Lesson Plans for Doubles from MTI

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Lesson Plans for Doubles

The MTI & NTT Playing Standard Grading Chart

National Team Tennis Grading Overview

www.nationalteamtennis.com
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- **Lesson 9 includes:** ‘Hotseat’ intercept, lob return and bounce smash
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- **Lesson 11 includes:** ‘Hunter dummy ploy’ and short angle volley winners
- **Lesson 12 includes:** Serve and stay back plus down the line returns
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- **Lesson 18 includes:** Serve and stay back winning scenarios
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1. Programme Notes – important please read

Thank you for opting to use the MTI syllabus and these lesson plan sheets. We at MTI are committed to keeping tennis simple!

These step by step lesson plans are designed to help you in planning, organizing and implementing your tennis practice session or lesson whether you are a player practicing with partners or a coach with pupil(s).

MTI would advise you to use whichever ball or size court you deem appropriate. Flexibility is ‘key’ here.

These lesson plans are generically designed for any court dimension and for any tennis ball compression i.e. red, orange, green or yellow.

We realise that you may be governed by varying court space. For this reason, our lesson plans are as flexible as you want them to be, but they will provide you with an efficient guide.

The whole purpose of the MTI syllabus is to ensure that the basics (T T F F – Tracking, Timing, Feel and Finish) are ‘bolted’ down before players’ progress to a higher class.

Teachers and Coaches - Please include an introduction at the beginning of every lesson and a summary at the end where students are asked to relay to you what they actually learned, practiced and gained from the lesson. Also allow the students to hydrate at any time during the lesson.

The lesson plans are based on a 90 minute session.

The physical conditioning of all players is crucial including young players in order to strengthen the ‘core’ which improves the balance, flexibility, coordination and reduces the chances of future injuries.

The 6 MTI Doubles Lesson Plan Phases

1. Introduction
2. Warm up/General Conditioning
3. Easy Feed/Rally
4. Part Points
5. Full Points
6. Cool Down/Summary
1. **The introduction** is when you have outlined the nature of the lesson. Discuss this with your partners/players.

2. This should be followed by a **plyometric warm up** and general conditioning to enhance performance and prevent injury. The content of which will vary depending on the age and ability of the player(s).

3. The **easy feed and rally phase** is when the player(s) are either hand or racket fed, (depending on ability of both player and feeder) followed by a rally where and whenever appropriate.

4. **Part points** are used to depict the teaching point(s) within a tactical game situation. You will need to set up a point scenario and start the point mid rally based on the shot or tactic you have worked on during the session. Targets should be used to aid placement.

5. **Full points** with serve should be played to encourage the use of the player’s overall game style with the aim of using the learned teaching point(s). Beginners can still be fed to and should now learn tennis etiquette.

6. The **cool down and summary** are designed to cool the muscle groups down and to ascertain from the players; what they have learned and how they felt about the teaching points and points of future goals, practice and matchplay.

   It is also time to tick off any goals that you or your players have achieved during that particular session via the NTT software or the progress sheets

   You should now arrange your next practice session and discuss the content plus any forthcoming matches.

   **Lessons should be repeated as many times as possible.** Players are never too advanced to practice and reinforce even the most basic topics.

   **PLEASE NOTE:** The following tactical drills can also be included and implemented in the second part of a lesson when the first part concentrates on technical skills

   Remember that doubles is a team game and that players should always communicate with and above all encourage their partner

   **PLEASE KEEP THESE LESSON PLANS SAFE IN A WATERPROOF SLEEVE AND FEEL FREE TO TAKE THEM ONTO COURT WITH YOU.**
2. Core Warm Up Drills

Plyometric exercises should be performed first, followed by the following on-court options: The following drills are suggested alternatives or additions to the traditional match warm up of rallies, volleys, smashes and serves.

Warm Up Drills for Beginner Doubles Players and above

‘Beginner Doubles Players’

We class ‘beginner doubles players’ as players who are of MTI Beginner Grade status and/or are players who may be of an MTI Improver player status but are new to doubles.

Drill 1; Service Box Throw and Catch Doubles.

Aims; To maintain pulse rate, to install the following; a sense of fun, to make tennis easier to play for novices, team spirit, coordination skills, tennis scoring and rules, communication skills, an understanding of a basic staggered doubles formation, competitive spirit, an understand of movement patterns depending on the situation.

Players start on the service line. The server stands behind service line and throws overarm to cross court service box. Receiving player catches ball and returns the ball with an under arm throw. The rally is played out until a player; drops the ball, fails to reach the ball, throws the ball in the net or throws the ball out of bounds without a bounce in the service box, after which a point will be awarded to the opposing team. Tennis scoring can be used.

Drill 2; Service Box Doubles (with racquets)

Aims; To maintain pulse rate, to install the following; a sense of fun, to make tennis easier to play for novices, team spirit, coordination and racquet skills, tennis scoring and rules, communication skills, an understanding of a basic staggered doubles formation, competitive spirit, an understand of movement patterns depending on the situation.

Players adopt a staggered formation within the service boxes. The server stands behind service line and throws overarm to cross court service box. Receiving player returns the ball. The rally is played out until a player; fails to reach the ball, hits the ball in the net or out of bounds without a bounce in the service box, after which a point will be awarded to the opposing team. Tennis scoring can be used.

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This drill can be used as a part/point situation for beginners.

**Warm Up Drills for MTI Improver Grade Doubles Players and above**

**Drill 1; The Checking Drill**

Working in fours preferably. Players throw and catch in the service boxes. All players must check as ball is released. Players must also follow their partner across the court as their partner is drawn out wide. This also applies to when the player has to approach the net on a short ball.

*Drill progression 1:* Working in fours or pairs. All players rally from service line and exaggerate their checking, whilst coach watches to see if in fact the players check in harmony with their partners.

*Drill progression 2:* Working in fours. Rally in a staggered formation in service boxes.

**Drill 2; Volley rally**

Players start halfway in the service box and start a volley rally. They then start moving from the net to service line and back again, repeating this until the coach calls time. Competition suggestion: pairs can compete against each other by trying to achieve the highest rally within an allotted time.

**Drill 3; Volley rally – two touch drill.**

Players start halfway in the service box and start a two touch volley rally repeating this until the coach calls time. Competition suggestion: pairs can compete against each other by trying to achieve the highest rally within an allotted time.

**Drill 4; Angled volley drill**

Players work in pairs and stand diagonally to each other halfway in the service box. They have a volley rally attempting to angle their volleys cross court to targets positioned close to the net in between the tramlines.
**Drill 5; Half volley/poach drill**

Working in fours in staggered formation – player 1 feeds cross court feed to feet of player 2 who is standing on the service line, Player 2 has to hit a cross court half volley. Player 3 has to move forward and poach a volley cross court to player 4 who has to play a gentle half volley back to player 1 who stops the rally and repeats the drill. Players rotate after allotted time

**Drill progression 1:** players play any shot in the service boxes with continental grip only and try to win point.

**Drill progression 2:** players play any shot in the service box and try to win point

**Drill 6; The Hunter Drill**

Working in fours – two baseliners rally continuously cross court. Two net players in hunter positions work on their poaching skills. They must choose when to move across.

**Drill 7; 4 player drop shot and lob recovery drill**

All 4 players start on baseline. Team one player feeds a ball deep. The team two player hits a drop shot and move in. Team one opposite team retrieve the dropshot. Team two player plays a lob. Team one chase back and plays ball back and the sequence is repeated until coach deems otherwise.

**Drill 8; Keep Volleys Deep Drill**

Baseliner hits groundstrokes straight to volleyer who is on service line and has to practice volleying deep from the service line.

**Drill variation:** The angle can be then repeated crosscourt. Players then change over after allotted time.
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Drill 9; Volley/groundstroke control

Working in 4s, two players stand on same side of the court in the middle of service boxes. Another player stands on the baseline behind them who rally feeds to opposite baseliner who practices hitting between net players.

Drill variation 1; Angles can vary with the rally been played cross court.

Drill variation 2; The players start in the same formation only this time the baseliner on the opposite side of the other 3 players starts as a volleyer at the net. The baseliner feeds to lone net player who must volley to one of the net players on opposite side who in turn has to volley back. The lone player then volleys to other net player who again returns to the lone player. The lone player then volleys back to the baseliner. The pattern continues until the coach says otherwise.

The players then rotate positions.

Drill 10; Half-court rally drills

Players start on the baseline and start rallying at 50%. In their own time they begin walking forward towards the net and back slowly once more whilst maintaining the rally. The players have to deal with a vast array of shots including half volleys whilst checking at the right time.

Drill 11; Full forehand and backhand smash plus bounce smash practice.

Coach/player rally feed to players in half court for intermediates+ with player individual feeding and full court for improvers. Players swap roles after allotted time.

Drill 12; Falling ball drill

This drill teaches players to decide when to smash a lobbed ball or whether to volley/drive volley a lobbed ball that is falling in front of them. players/coaches take turns to feed high falling balls to their partner. Players swap roles after allotted time.

Drill 13; Lob, smash and volley combo drill playing in half court only.

Players work in pairs Player 1 starts on the baseline and player 2 at the net. Player 1 feeds a lob for player 2 to smash. Player 1 hits passes and lobs to try and win point. Player 2 responds with counter volleys and smashes to win point. The first player to reach 5 points wins. The players then swap roles.
Drill 14; Slow ball attack playing in half court only.

Players work in pairs and start on the baseline. Player 1 feeds a slow junk ball of any depth for player 2 to hit and approach. Player 1 hits passes and lobs to try and win point. Player 2 responds with counter volleys and smashes to win point. The first player to reach 5 points wins. The players then swap roles.

Drill 15; Playing in half court drill

Players serve and straight down and continue the rally. Players rally 50% first rising to full speed and power. Doubles faults do count. The first player to reach 5 points wins. The players then swap roles.

Drill progression; Serve and cross court rally. Players rally 50% first rising to full speed and power. Double faults do count. The first player to reach 5 points wins. The players then swap roles.

Drill 16; Service placement.

Players must work on their accuracy consistency by serving to targets. Partner’s at opposite end work on their returns.

Drill 17; Double Pressure! - Game for groups.

Players start a tie break but server is only allowed 1 serve. When player makes error or is closest to the winning shot, they must retire off court and replaced by waiting player. Winning pair gain a point for themselves. When tie break is completed, the player with most points wins.

Drill 18; The volley fan drill.

Players work in pairs. Two players start a volley rally from the centre of the service line. They then proceed to move diagonally to each other then changing to the opposite side and back again in their own time whilst maintaining the rally. The players count how many they can do in 1 minute.

Drill 19; Marathon groundstrokes.

One player coach feeding cross court from no man’s land to player 1 who practices hitting many forehands cross court then down the line forehands for as long as the coach deems dependent on the size of group. The waiting players collect balls.
The player then switches to opposite side and hits back hands cross court then backhands down the line followed by inside out forehands cross court then inside in forehands down the line.

**Drill 20; The ‘chicken’ drill for intermediate and advanced players only.**

Players work in pairs. One player starts as a hunter at the net and their partner standing in no man’s land hitting groundstrokes at the net player. The pace starts slow but then rises to full power as the coach deems to test and train the reaction skills of the net player when under immense pressure. Players swap roles after allotted time.
3. Lessons for Court Positioning and Awareness

Doubles Tactical Lesson 1 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;

- Knowing where to aim for and where to avoid
- Knowing what your basic court coverage should be
- Knowing the zones you are responsible for to cover

Cross-court Drill

1. Players start in a staggered formation with the net players in the service box and the other two players behind the baseline on the deuce side.

2. Set up four cones on both sides of the net.
   - **Cone 1**: at the maximum reach point of each net player towards the centre of the court. Shadow volley strokes to show this.
   - **Cone 2**: in line with the first cone just outside the doubles tram line so that both these cones create a ‘goal’ for the net player and denotes their coverage.
   - **Cone 3**: should be positioned on each baseliner’s side of the court in ‘no man’s land. These cones should create a diagonal line through their net player partner’s centre cone, all the way to the opponent baseliner’s cone.
   - **Cone 4**: should line up with cone 3 so that it creates a goal for the baseliner and denotes their coverage

Notes:

- The net players do not poach or fade forward and back within the service box at this time.

- They should work on checking at the right time and volleying when the ball enters their domain.
They should realise that net players have first refusal on any ball that crosses the net and be calling ‘you’ or ‘yours’ when they wish their baseline partner to play the ball

Ensure that players understand why they shouldn’t stay in ‘no man’s land’ during a rally

Ensure players understand what a short or slow ball is. When the arc of the ball falls as it crosses the baseline as opposed to a rising ball that crosses the baseline

Players should ensure they are angled facing their opposite number when the ball is on their side of the court. When the ball crosses to the opposite baseliner the player and should then turn to face that player

Coach to monitor player(s) progress via NTT tool and/or progress sheets

3. **Drill progression 1:** The baseliners start with an underarm feed and rally across the court trying to avoid the net players and to hit deep shots that rise over the baseline after bounce. Players rotate after 5 rallies or when coach deems. Play from both deuce and advantage courts

4. **Drill progression 2:** The baseliners start the rally with a serve and return and begin to move towards the net in their own time, checking at the right time. Once they reach the net and play a few volleys they then in their own time begin to walk backwards. Do this walking first, and then gradually speed it up. Get players to shout check out loud just before opponents hit the ball. Players rotate after 5 rallies or when coach deems. Play from both deuce and advantage courts

5. **Drill progression 3:** Server stays back after their serve but elect to move up to the net if the ball is short or slow using the checking exercise. Players rotate after 5 rallies or when coach deems. Play from both deuce and advantage courts

6. **Drill progression 4:** After their serve the server immediately moves towards the net (a prelude to serve and volley tactic) do it at walking pace first then speed up when players are used to the timing of the check. Players rotate after 5 rallies or when coach deems. Play from both deuce and advantage courts

7. **Drill progression 5:** Add return move in and volley… do it at walking pace first then speed up when players are used to the timing of the check. Players rotate after 5 rallies or when coach deems. Play from both deuce and advantage courts

**Full Doubles Point Practice – 20 minutes**

This can be done in either team or individual basis and with a scoring system of the coach’s choosing
Clear Up, Cool Down and Summary - 5 minutes

End of lesson – *(Lesson should be repeated a further 2 times for reinforcement)*
4. Lessons for the Net Player's Role

Doubles Tactical Lesson 2 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;

- Identifying the basic roles of net players in a staggered formation
- To install the mindset of a ‘goalkeeper’ into net players
- Identifying when and how a player should be in a ‘hunter’ mode
- Identifying when and how a player should be in a ‘hot seat’ mode

1. Players start in a staggered formation on deuce side. One pair will be called pair A. (baseliner A and net player A). The other pair will be called pair B. (baseliner B and net player B).

2. Set up six cones of only two colours e.g 3 white and 3 blue, on both sides of the net. (See diagram)

   **White cone 1**: at baseliner A’s end between the doubles and singles tramlines.
   **White cone 2**: in the hot seat position of net player A
   **White cone 3**: in the hunter position of net player B.
   **Blue cone 1**: at baseliner B’s end between the doubles and singles tramlines.
   **Blue cone 2**: in the hot seat position of net player B
   **Blue cone 3**: in the hunter position of net player A.

3. **Drill progression 1**: Baseline A feeds deep underarm feed and stays back which means that net player A starts as a hunter (blue cone)
   Baseline B returns which means net player B starts in the hot seat.

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The two baseliners maintain rallies mainly crosscourt. They are allowed to hit down the line as well.

Baseliners are allowed to come to the net as hunters on a slow/short ball

The hunter and hot seat players adjust their positions according to which baseliner is hitting the ball.

Each net player moves to the coloured cone that matches in colour to the person hitting the ball.

E.g. when baseliner A (white cone) is hitting the ball, net player A should fade back toward the white cone in their defensive hot seat position. When baseliner B (blue cone) is hitting the ball, net player A should move up to the blue cone into an attacking hunter’s role.

**NOTE:** as the baseliner hits the ball the net player should perform a split step and move up to the hunter position and a second split as the opponent baseliner hits.

Players rotate after 5 rallies or when coach deems

4. **Drill progression 2:** Add the serve and return to the above drill

   **NOTE:** it will be necessary to point out that if your baseline partner hits or serves a weak ball, this doesn’t necessarily mean you should advance to a hunter position as the weak ball invites the opponents to attack

5. **Drill progression 3:** Add the hit and charge to all players and consider the serve and volley depending on ability

**Full Doubles Point Practice – 20 minutes**

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

**Clear Up, Cool Down and Summary - 5 minutes**

**End of lesson** – *(Lesson should be repeated a further 2 times for reinforcement)*
Doubles Tactical Lesson 3 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

1. Plyometric drills
2. Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
1. Identifying hunter volley/smash placement to the following areas;
   - Down the centre of court between opponents
   - Cross court at the feet or body of the hot seat player
   - Back to the receiver
   - Between the tramlines
   - Drop volley down the line
   - Short acute angle drop volley cross court
   - Lob volley over advancing player
   - Smash down the tramlines
   - Smash down the centre between opponents
   - Smash cross court at hot seat player’s feet

Position a target to the relevant target area.

Drill progression 1: Coach stands at baseline in deuce court with players rotate around coach.

Players take turn to take the role of hunter as well as other roles and are fed 8 balls each from the coach. They have to volley to the appointed target.

Notes:
- Players must move from a hot seat position and split before coach feeds to aid realism
Players can also feed if they are of good enough standard

**Drill progression 2:** Introduce the serve and return. Coach/player stays in the same place and acts as the returner straight at the hunter who must select their placement. Rally stops after the net player’s shot.

**Full Doubles Point Practice – 20 minutes**
This can be done in either team or individual basis and with a scoring system of the coach’s choosing

**Clear Up, Cool Down and Summary - 5 minutes**

**End of lesson** – *(Lesson should be repeated a further 2 times for reinforcement)*
5. Lessons for the Servers Role

Doubles Tactical Lesson 4 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:

- To look at the role of the server when staying back
- To practice tactical service placement
- To practice serving and staying back; hitting cross court, down the tramlines and lobbing net players

Position service placement targets

NOTE: ensure that correct hunter/hot seat and split step movement is maintained

Drill progression 1; Players practice their service contacts, pace and placement for an allotted time. Partners practice their returns cross court

Place one target at each end halfway between service and baseline to encourage depth.

Place another target level with the service line in between the tramlines to encourage an attacking angle.

Drill progression 2; Working in pairs. Players take turns serve and rally cross court trying to hit target areas. Players serve two points to each other. Coach can apply a point scoring system. Double faults don’t count.

Drill progression 3; Working in fours. Player 1 feeds a ball deep cross court to player 2 who attempts to fire a ball between the tramlines past player 3 who stands as a hunter but makes no attempt to hit the ball unless it comes straight at them. Player 4 stands at the far end of the tram lines to receive the ball. They then give the ball either back to player 1 or back in the basket. Players rotate after 8 feeds. Once all players have had a go, players change court sides.
Drill progression 4: Working in fours. Player 1 feeds a ball deep cross court to player 2 who attempts to lob the ball over player 3 who stands as a hunter with their racquet at full stretch. They make no attempt to hit the ball unless they can reach it. Player 4 stands at the far end of the court to receive the ball. They then give the ball either back to player 1 or back in the basket. Players rotate after 8 feeds. Once all players have had a go, players change court sides.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 5 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:

- To look at the role of the server when staying back
- To practice tactical service placement
- To practice serving and staying back; hitting cross court
- To practice approach shot variations, lobs and lob recovery including smashes

Position service placement targets

NOTE: ensure that correct hunter/hot seat and split step movement is maintained

Drill progression 1: Players practice their service contacts, pace and placement for an allotted time. Especially the body serve. Partners practice their returns cross court

Place one target at each end halfway between service and baseline to encourage depth.

Place another target level with the service line in between the tramlines to encourage an attacking angle.

Drill progression 2: Working in pairs. Players take turns serve and rally cross court trying to hit target areas. Players serve two points to each other. Coach can apply a point scoring system. Double faults don’t count.

Use the cones (above) for choice of approach shot placement

Drill progression 3: Working in fours. Player 1 feeds a short/slow ball cross court to player 2 who hits an approach shot back to player 1 who hits cross court back to player 2 who volleys to their choice of target. The rally then stops. Player 3 and 4 will also be on court maintaining their hunter/hot seat positions. Players rotate after 8 feeds. Once all players have had a go, players change court sides.

Drill progression 4: Working in fours. Player 1 feeds a short/slow ball cross court to player 2 who hits an approach shot back to player 1 who hits a lob over attacking players. Players have to move back and either smash or play a defensive lob. If the initial lob is successful, the
defending pair become hunters and move forward. The rally is played out. Player 3 and 4 will also be on court maintaining their hunter/hot seat positions. Players rotate after 8 feeds. Once all players have had a go, players change court sides.

**Full Doubles Point Practice – 20 minutes**

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

**Clear Up, Cool Down and Summary - 5 minutes**

End of lesson – *(Lesson should be repeated a further 2 times for reinforcement)*
6. Lessons for the Returners Role

Doubles Tactical Lesson 6 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:
- To introduce/practice the service return options
- To practice tactical service placement

NOTE: Ensure that correct hunter/hot seat and split step movement is maintained

Place targets to suit each drill accordingly

NOTE: Returners should practice both topspin and slice returns

Players work in fours

Drill progression 1: Players practice returning to the feet against an incoming serve volleyer. Players hit 8 serves and returns each before changing roles. Players then swap corners.

Drill progression 2: Players practice returning aggressively down the line off a wide serve. They should be ‘cutting’ off the angles. Players hit 8 serves and returns each before changing roles. Players then swap corners.

Drill progression 3: Players practice hitting a lob return over net player’s head. Players hit 8 serves and returns each before changing roles. Players then swap corners.

Drill progression 4: Players practice hitting/chipping and charging. Players hit 8 serves and returns each before changing roles. Players then swap corners.

Drill progression 5: Players practice taking the ball on the rise for slow/second serves. Players hit 8 serves and returns each before changing roles. Players then swap corners.
Drill progression 6: Both at the back in defensive formation. The server serves from the service line to train returner’s reactions. Players play out points. After 8 points the players swap roles. Players then swap corners.

Full Doubles Point Practice – 20 minutes
This can be done in either team or individual basis and with a scoring system of the coach’s choosing.

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
7. Lessons for Serve and Volley

Doubles Tactical Lesson 7 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:
- To look at the role of the server when serving and volleying
- To practice tactical service placement

Position volley placement targets

NOTE: ensure that correct hunter/hot seat and split step movement is maintained
Players working in fours

Drill progression 1: Players should find their own ‘checking point’ first by serving and moving forward until the contact of their opponent.

Starting from this point, the player is fed a cross court ball from the returner’s position for the server to play a full volley. The server attempts to volley deep to target and then move in to join their hunter partner. The rally should then stop to allow coach evaluation. Each player should receive 8 feeds then rotate.

Drill progression 2: Place additional targets for second volley placement; drop volley, on hot seat player’s service line, in no man’s land between the players, short acute angle cross court.

Player is again fed a full volley from cross court. Once the server has played their first full volley cross court and moved in, they then play their second volley to their chosen target area. Each player should receive 8 feeds then rotate.

NOTE: mention the two volley rule whereby the player attempts to volley more than one volley deep to the returner’s feet rather than attempting a higher risk shot elsewhere.

Drill progression 3: Player is fed head/shoulder height ball from cross court. The player attempts to volley down the line or to the hot seat player on the first volley. The hot seat player
can fend off the ball in protection. The rally should then stop to allow coach evaluation. Each player should receive 8 feeds then rotate.

**Drill progression 4:** Player is again fed a full volley from cross court. Once the server has played their first full volley down the line and moved in, they then play their second volley to their chosen target area. Each player should receive 8 feeds then rotate.

**Drill progression 5:** Player is fed a half/low volley. The server attempts to volley either cross court or down the line and then move in to join their hunter partner. The rally should then stop to allow coach evaluation. Each player should receive 8 feeds then rotate.

**Drill progression 6:** Player is again fed a half/low volley from cross court. Once the server has played their first half/low volley and moved in, they then play their second volley to their chosen target area. This time the hot seat moves forward as a hunter to attempt an intercept of the low volley. Each player should receive 8 feeds then rotate.

**Drill progression 7:** Players serve and volley at 50% speed first. Each player plays 4 points from either side then rotates. Then the exercise is repeated at full speed with the same rotation.

**Full Doubles Point Practice – 20 minutes**

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

**Clear Up, Cool Down and Summary - 5 minutes**

**End of lesson – (Lesson should be repeated a further 2 times for reinforcement)**
8. Lessons for Intercepting and Different Formations

Doubles Tactical Lesson 8 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;

- To enhance communication in doubles pairings
- To introduce/practice switching (aka poaching/intercepting)
- To introduce/practice varying formations

NOTE: ensure that correct hunter/hot seat and split step movement is maintained

Drill progression 1: Players rally cross court continuously. Two net players move as hunter and hot seat accordingly. The net players choose their moment when to move across and intercept. Players swap roles when the coach deems.

Drill progression 2: Players start in a staggered formation. Serving pair discuss where the serve will go and whether the hunter will stay or switch sides before each point. Players play a full game before the opposing team serves.

Drill progression 3: Players start in an eye/tandem formation with the hunter crouched down either straddling the centre line or in the service box. Serving pair discuss where the serve will go and whether the hunter will stay or switch sides before each point. Players play a full game before the opposing team serves.

Drill progression 4: Players who are receiving start with both players at the back for the first serve. The returner’s partner has the option to move up to the hot seat position for the second serve. Players play a full game before the opposing team serves. Players play a full game before the opposing team serves.
Drill progression 5: Players start in an ‘Australian’ formation with the hunter in the service box on the same side as the server. Serving pair discuss where the serve will go and whether the hunter will stay or switch sides before each point. Players play a full game before the opposing team serves.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing.

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
9. Lessons for Point Winning Combinations

NOTE: The following lessons are designed for intermediate and advanced players only. They are actual point scenarios played by professional players and the players must be of good enough standard to re-create the scenario.

Doubles Tactical Lesson 9 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1: Player 1 serves (and volleys) a first serve down the ‘T’ from deuce court.
Player 2 hits a return to the incoming server’s feet who has to hit a low/half volley cross court. Hot seat player turned hunter moves across and hits a volley winner down the centre. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Player 1 serves (and volleys) a second serve from deuce court. Player 2 hits a deep lob return over the hunter’s head. Serving team chase back and hit defensive lob. Receiving team move forward and hit a bounce/full smash winner. After allotted time the players swap roles. The drill is repeated from the advantage side.
Full Doubles Point Practice – 20 minutes
This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 10 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1: Serving team start in ‘I’ formation with hunter close to centre. Player 1 serves (and volleys) a body serve from deuce court. Player 2 hits a return cross court centre. The hunter stays and hits a short angled volley winner cross court. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Receiving team both at the back. Player 1 serves (and volleys) a wide first serve from deuce court. Player 2 hits an aggressive return cross court into the body of server who plays a defensive volley into cross court service box. Player 2 hits a down the trams winner past the hot seat player. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 11 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1: Player 1 serves (and volleys) a wide serve from deuce court. Hunter player feints to the right before drifting left. Player 2 hits a low return cross court centre. Server hits a low/half volley cross court. Receiver hits a cross court return. Server hits a short angled volley winner cross court. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Player 1 serves (and stays back) a first serve from deuce court to the backhand. Player 2 hits an aggressive return cross court corner. The server returns cross court corner. The receiver hits cross court corner. The hunter (server’s partner) crosses and intercepts a winner down the middle. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing.

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 12 – 90 minutes

**Warm up and Conditioning Core Drills – 20 minutes**

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

**Easy Feed/Rally Progressions - 45 minutes**

Aims of the lesson:
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

**Point scenario 1:** Player 1 serves (and stays back) a T serve from deuce court. Hunter starts in a crouched position then moves to centre after serve. Receiver hits a down the tramline return. Server hits a down the line. Returner hits cross court at hunter who hits a cross court volley to receiver. Receiver hits a down the line approach shot. Server hits a cross court winner between the two net players. After allotted time the players swap roles. The drill is repeated from the advantage side.

**Point scenario 2:** Player 1 serves (and stays back) a wide first serve from deuce court. The receiver hits aggressive down the line winner. The hunter can only play it if the ball is hit too close to them. After allotted time the players swap roles. The drill is repeated from the advantage side.

**Full Doubles Point Practice – 20 minutes**

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

**Clear Up, Cool Down and Summary - 5 minutes**

End of lesson – *(Lesson should be repeated a further 2 times for reinforcement)*
Doubles Tactical Lesson 13 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1: Player 1 serves (and volleys) a T serve from deuce court. Returner hits cross court return. Server hits a waist height volley at the hot seat player who hits a volley winner down the centre. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Player 1 serves (and volleys) a T first serve from deuce court. The serving pair switch sides as soon as the serve is hit. The receiver hits cross court corner. The hunter hits a volley winner at the feet of the hot seat player. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 14 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:

- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1: Player 1 serves (and volleys) a T serve from deuce court. Returner hits cross court return. Server hits a deep volley. The returner hits a topspin lob winner. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Player 1 serves (and volleys) a T first serve from deuce court. The hunter is crouched. The returner hits cross court centre. The hunter rises, moves centre and cuts a drop volley angled winner. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 15 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1; Player 1 serves (and volleys) a T serve from deuce court. Returner hits at the hunter. The hunter hits a drop volley winner. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2: Player 1 serves (and volleys) a wide serve from advantage court to backhand. The returner hits a sliced short angled cross court return. The receiver’s hunter partner moves to cut off the low cross court volley. The server hits a half volley winner down the line. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 16 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson:
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1; Player 1 serves (and volleys) a body serve from deuce court. Returning pair are both at the back. Returner hits a cross court return. Server hits a cross court volley. Receiver hits a defensive lob. The serving pair attempt a smash winner. The returning pair attempt to defend. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2; Player 1 serves (and volleys) a wide serve from advantage court to backhand. The returner hits a sliced short angled cross court return. The receiver’s hunter partner moves to cut off the low cross court volley. The server hits a half volley winner down the line. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 17 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1; Serving pair are in Australian formation. Player 1 serves (and volleys) a body serve from deuce court. Returner hits a down the line return. Server hits a low cross court volley. Returning pair hunter moves across to intercept a winning volley down the centre. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2; Serving pair are in Australian formation. Player 1 serves (and volleys) a body serve from deuce court. Returner hits a down the line return. The hunter moves across to hit a winning volley down the centre. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 18 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1; Player 1 serves (and stays back) a body serve from deuce court. Returner returns medium pace mid court. Server hits a cross court approach shot. Receiver hits a lob. Server hits smash winner cross court. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2; Player 1 serves (and stays back) a body serve from deuce court. Both returner and server exchange a minimum of 6 aggressive shots cross court corner before the hunters can intercept or the rally breaks down. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – (Lesson should be repeated a further 2 times for reinforcement)
Doubles Tactical Lesson 19 – 90 minutes

Warm up and Conditioning Core Drills – 20 minutes

- Plyometric drills
- Please choose from our selection of our core warm up drills in the previous chapter

Easy Feed/Rally Progressions - 45 minutes

Aims of the lesson;
- To practice the following point winning scenarios taken from actual ATP and WTA Grand Slam matches
- To start the scenario down at first to allow coaches to assess quality before increasing the pace
- To spend copious amounts of time on each scenario so it becomes second nature to the players

Point scenario 1; Player 1 serves (and stays back) a second serve from deuce court. Returner hits a slice return cross court and approaches the net. Server hits a cross court shot. Receiver hits cross court corner deep volley. Server hits cross court. Receiver hits a volley to the feet of the hot seat player. After allotted time the players swap roles. The drill is repeated from the advantage side.

Point scenario 2; Player 1 serves (and volleys) a second serve from deuce court. Returner hits a slice return to the incoming server’s feet and approaches the net. Server hits a half/low volley. The hunter intercepts with a volley winner between the players. After allotted time the players swap roles. The drill is repeated from the advantage side.

Full Doubles Point Practice – 20 minutes

This can be done in either team or individual basis and with a scoring system of the coach’s choosing

Clear Up, Cool Down and Summary - 5 minutes

End of lesson – *(Lesson should be repeated a further 2 times for reinforcement)*