



2) Stinger Drill:

Four ball drill that is set up like triples. Great drill for teaching the various levels of aggression in tennis.

Level: 2.5 and higher

Ball 1: Pro feeds a short sitter to Player 1 who must come in and hit a “stinger” to player 4.

Ball 2: Pro feeds a volley to 2, and point is played out.

Ball 3: Pro feeds another volley to 1 (who is now at net).

Ball 4: Pro feeds an OH to either 1 or 2.

Player 4 must let the first ball bounce and works on counter-punching skills. After the first ball, player 4 can come to the net for the rest of the points.

On ball 4, (lob) the defensive side works on the **reverse split step** and overall defensive skills. This is a good drill and allows pros to take time and review the 5 levels of aggression with their players.

V= Change the type of approach from stinger to an approach volley.

V= Play the same game to the BH side.