

MCHS

Date: May 05, 2015

Time: 1:59 PM

Practice Duration: 1 hour 30 minutes

Days until match: 20

Number of courts: 6

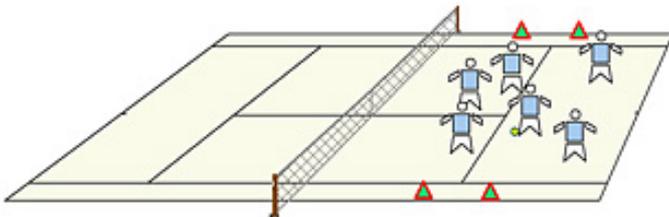
Coach: Coach Kennedy

Assistant(s): Coach Jones

Comments: Hot and humid. Be sure there is plenty of water on court..

Warm-up - 20 minutes

Activity: Team soccer

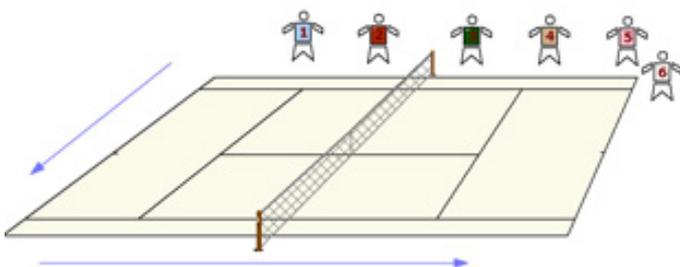


Goals: Using a tennis ball, players split up teams and play soccer to warm up before a match. Use one or two balls based on number of players.

Organization: Use one side of the court and set up temporary goals with cones, tennis bags, or whatever is handy and play soccer. No goalies.

Keypoints: A fun way to get warmed up if there is a shortage of courts to hit on or a fun way to switch up warm-up exercises.

Activity: Dynamic stretching



Goals: This is a dynamic stretch and warmup combined. When completed, players will be ready to start hitting and will feel able to start any drill.

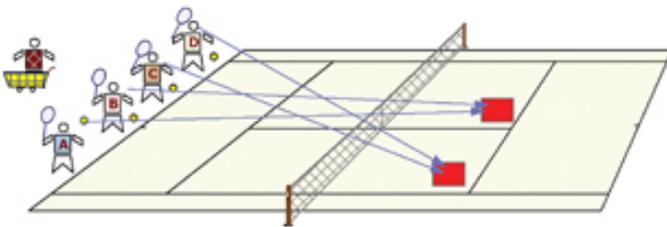
Organization: This can be a follow-the-leader type drill.

1. One lap – jog around the court, slow speed
2. One lap – side steps facing court
3. One lap – side steps facing away from court
4. One lap – butt kicks
5. One lap – march with high knees
6. One lap – skip with high knees
7. One lap – carioca

Keypoints: This warm-up will replace static stretching. It can be harmful to static stretch a cold muscle and these movements get the body warmed up and loose to begin a practice. Use static stretching after practice to help flexibility and cool down.

Drill - 30 minutes

Activity: Serve to targets



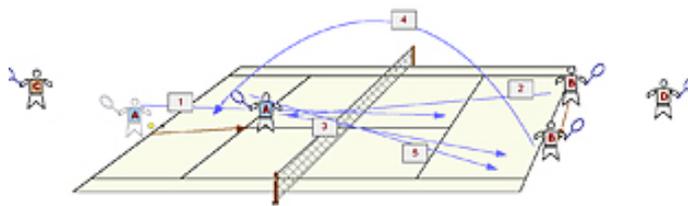
Goals: The goal of this drill is to practice serving while hitting specific targets.

Organization: Players line up along the baseline and hit both first and second serves to respective targets (make sure targets are large enough to be hit easily). After players hit both serves, they then switch to another position. Players earn 1 point each time they hit a target. Whoever hits a target calls out the name of another player who must go pick up three balls. The first player to 7 points wins. You then switch the location of the targets to practice other serves.

Variations: Use only second serves. Use smaller targets with more advanced players. Keep score as a team.

Keypoints: Make sure players are hitting both first and second serves. Players should focus on not hitting serves into the net. Emphasizes variety in serves.

Activity: Perfect point



Goals: This live-ball drill has players using the serve-volley tactic with an emphasis on attacking the opponent's backhand.

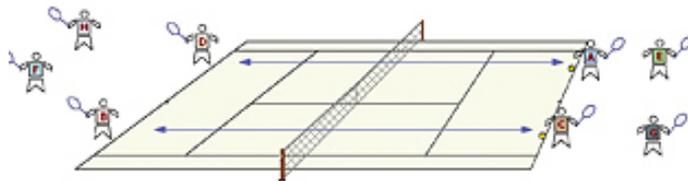
Organization: Player A serves to the backhand of Player B and comes in. Player B tries to hit the return low to the feet of Player A. Player A then volleys to the backhand side of Player B. Player B hits a lob, then Player A hits the overhead to the backhand side of Player B. Players rotate and begin a new sequence.

Variations: Play doubles points with all shots going crosscourt. Allow one serve only. If server doesn't get to the return before it bounces, rotate players. Keep score.

Keypoints: Focus on making good serves and first volleys. Servers must try to hit return before ball bounces. Returners should focus on making the return to keep drill going.

Play - 30 minutes

Activity: Singles/doubles drill



Goals: The goal is for teams to win 11 points while playing singles points down the line and then a doubles point using the entire court. The idea is to win both points being played, but as soon as 1 point is won, then the ball that is still in play can be hit anywhere in the court, turning the point into doubles. Players should be ready to play all the shots needed: groundstrokes, volleys, overheads and lobs. They should also be ready to cover their side of the court as soon as one ball is missed or put away and the other ball becomes a live doubles point.

Organization: Players A and C feed ball to Players B and D. Using half the court, play out the point. When one of the singles points ends, the winning player earns a point for his/her team and the doubles point begins with the other ball that is still in play. Players must be ready to cover any shot hit once the doubles point begins. If both singles points end at the same time, the winning player earns a point for his/her team. Rotate after both points end and play to 11.

Variations: Have player serve to start the point (either one serve or two). Have servers serve and volley. Have returners follow the return to the net.

Keypoints: Players should focus on consistency and learning to win points by getting opponent out of position on only half the court. Players should also work on reacting to shots no matter where they are when doubles point begins.

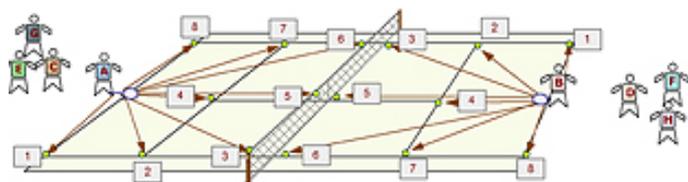
Activity: Tie-breakers

Goals: Players get practice on several things:

- 1) Practice tie-breakers under pressure for match play
- 2) Have an abbreviated scoring system if needed

Conditioning - 10 minutes

Activity: Spider drill



Goals: This drill is an excellent conditioning drill, and helps players make quick stops and starts and change-of-direction movements.

Organization: Players begin with a racquet on the ground at the baseline center mark. They then must run to each ball, pick it up and run back to place it on the racquet. When all balls are on the racquet, the next player rotates in and does the drill by taking the balls off the racquet and placing them in their designated spots. Repeat drill with other players as necessary. Variations: Change the sequential order. Have players compete as teams. Make players use a shuffle step as the first step to and from the balls to simulate the movement of a rally.

Keypoints: Have players focus on quick starts and stops.