

Make sure players have warmed up with stretches/ side movements/arms

Week One	Warm Up 10 Serves ea Side	Cross Court Dinks 25/50/100)	3rd Shot Drops
		Focus: Footwork and movement Lean Body forward Alternate Sides	Start at Baseline and work in back to baseline,work in again Cross court /same
		Dink/Roll/Drive/Drop	Dreaded 10's Start @ 8-8-2 Fault and score goes back to 8-8-1. 11 wins
Week Two	Warm Up Dinks (25)	SLOW THE BALL DOWN	Volley
		Serve/Return/Drop; every ball must land in NVZ. Switch @ fault	Use little ball; switch to PB Inside NVZ, then move out Game- Serve/Return/Receiving team cannot allow ball to bounce
		Lobs NVZ/Cross Court Mid Court Work both sides	BEAT THE NET Ball goes into net,score resets to zero Play to 8

Week Three	Warm Up 10 Serves ea Side	2 & 1 Drops	Lobs
		Start at NVZ; hit two drops; take 2 steps back and hit 2 drops; take 2 steps back hit 2 drops. Continue back and forward	NVZ/Cross Court Mid Court Work both sides
		Dink/Roll/Drive/Drop	UNFAIR GAME
		Dink across net, that player rolls to cross court. Player then drives to baseline, that player drops. Repeat.	2 Players @ NVZ Keep players BACK Switch if they get to NVZ
Week Four	Warm Up Dinks (25)	Dingles	Cross Court Dinks 25/50/100)
		Cross court dinks w 2 balls. First ball into net is DINGLE, play remaining ball	Focus: Footwork and movement Lean Body forward Alternate Sides
		SLOW THE BALL DOWN	Dreaded 10's
		Serve/Return/Drop; every ball must land in NVZ. Switch @ fault	Start @ 8-8-2 Fault and score goes back to 8-8-1. 11 wins

Week Five	Warm Up 10 Serves ea Side	Windshield Washer Dinks 2 players waiting on each side to rotate in. Start across, move one player out, then switch working both Fh and BH. Sideline players take the last ball on each side	Overheads. Use half court One player at NVS, the other 3/4 court NVZ tosses the ball, catch w non dominant hand. Do the same bring paddle up but don't smash. Then practice hitting w paddle.
		No Man's Land Use half court Player at NVZ feeds to player in NML If ball is hit into net the other player gets the point. First player to 5 wins.	UNFAIR GAME 2 Players @ NVZ Keep players BACK Switch if they get to NVZ
Week Six	Dinking Warm up	Lobs NVZ/Cross Court Mid Court Work both sides	Drop 50/90% One player feeds to the other. Practice drop shots. Move to hitting to 50% of court (NML) and then to 90% of court
		Cooperative Volleys NVZ, volley back and forth. One player steps back for long volley then drops in NVZ (reset the ball!) Keep paddle in neutral position	Volley Game After serve and return, receiving team cannot allow the ball to bounce. Every shot must be VOLLEY. Rally score to 11

Week Seven

Serve Warm ups

Dink/Roll/Drop/Drive

Dink across net, that player rolls to cross court. Player then drives to baseline, that player drops. Repeat.

Overheads. Use half court

One player at NVS, the other 3/4 court NVZ tosses the ball, catch w non dominant hand. Do the same bring paddle up but don't smash. Then practice hitting w paddle.

Dingles

Cross court dinks w 2 balls. First ball into net is DINGLE, play remaining ball

Survivor. Half Court

One player at Baseline, one at NVZ Baseline player hits SHALLOW LOB NVZ player hits put away SMASH Baseline player needs to survive and return Rally score to 8 and Switch

Week Eight

2 Ball Dink Control

Eye/Hand Coordination. Keep rally going
Work as Team
EACH player dinks across, WATCH for the next ball to come! Train your eyes and track the ball in play!

Two Punch Volley

Don't swing just block!
Volley back and forth but have the ball hit your paddle a 2nd time before going to net

Lobs

NVZ/Cross Court
Mid Court
Work both sides

Dreaded 10's

Start @ 8-8-2 Fault and score goes back to 8-8-1. 11 wins