

# Welcome to XerSports Tennis Boot Camp for Early Elementary

XerSports Boot Camps are designed to make fitness and sports training more fun, engaging, challenging and inclusive than traditional forms of exercise and sports training. Here are a few tips to assist you in understanding and making your interactive Boot Camps successful.

## Structure with Flexibility

- Boot Camps are designed to work with both XerTrainer and XerPro interactive target wall systems. XerTrainer offers *Trainer* mode only, while XerPro offers both *Trainer* and *Performance Mode*. XerPro offers significantly more training in lateral movement.
- Boot Camps are published as 4 session programs, each 45 minutes with a dynamic warm-up and two drills. Feel free to mix and match the drills to meet your own needs. Also feel free to add your own exercises to the warm-up.
- Each drill has a specific purpose and numerous skill benefits. Be sure to communicate these to participants prior to the start of each drill.
- There are three ability level options for each drill – beginner, intermediate and advanced.
- Each drill is repeated three times.:
  - First is to LEARN the drill and get used to working together as a team.
  - Second is a PRACTICE run to improve both individually and as a team.
  - Third is the CHALLENGE to achieve your best score as a team, and to compare your score with the other teams.

## Number of participants

- XerSports drills are designed to engage up to eight participants per station. Smaller groups may be advisable to make drills faster and more challenging for higher ability levels. You can also try some of the drill variations to accomplish the same thing.
- For larger groups, we suggest that people toward the back of the line be involved in some kind of simple physical activity to keep them moving while still rooting for their team (running in place, jumping in place, jumping jacks, pushups, sit-ups and more).

## Additional Tips

- The equipment list for each drill is per station. You can substitute as desired using equipment you have to complement the ball kit shipped with each XerPro or XerTrainer system.
- When more than one line is called for and you're using Trainer Mode, be sure to position the lines so they don't run into each other.

## Recommended Equipment for XerPro and XerTrainer

Your XerPro or XerTrainer is tough, durable and designed to take a beating. However, it is a computer and we need to keep that in mind when it comes to preserving the longevity of the electronics. Here is the recommended equipment list:

- Air filled regulation tennis balls
- Beanbags or dead balls for single directional play
- Swim Noodles or foam bats for striking the targets
- 2 pound or 1 kilo medicine ball (This is the maximum weight)
- BOSU balls or other balance devices for standing, sitting or lying
- Tennis rackets for each participant if possible. Most drills can be run with only 2 tennis rackets.
- Cones to provide barriers or direction
- Speed ladders or rub off chalk

## What Equipment NOT to use on your XerPro or XerTrainer

- Regulation baseballs. It will not return properly (because there is no bounce). Over time it will damage the electronic connectors.
- Regulation lacrosse balls. Over time it may scuff the panels and damage the electronics.
- Regulation cricket balls.
- 3 pounds and greater medicine balls for throwing at the system. (OK to use a heavier medicine ball to TOUCH the targets while holding the medicine ball in your hands).
- Any hard plastic implement such as a stick or bat for hitting targets. Use foam noodles.

# XerSports Four Session Boot Camp for Early Elementary

## Tennis

### Table of Contents

Session List				
Page	Session	Sport	Activities	Purpose
6	1	Tennis	Foam Strokes	Get used to forehand, backhand, overhead strokes.
			Beanbag throw	Improve throwing motion for serves, overheads, backhands, forehands.
9	2	Tennis	Racket Control	Improve ball control and hand eye coordination.
			Handball	Focus on center-point positioning.
12	3	Tennis	Down Dribble	Improve ball control and hand-eye coordination.
			Doubles moving	To improve your hand-eye coordination and lateral movement.
15	4	Tennis	Forehand Groundstroke	Increase hand-eye coordination and get a feel for hitting a tennis ball.
			Backhand Groundstroke	Increase hand-eye coordination and get a feel for hitting a tennis ball.

## XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSIONS

### SESSION ONE

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Foam Strokes	Get used to forehand, backhand, overhead strokes.
00:25 – 00:40	Beanbag Throw	Improve throwing motion for serves, overheads, backhands, forehands.

### SESSION TWO

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Racket Control	Improve ball control and hand-eye coordination.
00:25 – 00:40	Handball	Focus on center-point positioning.

### SESSION THREE

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Down Dribbles	Improve ball control and hand-eye coordination.
00:25 – 00:40	Doubles moving	To improve your feel of the ball.

### SESSION FOUR

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Forehand Groundstroke	Increase hand-eye coordination and get a feel for hitting a tennis ball.
00:25 – 00:40	Backhand Groundstroke	Increase hand-eye coordination and get a feel for hitting a tennis ball.

## Dynamic Warm-up

*To stretch, loosen up and prevent injuries.  
(10 minutes)*

*Game 4, Level 3 for 4 minutes. Reset as required.*

*Start by forming a line 20-30 feet from each target station.*

*Each person starts 3-5 seconds apart.*

**Toe Walk:** With weight on the balls of the feet, and heels staying off the ground, walk to the target wall and touch any target.

**High Knees:** Return to the starting point by running as you focus on bringing each knee in turn up to waist level. Make sure your arm pump is a waist to shoulder motion.

**Trunk Twists:** Spread out. With a good knee bend, rotate waist to one side then the other in a twisting motion (10 reps).

**Lateral Shuffles:** With a good knee bend and proper torso erectness, shuffle back to the wall and touch a target. Maintain flexion in knees throughout the drill. Focus on a good reach to loosen up the groin.

**Arm Circles:** Return to the starting point with arms straight out to the side, rotating them forward and backward in a circular motion (approx. 10 reps).

**Jumping Jacks:** Spread out again. With feet together and arms to your side, hop so feet come apart landing in a wide stance and the arms raising together over your head, then immediately returning to starting position. Repeat sequence for 15 repetitions.

**Repeat once, then the start Boot Camp drills.**

# XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION ONE DRILL ONE

Foam Strokes		3 Sets		
<b>Purpose</b>	Get used to forehand, backhand, overhead strokes.			
<b>Primary Skills &amp; Benefits</b>	<input checked="" type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
<b>Instructions:</b>	<b>EQUIPMENT:</b> Foam Noodle, 1 Cone (blue dot) <b>TIME:</b> 240 seconds			
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 4-7</b>	<b>Int: 4-7</b>	<b>Adv: 4-8</b>
	<b>Performance Mode:</b>	<b>Beg: 4-7</b>	<b>Int: 4-7</b>	<b>Adv: 4-8</b>
<b>Drill</b> <ol style="list-style-type: none"> <li>1) Group lines up single file behind far cone.</li> <li>2) 1<sup>st</sup> player runs to the station with noodle and stops, giving enough room to swing the noodle.</li> <li>3) Swing the noodle like a racket and hit the target as if hitting a forehand, backhand, or overhead.</li> <li>4) Depending on where the target is, the player should be prepared to move and set feet in position to hit either a forehand or backhand. If a target is above the player's head, then hit the target as if hitting an overhead.</li> <li>5) Player hits 5 targets before running back and passing the noodle to the next player in line and joins the back of the line. Continue until time is out.</li> </ol> <p><b>Variation:</b> For larger groups, to speed play, have each player hit only three targets and shorten the distance to the station. Encourage players to sprint to the station.</p>				
<p>The diagram illustrates the drill setup on a light-colored floor. A grey rectangular station is at the top. A black vertical line with arrows at both ends is labeled '20-30 Feet'. A blue footprint icon is at the bottom of this line. A green arrow points upwards from the footprint to the station, with the text 'Backhand, Forehand, Overhead with foam noodle' next to it. A red arrow points downwards from the station, with the text 'Run back to next person in line.' next to it.</p>				

XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION ONE DRILL TWO

**Beanbag Throw** **3 Sets**

**Purpose** Improve throwing motion for serves and overheads.

**Primary Skills & Benefits**  Conditioning  Speed  Agility  Footwork  Tracking  Teamwork  Throwing  
 Catching  Accuracy  Power  Strength  Timing/Rhythm  Concentration/Focus  
 Core Strength  Hand/Eye Coordination  Foot/Eye Coordination

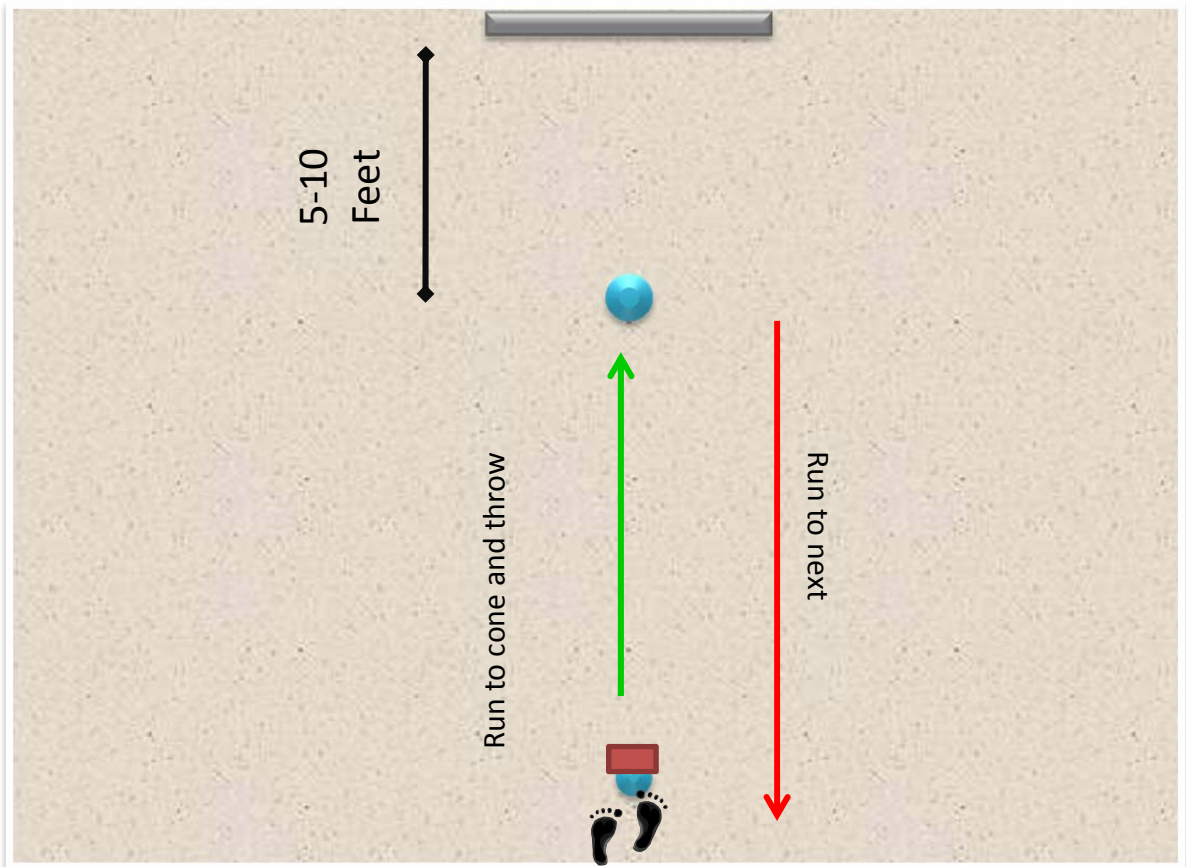
**Instructions:** **EQUIPMENT:** Beanbags, 2 Cones (blue dots)  
**TIME:** 240 seconds

<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>	<b>Int: 3-3</b>	<b>Adv: 3-4</b>
	<b>Performance Mode:</b>	<b>Beg: 1-5</b>	<b>Int: 3-6</b>	<b>Adv: 3-8</b>

**Drill**

- 1) Group lines up single file behind far cone.
- 2) 1<sup>st</sup> player runs up to cone and throws the beanbag at the target in a serve or overhead return motion.
- 3) Player then runs to retrieves the beanbag and gives it to the next player in line.
- 4) Next in line then performs same drill.
- 5) Continue rotation until time is out.
- 6) For groups wanting more of a challenge try placing the cone at different angles to the station.

**Variation:** For larger groups, to speed up play, use multiple beanbag and have next player start as soon as the player before them reaches the throw spot.



XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION ONE SCORES

Date \_\_\_\_\_ Group or Class \_\_\_\_\_

**Foam Strokes**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

**Beanbag Throw**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				



XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION TWO DRILL ONE

Racket Control		3 Sets
<b>Purpose</b>	Improve ball control and hand-eye coordination.	
<b>Primary Skills &amp; Benefits</b>	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input type="checkbox"/> Agility <input type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination <input checked="" type="checkbox"/> Ball Control	
<b>Instructions:</b>	<b>EQUIPMENT:</b> Tennis Rackets and Tennis Balls, 1 Cone (blue dot) <b>TIME:</b> 240 seconds	
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>
	<b>Performance Mode:</b>	<b>Beg: 1-5</b>
		<b>Int: 4-7</b>
		<b>Adv: 4-8</b>
	<b>Drill</b> <ol style="list-style-type: none"> <li>1) Group starts behind far cone.</li> <li>2) 1<sup>st</sup> player places the ball on their racket and balances it while they speed walk to station and touch a target with their free hand.</li> <li>3) After touching a target, player speed walks back with ball still on their racket and passes the ball to next player.</li> <li>4) Next in line then performs same drill.</li> <li>5) Continue sequence until time is out.</li> </ol> <p><b>Variation:</b> For larger groups have players run back and pass the ball to the next player after they touch a target or have the next player start when the player before them touches the station. Groups wanting more of a challenge can try hopping, skipping or backpedaling while balancing the ball.</p>	

# XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION TWO DRILL TWO

Handball		3 Sets		
<b>Purpose</b>	Focus on center-point positioning and moving into position for the next ball.			
<b>Primary Skills &amp; Benefits</b>	<input checked="" type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input checked="" type="checkbox"/> Throwing <input checked="" type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
<b>EQUIPMENT:</b> Tennis Ball				
<b>TIME:</b> 240 seconds				
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>	<b>Int: 3-3</b>	<b>Adv: 3-4</b>
	<b>Performance Mode:</b>	<b>Beg: 3-5</b>	<b>Int: 3-6</b>	<b>Adv: 3-8</b>
<p><b>Drill</b></p> <ol style="list-style-type: none"> <li>1) Divide group into two equal lines about 5-15 feet apart in front of the station.</li> <li>2) The 1<sup>st</sup> player from the right line throws the ball against the station. The 1<sup>st</sup> player from the left line catches the ball and throws it back at the station.</li> <li>3) As one player throws the ball, the other player moves to anticipate the angle of the ball.</li> <li>4) After both players have thrown the ball 3 times, the player from the right line catches the ball and passes it to next player in the right line and joins the back of the left line. The player from the left line joins the back of the right line.</li> <li>5) The next players from each line repeat the drill. Continue until time is out or all players have had a turn.</li> </ol> <p><b>Trainer Mode Variation:</b> Form one line in front of station. Have the first player throw the ball at the station and have the next player in line catch the rebound and throws the ball at the next target. Continue till time expires.</p>				

XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION TWO SCORES

Date \_\_\_\_\_ Group or Class \_\_\_\_\_

**Racket Control**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

**Handball**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION THREE DRILL ONE

**Down Dribbles** **3 Sets**

**Purpose** Improve ball control and hand-eye coordination.

**Primary Skills & Benefits**  Conditioning  Speed  Agility  Footwork  Tracking  Teamwork  Throwing  Catching  Accuracy  Power  Strength  Timing/Rhythm  Concentration/Focus  Core Strength  Hand/Eye Coordination  Foot/Eye Coordination  Ball Control

**Instructions:** **EQUIPMENT:** Tennis Rackets, Tennis Ball/Compression Tennis Ball, 1 Cone (blue dot)

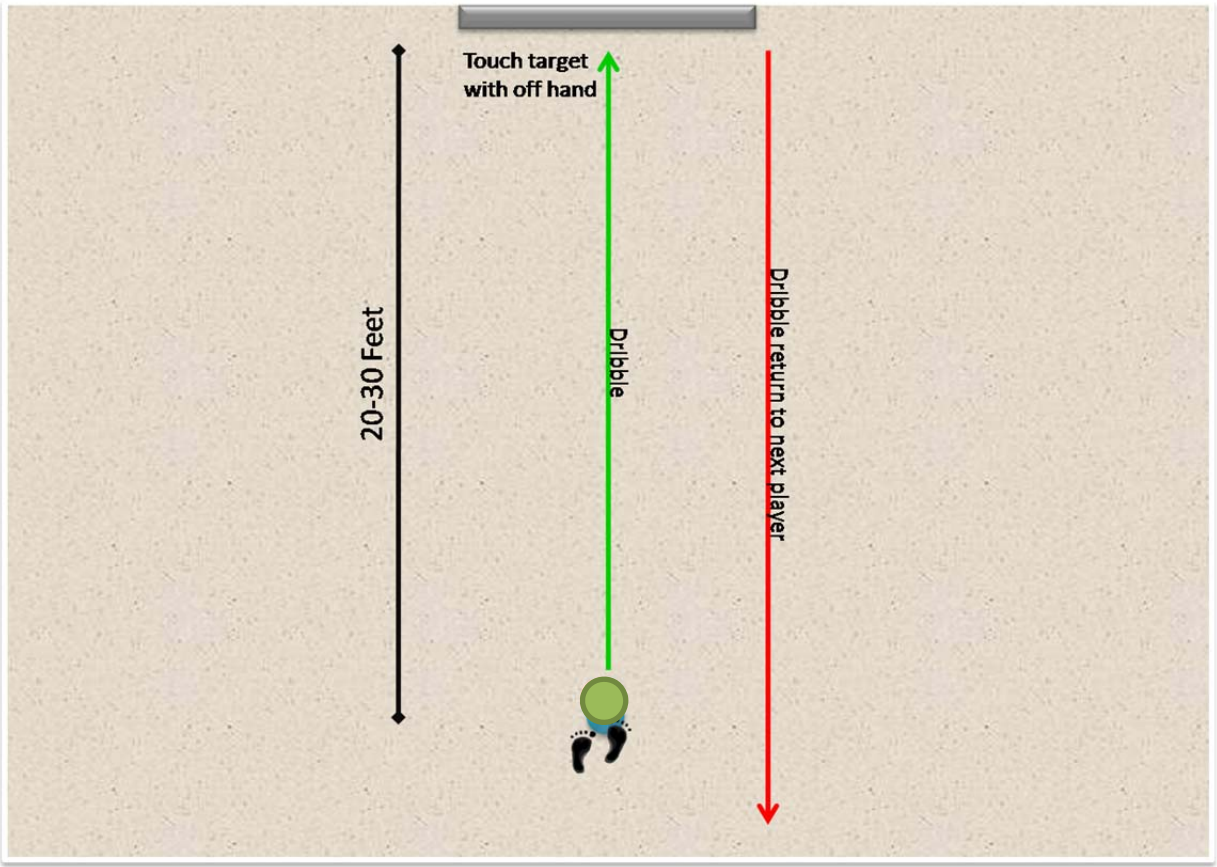
**TIME:** 240 seconds

<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>	<b>Int: 4-7</b>	<b>Adv: 4-8</b>
	<b>Performance Mode:</b>	<b>Beg: 1-5</b>	<b>Int: 4-7</b>	<b>Adv: 4-8</b>

**Drill**

- 1) Group lines up behind far cone.
- 2) 1<sup>st</sup> player dribbles ball to station with their racket and touches the target with their free hand.
- 3) After touching target, dribble ball back to next in line.
- 4) Next in line then performs same drill.
- 5) Continue sequence until time is out.
- 6) For groups wanting more of a challenge try hopping, skipping or backpedaling while dribbling the ball.

**Variation:** For larger groups, and to keep players moving, use two balls, with next player starting when first player touches target.



XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION THREE DRILL TWO

Doubles Moving		3 Sets		
<b>Purpose</b>	To improve hand-eye coordination and lateral movement.			
<b>Primary Skills &amp; Benefits</b>	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input checked="" type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
<b>Instructions:</b>	<b>EQUIPMENT:</b> 2 Compression Tennis Balls, 1 Cone (blue dot)			
	<b>TIME:</b> 240 seconds			
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>	<b>Int: 1-3</b>	<b>Adv: 1-4</b>
	<b>Performance Mode:</b>	<b>Beg: 1-5</b>	<b>Int: 1-5</b>	<b>Adv: 1-5</b>
<b>Drill</b> <ol style="list-style-type: none"> <li>Place two cones about 4 feet from each other and 15-30 feet from the station.</li> <li>Divide the group into two equal lines facing each other.</li> <li>The 1<sup>st</sup> players from each line underhand toss the ball back and forth while side-shuffling to the station.</li> <li>Both players touch the station and run along the outside. Whichever player has the ball hands the ball to the next player in their line before join the back of the line.</li> <li>The next player from each line can start after the team before them touches the station.</li> <li>Continue until time expires or all the teams get at least one try.</li> <li>After each set mix up the groups so everyone gets a new partner after each set.</li> </ol> <p><b>Variation:</b> Try using one-hand, increase the distance between the two players or have players continue to pass the ball as they shuffle back to their line instead of running along the outside.</p>				

XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION THREE SCORES

Date \_\_\_\_\_ Group or Class \_\_\_\_\_

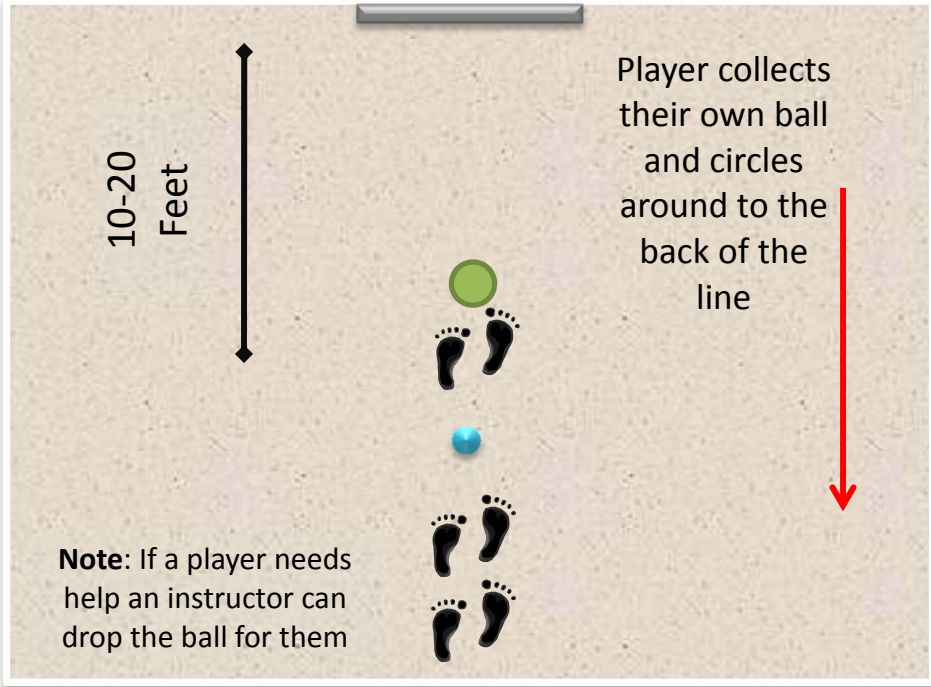
**Down Dribbles**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

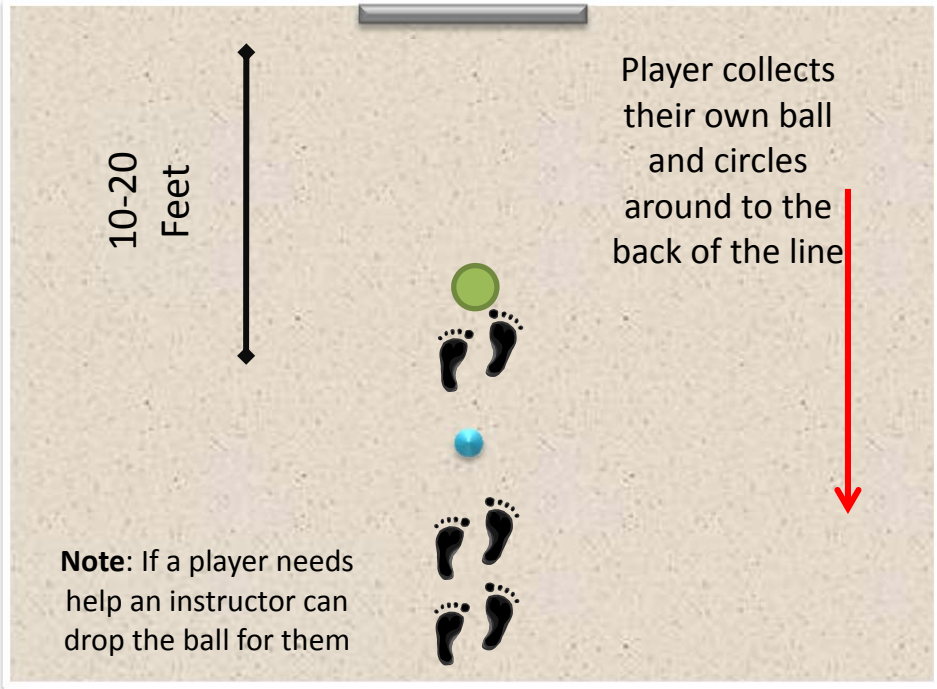
**Doubles Moving**

Set	Station 1	Station 2	Station 3	Station 4
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

# XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION FOUR DRILL ONE

Forehand Groundstroke		3 Sets		
<b>Purpose</b>	Increase hand-eye coordination and get a feel for hitting a tennis ball.			
<b>Primary Skills &amp; Benefits</b>	<input checked="" type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input checked="" type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input checked="" type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
<b>Instructions:</b>	<b>EQUIPMENT:</b> Tennis Racket, Tennis Ball/Compression Tennis Ball, 1 Cone (blue dot). <b>TIME:</b> 240 seconds			
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>	<b>Int: 1-3</b>	<b>Adv: 1-4</b>
	<b>Performance Mode:</b>	<b>Beg: 1-5</b>	<b>Int: 1-5</b>	<b>Adv: 1-6</b>
<b>Drill</b> <ol style="list-style-type: none"> <li>1) Group lines up single file behind cone.</li> <li>2) 1<sup>st</sup> player steps in front of cone with a tennis ball and tennis racket in their hand.</li> <li>3) The player sets up to hit a forehand ground stroke with one hand on the tennis ball.</li> <li>4) Player drops the ball from their outstretched hand and hits the ball towards the station.</li> <li>5) Player catches rebound and passes the ball to the next player in line</li> <li>6) Continue sequence until time is out.</li> </ol> <p><b>Variation:</b> For players that need more help have an instructor (or fellow peer), drop the tennis ball into the strike zone of the player.</p>  <p>The diagram shows a top-down view of the drill setup on a light-colored floor. A grey rectangular mat is at the top. A vertical line of players is represented by footprints. A green ball is positioned above the first player's feet. A blue ball is positioned between the first and second player's feet. A red arrow points downwards from the right side towards the blue ball. A vertical double-headed arrow on the left indicates a distance of 10-20 feet from the mat to the line. Text on the right says 'Player collects their own ball and circles around to the back of the line'. A note at the bottom left says 'Note: If a player needs help an instructor can drop the ball for them'.</p>				

# XERSPORTS TENNIS BOOT CAMP FOR EARLY ELEMENTARY – SESSION FOUR DRILL TWO

Backhand Groundstroke		3 Sets
<b>Purpose</b>	Increase hand-eye coordination and get a feel for hitting a tennis ball.	
<b>Primary Skills &amp; Benefits</b>	<input checked="" type="checkbox"/> Conditioning <input type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input checked="" type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination <input checked="" type="checkbox"/> Ball Control	
<b>Instructions:</b>	<b>EQUIPMENT:</b> Tennis Racket, Tennis Ball/Compression Tennis Ball, 1 Cone (blue dot). <b>TIME:</b> 240 seconds	
<b>GAME-LEVEL:</b>	<b>Trainer Mode:</b>	<b>Beg: 1-3</b>
	<b>Performance Mode:</b>	<b>Int: 1-3</b>
		<b>Adv: 1-4</b>
	<b>Beg: 1-5</b>	<b>Int: 1-5</b>
		<b>Adv: 1-6</b>
<b>Drill</b> <ol style="list-style-type: none"> <li>1) Group lines up single file behind cone.</li> <li>2) 1<sup>st</sup> player steps in front of cone with a tennis ball and tennis racket in their hand.</li> <li>3) The player sets up to hit a backhand ground stroke with one hand on the tennis ball.</li> <li>4) Player drops the ball from their outstretched hand and hits the ball towards the station.</li> <li>5) Player catches rebound and passes the ball to the next player in line</li> <li>6) Continue sequence until time is out.</li> </ol> <p><b>Variation:</b> For players that need more help have an instructor (or fellow peer), drop the tennis ball into the strike zone of the player.</p> 		



Date \_\_\_\_\_ Group or Class \_\_\_\_\_

<b>Forehand Groundstroke</b>				
<b>Set</b>	<b>Station 1</b>	<b>Station 2</b>	<b>Station 3</b>	<b>Station 4</b>
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				

<b>Backhand Groundstroke</b>				
<b>Set</b>	<b>Station 1</b>	<b>Station 2</b>	<b>Station 3</b>	<b>Station 4</b>
<b>Set 1:</b> Learn				
<b>Set 2:</b> Practice				
<b>Set 3:</b> Challenge				
<b>BEST SCORE</b>				