

DRILLING, TRAINING & TACTICS
Texas Tennis Coaches Association

Drilling and Training:

- ❖ Simulate for Success

- ❖ Whole vs. Partial Learning

- ❖ Dynamic vs. Static

- ❖ Dead Ball vs. Live Ball

- ❖ Feeding

- ❖ Optimum Intensity Level

- ❖ Incorporate Pressure

Tactics:

- ❖ Tactics: Generic vs. Personal

- ❖ High Percentage

- ❖ Zones of the Court

- ❖ Key Patterns

Doubles: