
Give it a go

DROP HIT BACKHAND

This drill can be done alone. Stand on the service line, facing sideways, with your dominant side in front. Hold the racket in your

dominant hand with the racket head directed toward the back fence. Hold a tennis ball in your nondominant hand. Drop the ball in front of you, let it bounce, step in, and hit a backhand. Try to get 7 out of 10 attempts in the opposite court.

SOFT TOSS BACKHAND

This is a partner drill. One player is the feeder, the other is the hitter. Both players stand at the service lines on opposite sides of the court, facing each other. The feeder uses an underhand toss to throw the ball to the hitter's backhand side. The hitter performs a split step on the feeder's release and hits a backhand. Repeat 10 times and then switch roles.

RALLY BACKHAND

This is a partner drill. Both players stand at the service lines on opposite sides of the court, facing each other. The player with the ball starts the drill with a drop hit backhand, hitting it to the other person's backhand. Try to continue the rally, always trying to hit it to your partner's backhand. Any ball that doesn't bounce twice and is hit as a backhand is legal. Keep count of how many you can hit in a row.

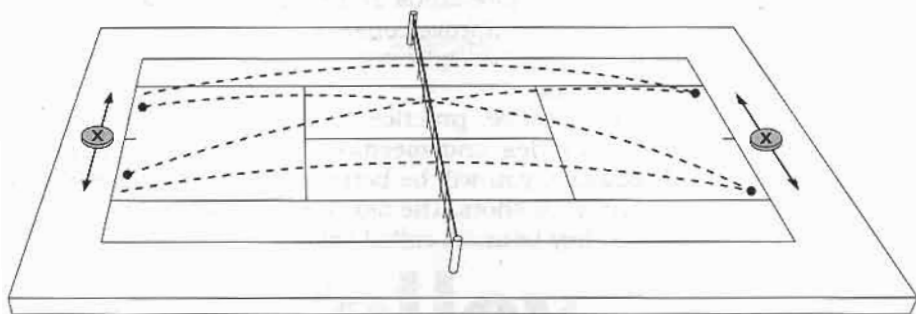
CROSSCOURT BACKHAND

This is a more advanced version of the rally drill. Both players start at the baselines on opposite sides of the court. Again, keep count of how many balls you can keep in play. Remember, any ball that doesn't bounce twice and is hit as a backhand is legal, so **HUSTLE!!** Try to get to 12 consecutive shots.

FIGURE EIGHTS

Now that we know how to hit a forehand as well as a backhand, we can combine the two shots in a drill. This is a partner drill. Players stand at the service lines on opposite sides of the court. One player will be the "down-the-line" player; this player will hit straight shots parallel to the singles sideline. The other player will be the "cross-court" player; this player will hit all shots from his or her deuce side (right side) to his or her partner's ad side (left side) and vice versa

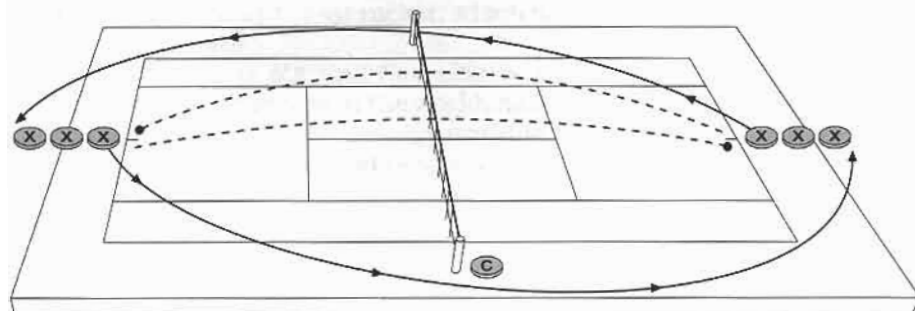
(figure 4.5). This should create a figure-eight pattern. After you get to 10 consecutive shots, switch roles and repeat. As you get better, try doing this drill from the baseline.



4.5 Figure eights.

AROUND THE WORLD

This is a fun group game for six or more people. Line up at the baselines on opposite sides of the net. The coach or feeder puts the first ball into play. Each player hits one shot and runs to the right to join the line on the other side of the court (figure 4.6). If a player hits the ball out of bounds, into the net, or lets it bounce twice, the player gets one out and the ball is dead. A player is out after three outs. The feeder starts the rally after every dead ball. When there are only two players left in the game, instead of running around the court, each player must drop his or her racket and spin around the racket after hitting each shot. The player who remains without getting three outs is the winner.



4.6 Around the world drill.