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**DRILLS AND GAMES  
FOR BEGINNERS:  
A STEP BY STEP GUIDE  
TO PRE-TENNIS PRACTICE**

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# DRILLS AND GAMES FOR BEGINNERS: A STEP BY STEP GUIDE TO PRE-TENNIS PRACTICE

## Introduction

There are several tasks children can perform when learning to play tennis through pre-tennis. These tasks should be introduced in a progressive sequence of difficulty. The tasks and its progressions are summarised in the tables below:

TASK	ABILITY	SPECIFIC ASPECT	POSSIBLE DIFFICULTY PROGRESSIONS
Manipulation of  space objects	Handling	<ol style="list-style-type: none"> <li>1. Holding</li> <li>2. Rolling</li> <li>3. Let drop and/or toss</li> <li>4. Bouncing</li> <li>5. Dribbling</li> </ol>	<ol style="list-style-type: none"> <li>1. 1 or 2 hands</li> <li>2. 1 or 2 balls</li> <li>3. Specific zone (line, hop, box, etc.)</li> <li>4. Static or moving</li> <li>5. X number of reps.</li> <li>6. Hand, bat, paddle, racket</li> <li>7. Without or with obstacles (cones, etc.).</li> <li>8. Changing grips</li> <li>9. Ball size (from big to small)</li> <li>10. After or before the bounce.</li> <li>11. Rolling, bouncing and dribbling mixed up</li> </ol>
	Propelling	<ol style="list-style-type: none"> <li>1. Throwing</li> <li>2. Hitting</li> </ol>	Same as above plus: <ol style="list-style-type: none"> <li>1. Specific zone or target ( wall, etc.)</li> <li>2. X number of hits.</li> <li>3. Changing throwing and hitting zones and racket face sides</li> <li>4. Mixed up with rolling, bouncing and dribbling</li> </ol>
(racket, ball...)	Receiving	<ol style="list-style-type: none"> <li>1. Blocking</li> <li>2. Catching</li> </ol>	Same as above plus: <ol style="list-style-type: none"> <li>1. Doing other movements (clapping, jumping, etc.)</li> <li>2. Mixed up with throwing and hitting</li> </ol>
	Receiving and propelling	<ol style="list-style-type: none"> <li>1. Hitting</li> </ol>	Same as above plus: <ol style="list-style-type: none"> <li>1. X number of hits &amp; passes.</li> <li>2. Mixed up with blocking and catching</li> </ol>

<b>TASK</b>	<b>ABILITY</b>	<b>SPECIFIC ASPECT</b>	<b>POSSIBLE DIFFICULTY PROGRESSIONS</b>
Mobility of    the body	Parts of the body	1. Conscience 2. Movement	1. Holding 2. Rolling 3. Let drop and toss 4. Bouncing 5. Dribbling 6. Throwing 7. Hitting 8. Blocking 9. Catching 10. Mixing up all of the above
	Body position	1. Overall position: Standing, sitting, crouching, kneeling, elevated 2. Position of the parts of the body	
	Environment	1. Laterality 2. In relation to the space 3. In relation to a moving object (i.e. the ball) 4. Judging distances and intervals 5. Judging ball trajectory 6. Judging speed	
	Force	1. Gentle or strong movements	

<b>TASK</b>	<b>ABILITY</b>	<b>SPECIFIC ASPECT</b>	<b>POSSIBLE DIFFICULTY PROGRESSIONS</b>
Cooperation with partners	Synchronising Handling Receiving Propelling Receiving & Propelling Moving	1. Holding 2. Rolling 3. Let drop and/or toss 4. Bouncing 5. Dribbling 6. Throwing 7. Blocking 8. Catching 9. Hitting	1. 1 or 2 hands 2. 1 or more balls 3. Specific zone (line, hop, box, etc.) 4. Static or moving 5. X number of passes. 6. Hand, bat, paddle, racket 7. 1 or more partners 8. Without or with obstacles (lines, cord, net, etc.). 9. Mixing up all specific aspects.
Opposition to opponents	Offensive actions Synchronising Handling Receiving Propelling Receiving & Propelling Moving	Same as above	Same as above plus: 1. Pass the ball over the net 2. Put the ball inside the lines (not before 6 years old) 3. Direct the ball to the sides 4. Direct the ball where the opponent can not reach it

Besides, this different tasks can be practised using ball drills and games, racket drills and games, and ball and racket drills and games. The following tables show examples of drills and games for the different tasks.

## 1. BALL DRILLS & GAMES

### HOLDING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Balancing the ball on the hand while standing still, on the left/right foot, hopping on one foot, while walking on a line, while walking to the net, running to the net, etc.</li> <li>• Using two balls with two hands</li> <li>• Co-operation: with the partner to keep the ball on the hand</li> <li>• Opposition: hinder or avoid the opponent while maintaining control of a ball on one's hand</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The waiter</u>: Each player on relay team in turn carries a ball to a bucket, places it on the ground, picks up another ball and returns, passing ball to teammate. Winner is first team to complete rotation.</li> <li>• <u>The ice-cream relay</u>: Players hold the a ball with the hand put in a cone form. The first player to complete the relay wins.</li> <li>• <u>Pass the ball relay</u>: In relay formation players pass ball back to the next teammate. Last player in line runs to front of line with ball on palm and lines forward as players change position. First team to complete a full rotation wins.</li> <li>• <u>Clean up your court</u>: Players at each court are divided into two teams and balls are divided evenly between teams. On signal, players from each team catch balls from the ground, hold them on the palm and let them drop over the net to the other side.</li> </ul>

### ROLLING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Rolling the ball with the hand while standing still, seated, moving on a line, changing hands, etc.</li> <li>• Rolling the ball close to a line or a wall.</li> <li>• Rolling the ball to hit or not to hit a target</li> <li>• Rolling the ball to hit or not to hit a moving target, another ball, stopped, while it is moving.</li> <li>• Co-operation: Rolling the ball over to a partner, seated, while moving, etc.</li> <li>• Opposition: Rolling the ball while an opponent tries to make it difficult</li> <li>• Holding the ball with the hand down to the ground and roll the ball</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The box</u>: Teams of 4 players kneeling and forming a box. I.e. each player on service box angle. At the signal, they have to roll the ball, A to B, B to C and C to D. The first team to complete the box wins.</li> <li>• <u>Billiards</u>: Two teams facing one another. Each player has a ball. The coach rolls a ball that passes in the middle of both teams. Players roll the balls to hit the one rolled by the coach.</li> <li>• <u>Bowling</u>: Players roll the ball to knock down tennis cans. Make teams and increase distance from cans.</li> <li>• <u>Blow out</u>: Players lay on stomach facing each other with hands under chins, and elbows out to the sides. Ball is placed between two lines. On signal, players blow ball over line or into opponent to score a point. No hands permitted.</li> </ul>

LET DROP AND/OR TOSS

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Let drop and/or toss the ball from one hand on a specific target</li> <li>• &amp; catch it</li> <li>• &amp; block it on the ground</li> <li>• &amp; hit it</li> <li>• Co-operation: &amp; partner catches, blocks or hits it</li> <li>• Opposition: &amp; opponent catches, blocks or hits it after or before the bounce</li> <li>• Let drop and/or toss, hold and roll the ball</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Dropping stations</u>: Hoops are placed around the court. Each player has a ball. He has to let the ball drop in the hoop. First player to complete the circuit wins.</li> <li>• <u>Speedy Gonzales</u>: Same as above but the player has to catch the ball after the bounce. First player to complete the circuit wins.</li> <li>• <u>The hunter</u>: Same as above but players compete in pairs. One player lets the ball bounce in the hoop and the other catches it after the first bounce. First team to complete the circuit wins.</li> <li>• <u>The hitting machine</u>: Same as above but the partner hits the dropped ball with his hand. First team to complete the circuit wins.</li> </ul>

BOUNCING AND DRIBBLING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Downs, Ups &amp; Downs</li> <li>• Increasing the number of bounces</li> <li>• Bouncing in to a specific target, while moving, bouncing around the body, between the legs, walking through obstacles, etc.</li> <li>• Changing hand palm sides, Increasing the speed</li> <li>• Let drop and/or toss, bounce, hold and roll &amp; other combinations</li> <li>• Co-operation: Down and pass to a partner, Let drop and/or toss, bounce &amp; pass</li> <li>• Opposition: Ups, Downs, Ups &amp; Downs while opponent makes it difficult</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Downs, Ups &amp; Downs individual, team relay</u>: Cones are placed around the court. Players have to bounce and dribble the ball. First player to complete the circuit wins.</li> <li>• <u>Simon says</u>: bounce on the line, bounce on the shadow, etc.</li> <li>• <u>Bouncing contest</u>: Players work in pairs. Each pair has to bounce alternatively a ball into a hoop while both players are moving. First pair in reaching 5, 10, 15 bounces wins.</li> <li>• <u>Always bouncing the ball</u>: Players are scattered randomly around the court, each with a ball. Players bounce it, when control is lost, player kneels and bounces, sits and bounces or lies and bounces. Players standing and bouncing are winners.</li> </ul>

THROWING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Underarm</li> <li>• Overarm</li> <li>• With both arms</li> <li>• Two balls at same time</li> <li>• To a specific target</li> <li>• Hold, roll, bounce and throw</li> <li>• Co-operation: One player throws the ball and another one catches it.</li> <li>• Opposition: One player throws the ball to avoid the opponent from catching it</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Hit the fence</u>: Players are divided into teams. They are positioned far from the fence. At signal, each team starts to throw balls to the fence. Team with most hits wins.</li> <li>• <u>Clean up your court</u>: Players at each court are divided into two teams and balls are divided evenly between teams. On signal, players from each team throw balls from their side to the other side. Team with less balls on his side hits wins.</li> <li>• <u>Basketball</u>: Players are divided into teams. Each team has a basket, each player has to throw the ball into the basket. Team with more balls on his basket wins.</li> <li>• <u>Archery</u>: Players are divided into teams. Each team has a target on the wall, each player has to throw the ball to the target. Team with more hits on his target wins.</li> </ul>

## HITTING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Hitting the ball upward</li> <li>• Hitting the ball in a specific direction</li> <li>• Hitting the ball a specified distance</li> <li>• Hitting the ball so it strikes a target, the wall in a precise spot</li> <li>• Hitting the ball into a target or area on the floor</li> <li>• Co-operation: One player lets the ball bounce and another hits it</li> <li>• Opposition: One player tosses the ball to avoid his opponent from hitting the ball</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Baseball tennis</u>: Players are grouped in threes: one tosser and one hitter. The tosser lets the ball bounce to the hitter who hits it over the net. After 10 hits they change positions. Team with more balls passed over the net wins.</li> <li>• <u>Golf tennis</u>: Players form pairs, one tosser and one hitter. They are positioned in one side of the net while the other side is divided into areas. Coach says 1, 2, 3, or 4, tossers toss and hitters have to hit to these specific areas. Team with more hits wins.</li> <li>• <u>The great wall</u>: Same as above but other players are close to the net trying to stop or touch the balls hit by other players. Team with more hits on targets wins.</li> <li>• <u>Balls rain</u>: Same as above but players on the other side of the court have to catch the ball before it bounces. Each ball bouncing on that side of the court is one point. Team with more points wins.</li> </ul>

## BLOCKING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• The ball with the hand, both hands</li> <li>• Two balls at same time</li> <li>• A ball coming from various directions</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Blocking machine</u>: Players form pairs. One player rolls the ball to his kneeling partner who has to block it without moving. Team with more balls blocked wins.</li> <li>• <u>Rolling balls goalkeeper</u>: Same as above but players are opponents and change positions after 10 balls. Player who has scored more goals wins.</li> <li>• <u>Water polo tennis</u>: Teams of 4 players kneeling on a line. Players roll and block the ball between them and one of them rolls it to a goalkeeper. The team with more goals wins.</li> <li>• <u>Ball block</u>: Players stand behind the line, coach rolls balls to them. They have to block them. Player who blocks more balls wins.</li> </ul>

## CATCHING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• The ball with the hand, both hands</li> <li>• Two balls at same time</li> <li>• A ball coming from various directions</li> <li>• A ball coming with various heights</li> <li>• A ball coming at various speed</li> <li>• Co-operation: Toss and catch</li> <li>• Opposition: Throw the ball to avoid the opponent from catching it</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Long distance throw and catch contest</u>: Players form pairs. They throw and catch the ball alternating and progressively increasing the distance between them. Ball is not allowed to bounce. Players more distant one from another win.</li> <li>• <u>Baseball tennis</u>: Players are grouped in threes: one tosser, one hitter and one catcher. The tosser lets the ball bounce, the hitter hits it over the net, and the catcher has to catch the ball before it bounces. After 10 hits they change positions. Team with more balls caught wins.</li> <li>• <u>Home run</u>: Same as above but catcher is from another team. The goal is to avoid the catcher to catch the ball. Team with more balls bouncing on the other side of the court wins.</li> <li>• <u>Two ball toss &amp; catch</u>: Players form pairs and throw and catch two balls alternating and moving towards a line. Team who reaches the line first with no mistakes wins</li> </ul>

## RECEIVING AND HITTING

DRILLS	GAMES
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<ul style="list-style-type: none"> <li>• Bouncing the ball off the wall with the hand</li> <li>• Hitting upward with the hand the ball which has been tossed from a given direction</li> <li>• Hitting with the hand a tossed ball into a target zone</li> <li>• Bouncing the ball off the wall with the hand</li> <li>• Hitting upward the ball with the racket which has been tossed from a given direction</li> <li>• Hitting a tossed ball with the racket into a target zone</li> <li>• Co-operation: To exchange a ball as often as possible without obstacles, over an obstacle, increasing the distance, with more than one partner, bouncing it before each stroke, using only one hand</li> <li>• Opposition: To make it difficult for an opponent to return a ball hit into his court</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Pass the ball</u>: Players are grouped in two teams. They have to hit the ball and pass it to all partners before hitting it over the net : The ball can be hit after the bounce. Teams play points</li> <li>• <u>Volleyball tennis</u>: Same as above but ball cannot bounce on the ground.</li> <li>• <u>Hitting to a wall contest</u>: Players hit with hand to a wall. Player with more hits after a given time wins</li> <li>• <u>Baseball tennis</u>: Players are grouped in threes: one tosser, one hitter and one catcher. The tosser tosses the ball to the hitter who hits it over the net, and the catcher has to catch the ball before it bounces. After 10 hits they change positions. Team with more balls caught wins.</li> </ul>
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MOVING

<b>DRILLS</b>	<b>GAMES</b>
<ul style="list-style-type: none"> <li>• Moving parts of the body in relation to a ball</li> <li>• Changing overall position with or without a ball</li> <li>• Perform gentle or strong movements in relation to a ball</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Following the ball</u>: Coach rolls a ball and player has to follow it running or walking depending on ball speed and he has to stop close to the ball when it stops.</li> <li>• <u>Jumping with the ball</u>: Same as above but the coach throws the ball up and the player has to follow the ball and he has to jump when the ball bounces. Height of the jumps should be according to height of the ball bounces.</li> <li>• <u>Tennis Draughts</u>: When players have to pick up balls from the ground, they have to jump over a ball before picking it up. Player who picks up more balls wins.</li> <li>• <u>Ball relay</u>: Teams of same number of players. They start from the same line. At the signal a player of each team runs to a line with a ball on hand, he leaves it on the ground and runs back. Another teammate, then, runs. The team who has more balls on the finish line wins.</li> </ul>

## 2. RACKET DRILLS & GAMES

### HOLDING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Holding the racket in different ways and from different parts.</li> <li>• Balancing the racket with both hands, one hand, while moving, etc.</li> <li>• Passing the racket from one part to another part of the body, between the legs, etc.</li> <li>• Inventing different uses of the racket: guitar, pan, etc.</li> <li>• Inventing different ways to grip the racket</li> <li>• Co-operation: Passing the racket to a partner using different the parts of the body, between the legs, etc.</li> <li>• Opposition: Passing the racket to a partner using different the parts of the body, between the legs, etc. while an opponent makes it difficult</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The magician</u>: Player who passes the racket using more body parts wins the contest</li> <li>• <u>The snake</u>: Team who passes the racket one player to each other using more body parts wins</li> <li>• <u>The intelligent tennis player</u>: Player who says more parts of the racket wins the contest</li> <li>• <u>The inventor</u>: Player who invents more racket uses wins the contest</li> <li>• <u>The required grip</u>: Children lay down their rackets and place around the court. When the coach signals, Everyone freezes, listens to his command and runs to pick up a racket using the grip indicated by the coach. In the meantime, the coach tries to touch as many players as possible who do not yet have the racket or who are holding it incorrectly.</li> </ul>

### MOVING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Moving the racket to different parts: high, low, forward, backwards, to one side, to another side, etc.</li> <li>• Doing different movements with the racket while moving</li> <li>• Co-operation: Passing the racket to a partner while moving</li> <li>• Opposition: Passing the racket to a partner while moving while an opponent makes it difficult</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Freeze</u>: Team leader signals for forehand, backhand, serve. Periodically, in the middle of a stroke, the leader calls “freeze”. Players must stop and hold their exact grip, stroke, position</li> <li>• <u>Simon says</u>: Team leader calls out signals as follows: “Simon says racket back on the forehand side, Simon says step in, Simon says swing and ready”.</li> <li>• <u>Shadows</u>: Team group leads the group in a sequence of strokes, demonstrating, footwork and racket control.</li> <li>• <u>Lion tamer</u>: A is the tamer, the racket is his whip, B is the lion and has no racket. A holds his racket forward, B tries to face it, A holds it back forward, B stops, A moves it to the right, B follows it, etc.</li> <li>• <u>D’Artagnan</u>: A is D’Artagnan, his racket is the sword, B has no racket. B has to be very close to A’s racket while it is moving but without touching it.</li> <li>• <u>Racket relay</u>: Teams of same number of players. The start from the same line. At the signal a player of each team runs to a line with his racket, leaves it on the ground and runs back. Another teammate runs. The team who has more rackets on the finish line wins.</li> <li>• <u>Catch it</u>: Players are in pairs facing one another. They put the racket tip touching the ground. At signal they release their racket and go to pick up partner’s racket before it touches the ground.</li> </ul>



### 3. BALL AND RACKET DRILLS & GAMES

#### HOLDING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Balancing or keeping the ball on the racket while standing still, on the left/right foot, hopping on one foot, while walking to the net, running to the net,</li> <li>• Retrieving a ball from the ground using the racket and the foot</li> <li>• Co-operation: Pass the ball from one's racket to partner's racket without dropping it</li> <li>• Opposition: Pass the ball from one's racket to partner's racket without dropping it while opponent trying to make it difficult</li> <li>• Co-operation: with the partner to keep the ball on the racket</li> <li>• Opposition: hinder or avoid the opponent while maintaining control of a ball on one's racket</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Racket balance</u>: Have players balance the ball on the racket varying their positions and stances</li> <li>• <u>Hula hoop racket and ball</u>: Each player places a ball on his racket strings. He has to move like playing with a hula hoop by rolling the ball around the racket face.</li> <li>• <u>The racket ice-cream relay</u>: Players hold the racket from the grip but with its head down. They place a ball on the bottom of the grip holding it with the hand. First player on completing the relay wins.</li> <li>• <u>Caterpillar</u>: Players on teams line up one behind another in a relay formation. There is a basket of balls at one end of the line and an empty basket at another end. First player on each team puts a ball on his racket and passes it to the next player's in line racket without bounce. Each ball is passed this way until all balls are in the other basket.</li> <li>• <u>Picking up balls contest</u>: Players have to pick up balls from the ground by rolling them with the racket strings</li> <li>• <u>The sandwich</u>: Players form pairs in relay formation behind the baseline facing the net. Each pair places a ball between their two rackets, they race forward and flip the ball over the net.</li> <li>• <u>The hamburger</u>: Same as above but players are grouped in threes and they put two balls between their three rackets</li> </ul>

#### ROLLING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Rolling the ball on the ground with the racket</li> <li>• Using two balls</li> <li>• Using two rackets</li> <li>• Cooperation: one touch each partner</li> <li>• Opposition: dog's fight</li> <li>• Retrieving a ball from the ground using the racket</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Walking the dog</u>: Players spread about the court and begin to gently roll the ball with the racket in any direction.</li> <li>• <u>Pattern roll</u>: One at a time, have each player roll the ball along specified line on the court or around various obstacles</li> <li>• <u>Hockey tennis</u>: Same as above but players are on teams and play hockey with rackets and rolling the ball.</li> <li>• <u>Line roll with partner</u>: Players are divided into pairs. Pairs stand face to face and players roll the ball back and forth along a line. Change racket faces and increase distance among players</li> </ul>

## LET DROP AND TOSS

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Let the ball fall from the racket and recover it or hit it after one bounce</li> <li>• Let drop and/or toss the ball from the racket on a specific target</li> <li>• &amp; catch it</li> <li>• &amp; block it on the ground or touch it</li> <li>• &amp; hit it</li> <li>• Co-operation: &amp; partner catches, blocks or hits it</li> <li>• Opposition: &amp; opponent catches, blocks or hits it after or before the bounce</li> <li>• Let drop and/or toss, hold and roll the ball with the racket</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Target</u>: Player puts the racket on the ground. He has to let the ball drop on the racket strings</li> <li>• <u>Ball balance</u>: Players form in pairs. One player lets the ball bounce and the other has to recover it and hold it on the racket strings after the bounce.</li> <li>• <u>Blocking on the fence</u>: Players form in pairs. One player lets the ball bounce and the other has to block it on the fence after the bounce. Try serve, groundstrokes, volleys, etc.</li> <li>• <u>The fountain</u>: Coach has one ball on each hand with both arms extended. At a signal he releases one of both balls. A player who is facing the coach has to touch the ball with his racket before it bounces twice.</li> </ul>

## BOUNCING AND DRIBBLING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Ups, Downs, Ups &amp; Downs</li> <li>• Increasing the number of bounces</li> <li>• Bouncing in to a specific target, while moving, bouncing around the body, between the legs</li> <li>• Changing racket face sides, changing grips, bouncing with the face, the edge, etc.</li> <li>• Increasing the speed and height of the bounces</li> <li>• Co-operation: Ups, Downs, Ups &amp; Downs alternating with partner</li> <li>• Opposition: Same as above but an opponent makes it difficult</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Bounce master</u>: Make players bounce the balls in different forms. Player who bounces the ball in more varied forms wins.</li> <li>• <u>Bouncing and dribbling relay</u>: Players are divided into teams. At a signal, the first player of each team starts running and bouncing the ball with the racket through the circuit of cones and hoops. First team to complete the circuit by all members wins.</li> <li>• <u>Picking up balls contest</u>: Players have to pick up balls from the ground by bouncing them. Player who has picked up more balls wins.</li> <li>• <u>Pop corn</u>: Players form circles of 3-6 members facing inward. They bounce the ball around the circle without allowing it to bounce. Team with more hits wins</li> </ul>

## HITTING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Hitting the ball with the racket upward</li> <li>• Hitting the ball with the racket in a specific direction</li> <li>• Hitting the ball with the racket a specified distance</li> <li>• Hitting the ball with the racket so it strikes a target, i.e. the wall in a precise spot, before or after the bounce</li> <li>• Hitting the ball with the racket into a target or area on the floor</li> <li>• Hitting a tossed ball underarm or overarm</li> <li>• Co-operation: Hitting the ball alternating with partner</li> <li>• Opposition: Hitting the ball while an opponent makes it difficult</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The ladder</u>: Coach sets different cones or lines forming a ladder. each player has to let the ball bounce and hit it to the specific step called by the coach. Player with more points wins.</li> <li>• <u>Volleyball tennis</u>: Players are divided into two teams. They hit the ball up three times per team before hitting it over the net to the other side of the court.</li> <li>• <u>The clock</u>: Same as above but they may let the ball bounce and after each hit they have to move in clockwise direction.</li> <li>• <u>Wall and catch</u>: Players line one behind another facing the net. First player lets the ball bounce and hits it to the wall, net player catches it and does the same and so on. First team in finishing the line wins</li> </ul>

## BLOCKING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• The ball with the racket, both sides, before or after the bounce</li> <li>• Two balls at same time with the racket</li> <li>• A ball coming from various directions with the racket</li> <li>• Co-operation: One player rolls the ball with this racket to a partner who has to block it with his racket</li> <li>• Opposition: One player rolls the ball with this racket to an opponent who has to block it with his racket to avoid the goal</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Racket goalkeeper</u>: Coach rolls balls to each player with his racket. They have to block and return it to the coach with their racket. Player who blocks more balls wins.</li> <li>• <u>Rolling and blocking balls with racket</u>: Players form pairs. They roll and block the ball one to another while moving and running towards a specified line.</li> <li>• <u>Ice tennis hockey with racket</u>: Players are divided into two teams. They play hockey with tennis rackets rolling, blocking and hitting the ball with the tip of the racket.</li> <li>• <u>Bounce and block</u>: Players bounce the ball with the racket. At a signal, they try to block it with the racket against the ground.</li> </ul>

## RECEIVING AND HITTING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Bouncing the ball off the wall with the racket</li> <li>• Hitting upward the ball with the racket which has been tossed from a given direction</li> <li>• Hitting a tossed ball with the racket into a target zone before or after the bounce</li> <li>• Co-operation: To exchange a ball as often as possible without obstacles, over an obstacle, increasing the distance, with more than one partner, bouncing it before each stroke, using only one racket</li> <li>• Opposition: To make it difficult for an opponent to return a ball hit into his court</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Hitting to a wall contest</u>: Players form pairs. They rally against the wall progressively increasing the distance from it.</li> <li>• <u>Around the world</u>: Players are divided into two teams. They play over the net or an obstacle. Each player hits once and runs to the other side of the court and goes back to the end of the line.</li> <li>• <u>Serve, groundstroke &amp; volley</u>: Player hits an underarm or overarm serve, then coach feeds two balls to each player and he has to hit a groundstroke and a volley.</li> <li>• <u>One racket rally</u>: Players are divided into two teams with one racket per team. They play over the net or an obstacle. Each player hits once, gives the racket to his next partner and goes back to the end of his line.</li> </ul>

## MOVING

DRILLS	GAMES
<ul style="list-style-type: none"> <li>• Moving parts of the body in relation to a ball and a racket</li> <li>• Changing overall position with or without a ball and a racket</li> <li>• Perform gentle or strong movements in relation to a ball and a racket</li> <li>• Co-operation: Moving parts of the body at same time as a partner does it</li> <li>• Opposition: Moving parts of the body or changing overall position exactly opposite to another player</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The mirror</u>: Players form pairs. A has to move and perform movements with the racket while B has to do the same movements as in front of a mirror.</li> <li>• <u>Go fish</u>: 2 teams are seated facing one another at opposite ends of the court. Rackets and balls, as many as there are players, are placed in hoops located on a line crossing the middle of the play area. At the signal, players of both teams run to pick the objects and return to their place. They go back and forth to complete their set. First team to complete task wins</li> <li>• <u>Racket and ball relay</u>: Teams of same number of players. They start from the same line. At the signal a player of each team runs to a line with his racket and a ball, leaves them on the ground and runs back. Another teammate runs. The team who has more rackets and balls on the finish line wins.</li> </ul>