

# Slamin Tennis & Fitness - Hitting Drills

- designed by Vicky Lee

## GROUNDSTROKES - Crosses and Lines:

**Activity:** Hit cross court f/hands only, then cross court b/hands only, then down each side line.

### Progressions:

- 1) Players must get 50 shots in a row in. Counting only their own shots, if hitting partner makes an error, it doesn't matter count your shots in.
- 2) Rally cross-court until someone hits the ball in the service box, then attack down the line and play the point out.
- 3) Rally cross-court until someone hits in the service box, approach the net and play out on that side of the court.
- 4) Figure 8 - one player hits cross-court only and the other down the line.
- 5) Figure 8, first to 11 points, losing a point if you hit the wrong direction or into net etc.
- 6) Rally cross-court, one person must be on the baseline taking everything on the rise, they are not allowed to move back. Can also be completed down the line.
- 7) Rally cross-court with one ball, and as soon as someone makes a mistake, the nearest person must sprint collect the ball and start the rally again. (Great for when you are short on time and can keep the heart rate elevated)
- 8) Half court /full court - one player stands on the f/hand side, and alternates hitting strokes to the f/hand side, then the b/hand side of the hitting partner. Ultimately one player covers only one side, the other players runs the whole court, having to return every ball back to the one chosen side. Alternate sides.
- 9) Adding machine - play first to 50 down the line or cross-court, you score two points if it lands over the service line but lose a point if it lands out, in the net, or drops short in the service box.
- 10) Up and down - players rally cross-court or down the line, with a tennis ball in front of them. After each stroke they must pick that ball up or put that ball down between each stroke. So ultimately they are either picking up a ball or putting it down between in stroke in the rally.
- 11) Up and down Version 2 - Same as version above but instead of picking up a ball, they must move up and around a cone or marker between each stroke. This puts a lot of pressure on the recover between strokes.
- 12) One up, one back - play first to 11 points on cross-courts and lines, one player at the net the other at the baseline, half court only. The person at the net starts at the service line and closes into the net. Finish first to 11 points then players alternate roles.
- 13) On the full - One player is on the service line, the other player opposite baseline on the cross court. The baseliner serves to the net player who must attempt to volley on the full and play the point out. Add in scoring for a challenge.

