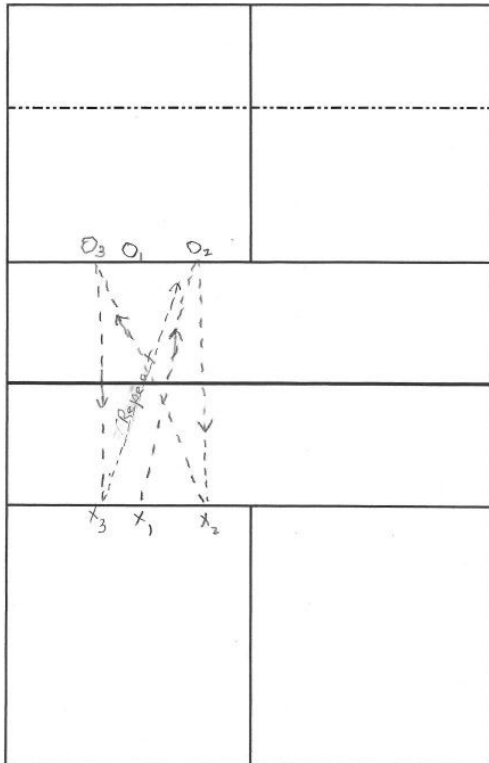


1. Stroke: Stand near mid court and cooperatively hit forehand ground strokes back and forth. For further challenge, move further away from each other. Repeat the activity using only backhand strokes.
2. Serving/Returning: Both Player 1 and Player 2 serve and return serve to last six feet of each other's court. Serve, return and repeat. Deep returns keep serving team away from the net and helps buy time for receiver to get to kitchen line in a timely manner. A deep serve allows the serving team the possibility of a short return which sets up lots of possibilities for a third shot winner.
3. Volley: Stand at kitchen line and volley back and forth. Gradually increase the pace of the volley. This works on eye hand coordination and reflexes. If a ball drops below the net, use a dink reset to continue.....
4. 3 ball dink: Player 1 and Player 2 both hold a ball in one hand while dinking. Between each stroke the ball in hand is touched to the paddle before executing the next stroke. This exercise is designed to reinforce coming back to the ready position after each stroke.
5. Reset dinks and pressure dinks. A pressure dink is one that goes to opponents feet and beyond the kitchen line. One player keeps dinks in the kitchen (reset) and the other player hits dinks deeper and moves opponent (pressure). Both players be ready to attack balls above the net.
6. Skills game: Using half a court, one player is at the no volley line and the other is at the baseline. NVL player hits a ball deep to the other player simulating a deep return and the player at the baseline either hit a drive or a reset shot and works his/her way to the kitchen. NVL player keeps hittining the ball to opponent causing the opponent to stop and hit as he/she works to the kitceh line. Rally scoring is used. Then players exchange roles and repeat. This activity can be conducted straight ahead or from diagonal courts.
7. Dinking: "X dink" focus is on following the ball to reposition. Activity takes place on one half of court (like skinny single Diagram below) Player 1 hits a diagonal shot causing the player 2 to move and follows that shot to reposition in front of player 2. Player 2 then returns the dink directly across to player 1 who has moved to directly across. Player 1 then sends the ball back on a diagonal to the other side of Player 2 causing player 2 to move. Player 1 is then repositioned directly across from Player 2's new position. Player 2 sends the ball directly across to Player 1 who repeats with a diagonal shot as a repeat of the opening sequence. This activity will look like an X if it were diagrammed. This activity can become more challenging by extending the diagonal shots further away from the opponent, causing both Player 1 and Player 2 to have to move more. The emphasis with this activity is to develop a habit of following the shot you hit so that you are in a more favorable position to receive a return. The activity also emphasizes lateral footwork to remain balanced.



8. Top Spin Development: Start with player 1 at the NVL and player 2 tossing underhand from midcourt. Player 1 focuses on keeping paddle vertical and rolling the ball from low to high without breaking their wrist.
 - a. Now have player 2 feed the ball off the paddle and repeat.
9. Mid Court Defense: Looking to dig more balls and be accurate in dropping them at their opponents' feet. Player 1 is at the NVL feeding various paced balls to player 2 who is at midcourt. Work on balance and contact point out in front of body. Player 2 catches and pushes the ball where wanting it to go rather than swinging or jumping at it.
10. Drive or Reset: Serve to opponent who sends the return either in the front half of the serving rectangle or to the back of the serving rectangle. If in the front half, then drive. If in the back half, then reset.