

## **Coach Tuttle drills**

These all involve playing singles points without serves (either player or coach feeds the ball). These games are popular with my teams and can also become quite competitive. They can also encompass a variety of skill levels and work best when teams are divided evenly (one option is base it on the team singles ladder and have odd ranked players on one side and even on the other).

Team singles (ideally 2 or 3 players per side): Singles points are played out with a drop feed. Player winning the point stays in for the next point, and player losing the point switches out with another player on his side. If a player wins three in a row, they also switch out to keep everyone involved. Keep score of points by ones as a team and play to 11 or 15.

One ball hit per player (4-10 players per side): With larger numbers, players just hit one ball and then go to the back of the line on their side. Same scoring as team singles.

Pass the racket (5-10 players per side): Players hit the ball once and go to back of the line on their side. If player loses the point (due to an error or opposing player's shot), they lose their racket and place it against the back fence. The team then has to pass rackets so that everyone has one to hit their shot. Play continues until one team loses all of their rackets, in which case the other team wins.

Sit and Volley (5-10 players per side): Players hit the ball once and go to the back of the line on their side. If player loses the point, they have to sit down on the court in one of the service boxes. In order to return to the game, they must successful hit a volley while seated during one of the live ball points. If they miss a volley attempt, the next player up on their side is out and must sit down. Play continues until all players on one side are out, in which case the other team wins.

Bobsled (5-10 players per side): Players hit the ball once and go to the back of the line on their side. If player loses the point, they put their racket down and sit on the center line of the court (with multiple players sitting in line it resembles sitting in a bobsled). In order to return to the game, they must catch a ball during a point. The player whose ball was caught is then out. On a missed catch, the player attempting the catch is out of the game. Play continues until all players on one side are out, in which case the other team wins.