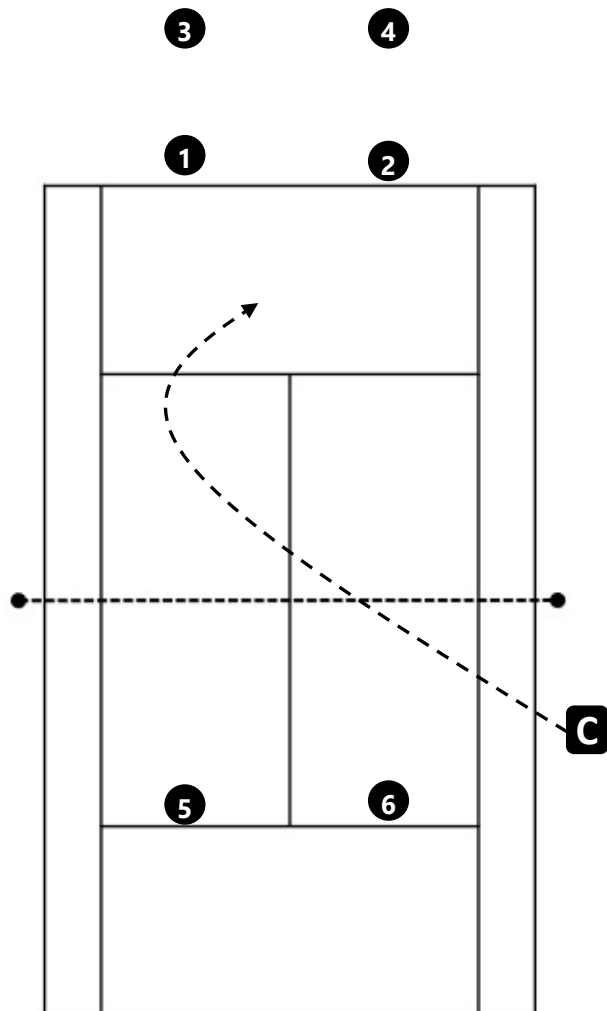


DOUBLES DRILLS



46) Olympic Tennis: Level: 3.0 & Higher

This is a great drill to work on digging out overheads that have been hit at the net team.

The net players are the champs, and the baseliners stay in until they win three points in a row and replace the net team or until they lose one point, and they rotate out.

Ball 1: Coach feeds a high lob to the baseline team, and they hit an overhead after the bounce and the point is played out against the net team.

Ball 2: Coach feeds the baseline team a groundstroke and the point is played out against the net team.

Ball 3: Same as ball two.

Note: If at any time the baseline team hits a clean winner on the net team, they automatically become the champions at that time.