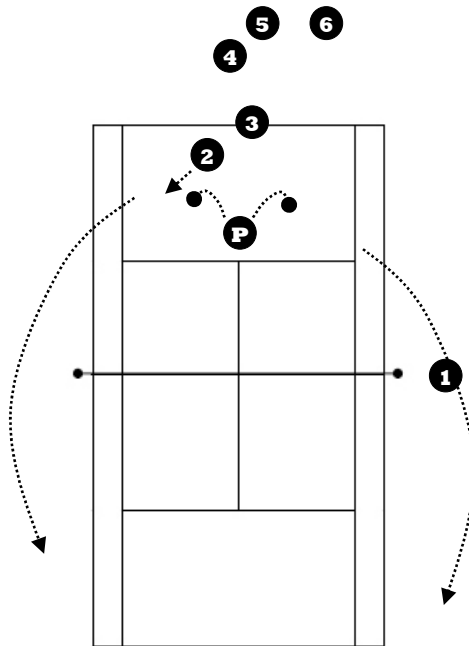
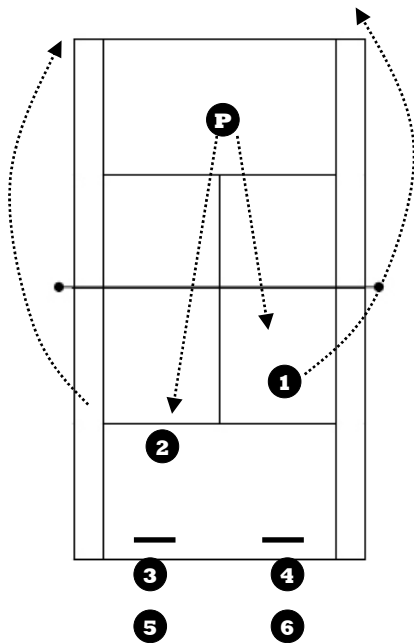


DEAD BALL DRILL

TENNISDRILLS.TV



← Part 1



← Part 2

87) Sall Ball:

Submitted by Kevin VanHaitsma

This drill moves many players around the court for a great workout.

Level: All Levels

Part 1 – Players start in a single file line at the baseline and the pro hand-feeds a short ball so the players must move into the court and “sting” the ball. Then after a single shot, the players run to the other side of the court and touch the fence and form 2 lines at the other baseline.

Part 2 – Pro now turns around and feed with his racket so each player gets a short ball and a volley, then the players run back to the original side where they started, touch the back fence and repeat the process.

This is a great drill to move a lot of players and very popular in Cardio Tennis classes.