

ORGANIZING A PRACTICE

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**Men's & Women's Tennis Coach
Averett University**

Warmup / Fitness:

- Agilities / Stretching
- Indian Run

Warmup / Hitting:

- Cougar Warmup
- Non-Traditional Warmup & Adjusting to Different Numbers of Players.
- 25 plus 5 plus 1
- My thoughts on Mini-Tennis.

Formats, Drills & Competition:

- Doubles (positioning; drills; points)
- Ladder Games
- Groove Formats
- Station Drills
- Pressure Games

Fitness Close:

- Bleep Test
- Strength & Endurance Workout
- 30 Second Agility Drills

End on a Positive Note:

- Butts Up
- 4 Serves

MAKING IT FUN!!! – Should This Be Our Primary Goal?