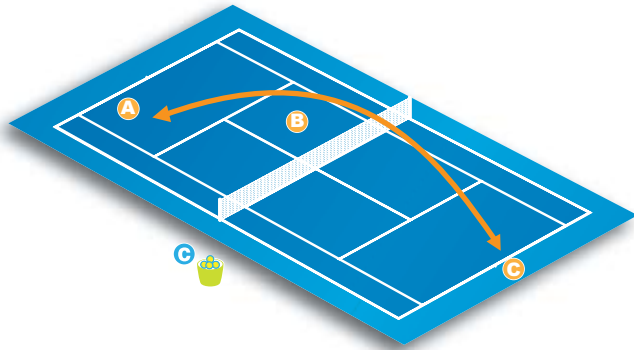
www.advantageu.com.au

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental, competition/tournament

Equipment: cones, drop down lines, modified balls (if required)

Time: 30–45 mins

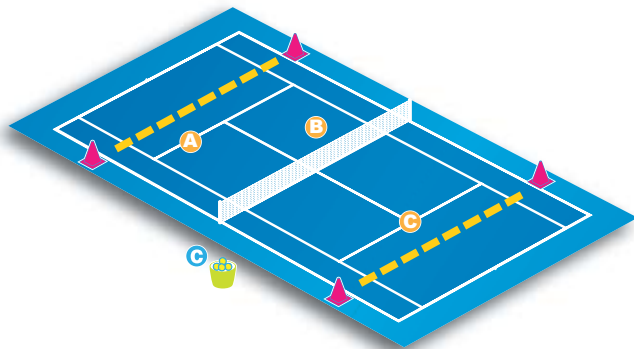


Objective

To have the singles player develop speed, increased reflex timing, greater tactical awareness, and practice returns and serves. It enables players to practice, think clearly and perform under matchplay pressure.

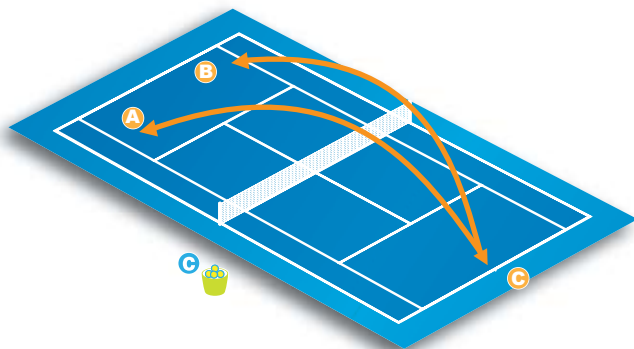
Progression 1

- Using only the singles court, the singles player serves to the doubles pair.
- The doubles pair are limited to the singles court only and must have one up and one back all the time.
- Play out points and score a game.
- In the second game, the doubles team serves. Alternate singles player every three or six games.



Progression 2

- This time there must be three or five hits over the net before players can 'attack' and try to win point.
- If needed, introduce a 'no lobs allowed' rule.
- For modified juniors, coach feeds in a slower paced ball and the point is played on a reduced sized court mapped out by cones (e.g. limit to service squares or three quarters of court).



Progression 3

- This time there is no net play and the doubles pair should both stay at the back of the court.
- To increase the challenge, stronger players can play with their opposite hand for one changeover.
- Coach can delegate a role, either defensive or aggressive, to each team to progress.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Three lives and out

Fairlie Lamond

TA Club Professional

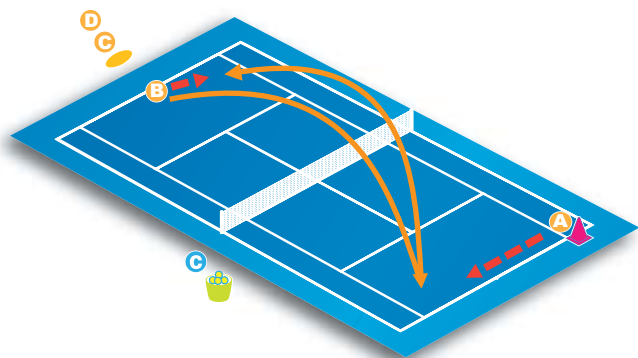
www.warnambooltennis.com.au

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical

Equipment: cones, spot markers

Time: 20 mins

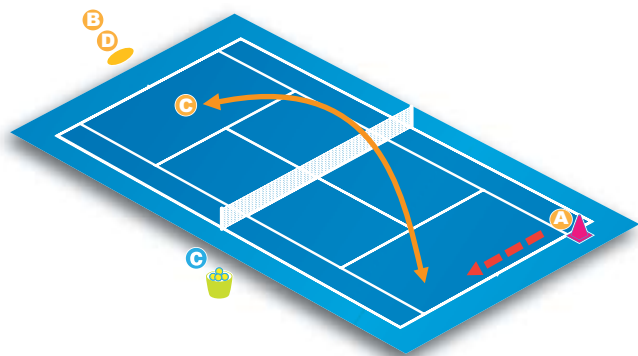


Objective

For the team to dominate against an individual player while focussing on deep, defensive, cross court backhand loops and slices.

Progression 1

- Player A waits at the cone down the opposite end of the court.
- First player in line (Player B) feeds the ball deep to the backhand corner.
- Player A runs out and performs a defensive backhand (topspin or slice) cross court.
- Play out the point.
- When the point is complete, Player A returns to the cone. When they touch the cone, the second team member (Player C) feeds the ball.



Progression 2

- Player A continues the activity until three points are lost in a row.
- Timing the activity offers motivation to stay in as long as possible.
- When Player A loses two points in a row, they lose a life. Three lives, and they're out.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Doubles

Mark Mills

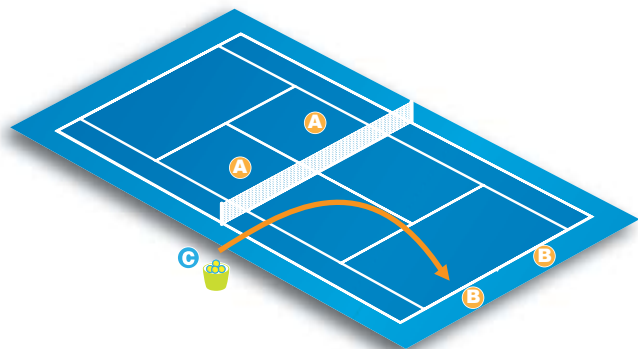
TA Junior Development

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: technical, tactical, mental, competition/tournament

Equipment: modified balls (if required)

Time: 10–20 mins

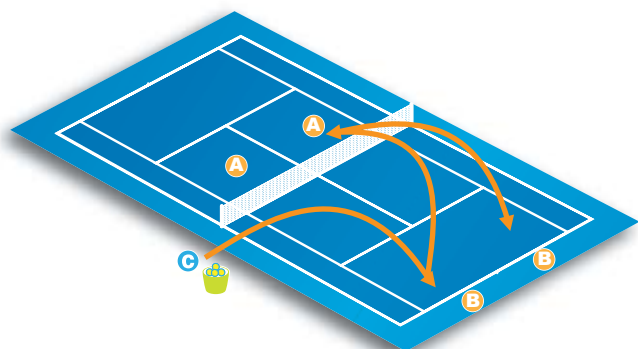


Objective

To help players with doubles tactics, volleying and hitting ground strokes when opponents are at the net. It also gives players experience in attacking short balls and moving to the net.

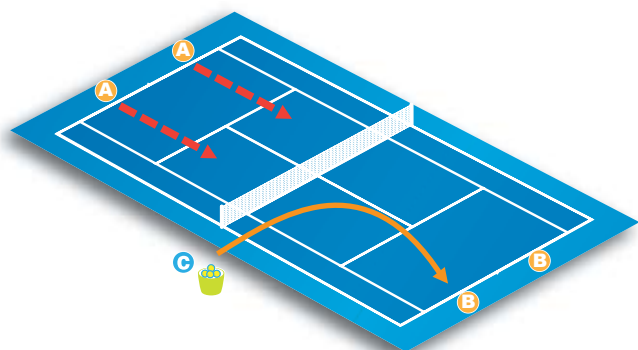
Progression 1

- Coach feeds a modified ball to the baseline players who hit the ball to the net players.
- Encourage players to rally the ball and keep it in play, not win the point.
- Make sure players are moving into the ball and hitting topspin on ground strokes.
- Rotate players to ensure they have a chance to hit from all positions.



Progression 2

- Move onto normal balls if players are doing well.
- This is a great activity for teaching players how to take control of the point in doubles as well as letting players explore best ways to defend.



Progression 3

- Pairs now start at the back of the court.
- Feed the ball to one end and play out the rally.
- If the ball lands inside a service box during the rally, the players who are hitting the short ball MUST come to the net by hitting an approach shot and moving in.
- Continue until the point is over. Repeat again, play a game, or a set.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Netmania (Static volleys)

Justin Yeo

USPTA P1 Coach

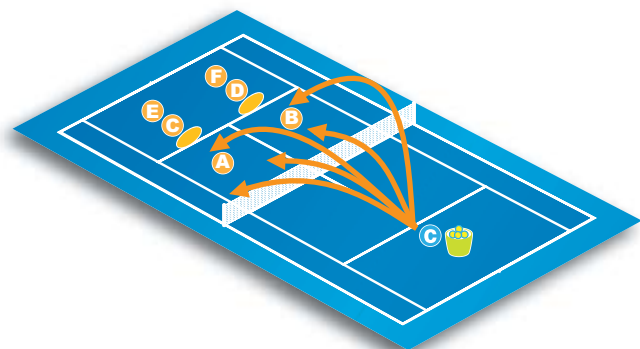
www.serioustennis.com.au

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental, social, competition/tournament

Equipment: large quantity of tennis balls

Time: 10 mins

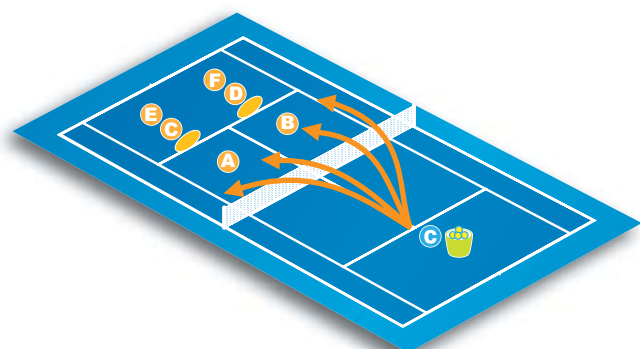


Objective

To focus on fast footwork, improve tactical awareness at the net (especially in doubles), understand pressure, and court awareness. This is a great drill for small or large groups and emphasises that teaching a good volley is about movement and communication for doubles.

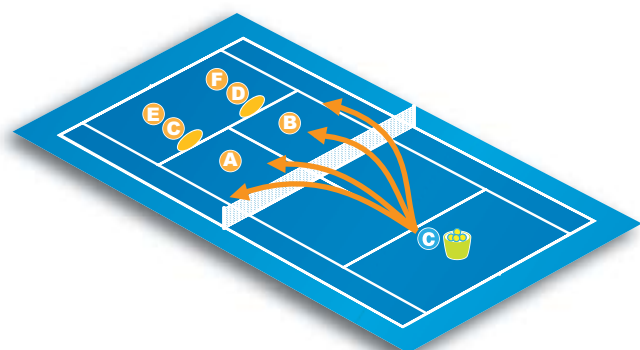
Progression 1

- Players form two lines from the service line back.
- The first two players step forward and dance on their toes.
- Coach feeds balls rapidly, varying the pace, oscillation and gap between feeds to suit the standard of the players.
- The ONLY rule is that the ball is NOT allowed to bounce.
- Coach will make it extremely challenging with overhead and volley feeds.
- As a pair, players cannot let the ball bounce, or they will move to the back of the line and the next pair will step up.
- Continue playing points and rotating pairs until the basket of balls is empty. Players then have 60 seconds to fill up the basket again.



Progression 2

- Fast, rapid feeds again, this time ALL volleys.
- Players cannot miss three balls.
- Once coach has passed a pair three times they rotate.
- Once the basket is empty, players have 60 seconds to pick up all the balls.



Progression 3

- Compile both drills together with no bounce and no errors allowed by players.
- If a player makes an error, that pair will rotate.
- To add reward you can see who is able to last the most amount of balls as a pair.
- Advanced players can get each other covering one another.
- This drill can be as low key or as high paced as you would like. It is the ENERGY of the coach that makes it work.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Six or twelve ball drill

Jim Kurti

TA Club Professional

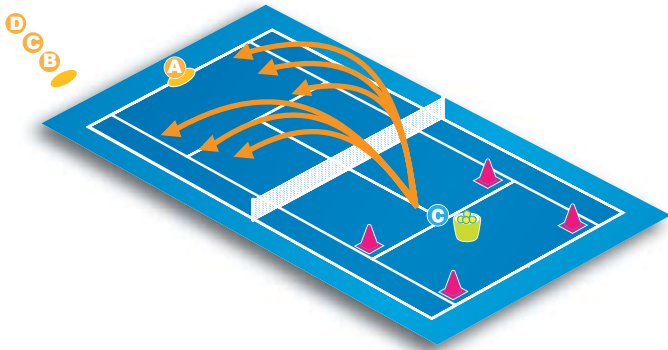
www.hsta.com.au

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical

Equipment: cones, buckets

Time: 10 mins

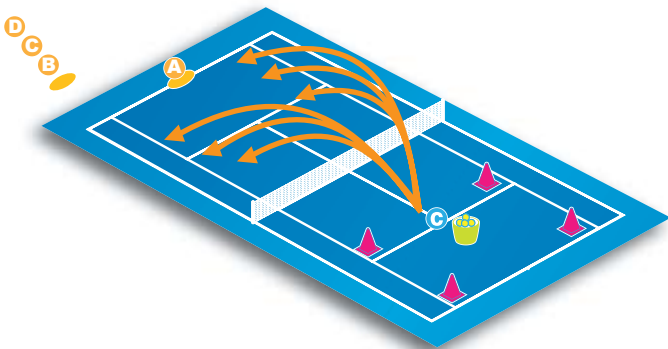


Objective

To encourage players to move and recover back to the centre of the court.

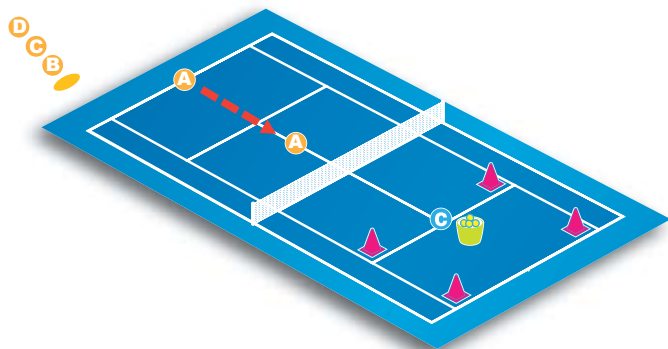
Progression 1

- Coach feeds six balls to different areas of the court.
- Player must recover as fast as possible after each shot and retreat to the centre of the baseline.
- Drill is timed by the coach so that the player will get back and place their foot on the T mark in the centre of the baseline as fast as they are able.



Progression 2

- Increase the number of balls to 12.



Progression 3

- After 12 balls, the coach can increase the intensity and work load for the player by adding another six balls for volleys and smashes.
- Player can move forward to the net and recover to the centre net position after each volley and smash.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Traffic lights

Damon Lucht

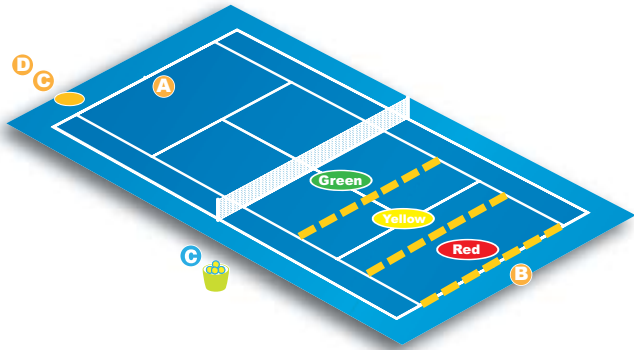
TA Junior Development

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental, competition/tournament

Equipment: drop down lines, spot markers, modified balls (if required)

Time: 30–50 mins

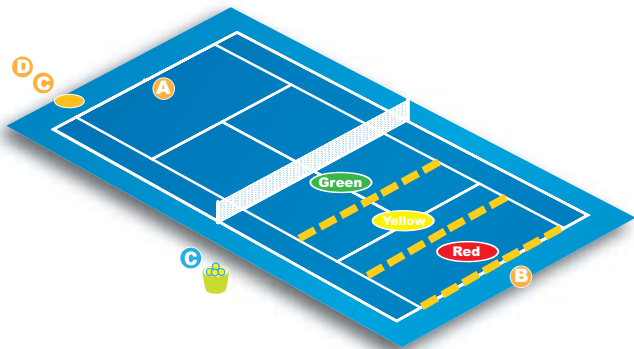


Objective

To be able to isolate a weakness in opposing player/s and exploit it with strength, shot selection and simple strategy. Extra points can be added on for selected finishes to the point (e.g. run around forehand or three plus red zone defensive strokes).

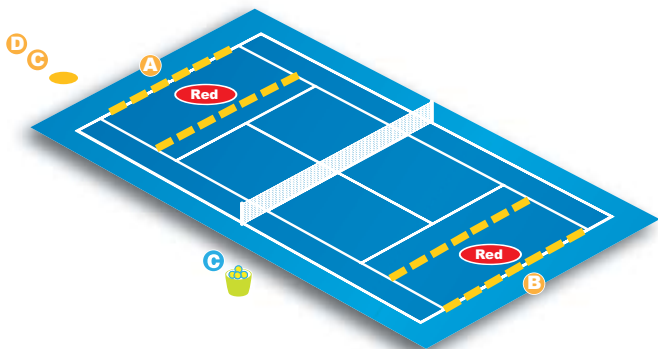
Progression 1

- Divide the court into three zones: red, yellow and green.
- The selected end is allowed to hit to the weakness of the opponent keeping the ball in a selected zone.
- Players can only become aggressive when the ball lands in the green zone.
- The defender is trying to keep the ball in the red zone.
- Shot selection is key when trying to get inside the baseline, as well as isolating the weakness of opponents with your strengths.



Progression 2

- Run around the forehand to the opponent's weakness, defender plays a high backhand down the line so aggressor finishes the point with high a percentage of cross court forehand.
- Inside to outside: run around the forehand (inside) to opponent's backhand (outside) to exploit opening down the line and promote movement into the net for volley finish.



Progression 3

- Red zone to red zone: emphasis on depth, hitting from red zone to red zone. Bonus points for the player who hits more on the strengths to the weakness.
- Can be used with modified balls and/or a smaller court if required.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Open court

Kristine Richardson

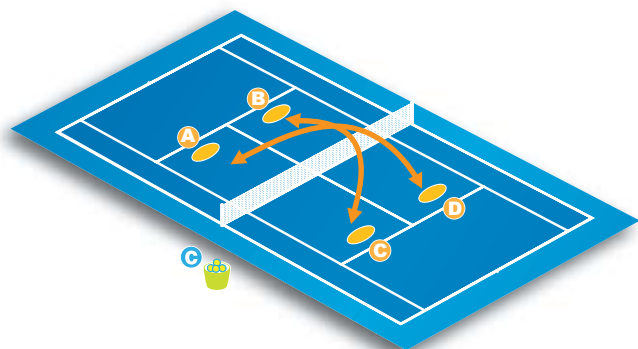
TA Club Professional

Stage: encourage (10–12 years), enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: technical, tactical

Equipment: spot markers, modified balls (if required)

Time: 10 mins

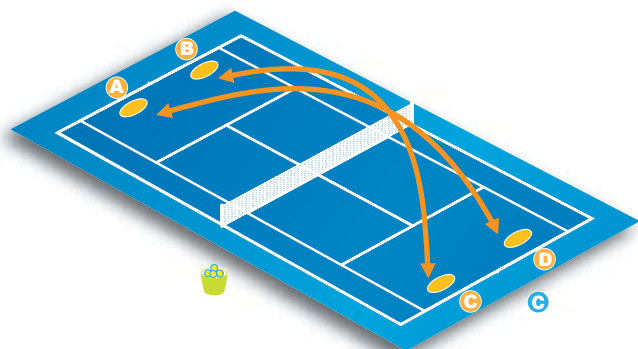


Objective

To get players to focus on consistency and placement cross court and tactics in doubles play.

Progression 1

- Playing in the service boxes and using modified balls, players rally cross court to each other aiming for the spot markers.
- If someone makes a mistake they call out “open court”.
- The other ball that is in play can now go anywhere and it becomes doubles play.
- Coach to award points to pairs when the point is over.
- First pair to seven points wins.



Progression 2

- Similar to progression 1, however now the court is a full court and players progress to using harder balls.
- Now, coach is to award an extra point if players do not make the error in the cross court rally.
- First pair to 11 points wins.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Position drill

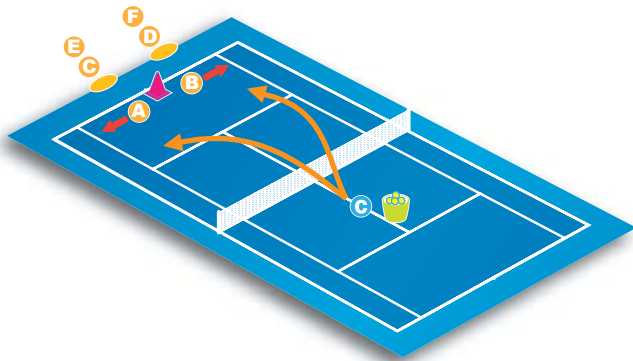
Neil Heyme
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical

Equipment: cones, spot markers

Time: 10–15 mins

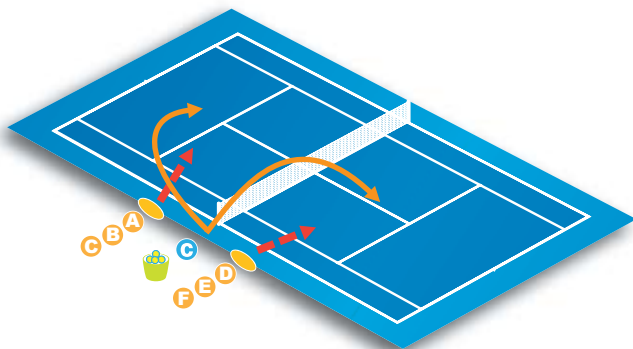


Objective

To improve footwork and focus on cross court shots.

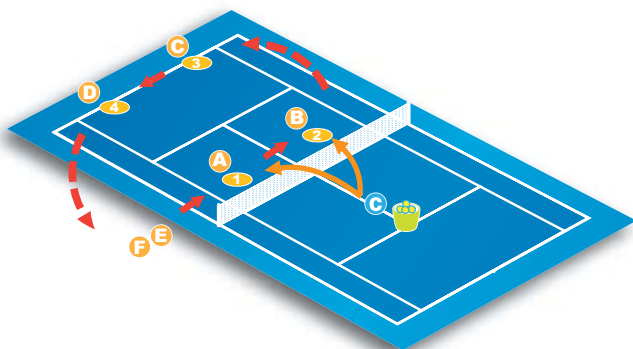
Progression 1

- Players form two lines from the baseline back, on either side of a cone in the centre of the baseline.
- Coach feeds two balls at a time. First to the player on the backhand, second to the player on the forehand.
- Players move out to the sideline and hit the ball across the court, then use good footwork to return to the cone in the centre of the court.
- Each player hits six balls, constantly returning to the cone in the centre.
- Then players rotate to the back of the line on the opposite side.



Progression 2

- Players form two lines on opposite sides, close to the net.
- Coach hits the ball anywhere, on either side of the net, as two players move onto the court and play out the point.



Progression 3

- Four players get into positions 1, 2, 3 and 4 on the court. Remaining players line-up at the net post.
- Coach calls out a number and the player in that position must hit the ball into the court.
- If they make an error, they move to the back of the line at the net post, and players rotate to fill up any gaps, welcoming the first player in the net post line onto the court and into the game.

Key

C Coach

Buckets

Spot markers

Ball direction

A Player

Hoops

Drop down lines

Player movement

Seven ball

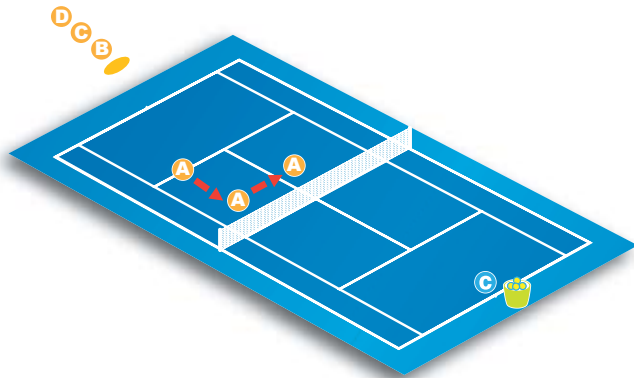
John Tessier
TA Club Development

Stage: enhance (12–15 years)

Focus: physical, tactical, mental

Equipment: spot markers, cones

Time: 15 mins

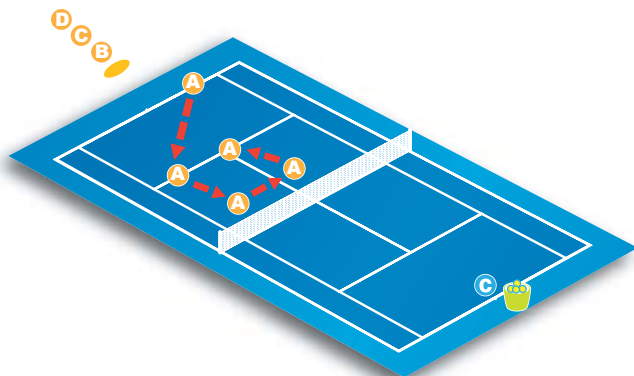


Objective

To improve shot transition and court coverage.

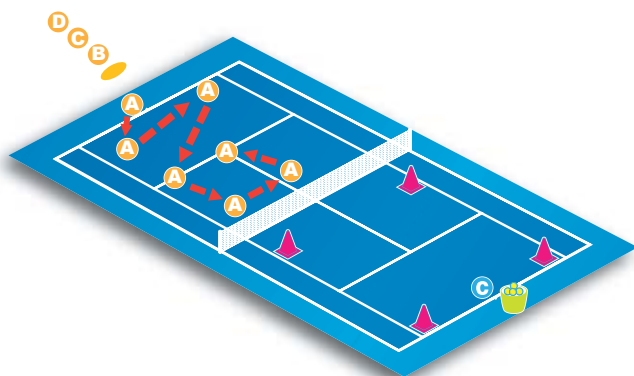
Progression 1

- The seven desired shots are: serve, forehand, backhand, approach, forehand volley, backhand volley and smash.
- The ultimate achievement in this activity is to have all seven shots in the one rally.
- Start with players forming a line at the back of the court. One at a time (singles), players step up and play a short rally.
- Focus on combining three shots together e.g. serve, forehand and backhand, or approach, volley and smash. Rotate players.



Progression 2

- Add shots to the progression. Build up to five or six shots with variety as per individual.



Progression 3

- Aim for a full rotation: serve, forehand, backhand (drives can alternate or repeat on the same side), approach (slice, midcourt etc.), forehand volley, backhand volley (alternate sides or repeat on the same side) and finish with a smash (winner).

Progression 4

- Introduce target areas to the drill. Players should aim to hit to these areas with their shots to improve their consistency.
- This is an excellent drill for court coverage and general player fitness.
- Players are encouraged to observe others and compare to evaluate their own performance.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Down the line

Scott Fletcher
TA Club Professional

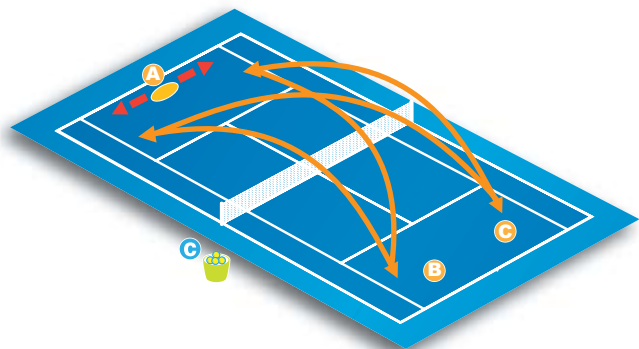
www.courtsportz.com.au

Stage: enhance (12–15 years)

Focus: physical, tactical

Equipment: spot markers

Time: 15 mins

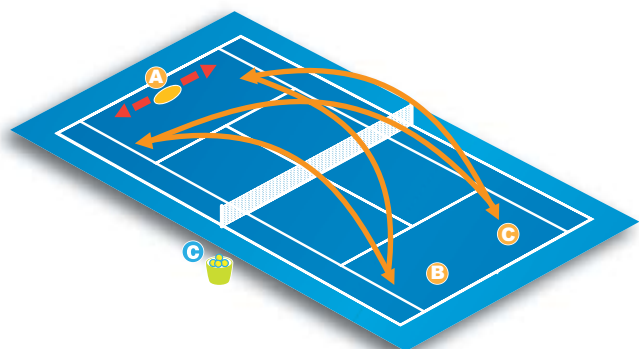


Objective

To teach directional change, cooperation and consistency when hitting cross court.

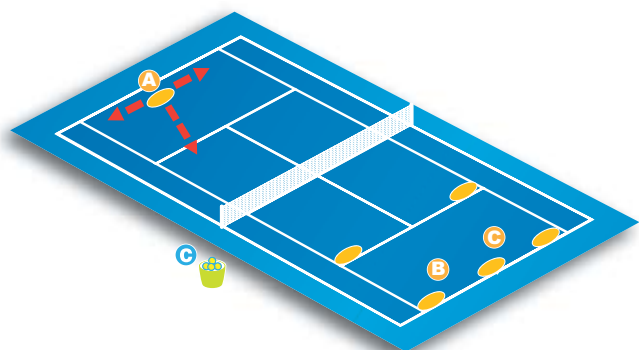
Progression 1

- Divide players into groups of three.
- In that group of three, two players pair up and will become a team, the single player is to go to the opposite end of the court.
- The end with two players will hit cross court and the team with one player will hit down the line. Players will be able to practice consistency while getting a physical workout.



Progression 2

- Swap the types of shots. The single player is to hit cross court while the two players are to now hit down the line.
- If the single player receives a short ball, they must approach and play the point out at the net, still aiming to hit down the line.



Progression 3

- The single player should continue to hit down the line.
- When they receive a short ball and approach the net, they now change to hit wide, cross court volleys from the net.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Cross court

Allan Nash

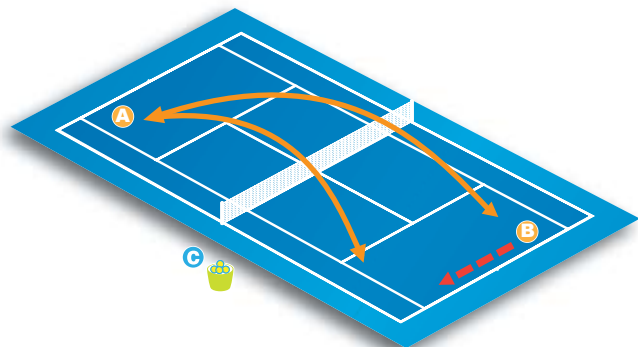
TA Club Professional

Stage: enhance (12–15 years),

Focus: physical, tactical, mental, competition/tournament

Equipment: N/A

Time: 15 mins

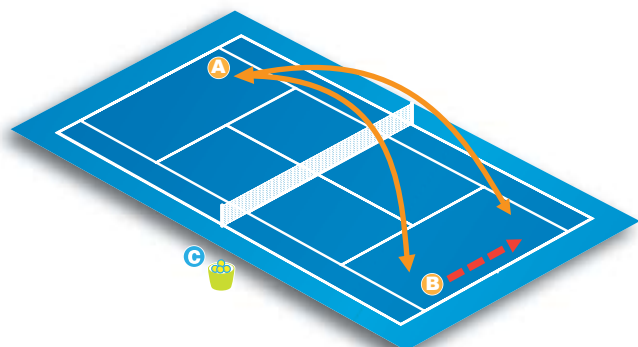


Objective

To build tactical control of point and develop tactical defence and decision making.

Progression 1

- Players divide into two groups and start on both forehand corners.
- Coach feeds to Player A who must hit cross court to Player B. Player B returns a cross court and then Player A must attempt to hit down the line. Player B defends.
- Player A must decide on quality of defence whether to come to the net to finish or work the point further with two more cross court shots and then down the line until they achieve a shot that can be taken as a volley to finish point.

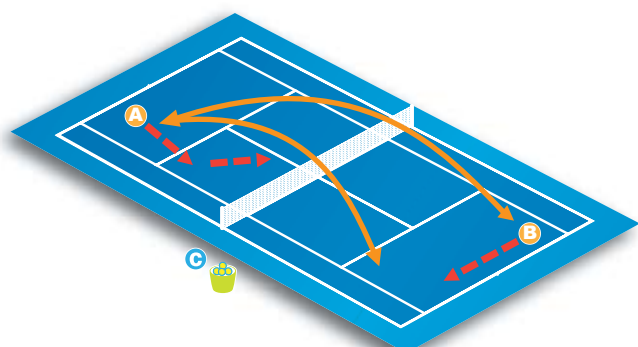


Progression 2

- Same drill but this time on backhand side. Player A again decides, after cross court shots, whether to attack at the net or continue cross court and make use of any down the line opportunities.

Progression 3

- Increase the number of cross court shots to four before a down the line shot and play out the point to completion.



Progression 4

- This time, Player B must try to hit a short ball into the service court.
- Player A attacks the short ball and follows it to the net.
- This is aimed at building good defence that cannot easily be attacked by the net player.
- It develops player awareness of when to attack after a good attacking shot has put the player in a defensive position that allows an opportunity to end the point at the net.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forwards/backwards/sideways

Ross Orford

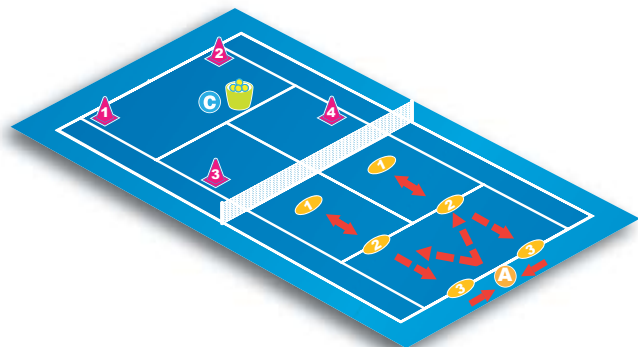
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical, competition/tournament

Equipment: cones, spot markers

Time: 30–45 mins

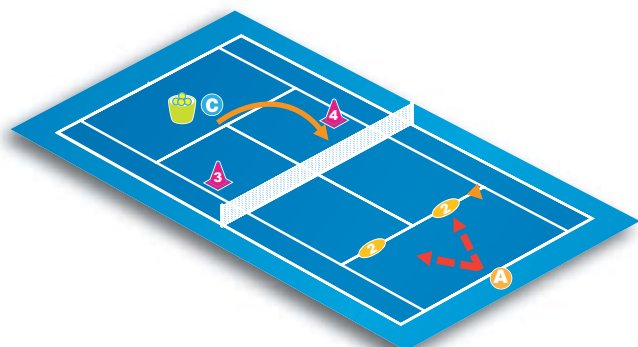


Objective

To familiarise players with moving forward, backwards and side skipping on the baseline.

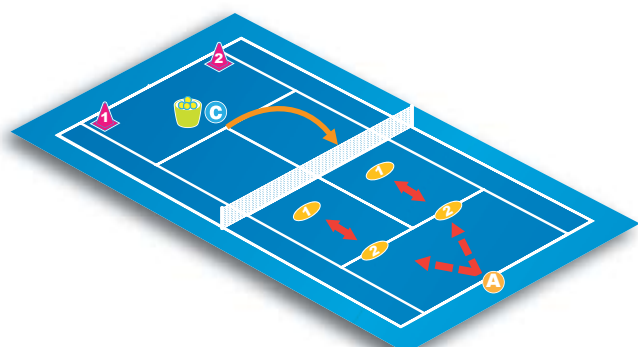
Progression 1

- Set-up the court with cones/flat markers, dividing it into three sections.
- Players line-up at back of court and the first player steps forward.
- The coach will feed the ball and the player is instructed to aim at a certain cone off the forehand or the backhand.
- A player must hit a forehand/backhand, keep moving forward, then move backwards and run/side skip back to the middle.



Progression 2

- This time, coach feeds short balls.
- As the player moves to the service line, they must try to hit drop shots or short angles with topspin.



Progression 3

- Again, coach feeds short balls. Player must move to the net and hit deep volleys.

Progression 4

- Adding on another progression, the player must move backwards from the net for the lob or smash, aiming cross court.
- The player should continue moving, returning to the back of the court, ready for a forehand or backhand return.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Volley vs ground stroke

Paul Mahoney

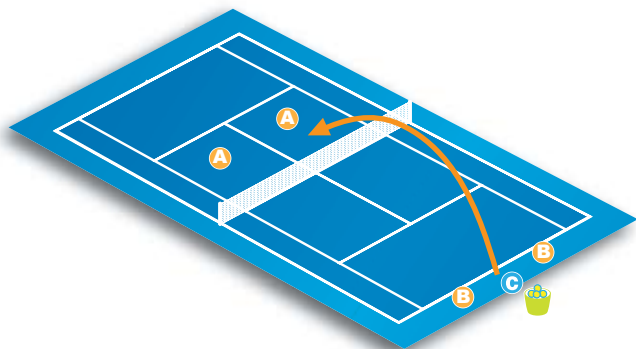
TA Junior Development

Stage: enhance (12–15 years)

Focus: physical, technical

Equipment: N/A

Time: 15 mins

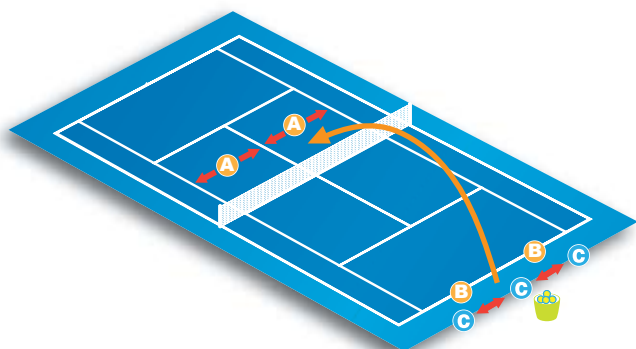


Objective

To create a contest between and compare volleys and ground strokes.

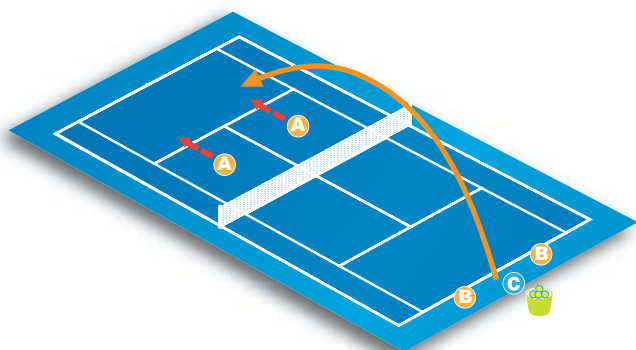
Progression 1

- Split players into teams of two.
- Team A take to the net, while Team B take to the opposite baseline. Coach feeds ball from behind Team B.
- Team A players volley at the net and the point begins.
- Point is played out following these restrictions: no lobs for baseliners, no drop shots for volleyers and volleys must be beyond the service line.



Progression 2

- Now, coach feeds from different positions and Team A (net) players move accordingly to ensure adequate return and court coverage.



Progression 3

- Coach feeds a lob and the point is played out.
- Place a lot of emphasis on players being in a ready position and split step.
- Volleyers start from service line and close in on the net following the first volley.

Progression 4

- Using the variety of formats, play out points.
- The first team to seven points wins.
- Swap teams and rotate players.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Ten point scramble

Larissa Nicoll

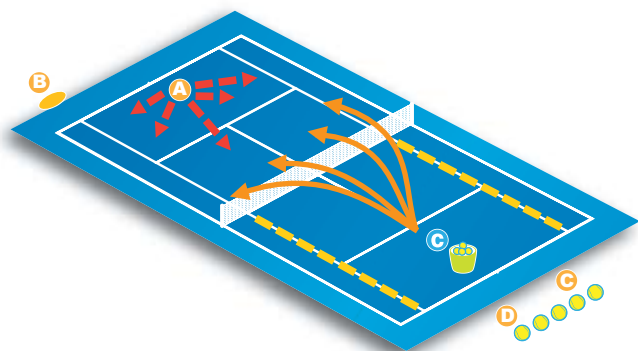
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical, technical, tactical, mental

Equipment: spot markers, drop down lines

Time: 15 mins

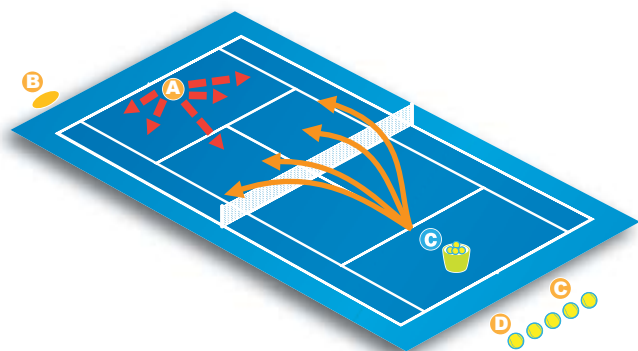


Objective

To learn how to perform consistently under physical and mental pressure, as well as teaching players better court coverage and recovery.

Progression 1

- Coach feeds scrambled balls, one at a time, anywhere on the court.
- If a player's shot is in, they earn one point, if they make an error, they lose one point.
- Continue feeding and playing out rallies until the player reaches 10 points.
- Four players: one hitting, one waiting, two picking up balls. Versatility of this drill enables the feed to be varied according to the skill level of the player, challenging them appropriately.



Progression 2

- For elite/experienced players increase the challenge by shortening the time between the feeds, mix up the feeds and use the entire court.
- Encourage players to go for their shots and constantly recover back to the centre of the court after each shot is played.

Progression 3

- For beginners/younger players make the drill easier by giving them a point just for getting the ball over the net and/or include the tramlines.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forehand cross then anything goes

Ann Layman-Welke

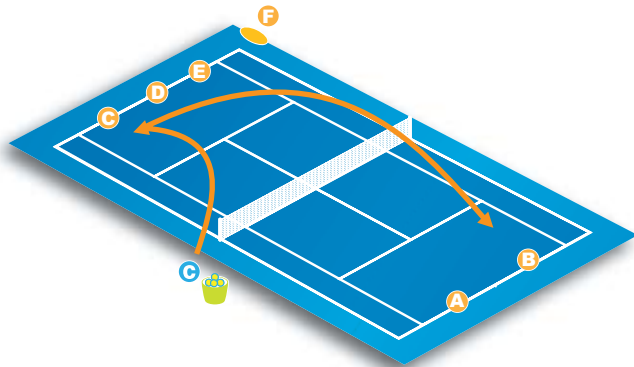
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical, tactical

Equipment: spot markers

Time: 10–15 mins

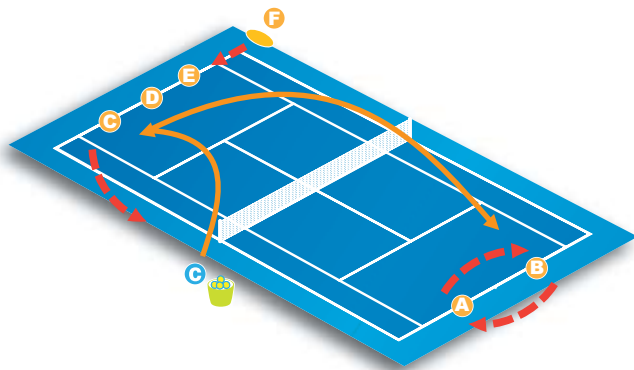


Objective

For the coach to focus on cross court forehand technique of Player C (see diagram).

Progression 1

- Five players on court at one time. Players C, D and E down one end, and Players A and B down the champions end.
- Coach feeds ball to Player C who must hit the first ball cross court. After this shot, the ball is in live play and the point is played out.
- If a player in position C, D or E makes an error and loses the point, they must return to the back of the line along the backfence.
- Other players move up in the line to a higher position.
- If Player C wins the point they remain in that position.



Progression 2

- Players A and B down the champions end remain there but must switch position after each point.
- Players A and B must count their errors and after three errors in total they must go to the back of the line while Players C and D move up to the champions end.
- Player E moves up to the position of Player C and the rest of the players slot into place.
- This is a good chance to practice all aspects of the game focussing on the cross court forehand.
- Make sure the activity keeps moving and the players have a lot of fun.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Mental stamina

Roy Malpass

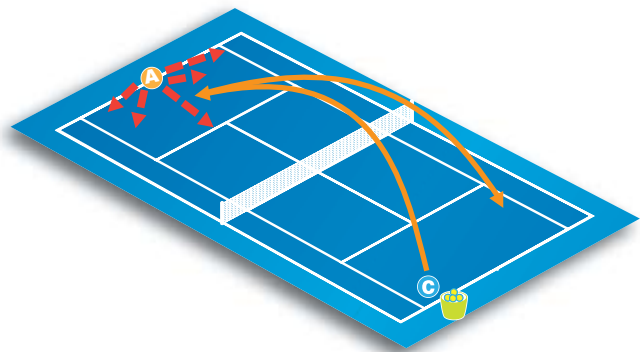
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical, tactical, mental, competition/tournament

Equipment: N/A

Time: 30 mins

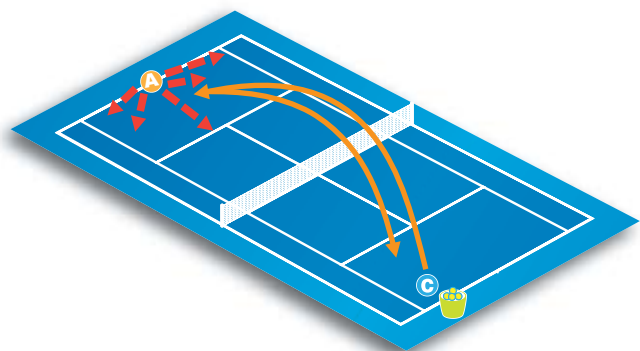


Objective

To practice having control of depth and direction in addition to covering the change of direction and helping to maintain player intensity.

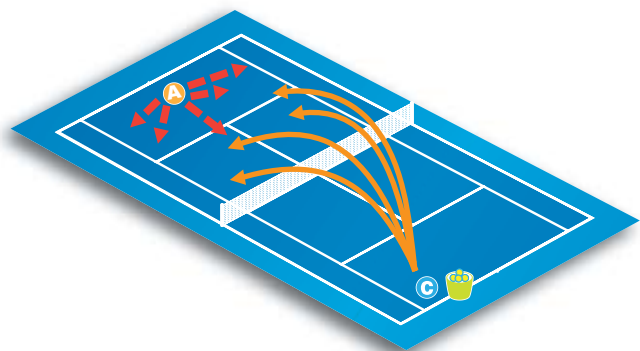
Progression 1

- Coach feeds from either corner.
- Player to direct 20 balls away from coach.
- Balls to be fed at varying depths and speeds.



Progression 2

- Coach feeds from either corner.
- Player to return 20 balls towards the coach.
- Balls to be fed at varying depths and speeds.



Progression 3

- Continue random feeds, but this time player can be fed shorter balls to aid recovery.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Dip and rip

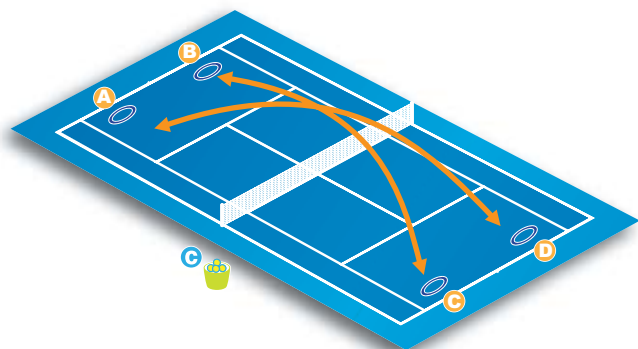
Emmanuel Gauci
TA Club Professional

Stage: enhance (12–15 years)

Focus: tactical

Equipment: cones, buckets, hoops

Time: 20–30 mins

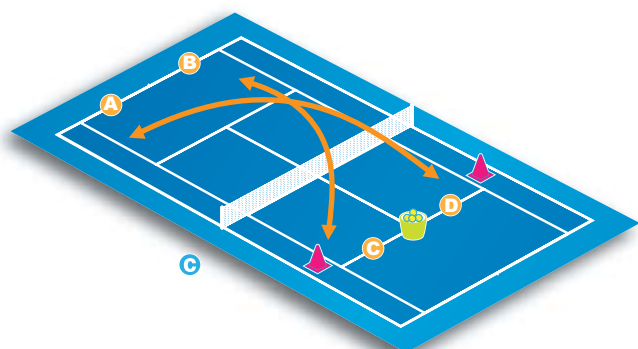


Objective

To be able to recognise when in a defensive position and turn it into an offence and attacking position. Focus is on; rallying cross court, focus, height = depth, kinetic chain, spin, separation angle and racquet head speed.

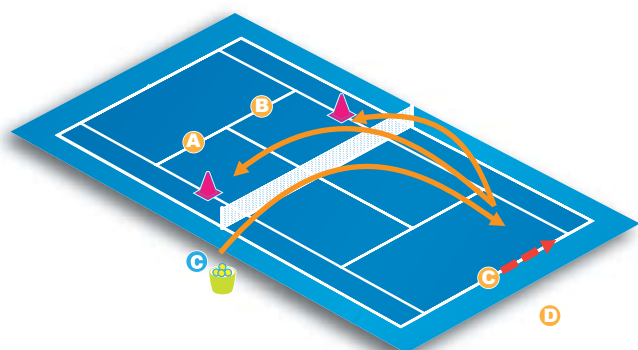
Progression 1

- Players rally cross court, keeping the ball deep, aiming for the hoops in the corners of the singles court.
- One point is granted for every accurate target and hit inside a hoop.
- Players play until they reach five points.



Progression 2

- Two players at the service line feed balls cross court to players at baseline.
- Baseline players aim to rip balls cross court to the feet of the net player, turning defence into offence.
- Play first to five points.



Progression 3

- Coach feeds wide ball. Defence player runs across and rips balls at the net player's feet.
- An alternative may be to lob and stay in the point. Point is played out.
- Players rotate positions.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Shadows

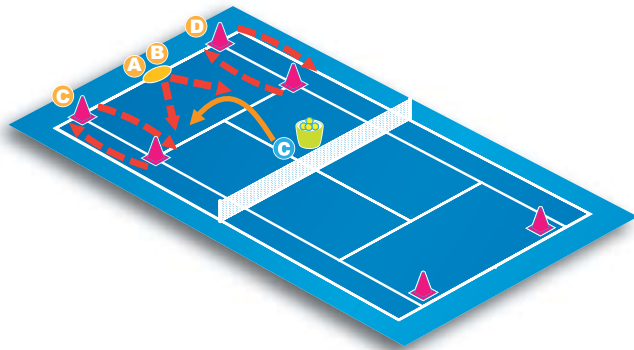
James Salter
TA Junior Development

Stage: enhance (12–15 years)

Focus: physical

Equipment: cones, spot markers

Time: 15 mins

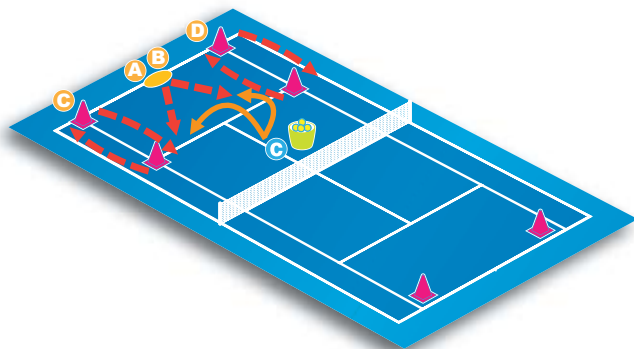


Objective

To perform shadow movements of the forehand and backhand in addition to improving footwork.

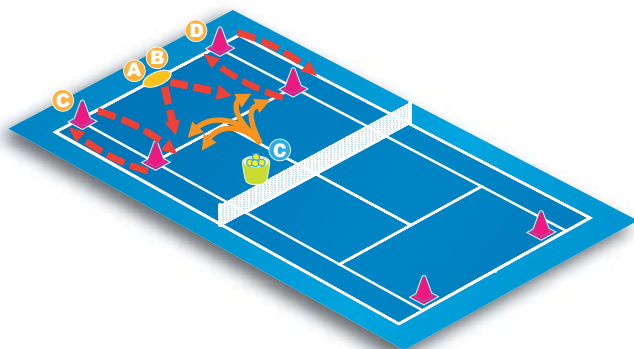
Progression 1

- Two players are positioned on a spot marker in the centre of the baseline. Two players line-up behind the cones on the baseline.
- On "go" Players A and B on the spot marker move to a cone. While Player A hits a forehand, the other player (Player B) hits a backhand shadow.
- Players skip around cone and move towards the spot marker with backward steps.
- Players C and D on the cones on the baseline move soon after Players A and B, running around the cones on the service line and then running backward to the baseline.



Progression 2

- This time, the coach adds a ball, which is thrown close to the service line and also a ball that is thrown to the backhand side for the other player.
- Players C and D should still move continuously up and down the line around the cones.



Progression 3

- The coach performs the Spanish feed with a mid-court ball and a short ball.

Progression 4

- Players perform three shots: one at mid-court, one at the service line and one within the service box.
- This drill is performed with two minute rotations, so each player has the chance to hit on both sides of the court and run around the cones.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Ten down to zero

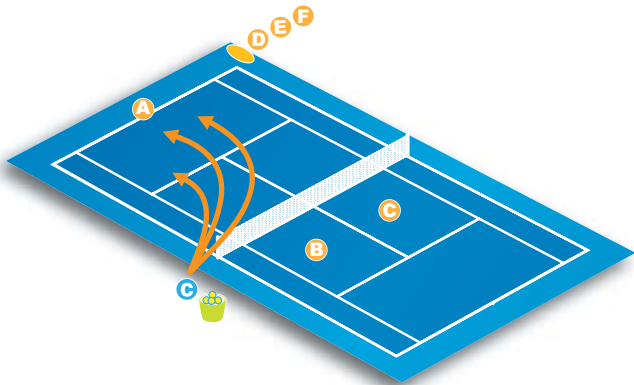
Ian Pickering
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical

Equipment: spot markers, drop down lines

Time: 15 mins

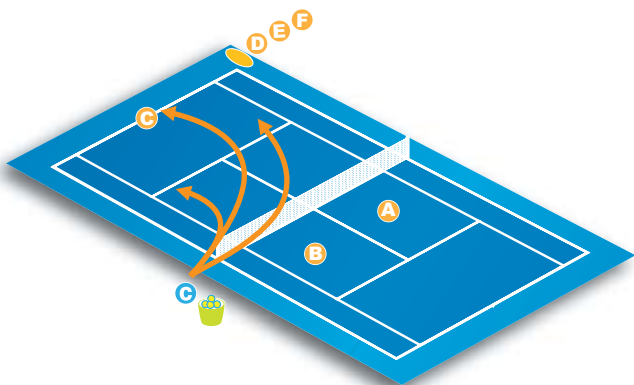


Objective

To challenge players to hit 10 balls making the least amount of errors possible. Every error adds a point on (e.g. 10–11–12....).

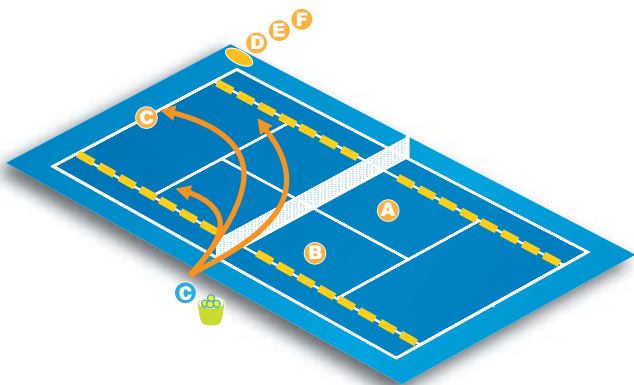
Progression 1

- Coach feeds 10 balls anywhere on the court.
- Player A must get the ball back into play.
- Players B and C are at the net to volley the ball away from where Player A is hitting.
- Shots do not have to be winners, just back into play.
- Once Player A has played out 10 balls, they rotate to Player B's position on the net and all players rotate.



Progression 2

- After each player has had a turn in each position, repeat the drill, but this time make the feeds shorter, wider, deeper etc.
- Place emphasis on getting the ball back into play. Instruct players to make the opponent hit one more ball even if they are in a bad position.



Progression 3

- Decrease the playing area to the singles court only.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Three servers, one receiver

James Haslam

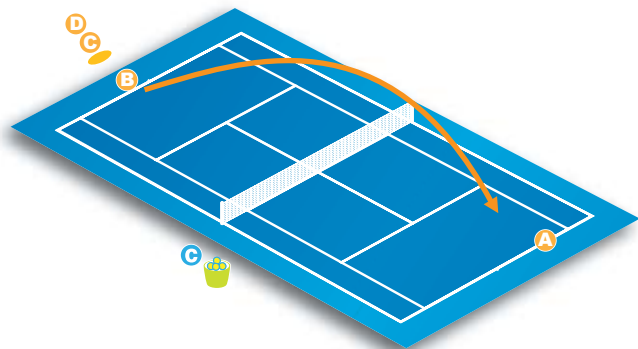
TA Club Professional

Stage: enhance (12–15 years)

Focus: physical, technical, tactical, mental, competition/tournament

Equipment: spot markers

Time: 30 mins



Objective

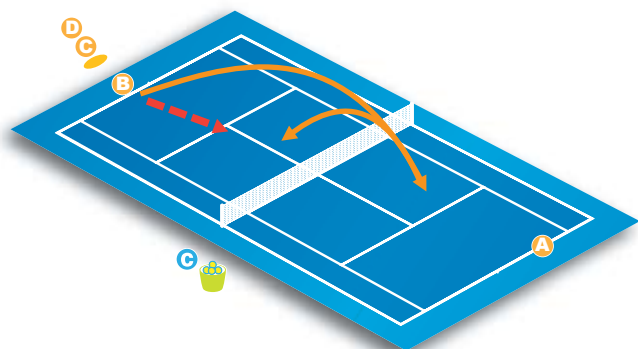
To get a serve in, play competitive points with the receiver being constantly in action.

Progression 1

- All players but one line-up behind the baseline.
- The one receiver goes down the opposite end.
- Server has three serves in total. First serve, plays out point, second serve, plays out point, then third serve, plays out point.
- Next server in line steps up for their three serves/ points. Receiver is to keep score. Play 21 points (seven x three serves) and then rotate the receiver.

Progression 2

- Repeat the activity, but this time on the advantage court. Change ends if necessary.



Progression 3

- As players advance, server must follow serve to net, receiver must return back to server (either chip to the feet, or generally down the middle).
- Receiver cannot go for winners or placements until the third shot (to get the point going before it is played out aggressively).

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Approach/pass/volley

Greg Royle

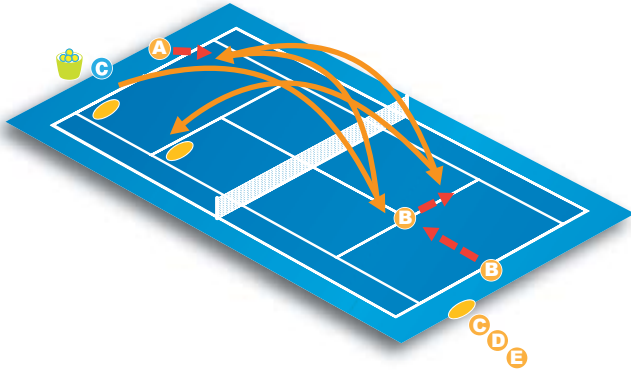
TA High Performance

Stage: enhance (12–15 years), cultivate (15–17 years)

Focus: technical, tactical

Equipment: spot markers

Time: 20–30 mins

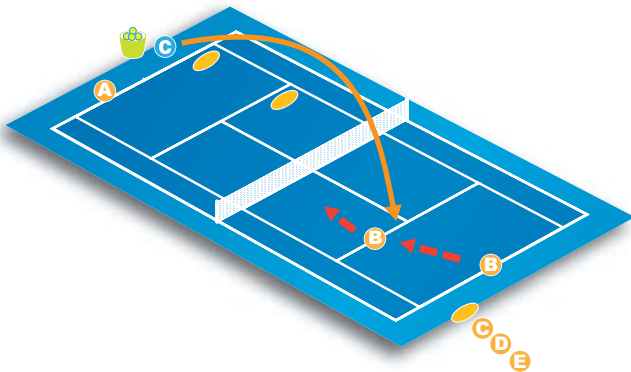


Objective

To develop patterns of play when approaching the net.

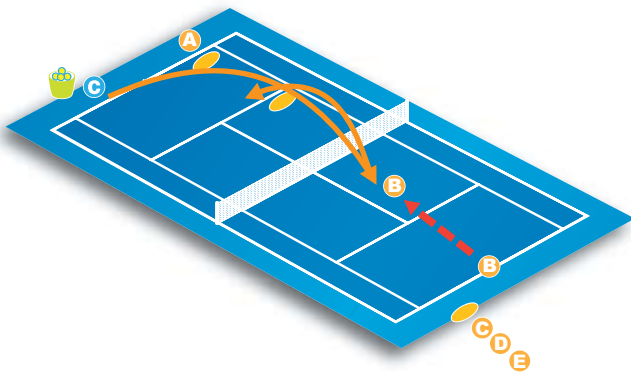
Progression 1

- Coach feeds a low, challenging ball at short to mid-court.
- Player hits a down the line forehand approach shot.
- Opponent hits a down the line pass.
- Player volleys cross court into the open area.
- Point is played out, but no lobs are allowed.
- Players should be looking specifically for the short corner or long corner volleys (see spot markers).



Progression 2

- This time, players hit a down the line backhand shot as they approach the net, and play out the point, but no lobs are allowed.



Progression 3

- Now players approach the net as soon as possible and volley down the line, still looking for the short and long corners.
- Coach can incorporate alternative feeds to the forehand then the backhand court.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Volleyball

Darren Bradley
TA Club Professional

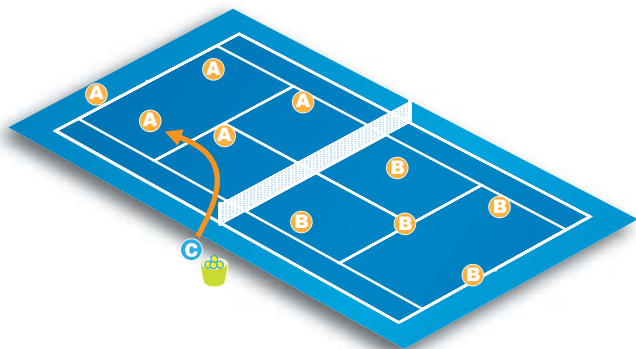
www.dbtca.com

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: technical, mental, social

Equipment: N/A

Time: 15 mins



Objective

To enhance the power smash while improving teamwork, control, volleys and overall concentration.

Progression 1

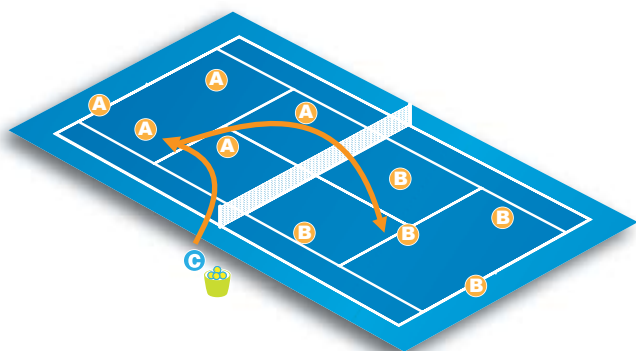
- Divide players into two teams, one at either end of the court.
- Each team gets five team hits to set-up and then smash the ball to the other end.
- The opposition team must defend and aim to return the ball.
- They are allowed three bounces and five team hits to volley to one another and set up for a smash.
- The ball is not dead until there have been four bounces (i.e. off the back fence is play on).
- First team to six points wins.

Progression 2

- This time reduce the number of bounces each team is allowed to encourage all set-up shots to be volleys.

Progression 3

- To increase the challenge, reduce team hits to four or three.
- Introduce additional rules, such as a bouncing smash over the fence is a foul.
- Again, first team to six points wins.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Volley and passing drill

Peter Clifton

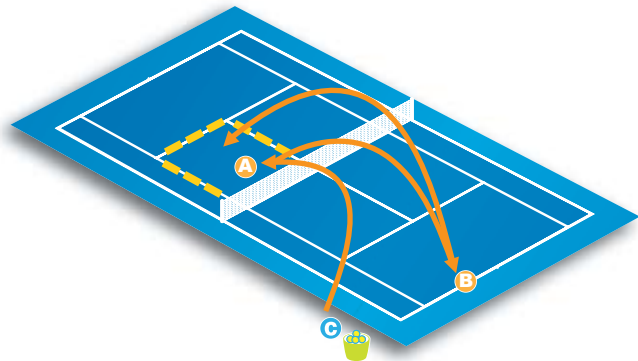
TA Club Professional

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical, competition/tournament

Equipment: spot markers, drop down lines

Time: 15 mins



Objective

To simulate matchplay and to teach players the art of the volley and passing shot.

Progression 1

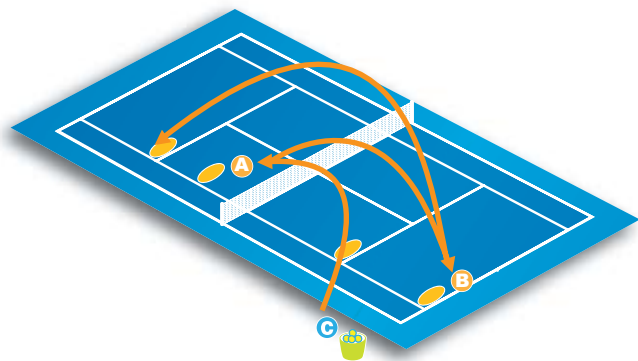
- Playing on half court, one player begins at the net; the other player begins at the baseline.
- Coach feeds the ball to the net player and the point is played out after a second shot is made.
- Lobs are only allowed if they land in the service boxes.
- The net player is not allowed outside the service box.
- Play first to seven points.

Progression 2

- Rotate players to ensure they play in both the net and the baseline positions.

Progression 3

- Restrict the court area by taking away the sidelines and setting up target areas, improving player consistency and accuracy.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Double trouble

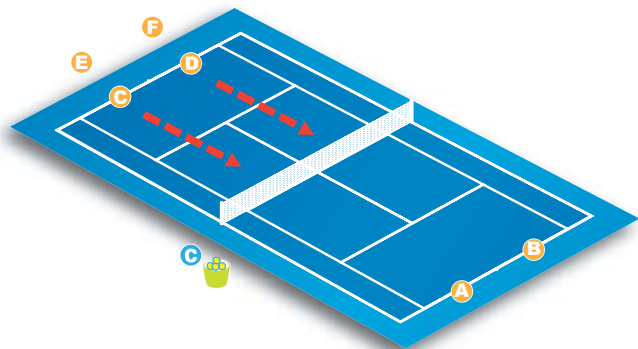
Wayne Hampson
TA High Performance

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental

Equipment: N/A

Time: 10–30 mins

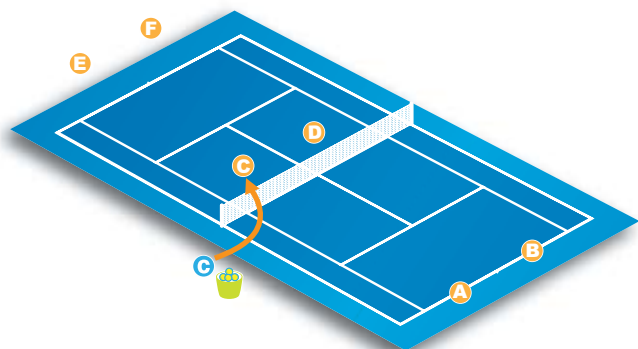


Objective

To develop attacking and defensive play in doubles, great for a group of six to eight players.

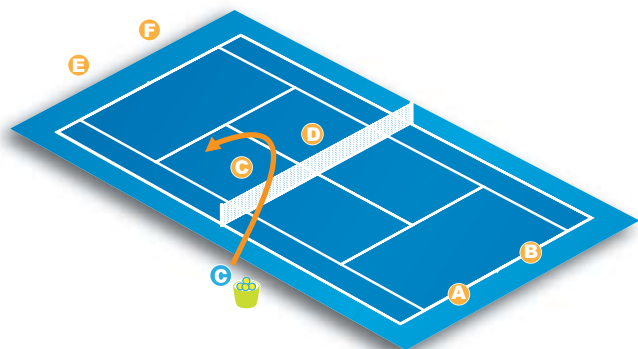
Progression 1

- Four players start on the baseline in pairs (two players per end).
- Coach feeds ball mid-court to selected approaching pair (NOT pair down champs end) and point begins.
- If they win the point, the coach then feeds to them at the net.
- If they do not win the point, the coach feeds them a lob.
- If approaching players win three points in a row, they become the champions down the opposite end.
- The champs end is the only end to score champ points.
- The winning team is the pair who are first to score 21 champ points (or 11, depending on the timeframe allocated).



Progression 2

- This time the coach will feed just volleys.
- Players approaching the net are attacking players.
- Players on the baseline are working on defence (e.g. lobs, short angles).



Progression 3

- Now the coach can feed with a lob to start the point.
- Coach can encourage players to come up with their own variations or progressions to add to this drill.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Slice approach

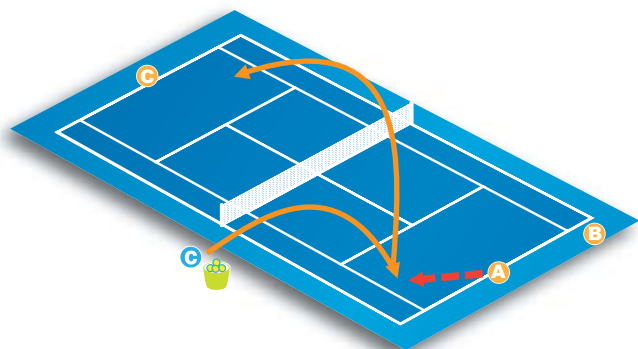
Dean Schipanski
TA High Performance

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical, competition/tournament

Equipment: N/A

Time: 10–15 mins

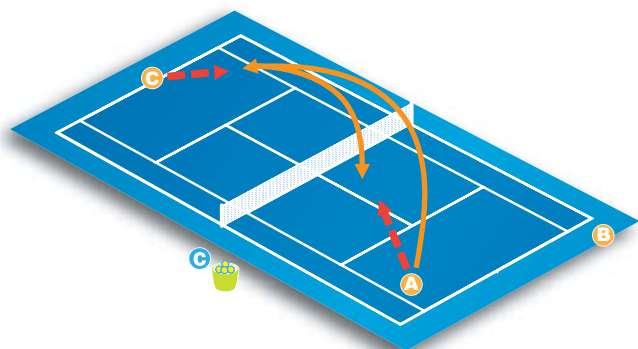


Objective

To maintain intensity while making pace on the backhand slice and approach of advanced players.

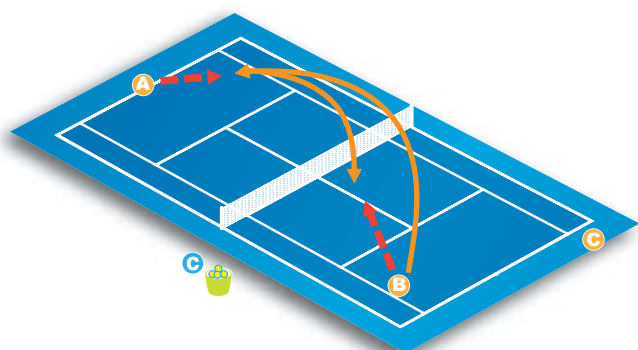
Progression 1

- Ideal for three to four players of a high standard.
- Coach starts the drill with an underarm feed to Player A's backhand.
- Coach should nominate the direction; e.g. hit slice approach to Player C's backhand and approach the net.
- Player C attempts to get the shot past Player A at the net.
- Once the point commences, players can use any shot to win the point. Play the point out.
- Repeat for Player B as Player A returns to the baseline.
- Play out points Player A or B v Player C.
- Rotate players every 4–5 mins.



Progression 2

- This time, the approach shot can be to any part of the court (forehand/backhand etc.).
- Have a lot of variety to keep players on their toes.
- Continue to rotate players so each player completes equal time on approach to various parts of the court.



Progression 3

- Now, players should aim to hit their slice down the line, changing between the forehand and the backhand sides.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Spanish fighting drill

Brett Lennard

TA Club Professional

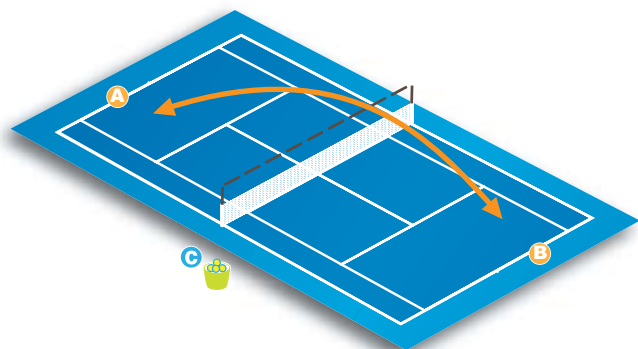
www.risingstartennis.com.au

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental

Equipment: drop down lines

Time: 15–20 mins

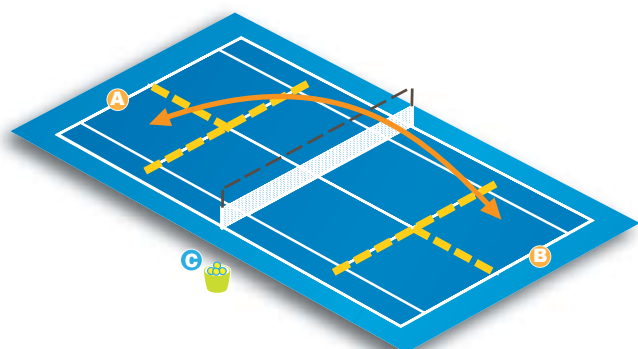


Objective

To encourage players to rally with spin, court depth and height over the net while maintaining consistency.

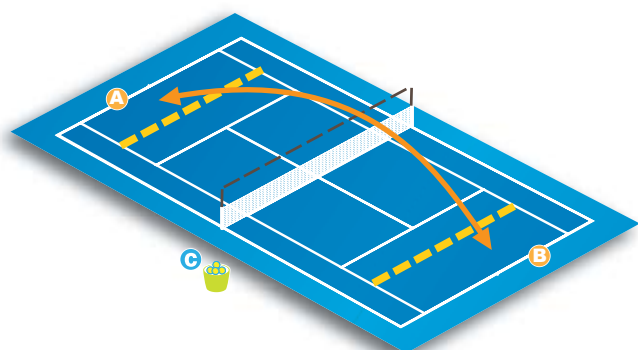
Progression 1

- Attach a rope 1–1.5m above the net.
- Instruct players that each shot must go over the rope and cross court.



Progression 2

- Drop down lines may be placed on the court to encourage players to not only hit with height over the net, but also focus on the depth of their shots in the court.
- Players rally for points.
- First player to reach five points wins.



Progression 3

- Increase the depth that players hit the ball by moving the drop down lines back in the court.
- Again, play first to five points.

Progression 4

- Remove rope from above the net but keep the cones in place.
- Players rally with depth and height but if the ball is hit inside the short part of the court, the attacking player may now choose to change the direction of the rally.
- Again, first player to five points wins.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Ground stroke warm-up

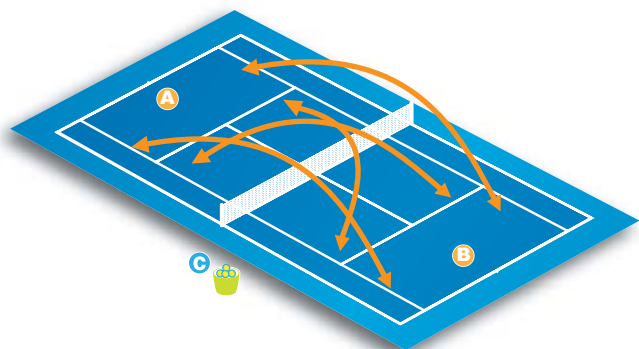
Gareth Constance
TA Club Professional

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental, competition/tournament

Equipment: drop down lines, modified balls (if required)

Time: 5–10 mins

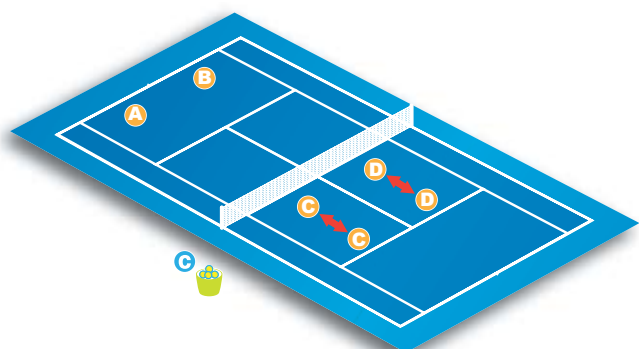


Objective

To reinforce consistency while comprehensively warming up on all ground strokes and improve footwork.

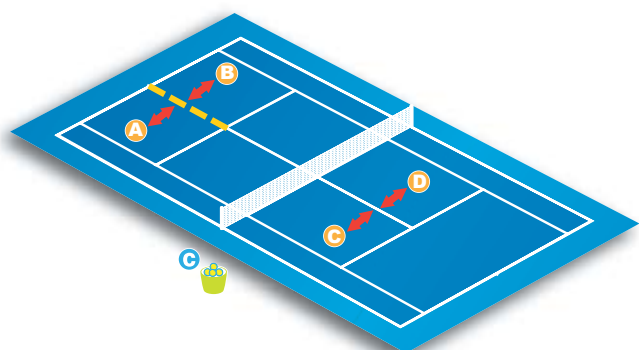
Progression 1

- Players pair up and are allocated by the coach to commence with four variations: forehand down the line, backhand down the line, forehand cross court and backhand cross court.
- Players must complete 50 shots (increase or decrease depending on standard) before moving onto the next rotation activity.



Progression 2

- Players repeat the same format, except this time working at the net and changing variations to: forehand volleys, backhand volleys, smashes and mid-court volleys.



Progression 3

- To increase the challenge, players must now recover and touch the middle line in between each shot, working on fast footwork and movement.

Progression 4

- Can progress into a competition between pairs.
- For consistency, players must use only one ball. This will enhance shot selection.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Forehand/backhand cross court

Sam Soo

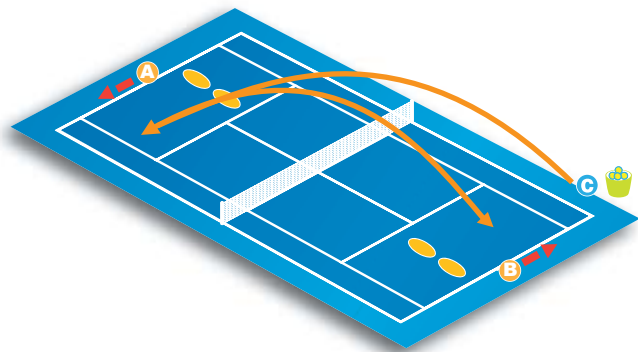
TA Junior Development

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical, mental, competition/tournament

Equipment: spot markers

Time: 30 mins

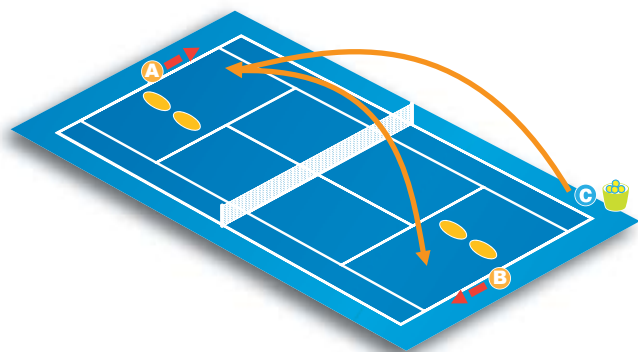


Objective

To achieve consistent cross court rallies, and explore the possibilities of aiming for the sidelines.

Progression 1

- Players start in the middle of the court.
- Coach feeds from the forehand corner. Player moves and starts cross court rally.
- Players are only allowed to hit the shots between the singles sidelines and the flat markers. Players are only allowed to hit forehands.
- Play out the point.
- Encourage players to recover to the middle of the baseline after every shot.



Progression 2

- Players start in the centre of the baseline.
- Coach feeds to the backhand corner.
- Players move to hit backhand cross court.
- Players are only allowed to hit between the flat markers and the singles sidelines.
- Play out the point.
- Encourage players to recover to the middle of the baseline after every shot.

Progression 3

- Now, repeat the same format activity, but using an off forehand.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Three ball bounce

Nick Hughes

TA Club Professional

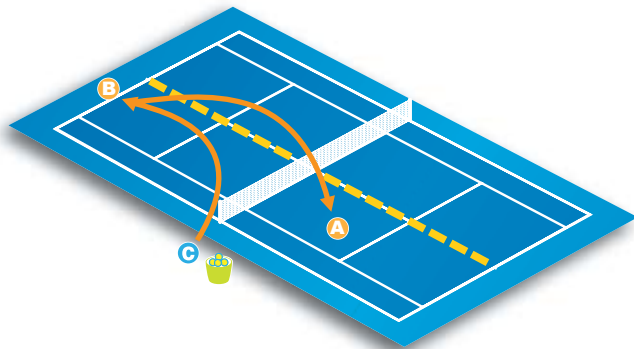
www.tss.com.edu

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical, competition/tournament

Equipment: drop down lines

Time: 12 mins

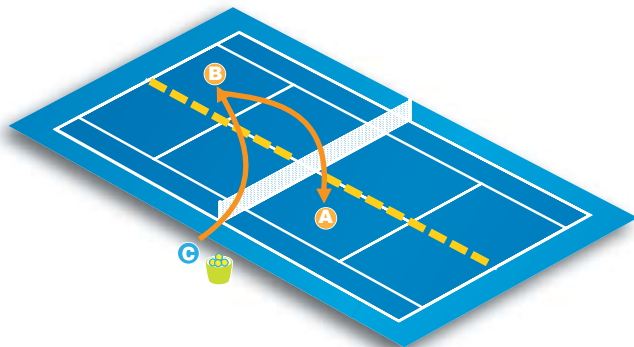


Objective

To encourage players to use entire court, assess shot options and continue moving to cover the court, especially at the net.

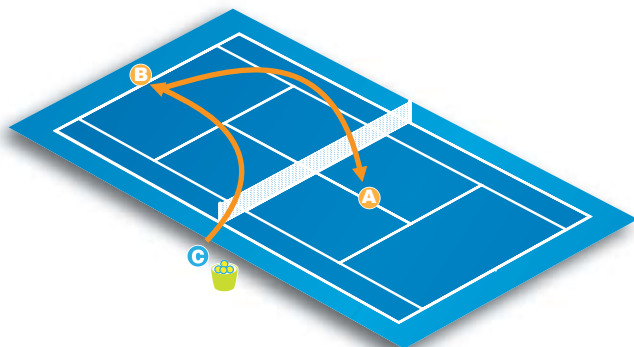
Progression 1

- This is a two player drill.
- Using only half of the court, Player A is to start at the net, while Player B is to start at the baseline.
- Coach feeds the ball to Player B.
- Play out the point.
- Player A (at the net) is not allowed to let the ball bounce, concentrating on efficient court movement and coverage.
- Once Player B has made the ball bounce three times (e.g. earned three points) in that half of the court, the two players can swap roles.



Progression 2

- Following the same rules, players must now hit cross court to one another.



Progression 3

- To increase the challenge, open the entire singles court, with the player at the net still preventing the ball from bouncing.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

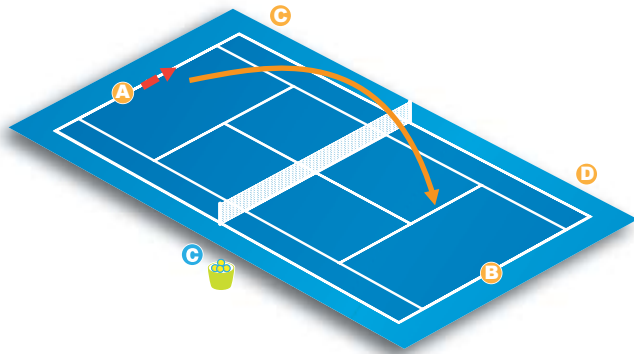
Warren Foote TA Club Professional

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, tactical, competition/tournament

Equipment: drop down lines

Time: 20 mins

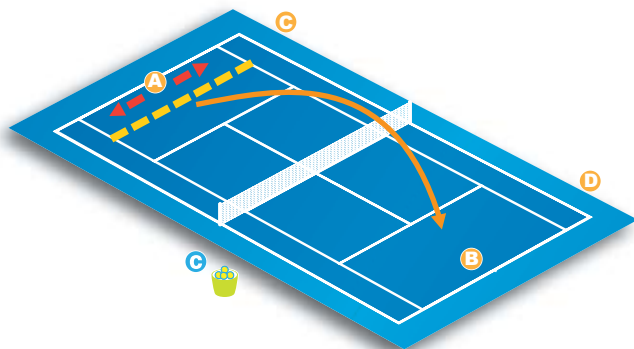


Objective

To practice attacking a short mid-court ball and to learn about angles, court position and timing. This is a great drill to teach players when to come to the net and when to stay on the baseline.

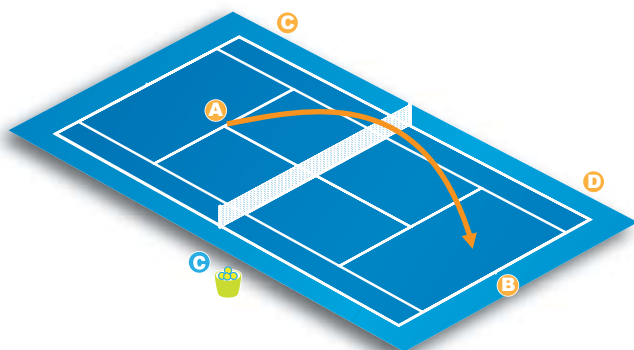
Progression 1

- Player A has one ball. Standing behind the baseline, Player A (attacker) feeds the ball anywhere to Player B (defender).
- Player A should hit the feed and if it is good enough, follow it in and play out the point.
- Encourage players to go for winners and finish the point with either a ground stroke or volley.
- The first player to nine points is the winner.
- Swap so that Player B is the attacker and player A becomes the defender.



Progression 2

- Now Player A is inside the court.
- Place flat markers across the court, approximately two metres in, parallel to the baseline.
- Play to nine points as before and continue to rotate the players.
- This drill encourages tactical thinking, decision making (should I approach the net, or stay on the baseline) and learning racquet head speed and control to deal with the slow mid-court ball.



Progression 3

- Now Player A moves even more forward on the court, until they are almost at the T on the service line.
- Player B (defender) has hopefully moved back deeper.
- Player A (attacker) should be winning 90 per cent of the points.

Progression 4

- Player A now serves the ball and decides to remain at the back of the court, or follow their shot in to the net.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Mental volleys

Charles Noble

TA Club Professional

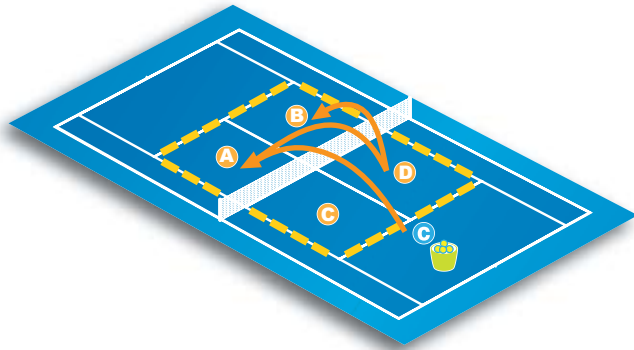
www.tenniswest.net

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental

Equipment: modified balls (if required), drop down lines

Time: 10–15 mins

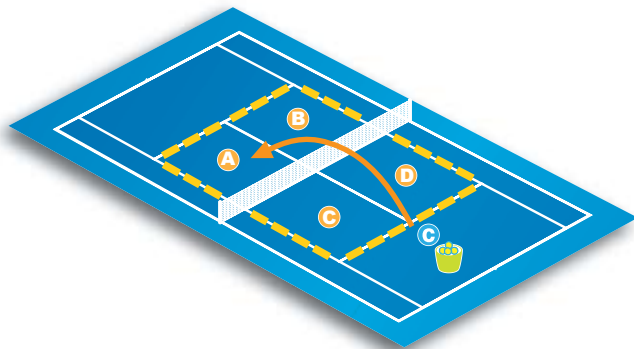


Objective

To create consistent technically correct volleys while testing cognitive abilities during the drill.

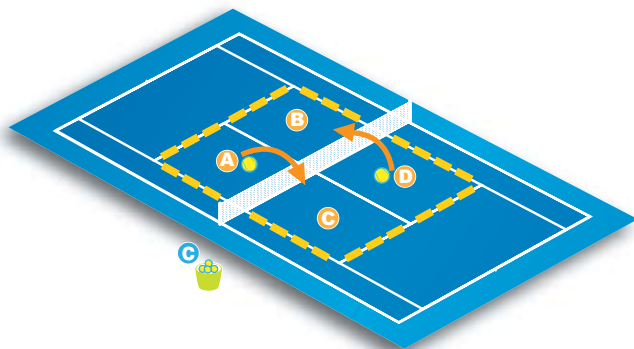
Progression 1

- Four players stand in each service box, approximately one metre in from the service line.
- Coach feeds ball and players on one side of the net volley cross court while on the other side players volley down the line.
- The rally is played out. Change the position of players every three or four balls to speed up the drill and create consistency.
- Introduce points to increase intensity.



Progression 2

- Coach can call out “change” in the middle of the point and players hitting cross court now hit down the line and vice versa.



Progression 3

- To increase the challenge, introduce two balls with a player at each end feeding simultaneously.
- Players should focus on the ball coming, not the ball just hit.

Progression 4

- Coach can call “change” for the direction of shots while two balls are in play, testing players ability to carry out tasks while changing perspective/position and trying to execute shots they may not want to hit.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Approach shots

Peter Le Surf

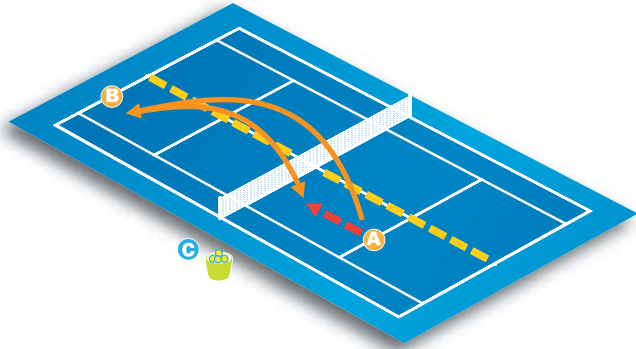
TA Club Professional

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: technical, tactical, competition/tournament

Equipment: spot markers, drop down lines

Time: 15 mins

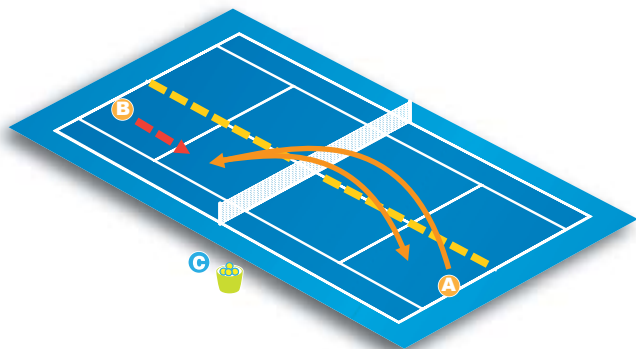


Objective

To encourage down the line approach shots, correct positioning at the net and attacking the short ball. This is a good drill for putting pressure on the passing shot, approach shot and encouraging players to approach down the line.

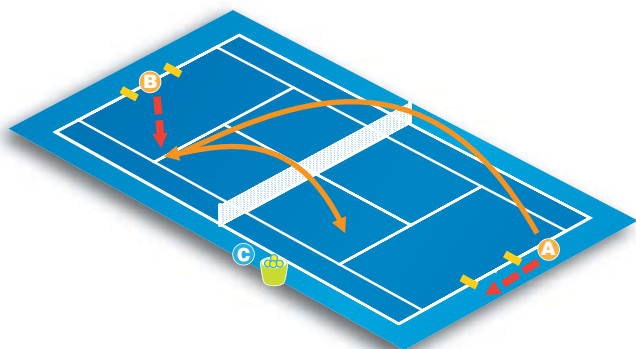
Progression 1

- Played in half court, Player A starts point from the service line, feeding the ball deep to Player B.
- Player A must then come forward and try to win the point from the net.
- Player B is not allowed to lob on the first ground stroke.
- Coach should encourage split step and forward movement.



Progression 2

- Player A feeds short ball into service box.
- Player B must move forward, play approach shot, then move forward trying to win the point from the net.
- Coach should encourage correct footwork moving forward and correct positioning at net.



Progression 3

- Increase the playing area to the full court.
- Player A stands to the outside of flat markers, feeding short diagonal shot (see diagram).
- Player B starts at the centre of the baseline, as they move forward they must hit their approach shot down the line.
- Player A is not allowed to move until the fed ball has bounced in the service box.
- Live points using full court.

Progression 4

- Same as previous progression, except swap sides.
- Each player should receive two feeds – one to each side of the court.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Baseline/volley consistency

Nick Carney

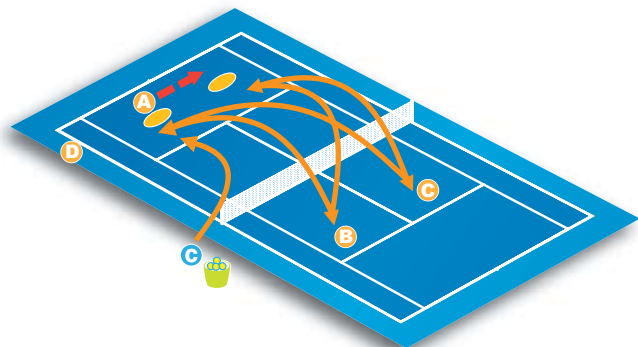
TA Club Professional

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical, mental

Equipment: spot markers

Time: 20–30 mins

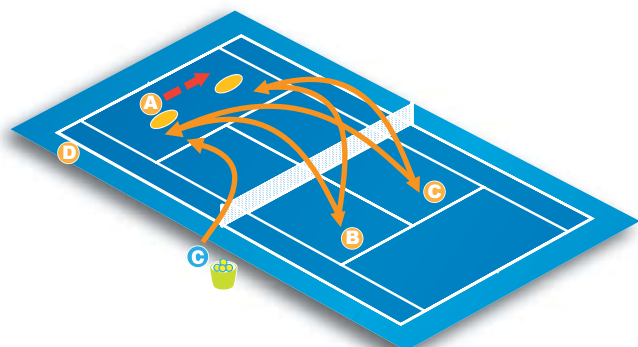


Objective

To develop consistency and accuracy on ground strokes and volleys. To keep one ball in play as long as possible.

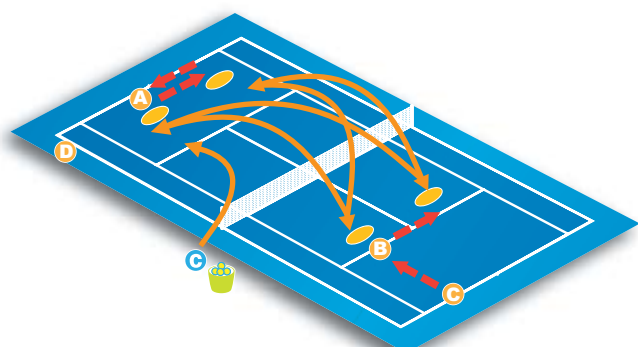
Progression 1

- Coach feeds mid-court ball to Player A who hits shaping topspin down the line to Player B.
- Player B volleys cross court towards the marker or the open court.
- Player A moves across to cover the open court and plays their next shot down the line to Player C.
- Player C volleys cross court to marker.
- Now Player D steps up and plays the next ball to continue the sequence while Player A recovers to starting position.



Progression 2

- Change the direction of the ball movement. Volleyers to volley down the line while baseliners hit cross court.
- Coach can vary feeds between backhand and forehand sides/wings.



Progression 3

- Now, remove one volleyer, leaving one volleyer there to hit two shots and work on covering the line.
- Player C can move up with a split step after Player B has hit both volleys.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Tuff it out

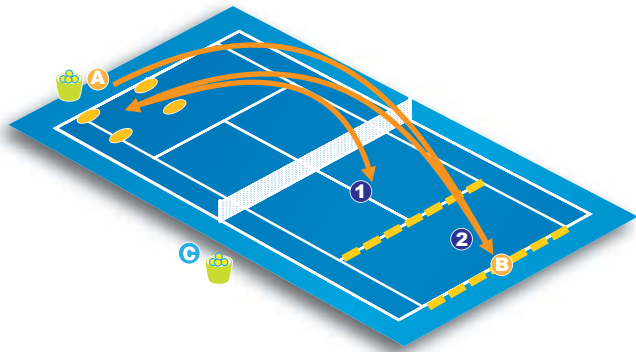
Colin Grace
TA Junior Development

Stage: enhance (12–15 years), cultivate (15–17 years), performance (17+)

Focus: mental

Equipment: drop down lines, spot markers, modified balls (if required)

Time: 30 mins

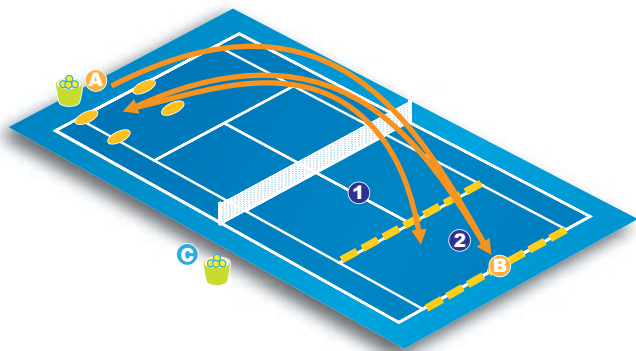


Objective

For players to be able to maintain consistency and place the ball into specific target areas.

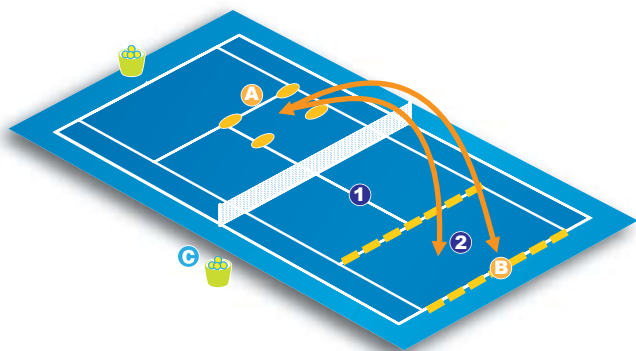
Progression 1

- Player A has a bucket of balls (20) and starts the rally.
- Each rally is worth one point.
- Player B must hit as many as they can into a 2.5m square.
- Player A situated behind the square must hit a consistent return back into the go zone (zone 1).
- Player B must get the ball into the square to score.
- Every ball in, is a point.



Progression 2

- To progress and increase the difficulty, Player A changes to hitting into the no zone (zone 2).
- Same rules apply; when you win a rally, you win a point, if you lose a rally, you lose a point.
- Player B also loses a point if they fail to get the ball into the 2.5m square.



Progression 3

- Change the 2.5m square to different areas of the court and/or decrease the size of the square.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Serve and return of serve

Peter Taylor

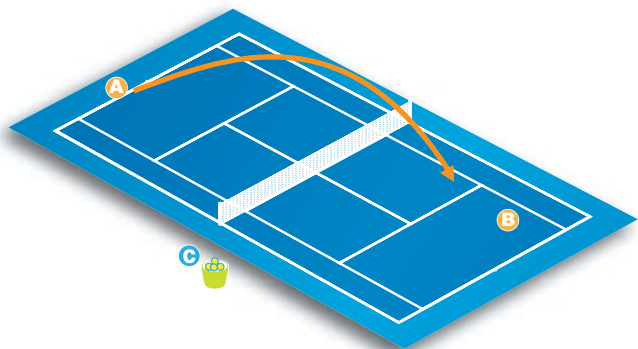
TA Club Professional

Stage: cultivate (15–17 years), performance (17+)

Focus: competition/tournament

Equipment: N/A

Time: 15 mins

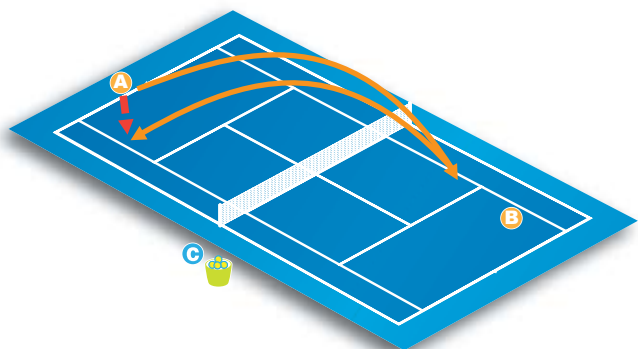


Objective

To develop the serve, the second serve and the return of serve under matchplay conditions.

Progression 1

- Coach to score as players play a five game set. Start games at 30/30 and play a killer deuce (i.e. no advantage points).
- Once a player reaches five games, they are the winner and can rotate to play a more advanced player.



Progression 2

- This time, play a tiebreak only. First to seven points.
- If a player double faults, they accumulate 10 exercises for the end of the game.
- Exercises must be optional and beneficial e.g. knee jumps, push ups, laps of the court etc.
- This encourages players to focus on all serves and returns and take the activity more seriously.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

First to 100 points

Glenn Hamilton
TA Club Professional

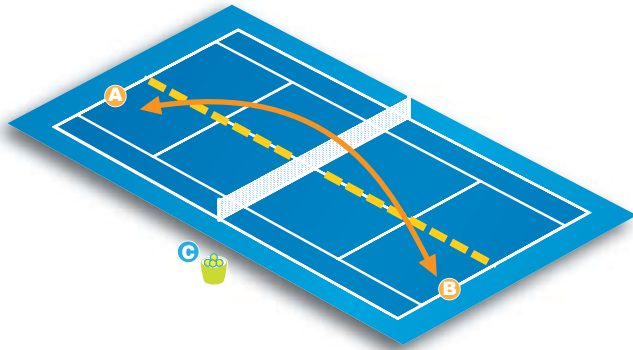
www.tennisblue.com

Stage: cultivate (15–17 years), performance (17+)

Focus: physical, tactical, mental, competition/tournament

Equipment: cones, spot markers

Time: 20–30 mins



Objective

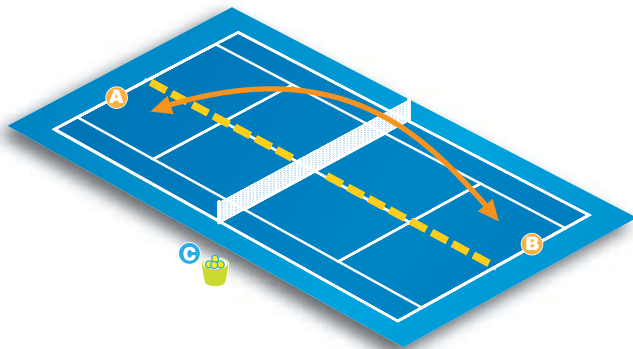
To improve consistency and the mental and physical strength of developing tournament players.

Progression 1

- One on one on half a court, including tramlines. Players underarm serve and rally using any shots and count every ball that goes over the net.
- When an error is made and a point is won, the winner receives the number of points equal to the number of balls over the net in the rally.
- Players add on to their score each time. The first player to reach 100 points, wins.
- This teaches the player to grind and believe that as per a real match, it is never over as a great rally can get you back into contention.

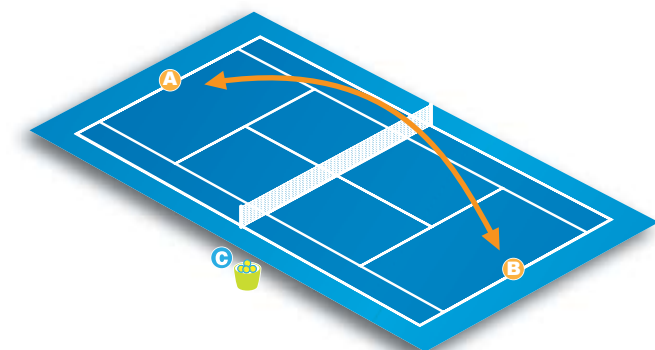
Progression 2

- Progression can be to play in another direction e.g. forehand cross court.
- Competition can be extended to the best of three sets e.g. forehand cross court/ backhand cross court/ down the line.



Progression 3

- To increase the challenge, use the entire singles court.
- Tactics will become more important as shot selection now includes rally defence/attack options while still having the pressure of not giving away vital points.
- The player leading may choose to be more aggressive to win the point, while the losing player may choose to be more solid, maintain depth and use defensive shots.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Beat the champ

Chris Price

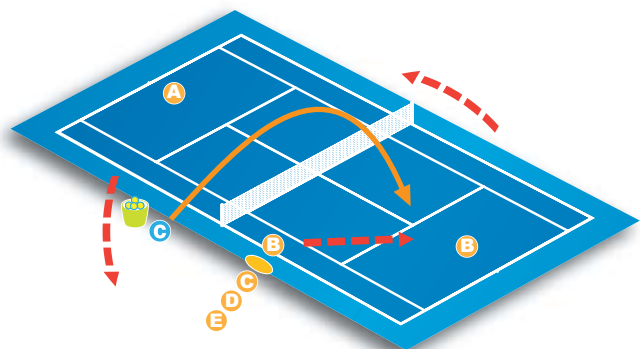
TA Junior Development

Stage: cultivate (15–17 years), performance (17+)

Focus: physical, tactical, competition/tournament

Equipment: spot markers

Time: 15–20 mins



Objective

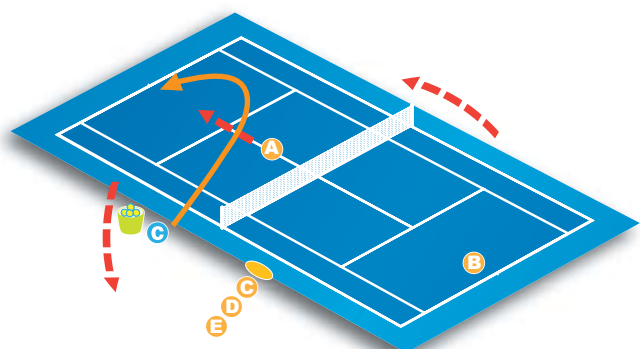
To teach players how to recover in a point after being lobbed at the net, while participating in a fun, enjoyable and competitive game.

Progression 1

- A champ begins at the coach's end at the baseline while there is any amount of challengers lined up at the net pole.
- Coach feeds the ball over the head of the challenger first in line, which they return and play the point out with the champ.
- If the challenger wins the rally, they are the new champ and will play down the coach's end.
- If the champ wins the rally they receive one point. The first player to reach five points is the overall winner.

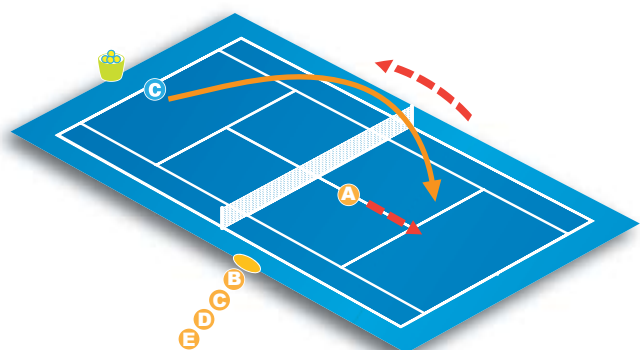
Progression 2

- To progress, reverse the positions so the champ is lobbed instead of the challengers.



Progression 3

- To increase the challenge, play beat the coach.
- The challengers now take on the coach after being lobbed.
- Players score every time they win a point and remain on court until they lose.
- The first person to score five points against the coach is the winner.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Deceive

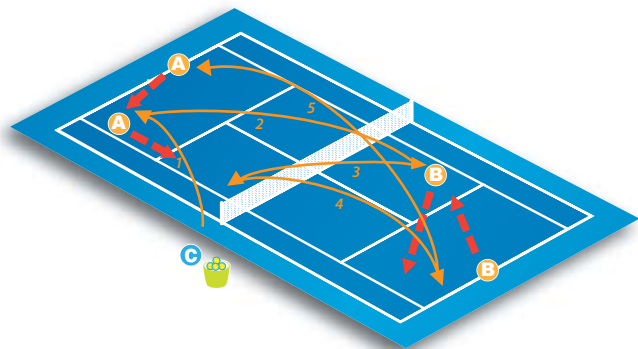
David Holland
TA Club Professional

Stage: cultivate (15–17 years), performance (17+)

Focus: tactical, competition/tournament

Equipment: N/A

Time: 10 mins

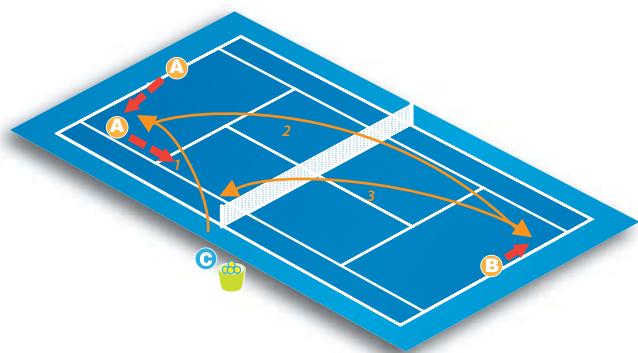


Objective

To out manoeuvre the opponent to win a point.

Progression 1

- Players start at opposite ends of the court.
- Coach feeds ball to Player A. Player A returns sharply across court.
- Player B should return with an even sharper angle out to the sideline.
- Player A attempts a deep ball to the baseline.
- Player B returns a topspin ball to the area where Player A started at.



Progression 2

- This time, Player B attempts to use the sharp angle to take Player A way out of the court area and open up a winner on return.

Progression 3

- Now, Player B selects a topspin lob to ensure Player A cannot reach or return the ball.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

"I" formation

Terry Saunders
TA High Performance

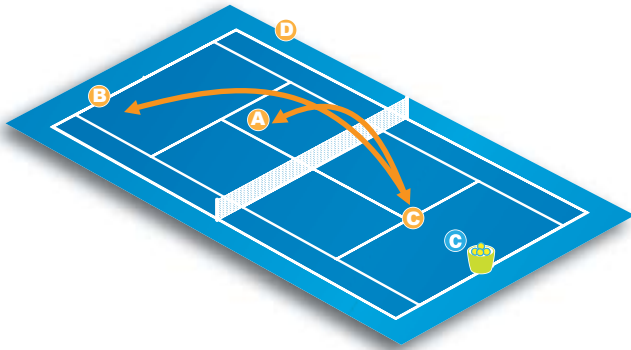
www.tss.qld.edu.au

Stage: cultivate (15–17 years), performance (17+)

Focus: physical, technical, tactical

Equipment: N/A

Time: 20 mins

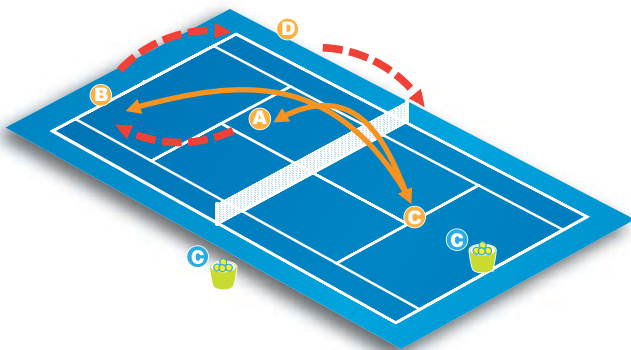


Objective

To provide maximum intensity and work efficiency for three to four advanced players.

Progression 1

- Send two players (Player A and B) down one end, while another player (Player C) up the opposite end.
- Player C feeds to the forehand side of Player B who returns the ball to Player C.
- Player C volleys to Player A, who returns the volley to Player C, who volleys to Player B's backhand.
- Play out the point.
- Players A and B must alternate shots to Player C.
- Player D clears the court of any stray balls.
- Rotate players in a clockwise direction after three to five minutes or certain number of balls.
- The focus of the activity for Player C is to:
 - play continuous balls at the net to various court positions
 - alternate between reflex volleys to Player A and normal net volleys to Player B
 - control the direction of the ball and depth/difficulty of feed to Players A and B.
- The focus for Player A is to:
 - concentrate on Player C and read the type/position of volley
 - learn when and how to adjust court position after every shot, working in cooperation with Player B.
- The focus for Player B is to:
 - read depth, wideness and difficulty of the ball to attacking or defensive tennis
 - work on movement patterns including footwork and recovery
 - be tested on speed endurance, agility, consistency, control and ability to read play.



Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

I'm up

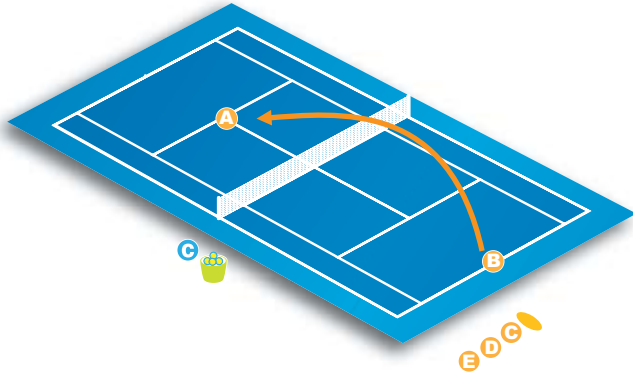
Andrew Roberts
TA Club Professional

Stage: performance (17+)

Focus: tactical, competition/tournament

Equipment: spot markers

Time: 15 mins

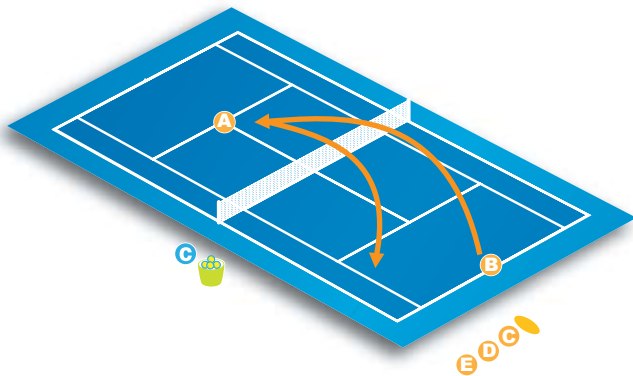


Objective

To work on volleys, focussing on consistency and anticipation.

Progression 1

- One player begins at the baseline and can feed any way they like to the net player. The feed must be hit towards the net player and once it has been made, the ball is in play and the point is open.
- The aim for the baseline player is to win three points in a row.
- There will be players waiting behind the baseline, ready for their turn.
- Players at the baseline play one point each at a time.
- If a baseline player has won two points in a row, they must tell the net player "I'm up".
- Then, if they win that third point in a row, they swap with the net player.
- If a baseliner loses a point, their score goes back to zero.



Progression 2

- Add in penalties for when a player makes a mistake with a feed, cannot get a racquet on the ball after the first volley or if the net player misses the first volley.
- Penalties may be double knee jumps, push ups, sprints etc.

Key



Coach



Buckets



Spot markers



Ball direction



Player



Hoops



Drop down lines



Player movement

Australian Grand Slam Coaches Conference 2009 attendees/contributors to this manual

Aaron Fox
Alana Browne
Alec Pero
Allan Nash
Allison Miller
Andrew Roberts
Ann Layman-Welke
Brett Lennard
Bruce Fraser
Charles Noble
Chris Price
Christopher Forwood
Colin Grace
Colin Mander
Craig Gallagher
Cynthia Doerner
Damon Lucht
Darren Bradley
David Holland
Dean Carter
Dean Schipanski
Dylan Edgley
Elizabeth Peers
Emmanuel Gauci
Fairlie Lamond
Gareth Constance

Jim Kurti
Glenn Hamilton
Greg Royle
Ian Pickering
James Haslam
James Salter
Joan Nicoll
John Tessier
Jon Coleman
Julie Dybendahl
Julie Gordon
Justin Yeo
Kelvin MacLean
Kristine Richardson
Larissa Nicoll
Marco Persi
Mark Mills
Matt Henderson
Matthew Blackley
Michael Whiter
Mike Barrell
Natalie Dash
Neil Heyme
Nick Caines-Zaicew
Nick Carney
Nick Hughes

Pat Coburn
Paul Mahoney
Pepper Hewitt
Peter Clifton
Peter Georgiades
Peter Le Surf
Peter Owen
Peter Staples
Peter Taylor
Raju Jubbal
Richard Bruce-Smith
Rick Willsmore
Robert Jamieson
Ross Orford
Roy Malpass
Rufus Keown
Sam Giess
Sam Soo
Scott Fletcher
Stephen Halls
Terry Saunders
Tina Dodd
Warren Foote
Wayne Hampson

Your feedback is important to us!

Click this button to email your thoughts on the Tennis Australia's favourite activity manual.

