



## The Drills

1. **The Famous Five:** 5 shoulder high balls side to side cutting the corner of the court. The player must hit cross court at a target 2/3s of the way up the side of the court.
2. **Gimme Five and a Finish.** 5 loopers followed up by an attacking forehand into the space.
3. **3 Cross, 1 Line:** 3 shots cross court with no angle, open stance, 1 shot down the line neutral stance.
4. **Push, Block, Finish:** Push volley / half volley behind the service line, block from a big shot and finish on the last
5. **Block, Block, Smash:** 2 Block volleys, 1 smash
6. **5 Ball Scramble** Get 5 balls back in court any way you can.
7. **Inside out and Inside In:** 3 loop forehands inside out then a driving down the line forehand
8. **Drop the drop, Lob the Lob, Finish the point** Sprint from the baseline drop shot the drop shot, lob back the lob( the lob must land 1m from the baseline), finish the point
9. **Steady Eddie:** 20 shots and counting the quality
10. **Serve and Volley:** They serve and come straight in to three hard volleys
11. **Ball Machine:** They practice what they want to practice and you keep hitting it to that

## Key Areas

1. A quality trade means it's rising by the time it reaches the baseline
2. Keep a count so you can feed back statistics

## As a feeder

1. Always have a second ball ready
2. Don't miss twice in a row
3. Make the ball relevant to the player
4. Check if they want more Height, Depth, Direction, Speed or Spin
5. Drop feed or volley feed but is your court position relative to the drill?