



Solo – Intermediate Straight Drives

Shot type: straight hitting

Level:2

Duration: 45 mins

Parent/partner: No

Coaching points

- Grip – the ‘V’ between thumb and first finger should be inline with the inside edge of the racket, maintain a gap on the grip between first finger and middle finger and finally try and keep the same for both forehand and backhand
- Position – try and get shoulders to be facing the side wall
- Lunge – try and have one leg stepping across to the ball and ensuring the shoulders remain to the sidewall. Left foot across for forehand, right foot for backhand
- Spacing – Think about reaching out for the ball and maintain space between your elbow and your body
- Follow through – allow your racket to follow the line of the ball, with your racket finishing towards the front corner on the front wall.

Solo practices – Do both sides

- Straight hitting to yourself aiming to land the ball into the service box
- Straight hitting to behind the service box, aim to land the ball to the back of the service box.
- Try and do drives to yourself letting the ball bounce hit the back wall and then drive again.

All of the above trying to achieve a minimum of 10 in a row before moving on to the next exercise.

- Starting at the front wall, aim to hit the ball straight let the ball bounce and then hit the ball straight a little deeper in the court. The aim for this drill is to move from front wall to back wall repeatedly while controlling your straight hitting.
- Another control exercise, hitting straight can you hit one ball bouncing in front of the service line and one behind the service line

Challenges

- 1) How many balls in a row can you hit straight into the service box
- 2) How many straight drives in a row can you hit that bounce and come off the back wall before hitting the next shot?
- 3) How many lengths of the court can you do whilst hitting straight shots – starting from the front wall.