

Coaching Mastery—Book 3

Chapter 13

Drills and Games

Dynamic On-court Games and drills to get the most of your students

On-court games and drills are ways, (or should be ways!), to get your students to employ the strokes, strategies and techniques you are teaching them. In a way, drills should be designed in such a way that the hitting is NOT the same as playing regular sets or tie-breakers or other competitive games—which often are more ‘inviting’ for students to revert to old, more familiar stroke patterns in order to win. Yet, games are how students learn how to “win”. It should be understood that complete player development includes BOTH:

- **Drills**—to improve stroke production, footwork, and strategic understandings
- **Games**—which create competitive environments that “test” a player’s ability to hit desired strokes in pressure situations

The games and drills I am including are designed to enhance the fun as well as the administration of skills you are working on with your students for them to master. While there are literally hundreds of drills out there, the ones I will be sharing here are my favorites for three reasons:

1. They involve a maximum number of participants
2. They focus on strategies and methods that contribute to player progression with the Advanced Foundation
3. They are the most efficient drills in getting students to understand, integrate and master those methods and strategies.

Remember that with any drill, game or competition, the real goal is to improve...not specifically win. Winning will always take care of itself. As I have mentioned, when winning takes a front seat, and the conscious effort of using skills that are being worked on (those necessary to reach skilled levels) is abandoned, players will stop improving within this context. This is the real root of player stagnation: The abandonment of skilled patterns in favor of focusing on trying to “win.” Players can sometimes find ways to win that are unorthodox or are not within the bounds of prolific stroke development...and, convince themselves that they are indeed progressing. Unfortunately, this type of competitive ‘compromise’ is very short lived and seldom results in a player truly developing and reaching their true potential.

You will want to remind all your players of this and to look for players falling into this common human habit. If you are a team coach, obviously, the emphasis of improving as a “Team” can be much easier to convince all your students of this goal. However, in many environments, players can take on others in any competitive environment and win some games or points using simple, less effective techniques. Thus, you will want to stop any game or drill and address those who may be slipping into these patterns immediately when possible. There are exceptions to this, namely when it is frankly impossible to stop play, but also an educated eye will recognize when a player is coming close to using the proper form and they understand the methods they want to employ which now is just a matter of practice and letting the student try to create the correct methods. This is an important concept for any coach or teaching pro: When to correct and when to let the student explore the action or method and figure it out.

Playing to Win

For a long time, I used to prescribe to the philosophy of playing to win in any competitive environment. The idea is that when you are in any tournament, team match, challenge, etc, your main goal is to win. And, while developing strategies that offer the ability to change your style of play is very advantageous, every player must be aware that transforming their strokes in such a way that gives them the perception of success for any particular match, (using form other than that which the student is working towards mastery), can be detrimental in overall player development and progression. Let me explain.

If a player’s goal is to play varsity or become a top-ranked junior, or a top tournament competitor, playing an opponent using strokes or patterns of play that are more associated with dinking, pushing, or simply hacking balls in an attempt to beat a given opponent does not contribute to the player’s main goal. In fact, resorting to such methods distances a player from such goals because if he or she does indeed win a match using inferior methods, (but methods that work at that point in time and against that particular opponent), can increase the likelihood of resorting to that style of play again and again.

Every player needs to learn “HOW TO WIN”...and there are ways to incorporate advanced stroke techniques and footwork patterns in ways that increase the likelihood of winning. Slowing strokes down, shortening strokes, blocking balls instead of trying to hit every ball with a full swing, slicing balls using good slicing form, (as opposed to ‘hacking’ the ball!), working on hitting higher percentage shots, and simply keeping more balls in play using “smart” strokes are ways to continue improving good stroke mechanics without resorting to poor stroke habits.

Every competitive event is a test; do we resort to ‘cheating’ and use inferior—but more familiar or easier—form, or, do we use the stroke patterns we know will allow us to play better tennis? Remember that the more we use those more unfamiliar but more prolific stroke patterns, they not only become more familiar, but they become more confident and reliable. Avoiding more prolific form in competition only makes the acquisition and mastery of such form that much more difficult...or at best, longer to acquire.

In many of the previous chapters, I outlined some shot-specific drills and group programming which all could fit within this chapter. Rather than be redundant, I am including only a handful of very effective drills and games that have multiple applications and can be used in a variety of hitting environments. There are literally hundreds of drills that are out there and I certainly don’t have them all memorized nor do I believe that having a hundred drills is mandatory for a person to develop a great game or a person be a great coach. However, I do

believe that any good instructor will be able to vary these drills to the point that they can keep players fresh and keep each practice interesting.

Purpose

Drills and games should always have a purpose; whether the purpose is to work on a specific stroke, strategy, or conditioning, make sure the drills you do are specific and well defined in their purpose. In addition, many drills can—and should—simulate competitive situations. A simple reward for successful execution and a simple penalty for missing a shot can make drills and games simulate some of the pressures of a real match. But, remember, as I mentioned a moment ago, if the player resorts to using undesirable form—even if it was successful in the drill or the game—then they are not moving closer to their goal of becoming a higher skilled tennis player. I often try to reward success within good strokes more than any penalties. In fact, I often reward good stroke execution even if the student failed to win the rally or didn't make the shot within the drill. I know that when enough attempts are made using the right patterns, the student will start experiencing success and confidence.

In this series of drills and games I will define the purpose of each as well as cover other areas that you will want to be made aware of, including safety, age-appropriateness, and skill levels ideal for each drill and/or game.

Differences between Games and Drills

Drills usually will incorporate one or more specific strokes, or game situations that can be repeated within a group or by an individual. For any drill, you can ask yourself, “How will this drill help my students?” Or, sometimes it is more helpful to determine your students' weaknesses (as a whole or as individuals) and refine these drills or others like them to meet those needs.

Games usually should provide a ‘game-like’ atmosphere, one which players are pressed into a rally that does not have the specific repetition or technique-reinforcements that drills usually provide. Games are ways in which you can emphasize specific game-strategies yet provide the rally elements that are associated with competition. Some games may work on volleys; others may be geared to reactions or groundstrokes. Some may be to work on hitting passing shots; others may be used to work a sequence of shots such as an “approach and volleys” game, or “volleys and overheads.”

Drills

These initial drills are what we call “Pro-fed” drills. That is, the pro or the coach feeds balls to players in various situations or positions on the court. Pro-fed drills are usually the progression step from the “Toss and Block” or “Drop-feed” drills that are discussed in previous chapters.

If you want to insure progressive improvement in your students, you will want to make sure they are employing ALL the aspects of strokes, grips and footwork within each attempt. Even though stopping a drill can detract from the continuity of the drill, it is far more important to address individual errors when and where possible within the context of any drill. Ironically, this sense of focus is often what separates a “legitimate” pro from one that is simply ‘going through the motions’ and picking up his or her paycheck at the end of the lesson.

While I have lost a small number of students because they only wanted to drill and not be advised of any individual breakdowns or faulty stroke patterns, the high numbers of players who attend my clinics and lessons tells me that most players want to know they are doing it ‘right or

wrong' so that they can focus on the correct patterns and not spend needless time reinforcing bad habits.

There will indeed be players who simply give you their money and essentially say, "Here's my fifty bucks...don't change a thing." These players are not only wasting their money (if they are there expecting to improve), but they could easily rent a ball machine if they simply wanted to hit balls with no feedback or evaluations.

Drill DVD's

There are a number of very good DVD's and videos that showcase hundreds of tennis drills. While many are exceptional drills, some are, in my opinion, a waste of time. I have most all of these titles and have tested most of the drills. Because there are so many drills...and so many variations of drills based on a specific drill foundation, I will only be providing the drills (and some of those variations) to give you those that are most productive and meet the criteria of patterns which contribute to your students learning the Advanced Foundation.

I would suggest you use your own imagination to come up with drills that you feel will meet your own needs and expectations. However, the following drills, for the most part, can be done with large numbers, (in most cases, over ten or twelve players), and yet be valuable in terms of working all players, keeping them active and productive, and helping them master the methods which will lead them to advanced play.

Favorite Drills (and why!)

Pro-Fed Drills

Three-ball Across Drill: The most basic drill to work nearly every shot; from volleys to overhands, slice and topspin groundstrokes, as well as working nearly every angle and aiming direction.

Basic Set Up: Have all the players line up in a single file line at the net post or the side of the court. The pro, feeding from the middle of the court, will feed the first player a predetermined shot and aiming direction. For example, you can have the players move across the net from deuce post to ad post hitting backhand volleys. The first volley can be hit crosscourt and deep, the second volley hit to the other corner and deep, and the third volley can be hit on a sharp crosscourt angle. The pro feeds the first player in line; that player moves to the second position near the middle of the court and the pro feeds him his second ball as well as feeding the next player in line his first ball. Finally, the player in the middle moves to the far side and hits his third volley, the second player hits his second, and the next player in line hits his first. The line moves continuously in this manner with the pro feeding three balls each sequence.

Variations:

1. Feed in the opposite direction with players moving from the ad court to the deuce court.
2. Feed balls to players hitting half-volleys, overhands, from the mid-court area
3. Work on put away shots from the no-man's land area (about three-quarters of the way back, inside the baseline),
4. Feed groundstrokes on all three balls with players moving across from behind the baseline
5. Employ topspin and slice shots among the three balls

6. Make the third ball a short ball where the players have to close in and hit a slice down the line, a drop shot, or have them catch the ball higher and hit an aggressive attacking shot

Advanced Variations

1. **Backing Out:** Have the players hit forehands while they move towards the backhand side. This simulates running around a backhand to hit an inside out or inside in shot. (Can be done with volleys and groundstrokes.)
2. On volley or overhead drills, have the players touch the net after each shot and before they move to their next shot. (To impress upon them to close in after a volley or an overhead.)
3. Involve a mix of a deep ball, followed by a short ball, and finish with them running down a lob deep in the corner.
4. Have the pro, feed from different places on the opposite side of the court so the students learn to direct balls coming to them from different angles and locations.

Post Shot Variations

1. After the third ball in any of these drills, you can use a “ladder” laid out on the court to have players do specific footwork drills when they move back to the line
2. Using Practice Hit devices, you can set up three or four of these along the back fence and have the players Shadow Swing on each device before they get in line.
3. With a large group, have the first two players who get done with their three shots work on volleys together in the back corner, having to hit X-number of volleys before they get back in line. (Or when they see that their turn is coming up, they stop and quickly get back in line.)
4. Have players do push-ups, jumping jacks or tossing drills as they are waiting their turn.

Goal: While the goal of any drill is to employ proper techniques, you will oftentimes want to give ‘rewards’ for a player hitting the target. You can do anything from giving out small prizes, (water bottles, protein bars, dampeners, etc.) to having all the players run a lap or do some push-ups except for the player who hit the target! This gets the kids competing, (but, I would only do this a few times). Or, you can have the player name two other players to run a lap around the court.

One of my favorite ways to make my prizes last longer would be to do a “Final Winner” where the last player to hit the cone or target gets the prize. So who ever hit the target first, gives the prize to the next player who hit it and so on until your basket of balls you are feeding from is empty. (Or, you can set a time limit on a stop-watch and the last person to hit the target when time is up keeps the prize.)

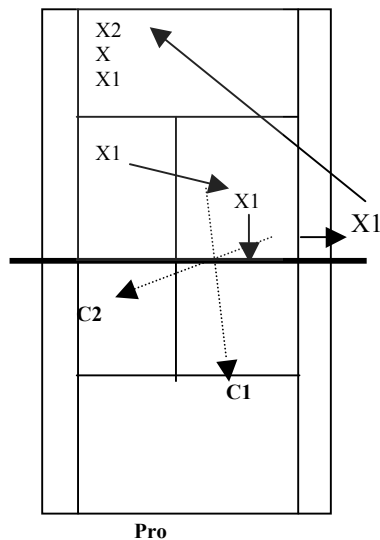
I suggest you use large targets, especially when you use the “Final Winner” rewards. You will want a lot of players feel like they have a chance to ‘take the prize.’ Larger cones, those stand-up boxing buddies that are weighted on the bottom, tennis bags, and other targets are great. Too often, pros use really small cones, a few tennis balls, or a small towel as targets. Such small targets make it harder to hit...usually resulting in a player hitting them more by luck than anything else!

Poaching & Angle Volley Drill: This is one of my favorite doubles drills and I attribute this one drill to many of my doubles teams’ successes. It teaches players to learn how to poach

correctly, where to hit the poached volley and where to hit a reaction shot that often comes back quickly in matches.

Set Up: Form two lines back from the middle of the service line in the middle of each service box. (The first player will stand where they would be if their partner were returning the serve in a typical doubles match.) The pro feeds from the middle of the other side of the court, back behind the service line or further. Set up four cones: one each on the service line in the middle of each service line on the side where the pro is feeding from, and one each up near the net about three or four feet from the net on the singles service line.

X1 moves in a step; the Pro feeds the ball towards the X2 line. X1 closes in and drives this high volley toward cone C1, simulating putting a ball through the net man. X1 split-steps after the shot and Pro feeds a second ball, low and soft towards the right-hand alley. X1 moves and angles this ball sharply to cone C2. X1 moves to the back of the X2 line. When X1 hits his angle volley, that is the cue for X2 to move in and get ready to poach his first volley to the opposite direction that X1 did.



The Drill: Have the first person on the deuce service (X1) line step forward, (simulating their movement if, in a doubles point, their partner had hit a good, crosscourt return), making a split step a few feet inside the service line in front of the line he came from. (You can put a 'throw down' to mark the spot where players will make their split-step from.) The pro feeds the ball slow and high, hit towards the crosscourt side from this player, simulating a crosscourt return away from this X1. This player, who has just moved forward and split-stepped, then will move diagonally to intercept this floater. This player then drives this ball towards the cone that is down the line from them when they hit the volley. (Simulating hitting the ball through the opposing net player.) After completing this volley, the player makes another split-step right where they are and the pro feeds another ball soft and low. This same player then moves and angles this ball off

crosscourt and very sharp angled (towards cone C2). After this second ball, the player moves off the court (in the same direction they had been moving).

This drill works great to emphasize the put-away down the line volley on the poach as well as teaching the players to react with a soft, relaxed angle volley as a follow-up volley. Too often, players poach and don't hit the ball through the net player (as they should, more on this in a moment!), and then they react with a second shot, usually hitting this second one too hard. (Because a player has just hit an attacking poach-volley, it is human nature to react to any return with another hard-hit ball. You will want to train your players to react with the where-with-all of not being so hyped up that they over hit this second ball. In addition, the angle volley is the perfect shot as it is hitting the ball to the place that is furthest from the two opposing doubles players in a typical doubles match.

This is a great drill to do with a large group as it moves quickly and there is a lot of thinking on the part of the student in terms of where to go, when to split, where to hit the ball, and to change the sequence of two consecutive shots to two distinctive targets and pace.

You will want to walk the players slowly at first, so that the right player goes at the right time. Tell each player that their 'cue' to start their poach is when the player from the other line has just hit his second volley, the angle volley.

Ironically, adults have more trouble with this drill in terms of knowing where to go. They tend to look at the other line thinking it is their turn when it is really their own turn. But, if you walk them through the drill a couple times, they will start to get it. (Kids seldom think of others so they don't hesitate like adults do!)

Variations: The poach can be an overhead, fed high and short, or a hard lower ball that the player will need to use a shorter stroke, using the power of the pro-fed shot, to hit the ball low and down the line.

Post Shot Variations: After the second, angle volley, you can have players touch the net post and sprint back to the baseline to get in the opposite line as they had started. If you have a large group, you can have the two back players work on volleys until they are the next ones up.

Goals: This poaching drill emphasizes the put-away volley on the poach, learning to drive this ball with a firm stroke yet little swing. Because the player is moving forward, there is little need to swing at the volley for more power. Also, at higher levels, even a well hit poach might get blocked back by an opponent. Thus, following this drill with the drop shot angle teaches soft hands (especially after having hit a firm drive on the poach first), and teaches players to react correctly to another ball. The angle volley is the best volley in this situation.

Using a firm continental grip, turning sideways, and using the key phrase, "Set and hold" for a moment after each volley helps the players keep from over hitting the volley and learn how to use the power of their opponent's shot for their own pace. Make sure the players don't over-rotate on the poach or step through with their back foot which usually causes the player to pull the volley or hit it more into the net.

Cross-over Drills

Cross-over drills are used to develop a player's combination of footwork and stroke application while on the run to hit a specific stroke. These are drills that should be used with at least four players but six to ten players is great.

Set-up: Two lines of players usually at the baseline, one line on the ad side, the other on the deuce. The pro can feed from any where on the opposite side of the net but is usually done from the middle of the court.

The Drill: The pro feeds a short ball towards one of the lines of players. The first player in the opposite line move diagonal in front of the other line and takes this ball to hit a specific shot. (Which I will discuss in a moment.) When this player has hit, the pro then feeds the next ball in the opposite direction for the first person in the other line. This player moves diagonal and hits this ball to a specific spot. Each player rotates around the outside of the court and returns to the back of the opposite line they had just moved from.

Shot Variations: This drill can be used to work a variety of short balls:

- Soft short, high bouncing ball for a put-away
- Low short ball to hit a slice or topspin approach shot down the line
- Short ball to work on hitting a drop shot crosscourt or down the line.

Drill Variation: You can add a second shot to each player, having them move in the opposite direction to cover a volley.

Goals: This drill is a “Game Situation” drill that involves the players in how to handle a short ball hit to their open side of the court. The shot variations should be stressed and practiced as you will want your students to develop several responses to this shot. (Not just hit the same shot every time!)

One of the elements to stress is to make sure the student uses not only good footwork, but also to hit and hold their finish on each shot. Because players are on the run, most students will tend to over-hit or spin around their body because of the running aspect to get to the ball. The drill variation to put a second ball away teaches how to recover and finish the point.

Drop Feed Movement Drills

Drop fed drills are designed mainly to develop stroke patterns and emphasize technique. However, some drop fed drills can incorporate footwork patterns as well as develop an understanding of aim.

Forward Drop Feed towards the Net

The Drill: The pro and the student stand near the back fence on the deuce side with the student facing the net and the pro holding six to eight balls in his or her hands while facing the student but off to the side slightly, standing near the alley. The pro drops one ball at a time in front of the player and the player works to move up, hit a forehand crosscourt, (if they are right handed in this example), and aim high enough to hit the ball deep and well over the net. Each successive drop is done with the pro moving backwards towards the net while the student follows the pro hitting consecutive forehands crosscourt as they both get closer to the net.

Shot Variations: This drill can be used to work:

- Down the line forehands
- Crosscourt backhands
- Down the line backhands
- Inside-out forehands
- Inside-in forehands
- Slice forehands and backhands crosscourt and down the line
- Drop shots (usually hitting the drop shot after the player has hit several topspin shots to allow them to get into the court where drop shots will be most effective.)

Each of these shot variations will require the pro to change position so they are not in line with the shot trajectory.

Goals: This drill is designed to improve the understanding of height, spin and direction as a player hits balls closer to the net. Understanding that as a player gets closer to the net, they also are getting closer to the opposite baseline, making it necessary to add more topspin, aim lower, or both. It is not uncommon to see recreational players who have not had proper training hit balls that are short in the court softer because they don't have the capacity to hit with topspin. By emphasizing this point, students will understand that unless they want to become a "dinker" on such shots, they will need to add spin to these shorter, approach-like shots. The last couple shots emphasize the "put away" mindset; that is, they will want to attack these short balls with maximum topspin and placement as their position, close to the net on one side or the other, leaves them vulnerable to any response. So, these shots should be hit with the idea that the opponent should not get their racquet on the ball.

Variations

In addition to the variety of shots hit while moving forward, this drill can also be done starting at the net and moving backwards. While we try and emphasize movement forward, there are situations that require us to move backwards to retrieve a ball. And, players who train in such movements away from the net teach them how to adjust the height, pace and spin of shots as they move back towards the baseline. Use this variation with all the shot variations mentioned earlier and you not only have a half dozen more drills to make your practices more unique, you are training your players in an "all-round" understanding of how to hit different shots.

Training Huge Numbers of Players

For me, this is one of the most enjoyable challenges: How to keep a very large group of players interested, excited, and provide them real learning of any aspect of the game. Many of the more basic drills I have discussed in appropriate chapters. However, I wanted to provide a clear "lesson plan" so that if you are indeed faced with large teams, groups or, you run a unique event that attracts a large turnout, you will indeed meet with success in such situations.

As long as you have enough tennis balls so that each player has one ball, and enough racquets that every other person has a racquet, you can teach almost all aspects of tennis with great effectiveness. While having enough equipment for each and every player, as well as enough courts for your numbers, a well-planned coach or instructor can implement terrific learning and, at the same time, keep everyone active.

Below is a lesson plan for a group of 100 players on one or two courts. You can add many more creative activities as you see fit. However, it is my goal here to describe a true application of a 2 hour clinic or practice with such a large number of players. The following is where it is assumed that you have enough racquets for half the number of players

15 Minutes: Simultaneous Partner Toss and Catch (**Chapter 11**) Use all variations followed by “Reach with your feet...not with your hands” drill. Contest: See who can keep the tossing going without dropping the ball. (Teams that drop a ball must sit down until you have a winner. If you have several teams that are really good at this, have them take a step apart from their partner after each toss until you have a team the wins the contest.)

10 Minutes: Catching Drills (**Chapter 7**): Have one player toss, the player with the racquet “catch” the ball on the strings. Contest: Have each pair of players stand about 5 feet apart with one player each team chooses as the “Catcher” and one player the “Tosser.” See which team can keep catching the ball until one team has won.

10 Minutes: Down-bounces, Up-bounces: (**Chapter 7**) Players take turn with the racquet doing proper down and up bounces as described in Chapter 7.

10 Minutes: Circle contest: Form two circles of equal number of players, one circle on one half of the court, the other circle on the other half of the court on the other side of the net. Have one racquet in the hands of every other player. Start two tennis balls at opposite ends of each circle. The goal for each team is to pass the ball from each player to the strings of the next player’s racquet to the next player who grabs the ball off the strings and places it on the strings of the player on the other side of them...until the ball gets back to the first player. When it gets back to the start, everyone passes their racquet to the person on their right and the relay starts again.

20-30 Minutes: Toss and Block Drills: After explaining to the group the fundamentals of the volley technique, pair up players facing each other, one player with a racquet, the other player with the two balls. (You can give out more or just use one ball per group.) One player tosses, the other player volleys back to the tossing partner. (I recommend that the tossing player should be against a fence as it is more common for the volleyed ball to be missed or hit away from the tossing partner where if they are back by a fence, the ball stays right by them.) Contest: See which team can do the most tosses and catches in one minute. If you start with the backhand volley, then repeat the drill with the forehand volley. After each contest, have the players switch places and switch being the hitting and tossing players.

20-30 Minutes: Serve: Start with bouncing the ball with the strings of the racquet, or your hand if you don’t have a racquet, and brush the right side of the ball (for right-handed players). This action of feeling the strings or the palm of the hand brush the correct side of the ball helps them develop the feel of producing spin on a ball. If this is a real beginner group, many of the players will have minimal or no concept of spin and how to generate it.

Half the group can work on serving either from the service line (for beginners or young kids), while the other half can work on tossing and simulating the swing action of the hitting arm in conjunction with the tossing action. These players can also work on the “Fence Drill” or the

Tossing Drill II (**Chapter 8**) while waiting their turn. Having two groups of players will require at least one additional teacher or instructor.

30-50 Minutes: Groundstroke Practice: I recommend working the entire group in “Shadow Swings” (Chapter 11) so that you can teach the proper swing patterns. You can describe the “Segmented Swing Tool” (**Chapter 9**) and teach players how to shorten their backswing and/or follow-through on command.

Following the shadow swing, pair the players up in groups of two, three or four. Using a basket of balls, (a large cart filled completely is best on this drill), each player will drop-feed a specific drill pattern for each other. The way this is accomplished which allows each player to hit many balls is this: if you have four players in a group, player “A” is the hitting player, player “B” puts five balls on his racquet or held in his hands if you are limited on racquets. “B” drop-feeds the balls one at a time for player “A” who hits a specific number of forehand or backhand strokes. This can include anything from a forehand or backhand topspin, slice, drop shot, or lob! You can have different positions on the court hitting specific shots, too. For example on one court, you can have 16 players, (four groups of four players each): Group 1 is way over by the right hand side net post hitting sharp angle topspin forehands; Group 2 is back in the deuce court baseline hitting topspin lobs down the line; Group 3 is in the ad court just inside the baseline hitting inside-out forehands crosscourt; Group 4 is near the left hand side net post hitting overhands crosscourt by the partner tossing balls up for the overhead. As you can see, even on just one court, you can have 16 players hitting at least 30 to 50 balls, (depending on how many balls you have available in each cart.

Placing cones on the court, you can add a contest to see which group is the first to hit a cone. If you are using two courts, you can make the other team (that didn’t hit the cone) do something like pick up the balls on both courts, do push ups, run a lap, etc.

Games

As mentioned, Games are competitive environments that encourage players to compete with each other (or as teammates) instead of simple cooperative drilling, (hitting specific drills with a partner), or hitting balls to targets. Games get players involved on a different level than drills because of the unexpected nature of the possible shots that will come in a live ball competitive rally. However, because players want to “WIN” the rally or the game in these situations, they tend to revert to more comfortable or familiar swing patterns. Thus, you as a coach or a pro will want to temper such games in such a way that players continue to employ proper stroke elements that they are working on so that they don’t revert back to less effective play.

I have listed several of my favorite games in **Chapter 12** listed under “Live Ball” clinics. Rather than reiterate them here, please use the ones listed in that chapter for ideas of where and when you can use these live ball games.

As you can see, there are numerous ways to have a lot of players learn tennis with limited resources. Using your imagination and many of the other drills mentioned in this book, I believe you can create multiple sessions of very creative and resourceful ways to work with large numbers of players. The purpose of this example is to show that you can indeed teach a very large group of players how to play tennis well!

