



**DRILL NAME: CROSS COURT ISOLATION**

**PURPOSE: DIRECTIONAL FOCUS W/ALL STROKES TRYING TO FINISH OUT THE POINT AT THE NET.**

**DIRECTIONS: Extend the center service line all the way to baseline to divide the court in half. Players play cross court only points with either a drop feed ball or serving and playing the point out. Players should try to work to the net during every point.**

**OPTION 1: Beginners can start by playing out points using just the service box, make an extended box between service line and baseline and go all the way back.**

**OPTION 2: Intermediate and advanced players play full games but can only playing the correct half of the court.**

**OPTION 3: Divide team into two or four small teams. Play first team to 11 points. A player can stay for 2 points only if they win the first point. Winning teams then play each other.**

**OPTION 4: Play 2 on 1, the Doubles team serves and can only play the point to the returners side only.**