

# Tennis

# Skills and Drills

## Individual Drills

### #1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck racket under dominant arm with racket head below the waist and pointing away)
- B. Grip** (hold racket with a shake hands grip with dominant hand while non-dominant hand assists and racket head is held at a 45 degree angle in front of body at chest level)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles
- E. Motor Skills Cues**

#### 1. Striking Cues (step by step progression with racket and no ball)

##### Forehand Cues

- A. Turn** (1/4 rotational turn towards dominant side of the body- pivot and drop-step...with racket head pointing down on the floor/court in a backswing position)
- B. Point** (point non-dominant hand towards target)
- C. Step** (step with opposite foot of striking hand towards target)
- D. Swing** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...strike ball towards target with appropriate force ....extend arm and snap wrist)
- E. Freeze Frame** (after striking ball and following through, hold racket head out pointing straight at target)

## **Backhand Cues**

**A. Turn** (1/4 rotational turn towards non-dominant side of the body-

pivot and drop-step with...racket head pointing down on the floor/court in a backswing position)

**B. Step** (step with opposite foot towards target)

**C. Swing** (rotate your shoulders and hips along with transferring your

weight from your back foot to your front foot...strike ball towards target with appropriate force ....extend arm and snap wrist)

**D. Freeze Frame** (after striking ball and following through, hold

racket head out pointing straight at target)

## **Serve Cues**

**A. Turn** (45 degree turn towards dominant side of the body)

**B. Toss** (underhand toss ball with non-dominant hand 2-3 feet above your

head and wind the clock to scratch your back with dominant hand)

**C. Swing** (rotate your shoulders and hips along with transferring your

weight from your back foot to your front foot...strike ball towards target with appropriate force ....extend arm and snap wrist)

**D. Freeze Frame** (after striking ball and following through, hold

racket head out pointing straight at target)

## **2. Receiving Cues (step by step progression with racket and no ball)**

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Window** (make a target with the racket face sideways on the side of your body, facing the ball)

**C. Receive** (look the ball in to your racket face to track and absorb the ball with your racket)

**#2. (Individual-Stationary) Butter the pan** (forehand palm up-supination)

**#3. (Individual-Stationary) Forehand bumps** (palm up-supination)

**#4. (Individual-Stationary) Backhand bumps** (palm down-pronation)

**#5. (Individual-Stationary) Flip the pancake** (forehand palm up-supination and rotate to  
palm down-pronation)

**#6. (Individual-Stationary) Forehand strike to eye level, bounce...Repeat**

**#7. (Individual-On the move) Dribble 360 degrees left and dribble 360 degrees right**

**#8. (Individual-On the move) Dribble Weave**

**\*Explain**

**F-Force** (light, medium, heavy)

**A-Angle** (45 degrees, 90 degrees, parallel, perpendicular)

**C-Contact Point** (center of racket-sweet spot of racket)

**T-Trajectory** (flight path of the ball)

**#9. (Partner-Stationary) Partner toss, forehand and catch** (switch)

**#10. (Partner-Stationary) Partner toss, backhand and catch** (switch)

**#11. (Partner-Stationary) Serve and catch**

**#12. (Partner-On the move) Serve, return (forehand or backhand) and catch** (switch)

**#13. (Partner-On the move) Short Volley** (forehand or backhand)...no net

**#14. (Partner-On the move) Short Volley** (forehand or backhand)...with net

**#15. (Partner-On the move) Long Volley** (forehand or backhand)...with net

**#16. (Partner-Stationary) Serve and catch** (alternate sides)...with net

**Group of 6 Drill**

**#17. (Group of 6-On the move) Line Volley** (forehand or backhand)