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10) COLOR CODING:

This is an excellent drill for teaching players to make the correct decisions on their shots.

Players rally with each other on half a court. Each time the ball is struck the players must call out green, yellow or red, which represents the type of shot that they are sending back.

If a player gets a weak short ball, he should call out green, because he is going to be offensive. If he receives a hard deep shot, he calls out red.

The most common shot we receive in tennis is just a plain yellow shot.

This drill teaches players that to be great, they need to master the YELLOW ball not just the green balls.

Variation 1 = Do the same drill with volleyer hitting against a baseliner.

Variation 2 = Have the players say Up, Back, or Stay.