

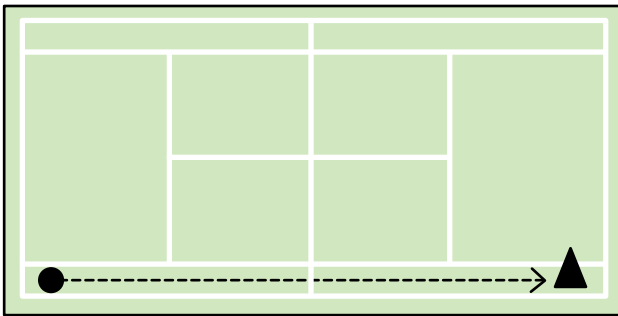


5 TENNIS DRILLS FOR BEGINNERS



DRILL 01 DOUBLES ALLEY

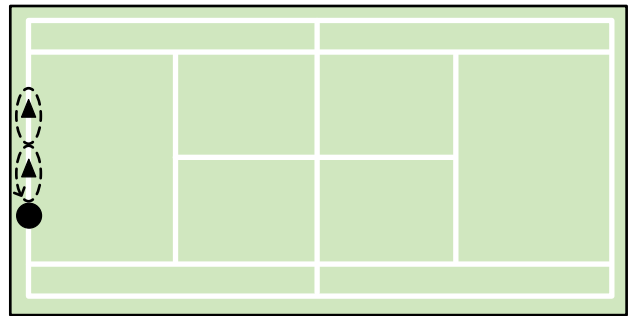
- 01 Set 1 cone on the other side of doubles alley
- 02 From opposite baseline, hit the ball down the line aiming for the cone
- 03 Focus on smooth, long strokes, bringing palm toward the net



BALL CONTROL AND AIM

DRILL 02 FIGURE 8

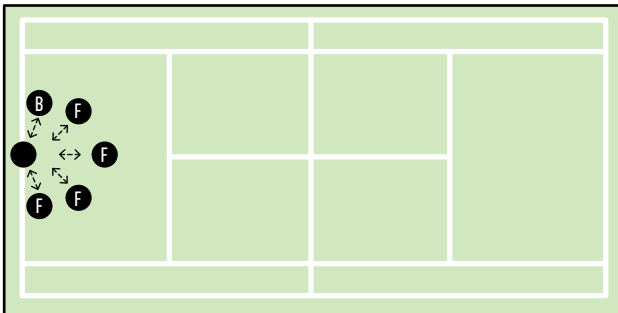
- 01 Set up 2 cones 6 feet apart on the baseline
- 02 Hit a forehand and weave left to hit a backhand
- 03 Move quickly for agile footwork and preparation



QUICK FOOTWORK AND GRIP CHANGES

DRILL 03 QUICK STEPS

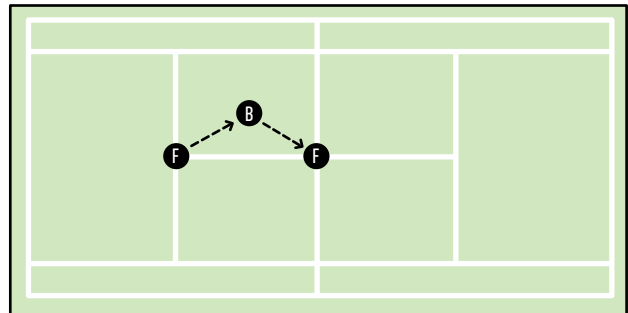
- 01 Set 5 cones in a semi-circle ahead of center baseline
- 02 From right to left, hit 4 forehands and 1 backhand, returning to center each time
- 03 Move quickly and use footwork to get around cones



EXPLOSIVE SPEED

DRILL 04 THREE VOLLEY SHOTS

- 01 From service line, move to the net hitting forehand and backhand volleys
- 02 Recover between volleys with a wide, low split step
- 03 Develops quickness to get your body to the shot



FOOTWORK TO PLAY AT NET

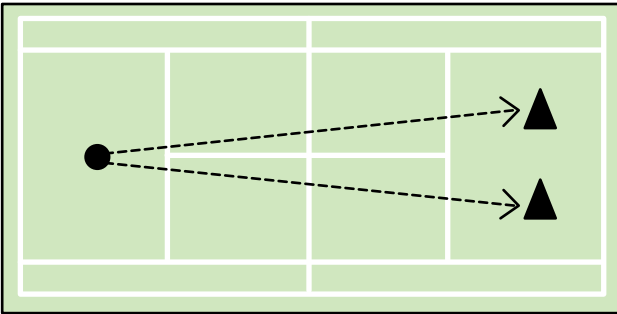


5 TENNIS DRILLS FOR BEGINNERS



DRILL 05 MIDDLE FOREHAND

- 01 On the opponent's side, place 2 cones at mid-court
- 02 Stand mid-court and hit 8 forehands, moving in a circle to recover after each shot
- 03 Each hit can go to either cone



PRECISION TO HIT THE BALL STRATEGICALLY

GREAT JOB!

GEAR UP FOR THE COURT

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