

Recommended # of Athletes: 10 +

Athletes 16U - 18U

2 Person Tennis

Set-up

Put athletes into pairs and line them up next to each other on each end of the court with 1 pair on each court.

Conditions:

Coach inputs a ball two one side of the court. Using two contacts the pair must pass the ball back over the net to the opposites side, then proceed to the end of the line on the opposite court. Start out as a continuous drill, then allow them to try and score against other teams.

Purpose/Goal

Increase individual and team control

Improve spacial awareness and foot movement to cover full court

Warm up

Success criteria

Athletes control the direction on their pass and drive it with focus

Athletes are able to keep a rally continuous when the goal is to do so

Reference Points

Communicate between partners who has first and second contact

Pass the ball high with lots of time for teammates to contact it.

Variations

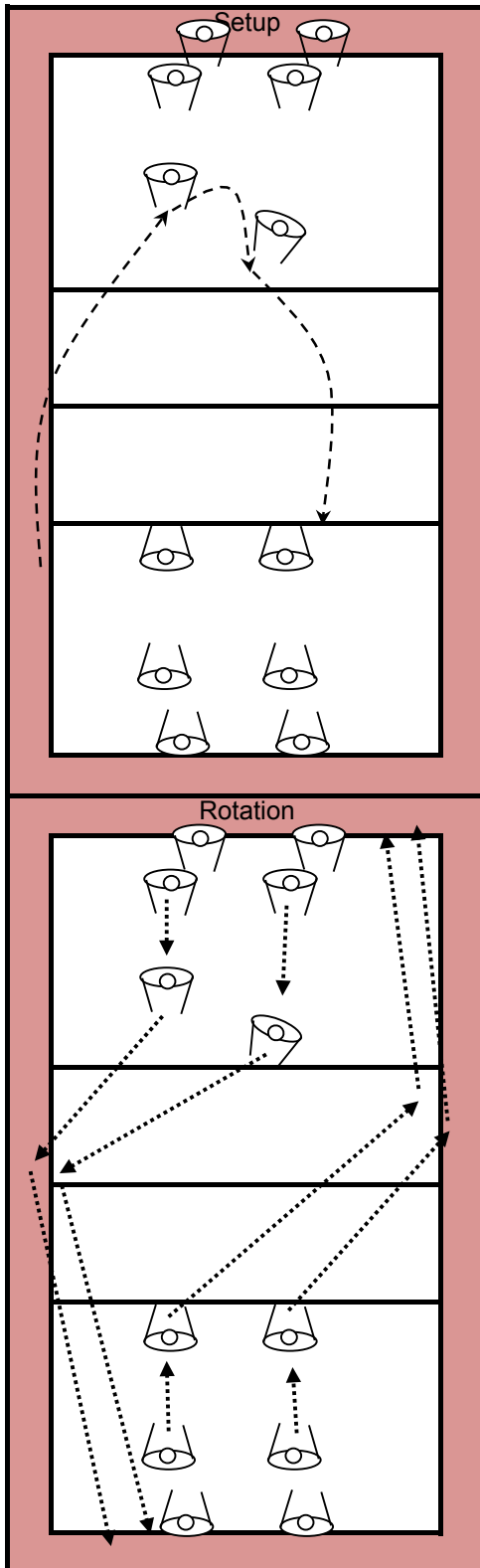
Simplification

Use modified lines and shrink the size of the court

Allow a third contact if needed.

More Difficult

A more advanced version of this is 1 contact Tennis where 1 athlete covers the entire court.



Legend: Ball's Route = Players Rotation = Players =

