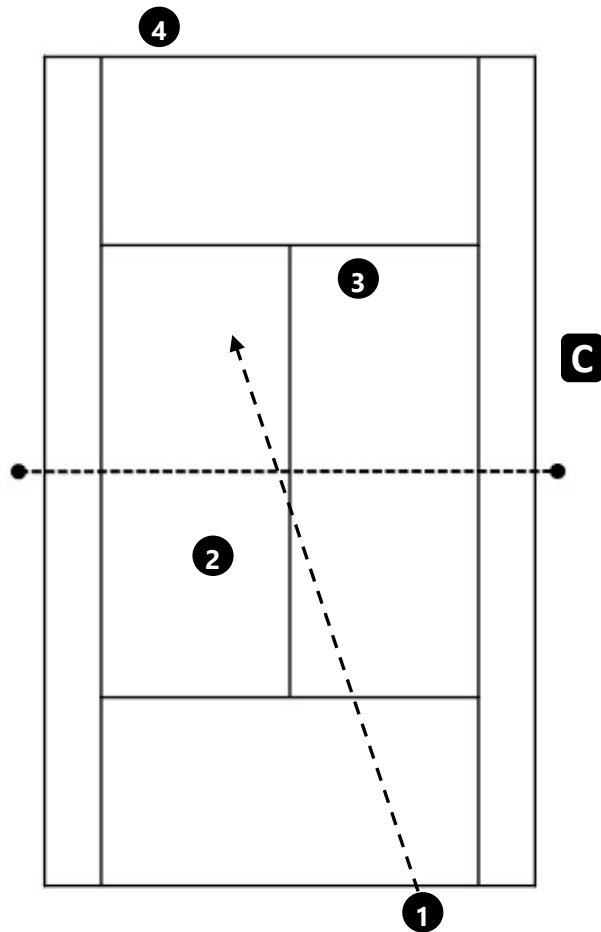


DOUBLES DRILLS



161) First to Sporty:

Level: 2.5 & Higher

This game tweaks the scoring to add pressure.

Doubles points are played out between two teams. The first point of each game is worth three points, so the winner of the first point starts the second points with a 40-love lead.

This is one of several games we use to tweak the score to add pressure to a practice session.

Whenever the coach can add pressure to a practice session it is a good thing because the players are less likely to choke in a real match.

In this drill, it is very common that players will choke more on this first point because it has triple value.

Players that struggle with serve nerves are often exposed in this drill.

Players continue to play an entire set using this scoring format.

Variation: This game can be done playing singles as well.