



Name: _____ out of 10

Date: _____ Age of player: _____

1) Hit 8 forehand **RAILS** in a row that land within the forehand **ALLEYWAY**.

Start time: _____ Finish time: _____

2) Hit 5 backhand **RAILS** in a row that land within the backhand **ALLEYWAY**.

Start time: _____ Finish time: _____

3) Hit from the “T” 5 forehands and 5 backhands **ALTERNATING** in a row that hit **FRONT WALL - SIDE WALL** and land where you are standing.

Start time: _____ Finish time: _____

4) Hit 5 **SERVES** from the left hand side that hit the **FRONT WALL** over the service line and directly hit the opposite **SIDE WALL**, bounce once on the **FLOOR** in the right box, then touch the **BACK WALL**.

Start time: _____ Finish time: _____

5) Hit 5 **SERVES** from the right hand side that hit the **FRONT WALL** over the service line and directly hit the opposite **SIDE WALL**, bounce once on the **FLOOR** in the right box, then touch the **BACK WALL**.

Start time: _____ Finish time: _____

6) Run 3 sets of 3 star drills.

1st set time: _____ 2nd set time: _____ 3rd set time: _____

7) **Bonus question:** What is the area of the court that you want tight rails to land within called? _____