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188) Bum Rush:

Learning to get to the net at all costs.

Level: 3.0 & Higher

Player 1 plays against player 2 while players 3 & 4 wait on deck to do the same.

The players on the pro's side of the court feed the ball. Once they feed, they wait to hit **one more shot** and then they **must rush the net**. All points are played out cross-court only and half a court

Rotation: Player 1 plays against player 2 (deuce court) and then player 1 plays against player 3 (add court). Then the players rotate one spot around the court to play a variety of players. Watch the video to see the rotation.

This drill teaches players to come in to the net even off of tough shots. It also has the benefit of getting players to hold their baseline and not back up. Players typically get a lot of practice on their transition volleys which is important.

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