



Matchplay Drills for Intermediate Players

Assessing Player Readiness

Intermediate players who have been successful in previous levels and ready to transition to full court with low compression ball. Intermediate athletes are able to sustain a 4-5 hit rally with movement, moves to the ball and sequences 2 strokes. Common mistakes are poor ball placement, weak second serve, lacks depth and inconsistent backhand shots.

A. Warm-ups

Same as Level 5

B. Specialty shots

Overhead

- ◆ Drill 1
 - ◆ Players line up across net and stand perpendicular to net.
 - ◆ At signal, players shuffle toward service line, keeping perpendicular to net.
 - ◆ Players stop and reach up with racquet hand and step.
- ◆ Drill 2
 - ◆ Same as 1 but add ball to catch with racquet hand.
- ◆ Drill 3
 - ◆ Same as 1 but form 1 line in alley with only one player at net.
 - ◆ Players have racquets. Players shuffle back with racquet raised.
 - ◆ Instead of catching the ball, player reaches up and hits ball with overhand throwing motion.

Lob

- ◆ Drill 1
 - ◆ Players partner up and stand facing each other on opposite sides of net at the baseline.
 - ◆ Player on one side drop hit the ball, with big back swing, open racquet face and full follow through lift the ball up and set it over the net.
 - ◆ Receiving players catch the ball and lob it back.
- ◆ Drill 2
 - ◆ Players form 2 lines on both sides of net.
 - ◆ One side lobs the ball and receivers hit overhead back to lobbers.

Drop Shot

- ◆ Use Continental grip.
- ◆ Racquet path high to level (J motion with racquet –racquet face opens and the ball is brushed high to low)



Special Olympics Tennis Quick Start Guide

On-Court Training Activities

- ♦ Touch shot with soft hands
- ♦ One use – when opponent is back deep in the court.
- ♦ Drill 1
 - ♦ Players line up in two lines at the service line.
 - ♦ Balls are fed to each player. Players try to drop shot to a target (Baskets, hoops or towel) over the net.
- ♦ Drill 2
 - ♦ Players A and B stand facing each other on opposite sides of net at service line.
 - ♦ Player A drop hits the ball to start.
 - ♦ Players rally easy and after 3 hits, Player A drop shots player B who tries to return ball.
 - ♦ Player B starts the ball and will drop shot after 3 hits. Repeat alternating.
 - ♦ When successful, move back to baseline and repeat drill.

C. Doubles strategy

- ♦ Communication is key
- ♦ Partners move laterally (side by side) together.
- ♦ If a partner is pulled off court, other partner covers the middle and next shot.
- ♦ Place the ball between the opponents.

D. Tournament Warm-up

Each match has a 5 minute warm-up period. After the official has flipped the coin to decide server/receiver, Players warm-up on the side they will begin play on.

- ♦ Rally straight ahead – 1 minute
- ♦ Practice volleys, lobs and overheads -1 minute
- ♦ Practice serves 2 minutes
 - ♦ Use two balls.
 - ♦ Serve 2 and receiver catches each one.
 - ♦ Receiver becomes the server and serves 2 back