



### 1) Foam Ball Warm Up:

Great option for warming up when you first get on the court.

Warming up on half of a court and from the service line (short court) is a common way to warm up for all levels of players including pro players. However, many recreational players do it all wrong.

Because they are standing so close to each other, they end up **bumping** the ball or swinging with very slow racket head speed. This is not a great habit.

Instead, we have found that if you use a foam ball in place of the yellow ball, players can accelerate through with their rackets while still being able to control the ball in such a short area.

This drill was shown to us by Greg Patton the legendary men's tennis coach at Boise State.