


Drills

Legend

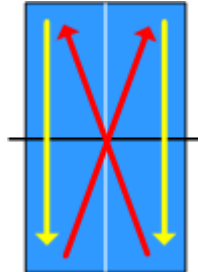
Topspin 

Underspin 

Player 1

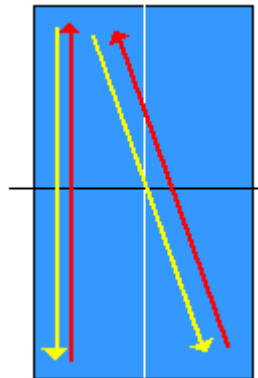
Player 2

The X drill



The X drill is great for improving **footwork and placement** and is also very simple. **Player 1** hits a cross-court forehand shot to **player 2's** forehand. P2 then hits down the line, to P1's backhand. P1 hits all shots crosscourt, while P2 hits all balls down the line. Begin slowly with good control, then increase the pace.

The V drill



This drill is very simple and great for **footwork and placement** (and we can all use some improvement in those areas, right!?) **Player 1** hits a cross-court forehand shot to **player 2's** forehand. P2 then hits down the line to P1's backhand. P1 then returns down the line, to P2's backhand, who then hits cross-court again.

In which sport can you perform those exercises? Could they be suitable in other activities?

Can you suggest more detailed instructions to fit with a beginner level, you, or a player at a national level?

Do you consider those exercises as technical training or physical preparation?