

One-on-One Doubles Workout

This One-on-One workout is designed for two **doubles** players that wish to make valuable use of their practice time. Instead of simply hitting or playing out points with no purpose, this program is a specific series of short games that will ensure that the players are getting the most of their practice time and practicing a variety of doubles specific skills. The entire work out should take about 90 minutes, but can be shortened by playing shorter games.

Game		Play Situation	Play to	Approx Time	Winner Player Initials
Warm-up like before a match.		-----	-----	5 min	-----
1	Cuban Davis Cup (cross-court alternating) Player 1 feeds the entire game from no-mans Comes to net when feed lands	Net Pass/Lobs	15 pts	8 min	
2	Cuban Davis Cup (cross-court alternating) Player 2 feeds the entire game from no-mans Comes to net when feed lands	Net Pass/Lobs	15 pts	8 min	
3	Net vs. Net (half court - straight ahead) Alternate feeds every 4 points – from no-mans	Net	15 pts	8 min	
4	One-on-One Doubles (Regular) With no-add scoring	Serve Return Net Pass/Lobs	1 set	20 min	
5	One-on-One Doubles (Ver 2) S/V on 1 st serves / Return & Charge 2nd serves	Serve Return Net Pass/Lobs	1 set	20 min	
6	One-on-One Bum Rush XC, then launch on short ball (underhand feeds)	Baseline Net Pass/Lobs	1 set	20 min	
7	Mini Tennis (slice & touch only) Only 2 serve boxes - Touch volleys are allowed	Net	15 pts	8 min	
8	Stuck (cross-court alternating) Start in zone 3 until short ball (Alt feed after 4)	Net	15 pts	12 min	
9	Serving “Horse” Using exit targets	Serving	“Horse”	5 min	