Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ out of 10

Date: \_\_\_\_\_\_\_\_\_\_

1) Hit 8 forehand RAILS in a row that land within the forehand ALLEYWAY and that land past the red painted SMALL BOX (Service Box) on the floor.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Hit 5 backhand RAILS in a row that land within the backhand ALLEYWAY and that land past the red painted SMALL BOX (Service Box) on the floor.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Hit from the “T” 7 forehands and 7 backhands ALTERNATING in a row that hit FRONT WALL - SIDE WALL and land where you are standing.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) Hit 7 SERVES from the left hand side that hit the FRONT WALL over the service line and directly hit the opposite SIDE WALL, bounce once on the FLOOR in the right Quarter Box, then touch the BACK WALL.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) Hit 7 SERVES from the right hand side that hit the FRONT WALL over the service line and directly hit the opposite SIDE WALL, bounce once on the FLOOR in the left Quarter Box, then touch the BACK WALL.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6) Run 3 sets of 3 Star Footwork Drills.

1St Set of Three \_\_\_\_\_\_\_\_ 2nd Set of Three \_\_\_\_\_\_\_\_ 3rd Set of Three \_\_\_\_\_\_\_\_

7) Bonus question: If player A hits player B with the ball as it is heading directly towards the front wall it is a stroke for player A? True or False

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ out of 10

Date: \_\_\_\_\_\_\_\_\_\_

1) Hit 8 forehand RAILS in a row that land within the forehand ALLEYWAY and that land past the red painted SMALL BOX (Service Box) on the floor.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Hit 5 backhand RAILS in a row that land within the backhand ALLEYWAY and that land past the red painted SMALL BOX (Service Box) on the floor.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Hit from the “T” 7 forehands and 7 backhands ALTERNATING in a row that hit FRONT WALL - SIDE WALL and land where you are standing.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) Hit 7 SERVES from the left hand side that hit the FRONT WALL over the service line and directly hit the opposite SIDE WALL, bounce once on the FLOOR in the right Quarter Box, then touch the BACK WALL.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) Hit 7 SERVES from the right hand side that hit the FRONT WALL over the service line and directly hit the opposite SIDE WALL, bounce once on the FLOOR in the left Quarter Box, then touch the BACK WALL.

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6) Run 3 sets of 3 Star Footwork Drills.

1St Set of Three \_\_\_\_\_\_\_\_ 2nd Set of Three \_\_\_\_\_\_\_\_ 3rd Set of Three \_\_\_\_\_\_\_\_

7) Bonus question: If player A hits player B with the ball as it is heading directly towards the front wall it is a stroke for player A? True or False

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_