

BC High School Tennis Clinic

Grips

Grips are very important! We want to introduce the right grip for the right shot from the very beginning! That is what makes teaching easier in the long run. Using the proper grip for the proper shot is crucial.

1. Forehand grip (groundstroke)
2. Backhand grip (groundstroke)
3. Continental grip (volleys, overhead, serve)

Groundstrokes drills/ practice

Generally, once we have the proper grip we show swing motion. It is very important to have the point of contact in front of us (standing sideways towards the net) and not next to us or behind. Another very important part is to remind kids that we must watch the contact *racket – ball* and not the other side of the net.

1. 3 forehands a cross starting in the left corner of the court on a baseline.
2. 3 backhands a cross starting in the right corner of the court on a baseline.
3. 4 balls (forehand, backhand, forehand, backhand) starting in the middle of the court on the baseline. Ideally going cross court.

In those drills the coach would stand on the other side of the net and feed the balls. If you need to focus a little extra on the technique and swing, you can stay on the same side with the player and toss the balls to them.

Volleys & Overheads drills/ practice

The proper grip is a big part of success. Make sure the player has a continental grip and turns their shoulders slightly with the racket in front of them. On the overhead the player must stay sideways towards the net and keep the hand that does not hold a racket up and point at the dropping ball. Start swinging as soon as we see the ball starts dropping down.

1. Split kids to 2 lines, one on the forehand side and one on the backhand side. Feed them 2 balls and switch. Also, change the line after you hit 2 shots so you can work on both volleys and the players are keep moving not just standing and waiting.
2. One person at a time forehand volley, backhand volley, touch the net and getting an overhead. Good drill that helps with the footwork and adjusting positions at the net.
3. Another great drill/game is reaction volleys. 4 players at the net. The coach feeds a ball, and the point starts. This drill helps the players with faster reaction at the net. It is very important that all players keep their rackets up and in front of them because of the fast pace.

Serve & Return

The most important shots in tennis! Make sure the player has the right grip and stands. 70% of a success on our serve is the toss! On the return it is very important to have a short swing and open the racket when our opponent is hitting the ball.

1. The simplest drill is to have 4 players at the same time 2 serve cross court and 2 return cross court. After a while you switch roles, and the other players will serve & return.
2. A fun way to work on serves is a game!
Split your players into 2 teams. Put 8 balls on the singles sideline with a little space in between each ball. Put the basket of balls by the back fence or the net (your choice). One player from each team serves one at a time. If the player makes a good serve the next person in the line takes one of the balls from the ground and will serve the ball. If the player misses the serve the next person in the line must run and get a ball out of the basket. When there is a last ball on the ground and the player takes it and misses the serve the next person in the line must take 2 balls out of the basket and put one on the ground singles sideline and the other one, they must serve. The first team to get rid of all the balls from the ground wins the game!

Doubles and singles games/drills

1. Split the players into 2 teams. One team on each side. One team will approach the other will defend. On each team you have one player up at the net. Everyone else is in the back on the baseline. The coach will feed the ball to the team that is approaching, and the point starts. The approach must go cross court. Once the point is over the player that was on the baseline goes and takes the net player spot and the next person in the line goes on the baseline. Same rule for both teams. The game you play first team to 11 points. Then you switch and the team that was approaching will be defending and vice versa. This game can be played on both sides, forehand cross court and backhand cross court.
2. Doubles Olympics is another very good game. Par up your players. You will have on the top side 2 players and everyone else on the other side. The players on the top are both on the baseline. It is 2 vs. 2 so the 2 players on the other side will start one up one back. The player on the baseline will approach. If the team that was approaching wins the point the player that was at the net gets a volley. If the players win the point again the player that was approaching will get an overhead. If the team wins all 3 points, they take over the spot at the top. If the team loses any of the points they go back to the line and the new team is up. For this game/drill you can also use both forehand and backhand sides.
3. Terminator is another game/drill that will help with developing skills. 2 players at the net and everyone else on the other side starting in the left corner. The coach feeds the ball right to the middle of the court and the point starts. It is 1 vs. 2 players. If the player that starts at the baseline wins the point, they take the spot of the person that missed at the net. The player that is by themselves has the full court including doubles alias. The 2 net players can only play on the singles court. This game you

start with forehands then you move the line to backhand side and you can also do inside out forehand.

4. Up the river down the river. It is a game where you split players on all the courts you have. You par the players up at the start. They play singles half courts down the line. The coach picks which court is the top court, and which is the bottom. It is a time game, so the coach decides when it's over. Usually, the game runs anywhere from 2-4 mins per game. When the coach says stop, the players that are winning will move up towards the top court and the players that are losing are moving to the bottom court. The players are moving up or down only half of the court. You can play this for as long as you wish and as many rounds as you want to.
5. Live! This game is a doubles game. You have 4 players on each court. You start with 2 balls in play. The players go down the line or cross court (the coach can choose). Once one of the players misses, they call live and the other ball that is still in play becomes the one that all the players play with as doubles. Each point counts. You can play this game by time or whatever points you want to. I usually do first team to 11 points. The players feed the ball themselves and alternating each time.