



Template for High School Tennis Practice

DATE:	DAY:	# DAYS BEFORE A MATCH:
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Conditions:	
Number of players:	
Number of courts:	
Type of Group: <i>National and Super Champ levels are considered "Competitive" and Champs and Zonal levels are Developmental"</i>	
National or low national caliber: <i>(players starting to or playing national tournaments)</i>	Number of players:
Super Champ caliber: <i>(players with excellent skills – still improving)</i>	Number of players:
Champs caliber: <i>(players with basic skills but not "players")</i>	Number of players:
Zonal caliber: <i>(players who need basic skills in most areas)</i>	Number of players:

Minutes	Practice Type
0:00 – 10:00	<p><u>Warm-up:</u></p> <p>Options: (After 2-3 minute jog around courts and light stretch):</p> <ul style="list-style-type: none"> • <i>Copy & paste (in the space marked below this paragraph) any of "Warm-up" drills from the "Practice Drills Library" for all groups</i>

Paste drill here →

Dynamic stretching

Type: Singles

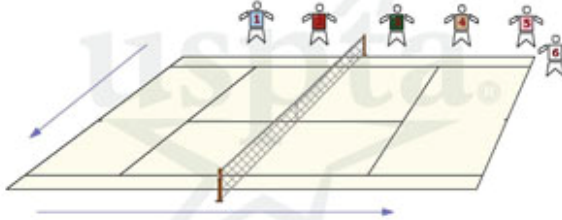
Category: Warm-up and stretching

Suggested time: 5-7 minutes

Level: All levels

Prepared by: U.S. Pro Tennis Association

Tennis organization: U.S. Pro Tennis Association



Drill description and goals

This is a dynamic stretch and warmup combined. When completed, players will be ready to start hitting and will feel able to start any drill.

Drill organization

This can be a follow-the-leader type drill.

1. One lap – jog around the court, slow speed
2. One lap – side steps facing court
3. One lap – side steps facing away from court
4. One lap – butt kicks
5. One lap – march with high knees
6. One lap – skip with high knees
7. One lap – carioca

Drill key points

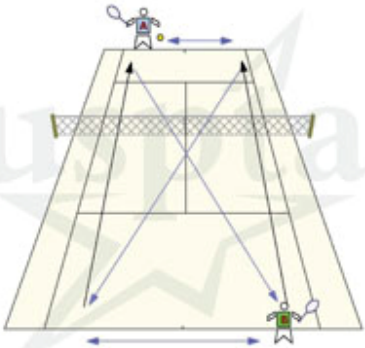
This warm-up will replace static stretching. It can be harmful to static stretch a cold muscle and these movements get the body warmed up and loose to begin a practice. Use static stretching after practice to help flexibility and cool down.

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10:00 – 20:00

Groundstroke warm-up: (1 on 1 hitting)

- **Copy & paste (in the space below marked this paragraph) any of “Warm-up Groundstroke” drills from the “Practice Drills Library” for all groups**

<p>Paste drill here →</p>	<div style="text-align: center;"> <h3>Crosscourt down-the-line groundstrokes</h3> <hr style="background-color: #4a5568; height: 10px; border: none;"/> <p>Type: Singles Category: Warm-up and stretching Suggested time: 10 minutes Level: Intermediate and above Prepared by: U.S. Pro Tennis Association Tennis organization: U.S. Pro Tennis Association</p>  <hr style="background-color: #4a5568; height: 10px; border: none;"/> <p>Drill description and goals</p> <p>This is a cooperative groundstroke warmup drill. Player A will rally crosscourt and Player B will rally down the line.</p> <hr style="background-color: #4a5568; height: 10px; border: none;"/> <p>Drill organization</p> <p>Pair up players of equal ability in both movement and stroke production. Emphasize hesitation split-step in recovery spot prior to continuing to opposite side for next shot.</p> <hr style="background-color: #4a5568; height: 10px; border: none;"/> <p>Drill key points</p> <p>Have players switch roles after five minutes. You can also have players hit a specific spin, i.e. slice down the line, topspin on crosscourt hits, or down-the-line backhands with slice, etc.</p> <hr style="border: 1px solid #4a5568;"/> <p style="text-align: center; font-size: small;">Generated by iTennisSystem - www.InterTennis.com</p> </div>
<p>20:00 – 23:00</p>	<p><u>Water break</u></p>
<p>23:00 – 35:00</p>	<p><u>Break out onto courts by Group Type and begin drills – Major Drill Segment #1:</u></p> <ol style="list-style-type: none"> 1. <u>Competitive</u> Drill #1 -- (Group 1) Court 1 2. <u>Developmental</u> Drill #1 -- (Group 2) Courts 3 & 4 3. <u>Coach fed</u> Drill #1 -- (Group 3) Court 2 <ul style="list-style-type: none"> • Copy & paste (in the space marked below this paragraph) any of drills from <u>respective lists</u> in the “Practice Drills Library”
<p>Paste drill here →</p>	<p>1. <i>Competitive:</i> _____</p>

Arc to arc

Type: Singles

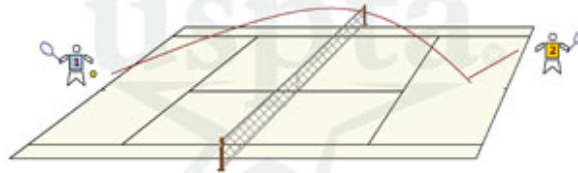
Category: Groundstrokes

Suggested time: 10 minutes

Level: Intermediate/competitive*

Prepared by: Tim Heckler

Tennis organization: U.S. Pro Tennis Association



Drill description and goals

This is a groundstroke drill with a specific focus on hitting arcing groundstrokes. Arcing groundstrokes are heavy topspin shots with high net clearance. These shots can force opponents to hit short, allowing a player to take control of a point. *Competitive with consequences.

Drill organization

Have players start with a drop hit. Play out the point, having players hitting arc forehands and backhands to control the point. *When competing during drill player loses point if ball lands short of the service line but play continues until point ends.

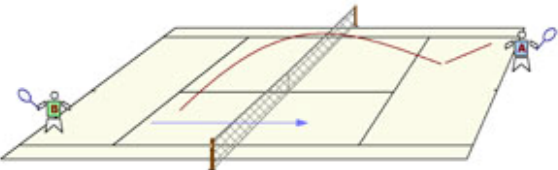
Drill key points

Height over net is key, but also remember that this is still a very accelerated topspin shot. It is a safe shot because of the height over the net and the aggressive topspin on the ball. Attempt to hit a ball that forces opponent to move back. This will increase the chances of you receiving a shorter return.

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Paste drill here →

2. Developmental: _____

	<p style="text-align: center;">Pull the trigger</p> <hr style="border: 2px solid purple;"/> <p>Type: Singles Category: Groundstrokes, tactics and strategy Prepared by: Chris Michalowski Tennis organization: U.S. Pro Tennis Association</p> <div style="text-align: center;">  </div> <hr style="border: 2px solid purple;"/> <p>Drill description and goals</p> <p>A singles pattern drill that helps players get the feel of when to go down the line and be aggressive in a point.</p> <hr style="border: 2px solid purple;"/> <p>Drill organization</p> <p>Pro (P) feeds a groundstroke to start the point. A and B play out a singles point crosscourt. Whoever wins gets 1 point. At any time, either player can decide when to "pull the trigger" and go down the line. The only "open windows" to win 2 points are when the first down-the-line attempt is a winner or return of that down-the-line shot is a winner. If the point continues after that, then only 1 point can be won by either player.</p> <hr style="border: 2px solid purple;"/> <p>Drill key points</p> <p>Focus is on crosscourt patterns and proper footwork patterns.</p> <hr/> <p style="text-align: center; font-size: small;">Generated by iTennisSystem - www.iTennis.com</p>
<p>38:00 – 50:00</p>	<p><u>Continue on courts by Group Type and resume drills – Major Drill Segment #2:</u></p> <ol style="list-style-type: none"> 1. <u>Competitive</u> Drill #2 -- (Group 1) Court 1 2. <u>Developmental</u> Drill #1 -- (Group 3) Court 4 3. <u>Coach fed</u> Drill #1 -- (Group 2) Courts 2 & 3 <ul style="list-style-type: none"> • <i>Copy & paste (in the space marked below this paragraph) any of drills from <u>respective lists</u> in the "Practice Drills Library"</i>
<p>Paste drill here →</p>	<p>1. Competitive: _____</p>

Groundstrokes to 11

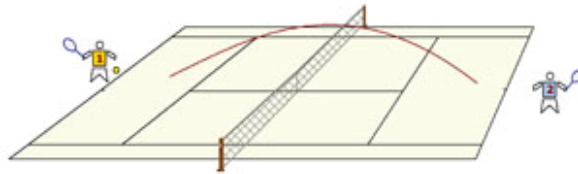
Type: Singles

Category: Backhand, forehand groundstrokes, competitive, strategy & tactics

Suggested time: 10 minutes

Level: Intermediate/competitive/elite

Prepared by: U.S. Pro Tennis Association **Tennis organization:** U.S. Pro Tennis Association



Drill description and goals

This is a competitive groundstroke drill.

Drill organization

Players use a drop-hit technique to start the point. Singles court only. Games to 11, win by 2 points. Limitations or requirements of players to fit individual needs, e.g. must run-around backhands for a certain percentage of the court.

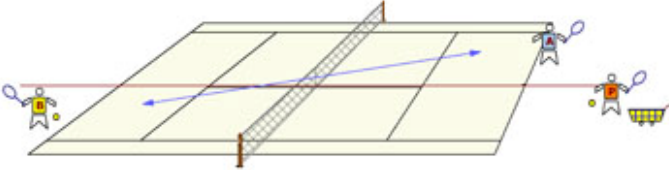
Drill key points

Create consequences.

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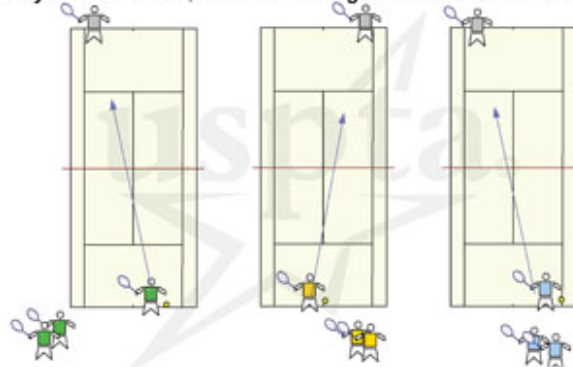
Paste drill here →

2. *Developmental:* _____

	<p style="text-align: center;">Rush and crush</p> <hr style="border: 2px solid purple;"/> <p>Type: Singles Category: Doubles, overhead, serve-volley Prepared by: Chris Michalowski Tennis organization: U.S. Pro Tennis Association</p> <div style="text-align: center;">  </div> <hr style="border: 2px solid purple;"/> <p>Drill description and goals</p> <p>A serve-and-volley drill that also works on volleys and overheads to start the point.</p> <hr style="border: 2px solid purple;"/> <p>Drill organization</p> <p>Use half of the doubles court – Deuce on the first point, ad on the second. Server A gets one serve and must serve and volley. (If serve is missed, server runs in anyway.) Returner B must try to come in off of return or next shot and play out point. As soon as point is over, Pro will feed in a volley to B and play out a point. As soon as the volley point is over, Pro will feed in an overhead to B and play out the point.</p> <hr style="border: 2px solid purple;"/> <p>Drill key points</p> <p>Whoever wins two out of the three points, gets 1 point. If either player wins all three points, they receive 2 points. Play on both sides, first to 15 wins.</p> <hr/> <p style="text-align: center; font-size: small;">Generated by TennisSystem – www.tennis.com</p>
<p>50:00 – 53:00</p>	<p><u>Water Break</u></p>
<p>53:00 – 65:00</p>	<p><u>Continue on courts by Group Type and resume drills – Major Drill Segment #3:</u></p> <ol style="list-style-type: none"> 1. <u>Competitive</u> Drill #2 -- (Group 2) Courts 1 & 2 2. <u>Developmental</u> Drill #1 -- (Group 3) Court 4 3. <u>Coach fed</u> Drill #1 -- (Group 2) Court 3 <ul style="list-style-type: none"> • Copy & paste (in the space marked below this paragraph) any of drills from <u>respective lists</u> in the “Practice Drills Library”
<p>Paste drill here →</p>	<p>1. <i>Competitive:</i> _____</p>

Team singles

Type: Singles **Category:** Return of serve, serve
Suggested time: 10 minutes (rotate after changeover break and repeat as needed)
Level: Intermediate and above
Prepared by: David T. Porter, Ed.D. **Tennis organization:** U.S. Pro Tennis Association



Drill description and goals

Players play singles with short rest breaks while teammate plays point. Goal is to compete with time to evaluate performance before next attempt.

Drill organization

Players A and B are on one side of the court and players C and D on the other side. Player A serve to player C in the deuce court. Players B and D are waiting near the fence behind the baseline on their own side of the court. If player A wins the point he stays for one more point and serves to player D who replaced player C. If player A wins against player D (second consecutive point) he is replaced by player B. Since player D lost he is replaced by player C. **(If you lose you are replaced or if you win two you are replaced.)** Players A and B combine points against players C and D. Appropriate consequences for outcomes.

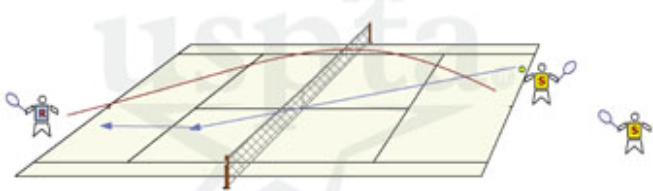
Drill key points

Players should evaluate their play (depending on their level) while they are resting. This could include shot selection, shot tolerance, etc. Players also learn to cheer for a teammate.

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Paste drill here →

2. *Developmental:* _____

	<p style="text-align: center;">Two-on-one return-of-serve drill</p> <hr/> <p>Type: Singles Category: Service return Suggested time: 30 minutes (Three 8 ½-minute sessions, with 90-second changeover in between) Level: Advanced beginner or above Prepared by: David T. Porter, Ed.D. Tennis organization: U.S. Pro Tennis Association</p> <div style="text-align: center;">  </div> <hr/> <p>Drill description and goals</p> <p>Serve and return drill using singles court.</p> <hr/> <p>Drill organization</p> <p>Returner on one side, servers on the other. Server hits a first serve. If the serve is in the point is played out. If the serve is a fault server then serves a second serve and plays out the point. Servers alternate. All serves are made in the deuce court. After four minutes returner moves from deuce to add court and play continues. All players take a 90 second changeover and players rotate positions. Initial set-up with two changeovers allows for all players to serve twice and receive once.</p> <hr/> <p>Drill key points</p> <p>Servers should focus on one of three target areas (wide, into the body, up the center service line) while returner should focus on returning over the center strap and deep. As player's ability level increases point totals can be kept with appropriate consequences.</p> <hr/> <p style="text-align: center;">Generated by ITennisSystem – www.InterTennis.com</p>
<p>65:00 – 68:00</p>	<p><u>Water Break</u></p>
<p>68:00 – 98:00</p>	<p><u>Playing:</u></p> <ol style="list-style-type: none"> 1. Sets (w/performance goals) -- (Group 1) Courts 1 (water on changeovers) 2. Permanent points -- (Group 2) Courts 3 & 4 3. Skill development -- (Group 3) Court 2 <ul style="list-style-type: none"> • Copy & paste (in the space marked below this paragraph) any of <u>playing practice concepts</u> from respective lists in the "Practice Drills Library"
<p>Paste drill here →</p>	<p>1. Competitive: _____</p>

Seek and destroy

Type: Doubles **Category:** Approach, doubles, groundstrokes, volley
Suggested time: Varies **Level:** Intermediate and above
Prepared by: David T. Porter, Ed.D and Chris Michalowski
Tennis organization: U.S. Pro Tennis Association



Drill description and goals

This drill focuses on groundstrokes in an attempt to create a short ball return from the opponents. Partners work together and look for short ball from which to attack and approach the net.

Drill organization

Players play out a doubles groundstroke point, trying to keep the ball in the backcourt. Players may only come to the net when attacking an opponents weak shot (a ball in the service box or of appropriate depth and speed). Two points are awarded if a team wins the point at the net. Play games to 15 points or a number based on how many players and courts you have.

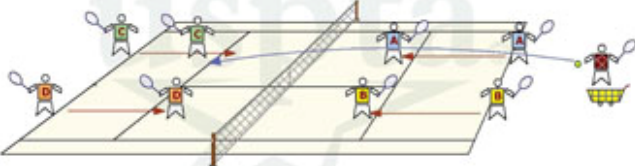
Drill key points

Keep it fun, but remember to use drill to teach players that a deep ball is more likely to produce a short ball from opponents, allowing an attack of the net.

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Paste drill here →

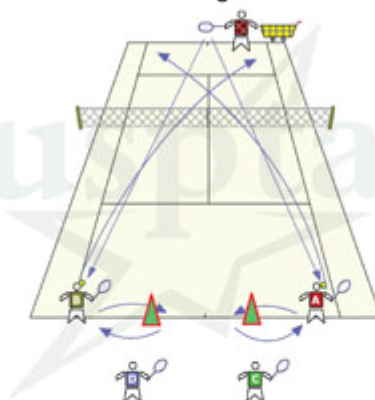
2. *Developmental:* _____

	<p style="text-align: center;">Squeeze play</p> <hr/> <p>Type: Doubles, singles Category: Approach, volleys Suggested time: 15 minutes Level: Intermediate and above Prepared by: Chris Michalowski Tennis organization: U.S. Pro Tennis Association</p> <div style="text-align: center;">  </div> <hr/> <p>Drill description and goals</p> <p>A fast-paced doubles drill that involves footwork and strategy.</p> <hr/> <p>Drill organization</p> <p>Pro feeds short ball to either player C or D. Both teams must rush the net at the same time. Play out point and return to baseline.</p> <hr/> <p>Drill key points</p> <p>The goal of teams is to hit low shots to set themselves up for an easier shot. This will require a low volley from a low volley. Play to 15 points and switch. Variation: Add in a second feed after first is played out. Can add another team and alternate points for a twist.</p> <hr/> <p style="text-align: center;">Generated by iTennisSystem – www.InterTennis.com</p>
<p>98:00 – 100:00</p>	<p><u>Water Break</u></p>
<p>100:00 – 110:00</p>	<p><u>Player fed drills:</u> (e.g. 5 minute drill* then switch/)</p> <ul style="list-style-type: none"> • <i>Copy & paste (in the space marked below this paragraph) any of “Player fed” drills from the “Practice Drills Library”. All groups can perform these at the same level</i>

Paste drill here →

Around the cone

Type: Singles **Category:** Groundstrokes
Suggested time: 8-10 minutes **Level:** All levels
Prepared by: Tim Heckler **Tennis organization:** U.S. Pro Tennis Association



Drill description and goals

This drill works on not only the technique of the groundstrokes, but also agility and conditioning.

Drill organization

This drill can be a single or multiple player drill. Have your players start at the intersection of the singles sideline and the baseline. Set up a cone a few feet from the center mark along the baseline. Have your players hit a fore-hand or backhand and run around the cone to receive the same shot again. Number of attempts is determined by number and level of players.

Drill key points

Have your players hit to a target area for points and make a game of it. For variety, have the player run around his backhand and hit inside-out or inside-in forehands.

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110:00 – 113:00 Water Break

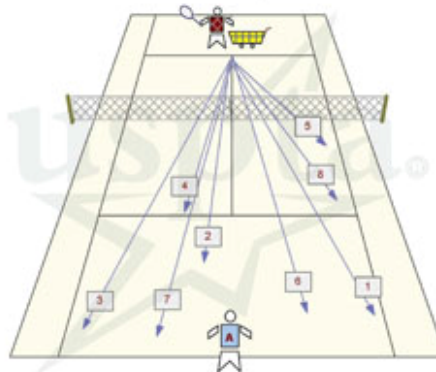
113:00 – 125:00 On-court conditioning
 (as a group -- with racquets)

- **Copy & paste (in the space marked below this paragraph) any of “On-court conditioning” drills from the “Practice Drills Library”. All groups can perform these at the same level**

Paste drill here →

Eight-ball footwork drill

Type: Singles **Category:** Conditioning
Suggested time: Varies **Level:** All levels
Prepared by: David T. Porter, Ed.D. **Tennis organization:** U.S. Pro Tennis Association



Drill description and goals

A footwork drill to increase a player's ability to change directions quickly.

Drill organization

Player A starts at the center mark on baseline. Pro throws or feeds eight consecutive balls to various parts of the court that are just barely within the reach of the player, providing he reacts fast, runs fast, and is quick to intercept the balls on the first bounce. The pro must be the judge of where and at what speed to throw the balls.

Drill key points

It is important to feed the balls so that as soon as the player catches it, he or she must immediately change directions to move to get to the next ball. Allow a brief rest period and repeat drill.

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Continue from above...

On-court conditioning

(as a group -- without racquets)

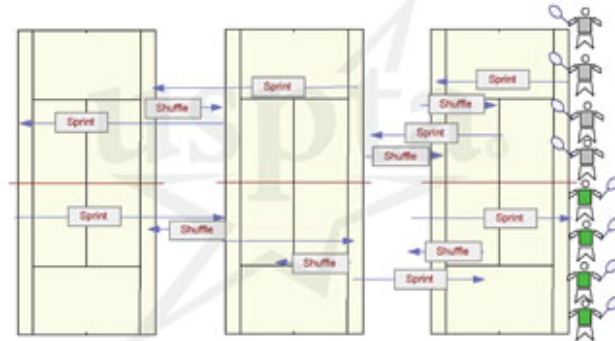
- **Copy & paste (in the space marked below this paragraph) any of "On-court conditioning" drills from the "Practice Drills Library". All groups can perform these at the same level**

Paste drill here →

Sprint shuffle

Type: Multiple court
Suggested time: Varies
Prepared by: Dave Gary

Category: Conditioning
Level: All levels
Tennis organization: U.S. Pro Tennis Association



Drill description and goals

Players start on the doubles sideline of court one. Coach says go and players sprint toward the end court. Coach will say "Stop" and players will stop, face the net and shuffle back towards the start line. Coach will then say go and players will sprint towards end court. Keep repeating until players get to end court. Coach decides how long this takes. Repeat from the end court back to the start. Make sure players face the same direction when shuffling so as to work the shuffle step in both directions.

Drill organization

Top half of courts show how all the players work their way from right to left. The bottom half of the courts show how all players work their way back from left to right.

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125:00 – 128:00	<u>Water Break</u>
128:00 – 140:00	<u>Team stretch and talk</u> (coach talks/players listen)

2 hours and 20 minutes – Coach can shorten as he/she sees fit