



Name: \_\_\_\_\_ out of 10

Date: \_\_\_\_\_ Age of player: \_\_\_\_\_

1) Hit 10 forehand **RAILS** in a row that bounce on the **FLOOR**, directly hit the **BACK WALL** then hit the **FLOOR** again before hitting the next shot. (This is a double bounce drill.)

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

2) Hit 6 backhand **RAILS** in a row that bounce on the **FLOOR**, directly hit the **BACK WALL** then hit the **FLOOR** again before hitting the next shot. (This is a double bounce drill.)

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

3) Hit from the “T” 5 forehands **VOLLEY RAILS** in a row.

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

4) Hit from the “T” 5 backhand **VOLLEY RAILS** in a row.

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

5) Feed yourself a ball in the middle of the court and in a row hit 5 forehand **STRAIGHT DROPS** that hit the **FRONT WALL** below the serves line and **BOUNCE ONCE** before hitting the **SIDE WALL** (or nick).

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

6) **Repeat task number 5** on the back hand side of the court).

Start time: \_\_\_\_\_ Finish time: \_\_\_\_\_

7) Run 3 sets of 3 star drills.

1<sup>st</sup> set time: \_\_\_\_\_ 2<sup>nd</sup> set time: \_\_\_\_\_ 3<sup>rd</sup> set time: \_\_\_\_\_

8) **Bonus question:** What is the only part of a rally when a shot must hit the front wall first, before hitting any other wall? \_\_\_\_\_