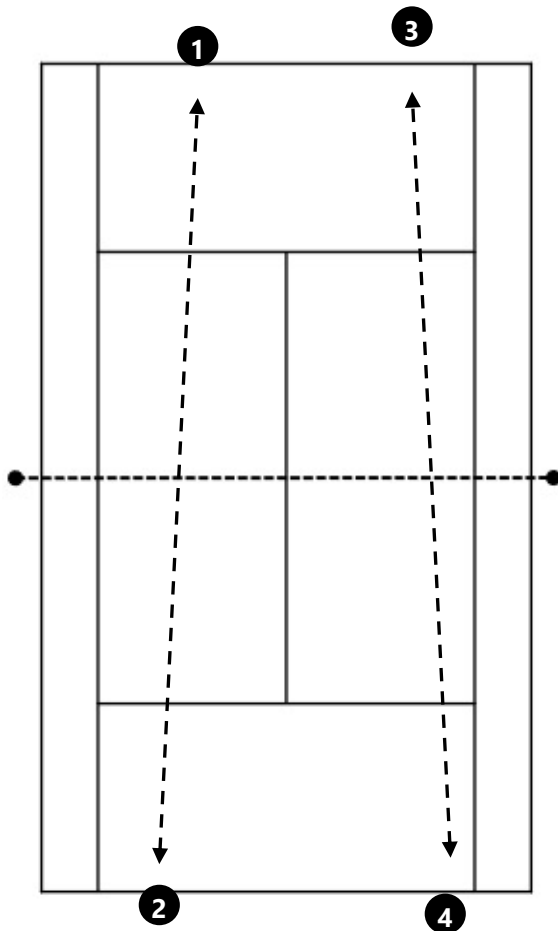


SINGLES DRILLS



C

187) Tempo Drill: Level: 2.5 & Higher

This drill gives players a tangible goal on their shots.

The goal is to hit as many balls as possible in the court in one minute. Players rally with a partner on just half of the court.

If the ball goes out of play, the players simply pick up from the same score with a new feed. **Feeds do not count towards the score.**

Players should do a baseline-to-baseline version and a net-to-baseline version. **Typical scores would be:**

Level	Baseline / Baseline	Baseline / Net
Beginner	10-25	10-25
Intermediate	15-30	25-40
Advanced	30-45	35-55

In theory, the net-baseline version will have a Higher score because there is less distance for the ball to travel between players.

However, this can be greatly affected by the player's volley skills.

The key in this drill is for each player to know what their number is so they can improve on their personal best.