

Clinic Drills – Lee Matthews

Agilities

Four Corners

Place a tennis racquet with 4 balls on it on the “T” of the service line. Place one racquet in each corner of the court on that end. The setup can be repeated on both sides of the net for larger groups. Players line up on the sideline at the service line extended.

Players race individually against the clock. The player races to the racquet and takes a ball and runs and places it on the racquet in one of the four corners. The player returns to the racquet and takes the next ball to another corner. The process continues until all 4 balls are distributed. The player returns to the start and the clock stops.

The next player completes the process in reverse, bringing the balls individually back to the center racquet. The coach can set target times for the players. The drill is useful for quickness, agility, leg strength, and changing direction on the court.

Run the Maze

Players line up behind the baseline at the doubles sideline. Players run one at a time. The players are running against the clock. Each player

- sprints forward on the doubles sideline, and touches the net
- back-pedals on the singles sideline to the baseline
- sprints forward to the service line
- side steps to the center line
- sprints forward to touch the net
- back-pedals to the service line
- side steps to the singles sideline
- sprints forward to touch the net
- back-pedals the singles sideline to the baseline
- sprints up the doubles sideline to touch the net, stopping the clock

The coach can set target times, or can form lines on both ends of the court for competition. After the first day, I have my players run with racquet in hand, ready to execute a shot. The drill focuses on quickness, stop and go movement, and change of direction.

Competitive Drills

Mini-Doubles

Players use the service box as a court to play a doubles match to 11, winning by 2. Play can be started by a player feed, or by dropping the ball on the center of the net. The drill focuses on touch, ball control and placement, and hitting angles.

Bermuda Triangle

Divide players into 2 groups or teams, one on each end of the court. Two players on each side form a doubles team in standard one up – one back formation. The remaining players wait by the fence to rotate in. One end is designated as the servers, and all points are played from the deuce court.

The coach puts the ball in play by a feed. The point is played out as a regular doubles match. Each player on the winning side wins a point. After the point, the players on both sides rotate counterclockwise. The net player comes off. The baseline player moves to the net. A player from the fence comes in to the baseline, and play continues.

The players compete for a designated number of points, and must keep up with their individual points. The drill focuses on doubles skill development, and maintaining and regaining concentration during a match. As an option, the drill may be started by a serve. The drill can also be reversed with points being played to the add court.

Big Point

This drill can be run as a singles or doubles drill. Divide the players into 2 groups, one on each end of the court. Play begins with one player on each side, or with one team on each side. The coach puts the ball in play with a feed, and the point is played out as a regular match. The winner gets a point, and the loser rotates off. The next point is played in a similar fashion. When a player or doubles team has won two consecutive points, the next point is the big point. If the big point is won, both sides rotate, and play continues.

Players compete for a designated number of big points, usually 3. The drill focuses on concentration during matches, stringing together points, and handling pressure.