

Montana Coaches Clinic
"Get the Practice Rocking"
August 2, 18
Coach Greg Patton (Boise State Men's Tennis Coach)

More Efficient Practice

- A. Games Based with constant and total participation
 - 1. Accountability
- B. Drills & Games based on Strategy and Skill Level
- C. Use of Music to attain Enthusiasm
- D. Principles and Philosophy of Team Practice

Rituals

- A. Importance of Rituals
- B. Emphasis on "Tennis & Team Time"
- C. Knowing how to pace practice to make most of Time

Practice

- A. Warm up
 - 1. Volley Line (hands, feet, eyes)
 - 2. Rolly Polly (Illustration #1)
 - 3. Short Court
 - 4. Dink Em (Illustration #2)
 - a). Dink em with a pass
 - b). Dink em with optional pass
 - 5. Mini Me (illustration #3)
- B. Drills
 - 1. One Ball rally
 - 2. Serve and Return (singles)
 - 3. Serve and Return (doubles)
 - 4. Tempo Drill (game for all courts to determine the most consistent rally)

Dynamic Stretch

Meat and Potatoes of Practice

- 1. Use of Games and Drills
- 2. Use of Bump and Split
 - a). Dingles (Illustration #4 & Crossed Eye #18)
 - b). Triples (Illustration #6)
 - c). Dip It (Hit volley and move back to service line)
 - d). Pull Shot Game
 - e). Dish it Up (Approach Shot Game) (Illustration #12)
 - * Player feeds ball to opponent from baseline and must go to net
 - * Opponent must hit ball at approaching player, no passing shot(or lose point)
 - * point begins

f). Addition/Subtraction

g). Volley Madness (Illustration #9)

h). Ping Pong Singles (Illustration #7)

i). Execution-Reincarnation (Illustration #5)

j) Whose Mistake Doubles (Illustration #14)

k). Cross Court Singles with a Bump (Illustration # 13)

*option (hit with outside shot, hit inside out forehands, etc.)

l). 3 Zone

*(two players on base line with coach feeding on their side) They are Kings of the court. If they win any of the first three balls fed, they get a Point. If their opponents win a ball played, they get three feeds to Displace the Kings of the Court

* rest of team on opposite side paired in doubles teams

*rule of game is if

* one team hits the feed and MUST approach the net

* If they Win point, the coach feeds them a volley which they play out

* If they Win point, the Coach feeds an overhead

* If the attacking team wins the Overhead, they then take place of the Court

m). Olympic Doubles (illustration #8)

n). Ad on (illustration #10)

o). Cross Fire (Illustration #15)

P). BUMP PLAY

q). Triples (illustration #17)

r). Cross Eyed (dingles with serve) (Illustration # 18)

End of Practice

*** and finally One Point Tournament!

** Static Stretch

