



3) Stinger: Week 2

Working on = Transition Skills

Four ball drill that is set up like triples. Great drill for teaching the various levels of aggression in tennis.

Ball 1: Pro feeds a short sitter to Player 4 who must come in and hit a “stinger” to player 1.

Ball 2: Pro feeds a volley to 5, and point is played out

Ball 3: Pro feeds another volley to 4 (who is now at net).

Ball 4: Pro feeds an OH to either 4 or 5.

Player 1 must let the first ball bounce and works on counter-punching skills. After the first ball, player 1 should come to the net for the rest of the points.

On ball 4, (lob) the defensive side works on the reverse split step and overall defensive skills.

After all 4 balls are played, the players rotate one spot around on their **own side** of the court.

Variation = Change the type of approach from stinger to an approach volley.