

TENNIS BINGO

MENTAL:

Concentration, motivation

PHYSICAL

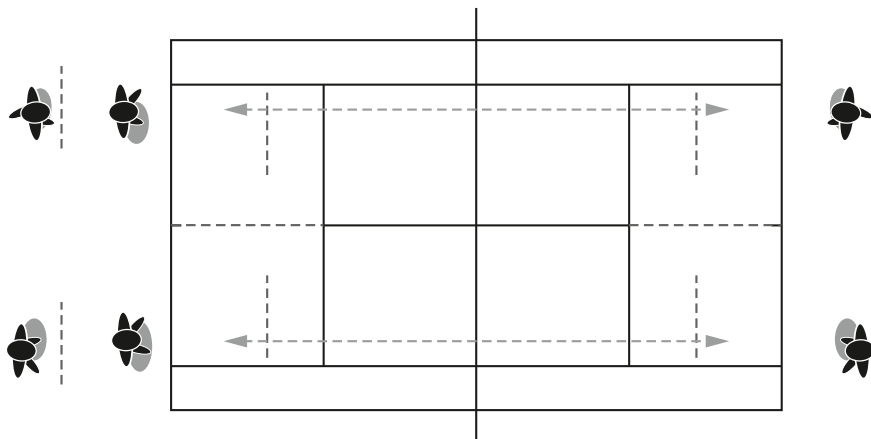
Footwork, contact points

TACTICAL

Both back, trading, consistency

TECHNICAL

Process goals



ORGANISATION:

- Coach feeds out of the basket or players rally both back using trading balls
- The aim is to play with consistency
- Players start off by attempting to hit two trading shots in a row. When this is done they start a new rally or set of balls and attempt 3, then 4 etc
- Every time a pair reach the number they shout “Bingo!” and everyone moves around one place to the left. They move up a number. Which team can score the most Bingo points in an agreed time – example 2 minutes?

Easier

- Use balloons - every time they keep it up for agreed number they all change partners and move up to next number
- Use balloons - give a specific challenge for hitting - for example must be only with head
- Use bean bags - flip to each other and catch for agreed number then call bingo
- Use bean bags - 2 rackets and sandwich catch and throw with 2 rackets

Harder

- Give a smaller space to aim for
- Must hit alternate shots
- Must use non dominant hand
- Must touch a cone or line with racket in between shots

EQUIPMENT:

Balls
Markers

MENTAL

This drill develops concentration in short bursts - 2 balls in a row, followed by 3 balls in a row, etc. Players are also working on motivation - every time they are successful they are spurred on to the next rally.

PHYSICAL

Remind your players that good ready positions, split steps, and footwork will enable them to do the drill better and hit their trading shots more consistently. You could introduce a condition where if an error is caused by poor footwork the players slide back down the consistency ladder and restart to climb from 2 trading shots again.

TACTICAL

This drill is to develop consistency for trading balls when both back, but it can be adapted to other game-situations and stroke intentions.

TECHNICAL

Remind your players that maintaining sound technique on their shots will enable them to do the drill better and hit their trading shots with more consistency. You could add some conditions based on your players' process goals, e.g., only strokes that finish correctly will count towards climbing the ladder.

MULTIPLE PLAYERS

4 players work well with half-court rallies

5 or 6 players - Champion format - players still rally cooperatively, but if the player at the champion end of the court misses they are replaced by their rally partner

When basket-feeding, coach can double feed 2 players at a time for 8 balls each. They then collect balls before rejoining the feeding line. This will work with a maximum of 6-8 players