



The object of this practice is to do complete the drills below timing each section to see how long it takes you to complete. Then as you do it multiple times see if you can improve your times.

<b>Name:</b>	<b>Time</b>	<b>Time</b>	<b>Time</b>	<b>Time</b>
10 hits FH - ball bouncing in service box				
10 hits BH - ball bouncing in service box				
10 hits FH - infront of service line - no side wall				
10 hits FH - behind service line - no side wall				
10 hits FH - behind service box - no side wall				
10 hits FH - off the back wall - no side wall				
10 hits BH - infront of service line - no side wall				
10 hits BH - behind service line - no side wall				
10 hits BH - behind service box - no side wall				
10 hits BH - off the back wall - no side wall				
100 side to sides				
50 fig 8's				
10 hits FH Volley- infront of service line - no side wall				
10 hits FH Volley- behind service line - no side wall				
10 hits FH Volley - behind service box - no side wall				
10 hits BH Volley - infront of service line - no side wall				
10 hits BH Volley - behind service line - no side wall				
10 hits BH Volley - behind service box - no side wall				
20 fig 8's on Volley				
50 panel serves from right box				
50 panel serves from left box				
90 corner - ghosting - star drill				
20 court sprints				