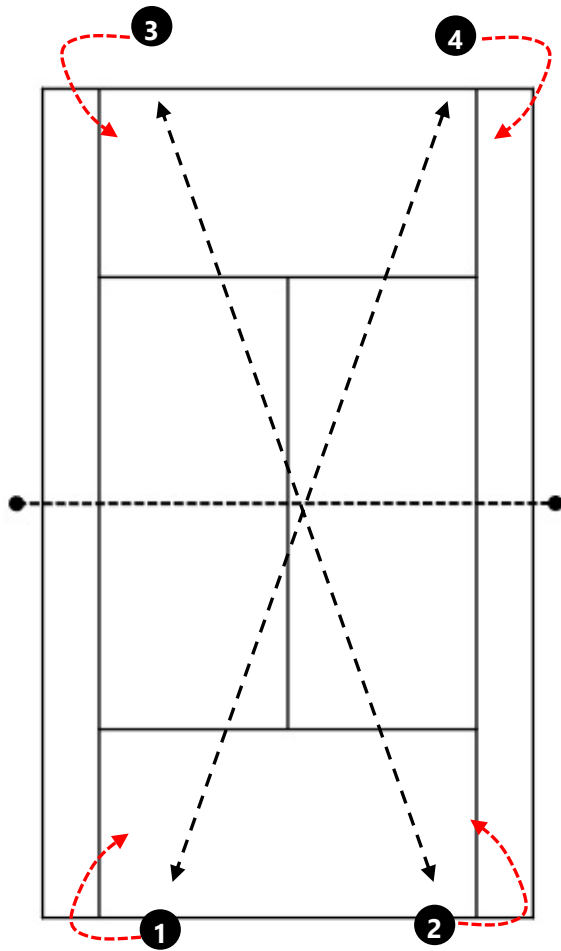


SINGLES DRILLS



33) Absorb & Rip: Level: 4.0 & Higher

This game teaches players to soften their hands to take power off the incoming shot.

This game is played cross-court only one two separate halves of the court.

Players 2 & 3 play against each other while players 1 & 4 do the same.

Either player starts the rally, and the receiving player must tap the incoming ball up in the air so it lands into their own no-mans land (must not land inside the service line) and then they run up and rip that next ball aggressively.

This pattern continues until one player wins the point. Keep track of the score by 1's and rotate players up and down the court.

We use this drill as a great way to teach our players how to take power off the ball which many players never even consider.

This is **not** an easy drill, so we do it with our more advanced players.

Variation: Play the same game straight ahead on half of a court.