



8) STINGER:

Four ball drill that is set up like triples. Great drill for teaching the various levels of aggression in tennis.

Ball 1: Coach feeds a short sitter to Player 1 who must come in and hit a “stinger” to player 4.

Ball 2: Coach feeds a volley to player 2, and point is played out.

Ball 3: Coach feeds another volley to player 1 (who is now at net).

Ball 4: Coach feeds an OH to either player 1 or 2.

Player 4 must let the first ball bounce and works on counterpunching skills. After the first ball, player 4 can come to the net for the rest of the points.

On ball 4, (lob) the defensive side works on the reverse split step and overall defensive skills.

Variation 1: Change the type of approach from stinger to an approach volley.

Variation 2: Play the same game to the BH side.