



24 player version

25) Ping Pong Groundstrokes:

NOTE: once you get over 12 players on a single court, it is better to make 6 mini-courts as shown in the diagram.

This drill has 24 players hitting groundstrokes on a single court.

Six mini-courts are going using foam or low-pressure balls.

Players hit one groundstroke and then switch out, so their partner can hit the next one, just like ping-pong.

Game is played cooperatively for a warm up.

Variation: Play the game competitively as mini-tennis game and do not allow volleys. All shots must be hit with under-spin, angles, and touch.