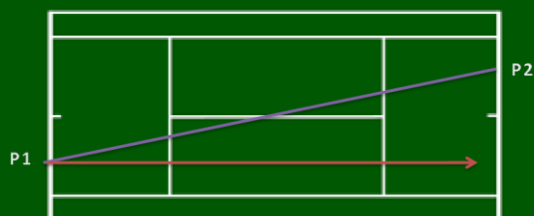


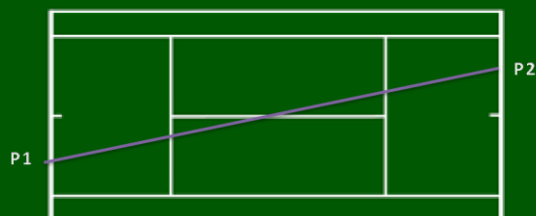
1.1 – SINGLES DRILLS BOTH BACK



DOMINATOR vs REACTOR

- Play 2 sets first to 10 points, change roles after the first set.
- One player is dominator the other one is reactor.
- Dominator starts with under arm feed. You have to play cross court until dominator changes direction and hits the ball down the line. Then play the point out in full singles court.
- If dominator goes down the line accidentally you still have to play the point out. If reactor hits the ball down the line before dominator does, he loses the point.
- Play deuce and ad side, use your backhands when playing ad side.
- Dominator can start with serve, if dominator wins too easily he'll have to win 2 consecutive rallies to get one point.

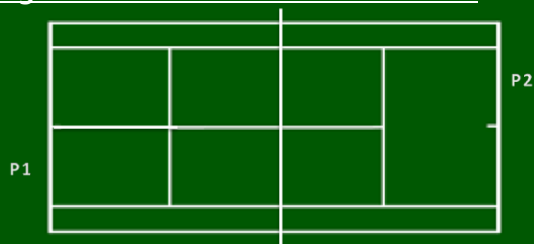
1.2 – SINGLES DRILLS BOTH BACK



FIRST TO 50 (or 100)

- Feed the ball in under arm and play the point out but you have to count the shots in the rally.
- The player who wins the rally will get the points (if it was a rally of 12 he gets 12 points)
- First player getting to 50 points (or 100) wins the set.
- You can play this game cross court - ad and deuce side (singles or doubles court), down the line (singles court or in the tramlines) or full singles court.
- This is a great drill to improve consistency, make you focus on attack and defense.

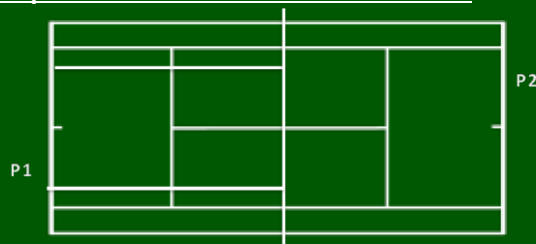
1.3 – SINGLES DRILLS BOTH BACK



HALF COURT (3/4 court) vs FULL COURT

- Play first to 10 points where P1 can hit the full singles court on the other end while P2 has only half (or 3/4) the singles court to hit.
- You can feed the ball in underarm or start with serves.
- It's a great game to improve defense, stamina and decision making of the player who has to defend the full court.
- You can make it harder for the dominating player (who can hit the full court) if he has to win the rally in 3 or 4 of his shots.
- Also dominating player can be restricted to use forehands and backhands only (depending on the side).

1.4- SINGLES DRILLS BOTH BACK



ORANGE SIDELINE vs SINGLES COURT

- Play first to 10 points where P1 can hit the full singles court on the other end while P2 has to keep his shots within the orange sideline.
- You can feed the ball in underarm or start with serves.
- It's a great game to improve defense, stamina and decision making of the player who has to defend the full court.
- You can make it harder for the dominating player (who can hit the full court) if he has to win the rally in 3 or 4 of his shots.