

## **SAMPLE PRACTICE PLAN**

### **Warm Up**

- Three laps around bank of courts OR “big loop” (one mile around park with hill) OR two ladders across three courts
- Dynamic Stretches from sideline to sideline – knee hugs, quad stretch walk, frankensteins (high kicks), drinking birds (one leg balancing toe touch walks), cariocas, side shuffles, lunges, squats, arm windmills, torso twists
- Ball warm up, 10 in a row of all the things: short court, volleys, baseline, cross-court, cross-court other way

### **Drills & Point Play**

- Court 1: Challenge match singles or doubles
- Court 2: Doubles players
  - Swarm drill, coach feed - one ball middle for ad player to poach, one ball line for the player who switched behind poacher, one ball cross for original poacher to put away
  - Crash - 2 v. 1, 2 are at baseline and may not lob on first ball, 1 must feed a ball to mimic an approach shot and follow to the net – the 1 can switch to other side after winning 4 points
  - Batting practice - baseline players hitting down line at net players, net players must angle ball off court to win point, starting from service line and moving in- win 4 points to switch ends
  - Serve/return warm up, play out points
- Court 3: Singles players
  - Cardio X-drill for points, one person hits down the line, one person hits x-court
  - Drop shot/lob practice - practice off of feeds, then progress to point play
    - Give bonus points for play that includes a drop shot or lob
  - Serve/return warm up, play out points
- Court 4: Ball machine – repetitions (could also have coach feed)
  - Doubles players – hit approach shot, maintenance volley from service line, mid-service box volley, close the net for angle volley, rotate
  - Singles players – hit forehand x-court, backhand x-court, back up to hit inside out forehand, move in to volley

### **Team Game**

- Olympic – doubles, kings are on baseline. Challengers have to win one point off baseline feed, one point off volley feed, one point off overhead feed
  - Can be made easier by only requiring 2/3 points won
  - Can be made harder by requiring challengers to come to net after first ball is fed
- Skyball – doubles or singles, kings are on baseline. Coach is mean-feeding to kings. Challengers must win 2 points to get over, when they win the 2<sup>nd</sup> point, coach counts down 3-2-1 and feeds a ball high and deep into the court for the new kings to run down
- Ring-ring – singles. Kings are on baseline, can be played down the line or cross-court. Kings cover half of court, center hash to doubles sideline. Challengers feed ball and play out point. After each point, challenger has to play someone else. When challenger has two points, they say “ring-ring” to the next person to let them know they will take their spot if they win that point.
  - Can be made harder by having players lose points if they lose the ring-ring point.