

Module 1

Build Your Foundation

Week 2

Lesson 1: The Middle Way: Bring The Margins In

Play down the middle (5-10 minutes)

Optional: Hit the middle target area lane 10 times before you change drills
If you miss in the net you can do a pushup or a short sprint as “punishment”

Play baseline game to 7, 11, or 21: if you hit in the net opponent gets an extra point

Make sure to:

Become aware of where you hit your groundstrokes

Never miss a groundstroke wide in the hitting warm up

Play through the middle more (make a lane to hit through)

Clear the net: hit through the window

Aim for the opponents/partners feet past the baseline: extend out to the target

Lesson 2: The Crosscourt Secret (Advanced)

Play down the middle (5-10 minutes)

Hit forehand slightly crosscourt (3-5 minutes)

Hit backhand slightly crosscourt (3-5 minutes)

Hit both forehand and backhand both slightly crosscourt (5 minutes)

Optional: You get 1 point when you hit slightly crosscourt into the target area

Optional: Play to 10, 15, or 20 points (1 point each time you hit the target area)

Make sure to:

Play through the middle first to build consistency

Pick your forehand or backhand to hit slightly crosscourt first

Hit both forehand and backhand slightly crosscourt

Try not to hit any groundstrokes down the line (never be late)

If one side is more challenging than another to hit crosscourt, spend more time on that