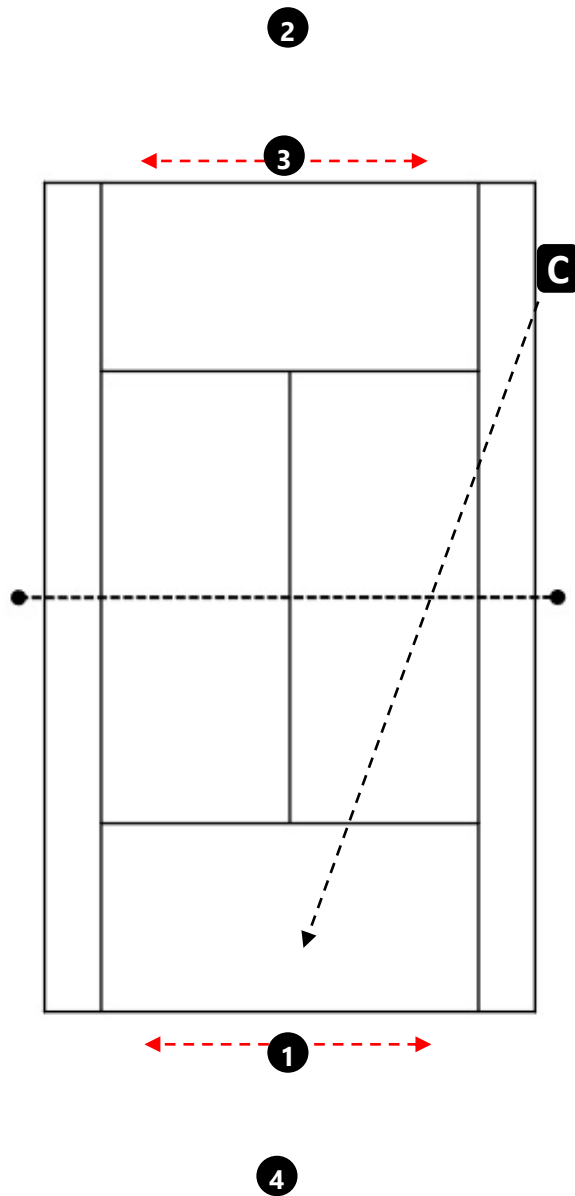


# SINGLES DRILLS



## 3) Boot Camp Groundies: Level: 2.5 & Higher

This is a tough groundstroke drill for advanced players.

This is a 3-ball drill. Players 1 & 3 start playing first while players 2 & 4 are on deck waiting.

**Ball 1:** Coach feeds a ball to player 1 who plays out the point from the baseline against player 3.

**Ball 2:** Same as ball 1

**Ball 3:** (this is the **money ball** and is **worth 2 points** to the player that wins it). The coach feeds a short sitter to player 1 who must rip an approach cross-court and follow it to the net.

Player 3 must work on defending and may even have to guess in advance where the ball will go. They are supposed to learn to **defend like crazy** on this ball.

After 3 balls, the players rotate ends of the court and players 2 & 4 move in to play the same game.