

Doubles Patterns/Tactics/Practice
Montana Coaches Association
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Importance of Doubles in Developing Players

Wake Up Drills

1. Volley Line (at net and approach)
2. Dink Em games (drill #2)
3. Rolly Polly (drill #1)
4. Volley warmup in the Hot Box (on top of net).
 - A. Progression Volley
5. Dingles (drill #4)
6. Cross Eyed (drill #18)

Controlling the net

1. Points won at net
2. The Winning Zone

Patterns of volley

- Never volley to same area twice in a row
 - Only exception is the High They Die theory
1. Middle/Either Angle
 2. Angle/ Middle/Angle
 3. Angle other Angle
- Target for angles is predicated on natural angle of racket receiving the ball
 - Drills for Patterns
 - a). Two up against Two players back
 - b). Serve and Volley that is patterned based
 - *with one server against receiver and off man at net
 - *with one server against receiver and off man on baseline.

Doubles Games and Drills for Practice

1. Volley Madness (drill #9)
2. Whose Mistake Doubles (#14)
3. 3 Zone
4. Triples (drill # #6)
5. Olympic Doubles (drill #8)
6. 2nd serve sets

