

OnCourt OffCourt Pop-Up Targets provide a wide range of drill and game opportunities on a tennis court. Here are some ideas to get you started:

### **CONTROL WARM-UP**

1. **Control chips** – Two players stand inside the service box and softly chip a ball back and forth with control through the target. Hit ten in a row or ten total, depending on the playing level.
2. **Color chips** – Set up two targets side-by-side. Two players stand inside a service box and cooperatively hit back and forth. Before each ball is struck, the hitter calls out the color of the target they are trying to hit through. Score one point for each successful hit and play until the pair reach 20 points. The initial ball is fed from behind the service line and if the ball passes through the desired target one point is also scored for that first ball fed.

### **SERVE PRACTICE**

1. **One server drill** – Set up both targets side-by-side lined up for the same service box. Have the coach or practice partner call out the color for the server to aim for just as the ball is tossed. This will help the server better disguise where they are aiming their serves.
2. **Two server drill** – Set up one target for each service box and have two players serving at the same time, counting points when the serve passes through the Pop-Up Target.
3. **Relay race serving** – Set up one target for each service box. Divide a group of players into two teams and have them each aim, one serve per player through the target for their team. Count points until one team reaches 10 points. For safety keep the next player waiting in line at the back fence, only to run forwards to serve after the previous teammate has served.

### **PASSING SHOTS**

1. **Down the line drill** – Set up one target so the hole is about three feet inside the singles sideline. One player feeds ten balls, one at a time, from the center “T” on the opposite side of the net from the player hitting passing shots. Score one point for each ball hit through the target. The hitter can call out “reject” and gets a replay if the feed is too difficult. The “reject” call must take place before the passing shot is attempted. Switch positions after each ten balls fed and play until one player reaches ten points with the first feeder getting the last chance to receive ten balls.
2. **Crosscourt drill** – Set up one target 3 feet to the side of the center of the net for players to practice crosscourt passing shots. Repeat the same drill as just described for down the line passing shots.