

For improving hand eye coordination and getting the feel of your equipment.

- A. Hit the ball off your paddle into the air for 10 consecutive hits with forehand. Repeat using the backhand. Then do 20 consecutive hits alternating between forehand and backhand. For further challenge, how many consecutive hits can you obtain with both forehand and backhand? For a further challenge, try 5 consecutive hits using the edge of the paddle.

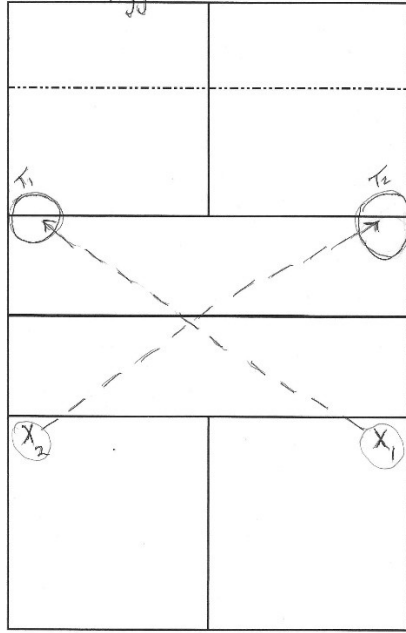
- B. Standing near a wall, hit ground strokes, first to forehand side, then backhand side and then alternate fore and back.....For a further challenge, continue while standing closer to wall. Continue moving closer.

- C. Standing near a wall, hit volley strokes, first to forehand side, then backhand side and then alternated fore and back.....For further challenge, continue while standing closer to wall. Continue moving closer.

- 1. Serving: Place a target in the back corner of a service court such that you would be serving to the backhand of an opponent. A hula hoop sized circle, a piece of cardboard, etc will work nicely. Hit that target 8 times out of ten. Do this for both serving courts.

- 2. Aggressive Dinking: This is designed to place shot at opponents feet and at the outer edge of the court. This places the greatest pressure on the opponent. Target area is about a foot beyond the kitchen line and a foot in front of the kitchen line. See diagram below. Work forehand and backhand from both X1 and X2 positions.

Aggressive Drink



3.