

### 3.0 SKILLS TRAINING

#### A. Warm Up

1. 10 each, Dinks, Volleys, Drop Shots, Ground Strokes
2. Skinny Game

#### B. Court Position

1. Ball on String visual aid
2. Follow the Ball
3. Who covers the middle?

#### C. Ready Position

1. Baseline, Transition Area, Non Volley Zone
2. Paddle Position & Angle
3. Split Step & Hit the Ball Out Front

#### D. Shot Selection

1. Long Serve/Long Return – Review
2. Third Shot Drop
  - (a) Drill
    - (1) Softball Toss from Baseline
    - (2) Hit from Baseline
    - (3) Apex 2' Before Net
3. Hit to Opponents Backhand
4. Keep the Opponent Back
5. Hit to the Deep Opponent

6. Slow the Game

- (a) Blocking – Drill
- (b) Dinking – Drill Crosscourt Dinks – 4 players; 2 balls
- (c) Mid Court Shot – Drill

7. Don't Take Risks

- (a) Serve
- (b) Return of Serve
- (c) Angles
- (d) Middle

E. Ball Control

- 1. Hand/Eye Coordination
  - (a) Drill bouncing ball on paddle, then with a partner 2 bounces alternating
- 2. Hit the Ball Out Front
- 3. 70% of Power
- 4. Sacrifice Power for Accuracy
- 5. Patience
- 6. Unforced Errors

F. Returning Lobs

- 1. Proper way to track a lob.
- 2. Returning a lob.

G. Attitude

- 1. Communication
- 2. Be a Good Partner