



## **General Session 2 – Pairs and Groups**

### **Boast Drive**

Make sure you get almost to the “T”

### **Boast Drive 2 Shots**

Back person rails then boasts, Front person drops then Rails

### **Boast, x-court, Rail.**

Try and hold the “T” and volley the rail, nice 2 wall boast

### **Straight Game**

Start with a normal serve, play length until you can take the volley drop or drop shot.

Also use straight lobs when in front and in trouble.

### **Racket Game**

Length Game, but if you hit the racket you get 3 points, if you hit the racket on a volley you get 5 points. Up to 15

### **Match Play**

### **Court Sprints / Ghosting**