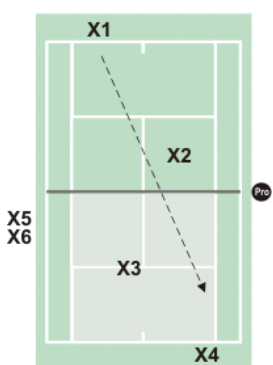


## DoC558 - Doubles Half

Here's a large group drill that allows the coach to roam. The drill also allows you to isolate certain areas or patterns in doubles; crosscourt returns, serve and volley, etc. Start with two players on one side (one up to serve with the other player serving the next point). Two other players are in the one up and one back or two back positions on the other side. The extra players will be in a line ready to rotate in. Points are started with a serve and players can only score when they are serving. If the server wins he stays on that side, if the returning team wins players rotate a spot. The server only has to defend his half of the court but can play to the doubles court.

You can create and print a handout like this with Lesson Plan ideas for you and your staff! It's an on court reference and it's easy to add our drills, exercises, teaching and tennis tips from the site. Or you can enter your custom text.

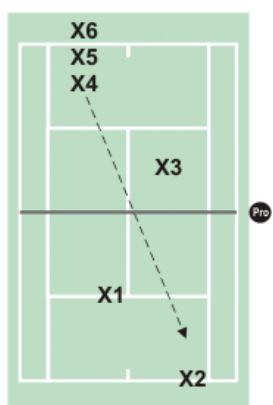


## DoC519 - Middle Doubles\*

Divide your players into doubles teams. One team can only use the singles court and most of their shots will be played down the middle. The other team can play the whole court. The team that can only play the singles court is the serving team. If the serving team wins the point a new receiving team comes in to play. If the receiving team wins the point they stay in until they lose or accumulate three points. When they reach 3 they become the new serving team.

## DoTT5-503 - Emphasize Strengths

Each player on a doubles team will have certain strengths and it's important for that player to use his strengths as often as possible. For example if one player has a very strong serve make sure he serves first in the match and for the start of a new set. Also make sure each player knows the strengths of the other player and ways to help exploit those strengths.



## DoC521 - Short Court Serve and Volley\*

This drill provides an easier way to develop the serve and volley tactic. The server will start in no-person's land and hit a 60-75% serve and then move in to volley. The point is played out and then the players rotate one spot on their side of the court. You can also add certain restrictions such as the return of serve must go crosscourt, no lobs, etc. After a period of time the players on the return side will serve. This drill can be part of a series of progression drills to help develop this tactic and eventually players will move the starting point of the drill back towards the baseline.

## MTT7-712 - Non-verbal Communication Tips

Most communication is non-verbal, estimates of up to 70%! Coaches tend to have more control of the way they verbally communicate but because you are constantly observed by players, parents and the general public you must also be aware of how you are communicating through facial expressions, body language, movements, etc!

