

One-on-One Singles Workout

This One-on-One workout is designed for two **singles** 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	One-on-One Singles - Deuce court Alternate serving every 4 points	Baseline	11 pts	8 min	
2	One-on-One Singles - Add court Alternate serving every 4 points	Baseline	11 pts	8 min	
3	Baseline vs. Baseline (ball is fed underhand) Alternate friendly feeds every 4 points	Baseline	15 pts	10 min	
4	Cuban Davis Cup (cross-court alternating) Player 1 feeds the entire game from no-mans	Net Pass/Lobs	15 pts	8 min	
5	Cuban Davis Cup (cross-court alternating) Player 2 feeds the entire game from no-mans	Net Pass/Lobs	15 pts	8 min	
6	Bum Rush full court / Attack on 1 st short ball	Baseline Net Pass/Lobs	15 pts	8 min	
7	One-on-One Singles PLUS On 4 th ball the use entire court	Serve Return Net Pass/Lobs	1 set	25 min	
8	Serving "Horse"	Serving	"Horse"	10 min	
9	10-point - Match TB	All 5 Play Situations	10	12 min	