

DRILL

Baseline chase

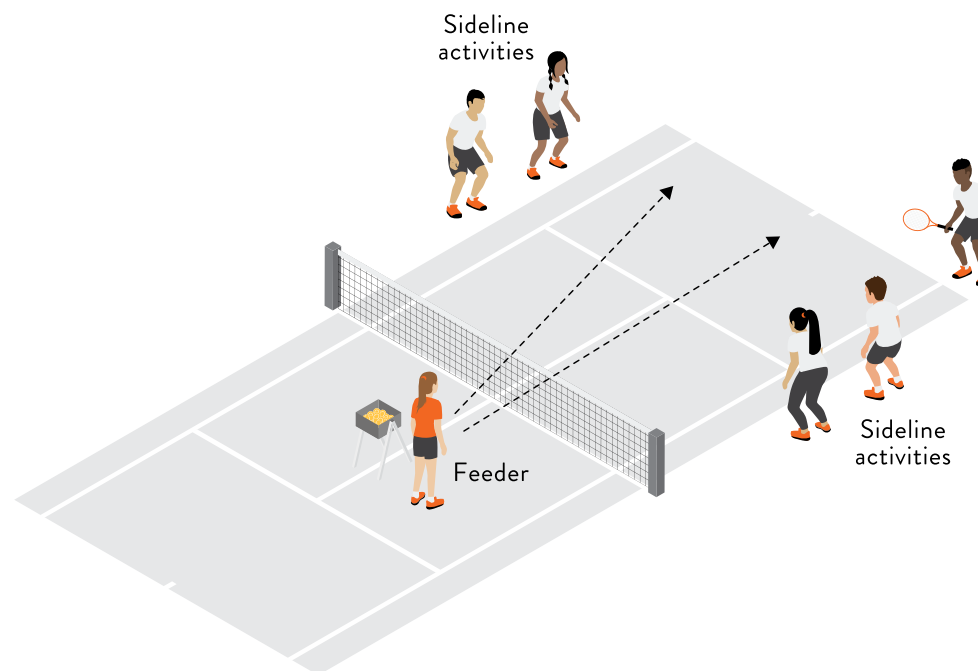
How to Play:

- 1 student starts as a feeder; 1 student starts as the hitter in the left hand tramlines.
- Feeder hand feeds the first ball towards the middle of the baseline, then feeds the second ball towards the tramline.
- Student chases both balls along the baseline then exits court.
- All students rotate round to the next position / activity in an anticlockwise direction.
- Swap and perform the same drill starting in the right hand corner of the court, and rotating in a clockwise direction.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Feeders:

- Make feeds challenging but achievable by controlling the speed and position of the ball.