

CREATIVE DRILLS

Try these fun and effective practice drills with your rebounder. How does the Rebounder help you improve faster? The ball comes back at an average of 1.6 seconds. This is faster than real play, forcing you to recover faster and react faster with feet and racquet, preparing players to compete at higher and higher levels of play.

Drill #1: SINGLE FOCUS – Repeatedly hit one groundstroke or another, remembering to try to look for the “Point of Contact” (POC). Note: The Rebounder works best when hitting into the target zone with either topspin or relatively flat.

Drill #2: HIT AND MOVE – Hit alternating forehand and backhand groundstrokes. This will definitely add to the aerobic workout of your practice. If it is too challenging, you can start by letting the ball bounce twice to give you more time.

Drill #3: TWO-BALL JUGGLE – Keep two balls in play at one time like a juggler. It may be challenging at first, but will become easier with practice. Be patient and realize the hardest part of this drill is to prepare early and prepare fast!

Drill #4: SWINGERS – Swinging topspin volleys is another great way to use your Perfect Pitch Rebounder. Focus on either your forehand swinger or backhand swinger. Just remember that time will be tight and early preparation is the key.

Drill #5: MIDCOURT VOLLEYS – Most midcourt volleys are contacted below waist height. The rebounder will not work well on high volleys (hitting downward), but it works nicely on lower volleys hit forwards with a slightly upwards racquet path.

Drill #6: TWO PLAYERS ALTERNATE – Have two players alternate and shuffle out of the way after each shot. Player “A” hits forehands and Player “B” hits backhands, assuming they are both right-handed players.

NOTE: Since you are close to the Perfect Pitch Rebounder when hitting, the target zone is actually very large. The largest white circle becomes 18 feet wide when projected onto a real tennis court. The green circle zone becomes a 10-foot wide target. And, the white bull’s-eye zone is 7 feet wide.

