

## HOW TO ORGANIZE & DIRECT ON-COURT PRACTICE

Scott Tharp, PTR Master Professional

**Introduction:** The objective of this presentation is to help coaches and teams deal with commonly recurring practice problems: large and often odd numbers of players, limited court availability, varying degree of skills, limited time to devote to technical and tactical development, emotional and physical disparities, and compatibility with players' teaching pros.

**Premise:** The key to successful practice is to establish an organized format in which all players are highly active and motivated. All drills should have a specific purpose and/or relate to specific patterns of play. A player's ability to improve is directly correlated to the creativity of the coach. It is important to construct a competitive, yet fun environment. The following example of a practice places emphasis on a "games approach" to drills.

- I. Warm-up
  - A. Run
  - B. Basic stretches
- II. Drills to Develop Racquet Skills
  - A. Alternate ground-stroke
  - B. Ground-stroke – volley
  - C. Double volley
  - D. Volley across the courts
- III. Tactical Drills to Develop Simple Strategies
  - A. Basic quads
  - B. Short ball – attack
  - C. Modified quads
  - D. Cool side – nerd side
  - E. Olympic Tennis
  - F. Serving Games
- IV. Structured Point Play
  - A. Handicapping
  - B. Conditional situations
  - C. Tie-breaks
- V. Team Building & Fitness Games
  - A. Volley tennis
  - B. Ultimate volley tennis
  - C. Bounceball