



27) Post Drill - Baseline Version:

This is a 1-ball one-on-one baseline drill.

Level: 3.0 and higher

Ball #1: Pro feeds player 1 a tough running FH and the point is played out against player 1 from the baseline.

If player 3 wins the point, he comes over to the “post” position (where 2 is) and 2 slides into the baseline position while 1 goes to the end of the line behind player 5.

If player 3 loses the point he goes to the back of his line.

One point is scored per point won on either side of the net.

V= Points that are scored on the Champs side (pro side) are worth 2 points.

V= If the rally goes past 5 shots, then both players get a bonus point to their score (encourages consistency)