

DROP HIT FOREHAND

This drill can be done alone. Stand on the service line, facing sideways, with your nondominant side in front (figure 3.4). 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, and hit a flat forehand. (This drill also can be done with slice and topspin forehands.) Try to get at least 7 out of 10 attempts in the opposite court.



3.4 Drop hit forehand drill.

SOFT TOSS FOREHAND

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 forehand side. The hitter performs a split step on the feeder's release and hits a forehand. Repeat 10 times, then switch roles.

RALLY FOREHAND

This is a partner drill. Partners 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 forehand, hitting the ball to the other player's forehand. Continue the rally, trying to hit the ball to your partner's forehand. Any ball that doesn't bounce twice and is hit as a forehand is legal. Keep count of how many you can hit in a row. Try to get 12 in a row before you attempt the next drill.

FULL COURT CROSSCOURT FOREHAND

This is a more advanced version of the rally drill. Both players should 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 forehand is legal, so HUSTLE!!