

Walk the Dog

SETUP

- Make sure each player has a red ball and a racquet.
- Spread players out on a sideline, each with a spot positioned 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

MISSION

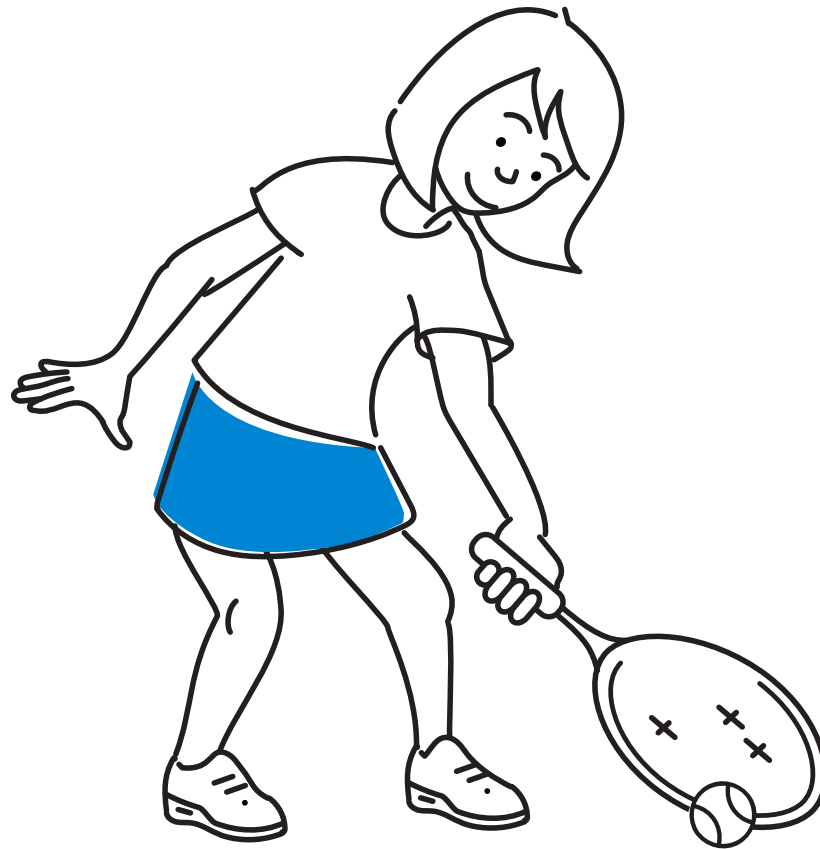
- Starting on the sideline, push the ball to the spot using the edge of the racquet.
- Stop the ball on the spot then push it back to the sideline and stop it again.
- Need help? Use a big ball.

Level 2: Use your backhand.

Level 3: Zig-zag to the end spot and back by using both sides of the racquet.



Walk the Dog



Walk the Dog with Partner

SETUP

- Pair players up, with racquets and one red ball.
- Spread pairs out on a sideline, each with a spot 15 to 20 feet away.
- Mark each spot with chalk, a poly-spot or any flat object.

MISSION

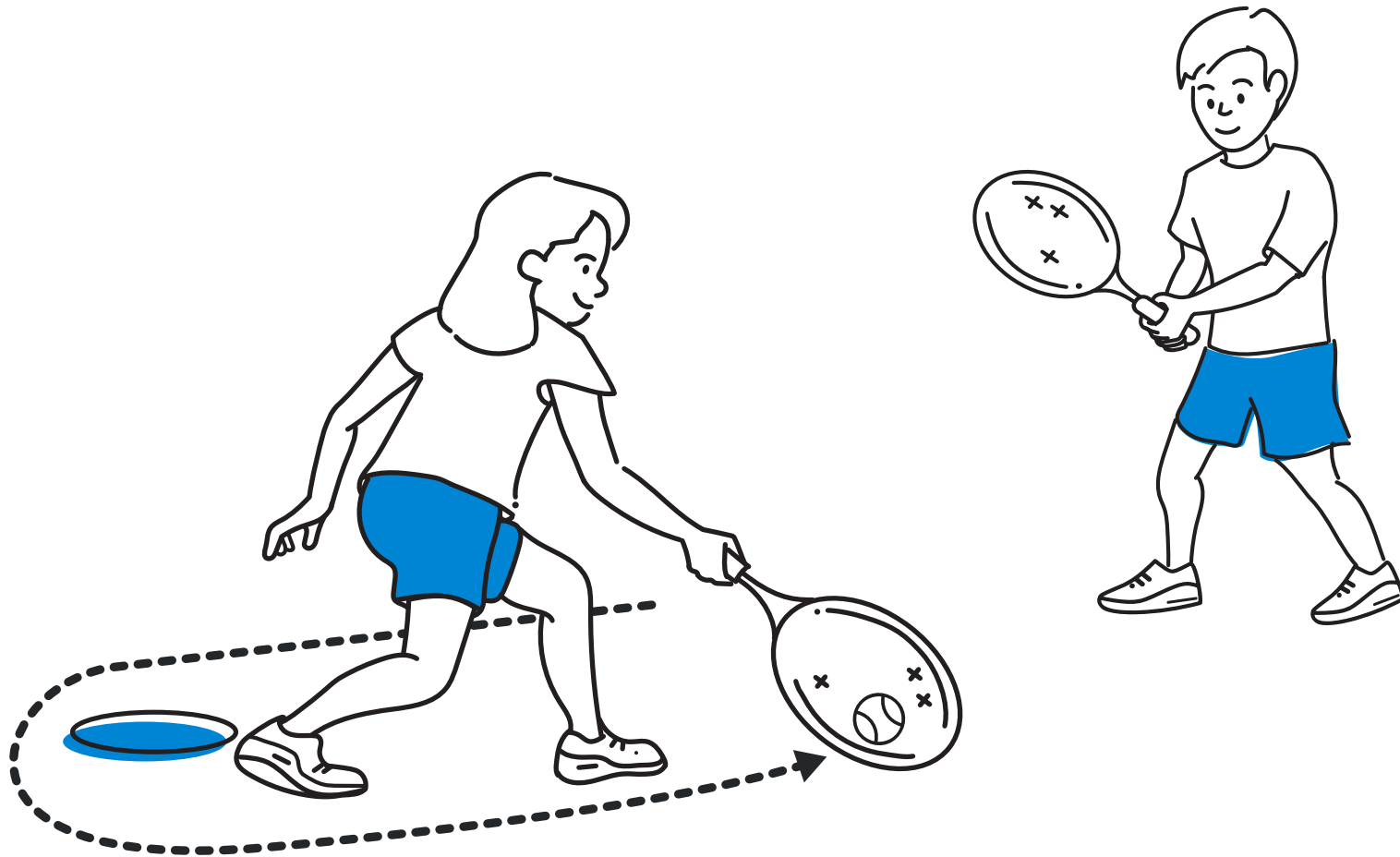
- Starting on the sideline, roll the ball with the edge of the racquet and follow it to the opposite sideline.
- Stop the ball on the spot, turn, send the ball along the ground back to your partner and walk back to the starting sideline.
- Partner stops the ball with the racquet and repeats.
- Need help? Use a bigger ball.

Level 2: Use forehands (palm forward) and backhands (knuckles forward).

Level 3: Zig-zag to the spot using both sides of the racquet.



Walk the Dog with Partner



Bungee Jump

SETUP

Position each player in a designated area with a racquet and a red ball.

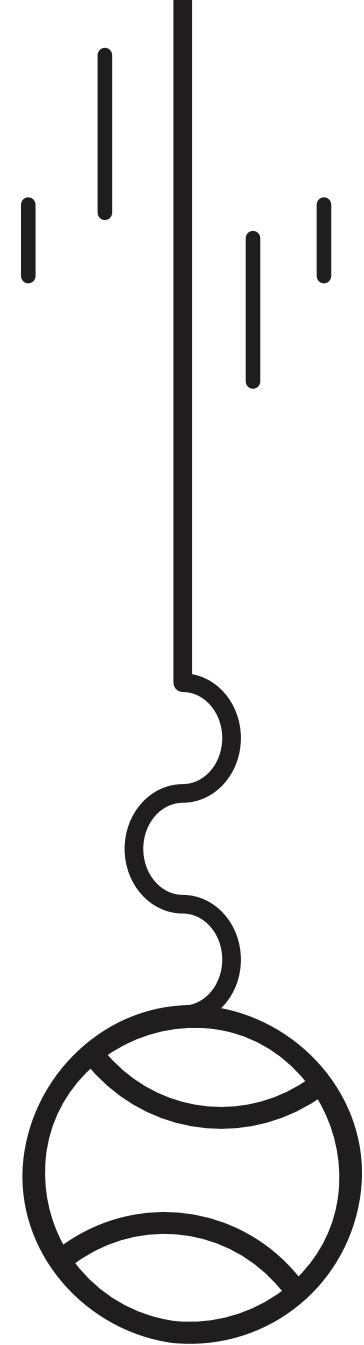
MISSION

- With palm up, place the ball in the center of the strings.
- Tilt the racquet to the side so the ball falls off.
- Catch the ball on the strings after the bounce.
- Reposition the ball in the center, using your free hand, if necessary.

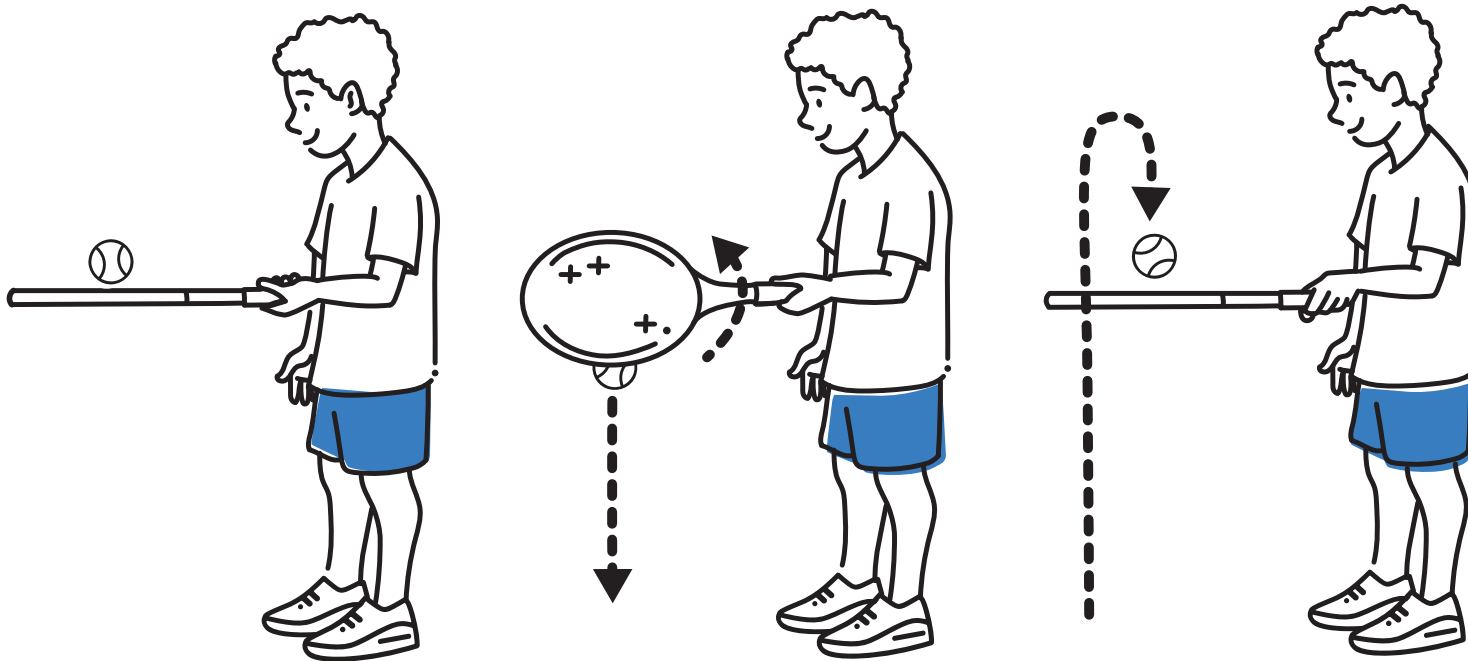
Level 2: Hold the ball on the strings for less and less time.

Level 3: Balance the ball knuckles up.

Level 4: Tap the ball up continuously.



Bungee Jump



Self Toss

SETUP

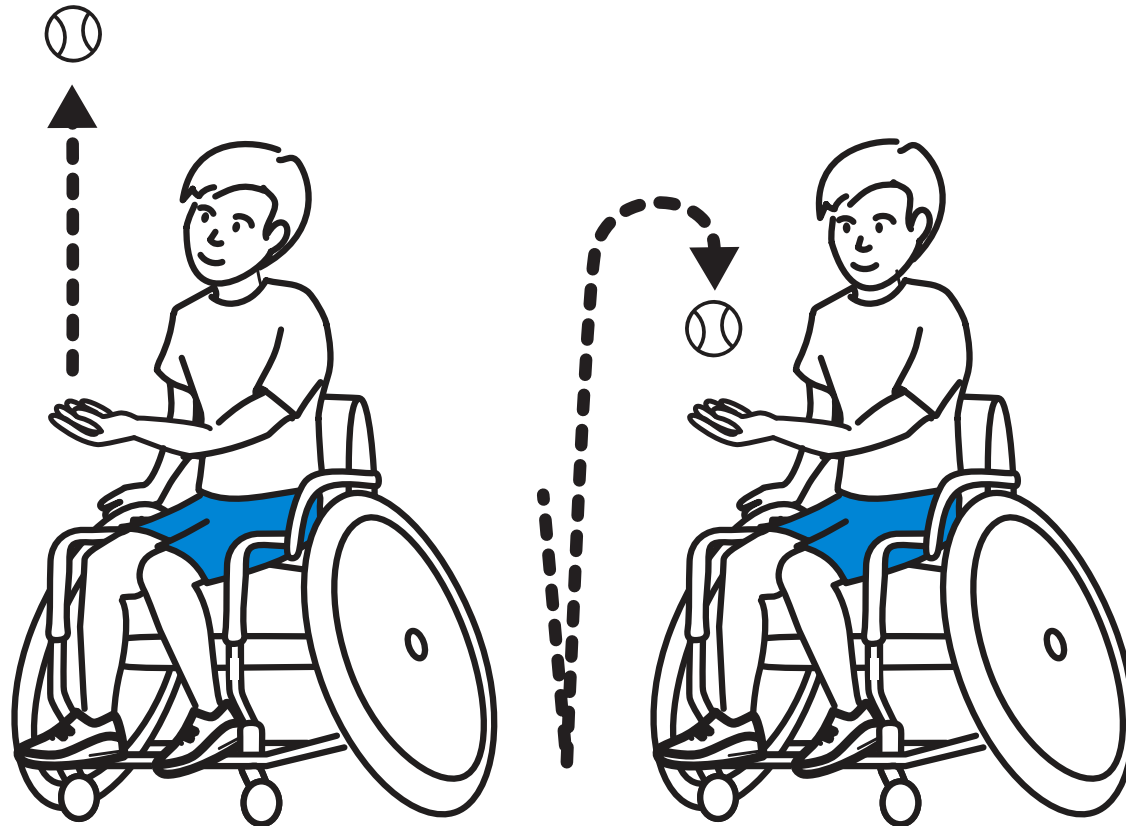
- Give each player a red ball.
- Spread players out around the defined space, using chalk or TDLs to create boundaries.

MISSION

- Toss the ball with one hand (palm up) above head level.
- Let it bounce and catch it with both hands.
 - Level 2: Toss it higher and catch with both hands.
 - Level 3: Toss it farther away and catch with both hands.
 - Level 4: Toss and catch with one hand.



Self Toss



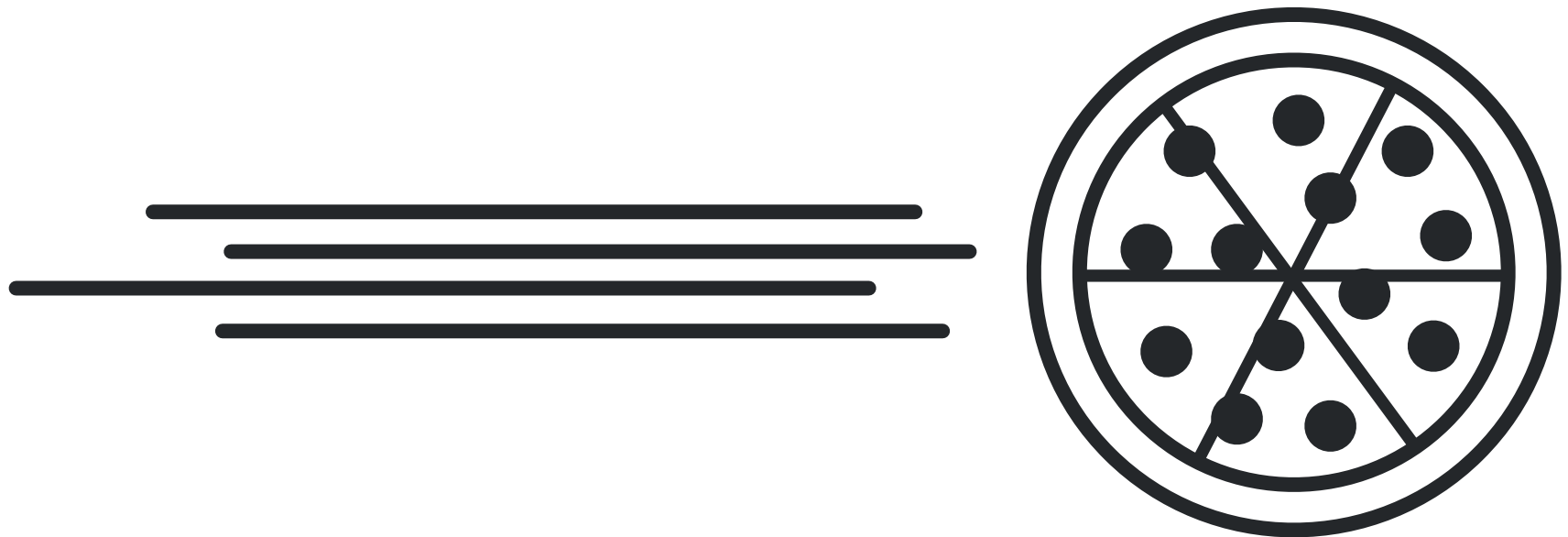
Pizza Delivery

SETUP

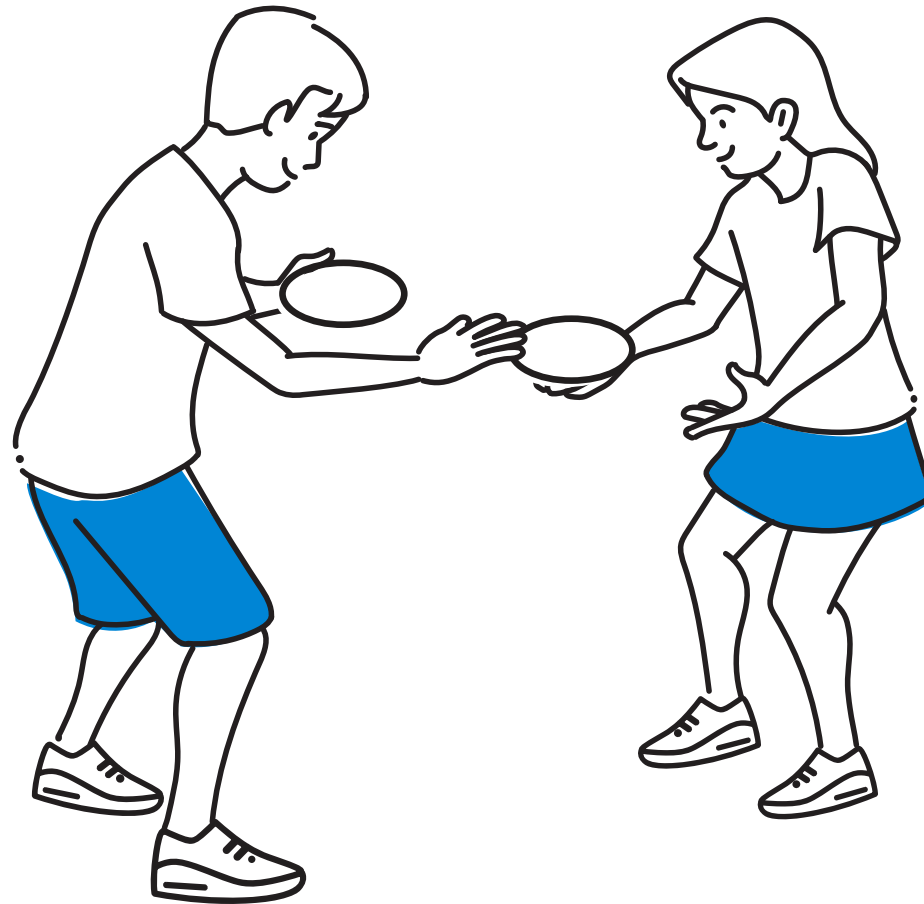
- Players spread out around play area holding a poly-spot (pizza) in palm of hand.

MISSION

- Move around play area without dropping pizza.
- Try to knock down other players' pizza (gently!) or chase them causing pizza to drop.



Pizza Delivery



Start Your Engines

SETUP

- Position each player in a designated area with a racquet and a red ball.
- Use chalk or TDLs to create two sidelines.

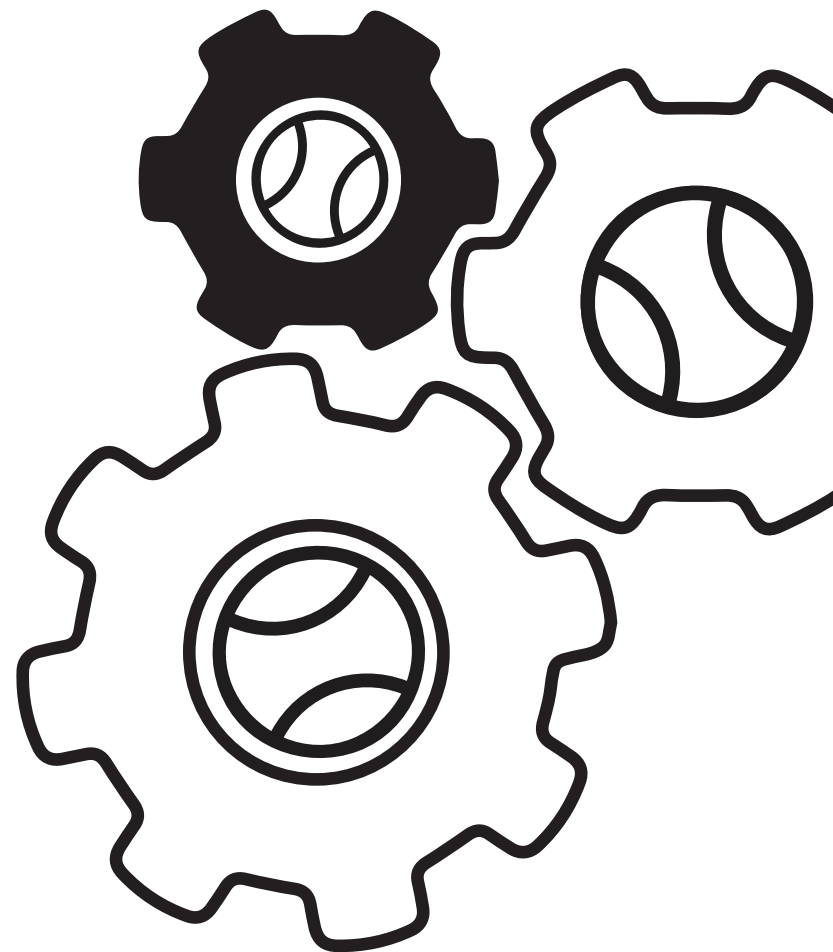
MISSION

- Perform two successful bungee jumps from the sideline.
- Walk to the opposite sideline and back with the ball balanced on the strings.

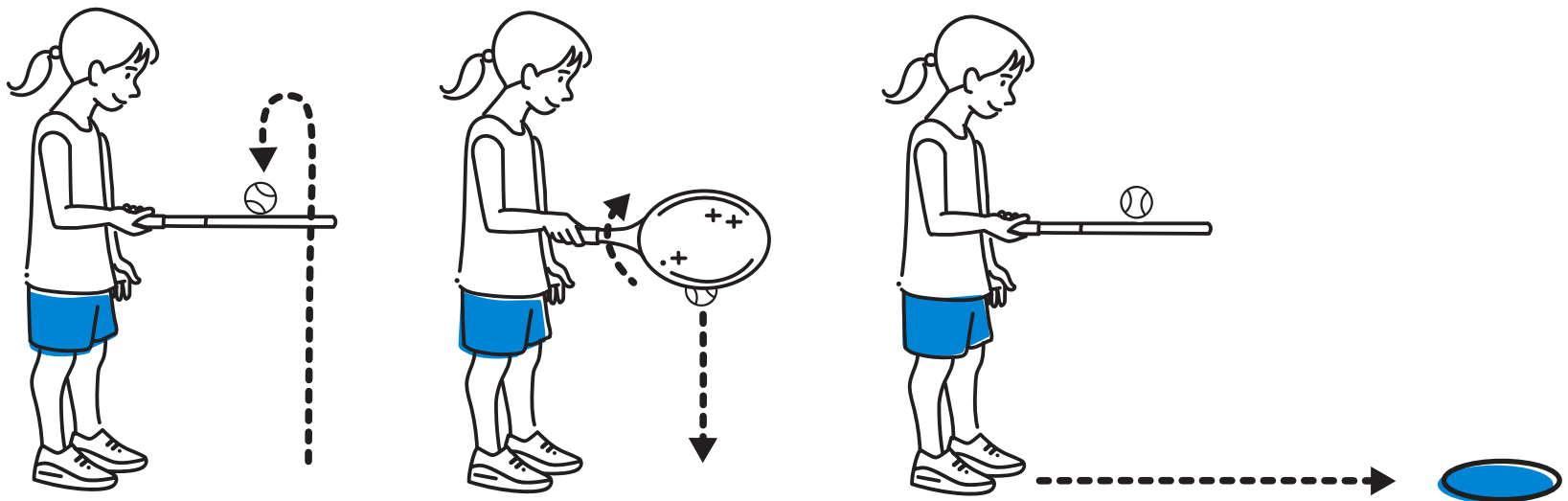
Level 2: Do three bungees, then four and walk to the opposite sideline and back.

Level 3: Perform bungees continuously from sideline to sideline.

Level 4: Alternate between palm up and knuckles up.



Start Your Engines



Lobster Trap

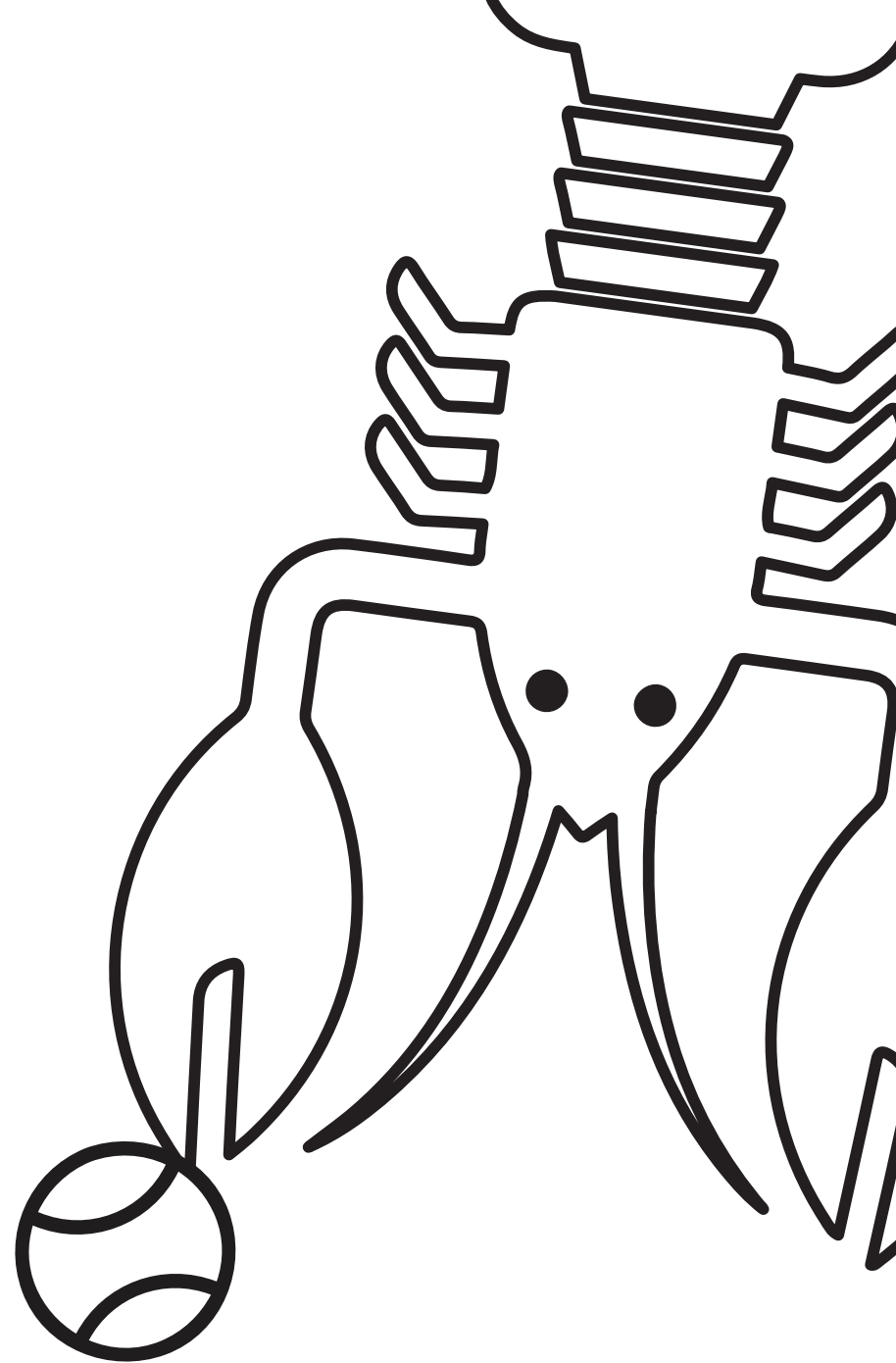
SETUP

- Players in pairs with two racquets and red ball.
- Partners stand six to eight feet apart; one (feeder) has red ball and other (lobster) has a racquet in each hand.

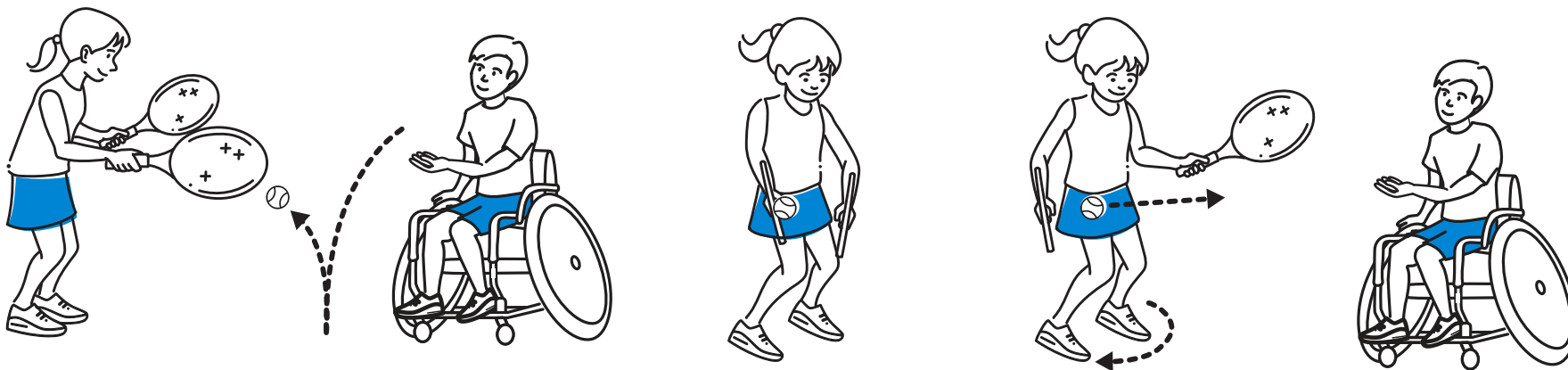
MISSION

- Catch ball between both racquets after bounce.
- Feeder tosses ball; lobster traps it between racquets after bounce.
- Lobster sets ball on ground with racquets and rolls it back to feeder using forehand.
- Complete four and switch roles.

Goal: Trap ball at side of body just like a groundstroke.



Lobster Trap



Walk the Dog Zig Zag with Partner

SETUP

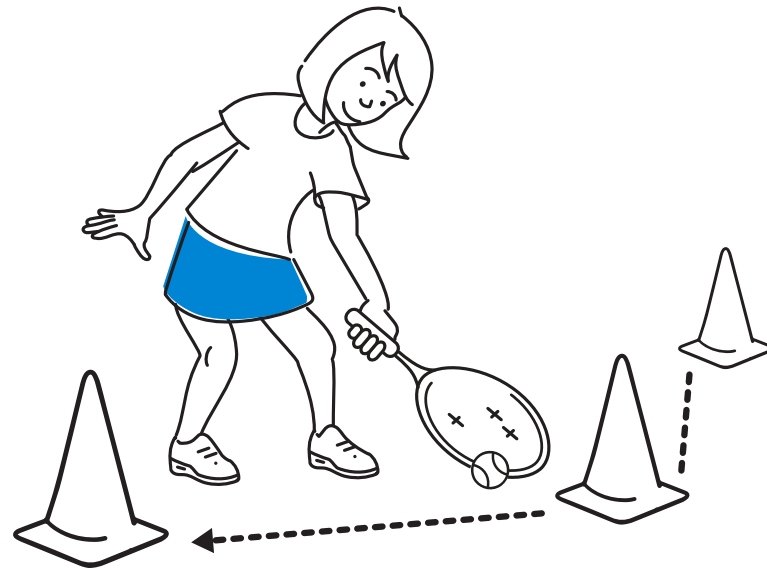
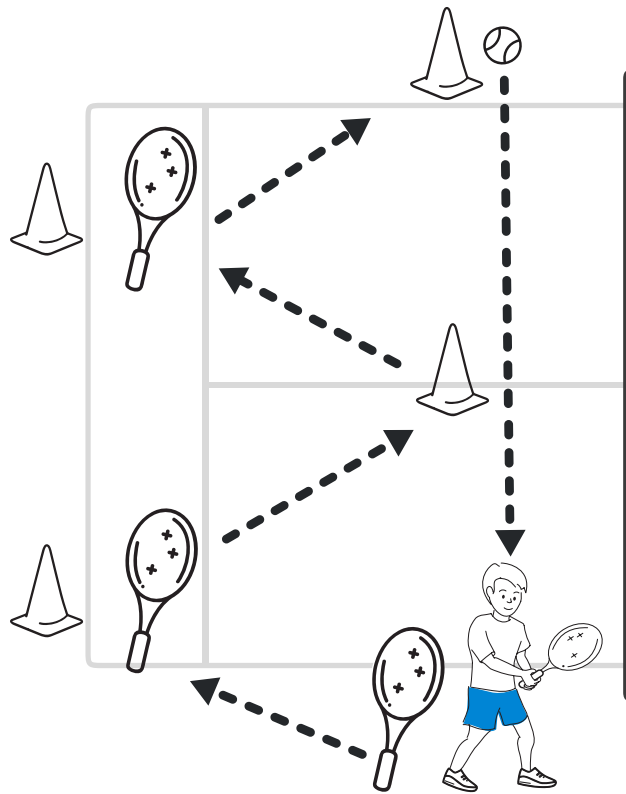
- Create two sidelines using chalk or TDLs. Set up one or two zig-zag patterns between the sidelines using four cones (or poly-spots) for each.
- Pair up players with one red ball between them—two pairs per pattern.

MISSION

- Roll the ball to all four cones using a forehand.
- After the fourth cone, turn around and send the ball back along the ground to your partner.
- Partner stops the ball with the racquet and repeats the sequence.



Walk the Dog Zig Zag with Partner



Walk the Dog Zig Zag with Partner BH

SETUP

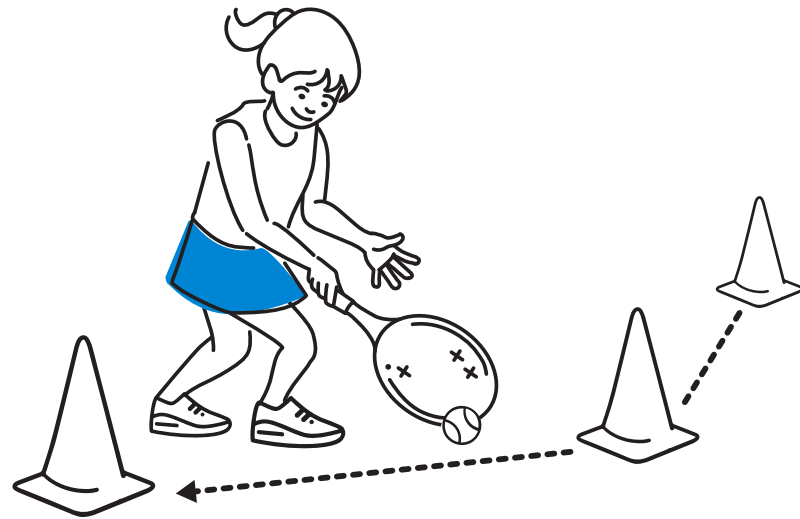
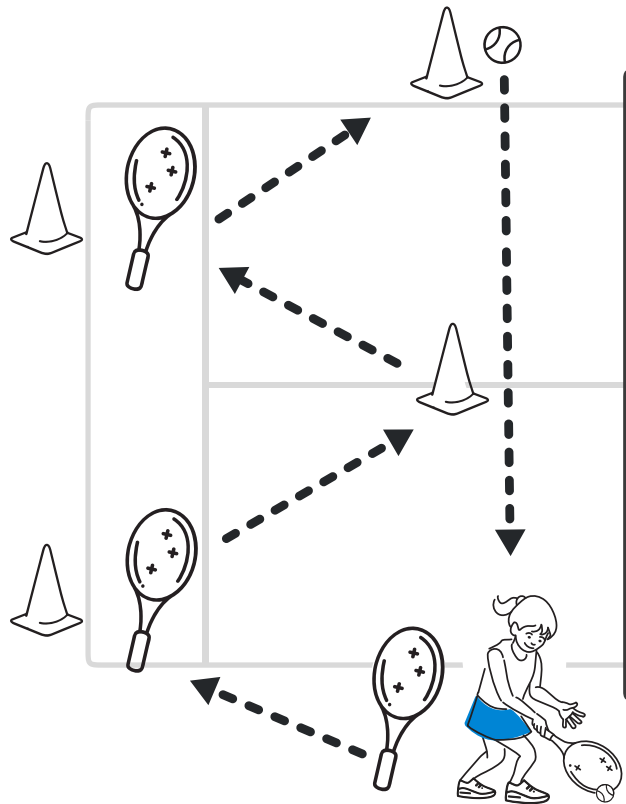
- Create two sidelines using chalk or TDLs. Set up one or two zig-zag patterns between the sidelines using four cones (or poly-spots) for each.
- Pair up players with one red ball between them—two pairs per pattern.

MISSION

- Roll the ball to all four cones using a backhand.
- After the fourth cone, turn around and send the ball back along the ground to your partner.
- Partner stops the ball with the racquet and repeats the sequence.



Walk the Dog Zig Zag with Partner BH



Bungee Flips

SETUP

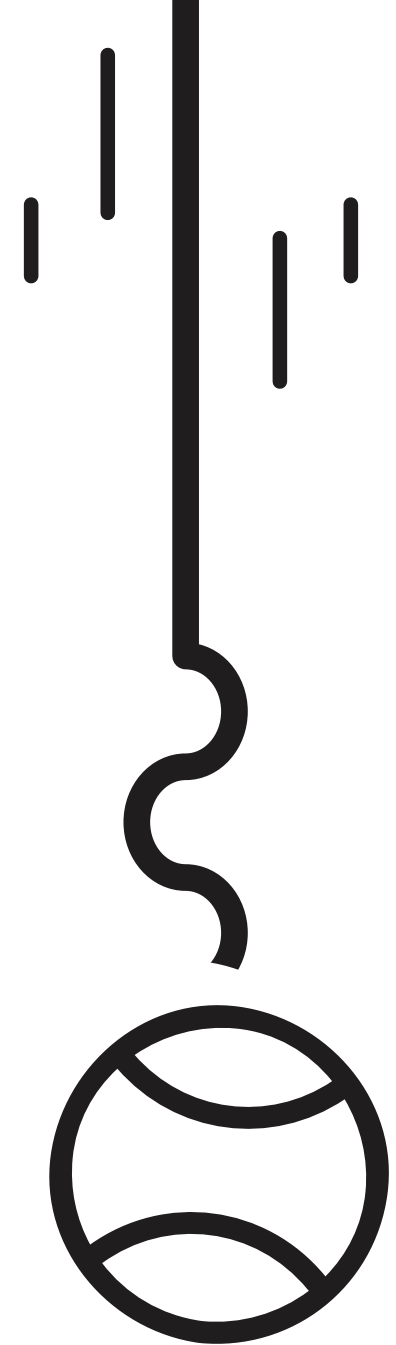
- Create a space using chalk or TDLs.
- Spread players out in the space, each with a racquet and a red ball.

MISSION

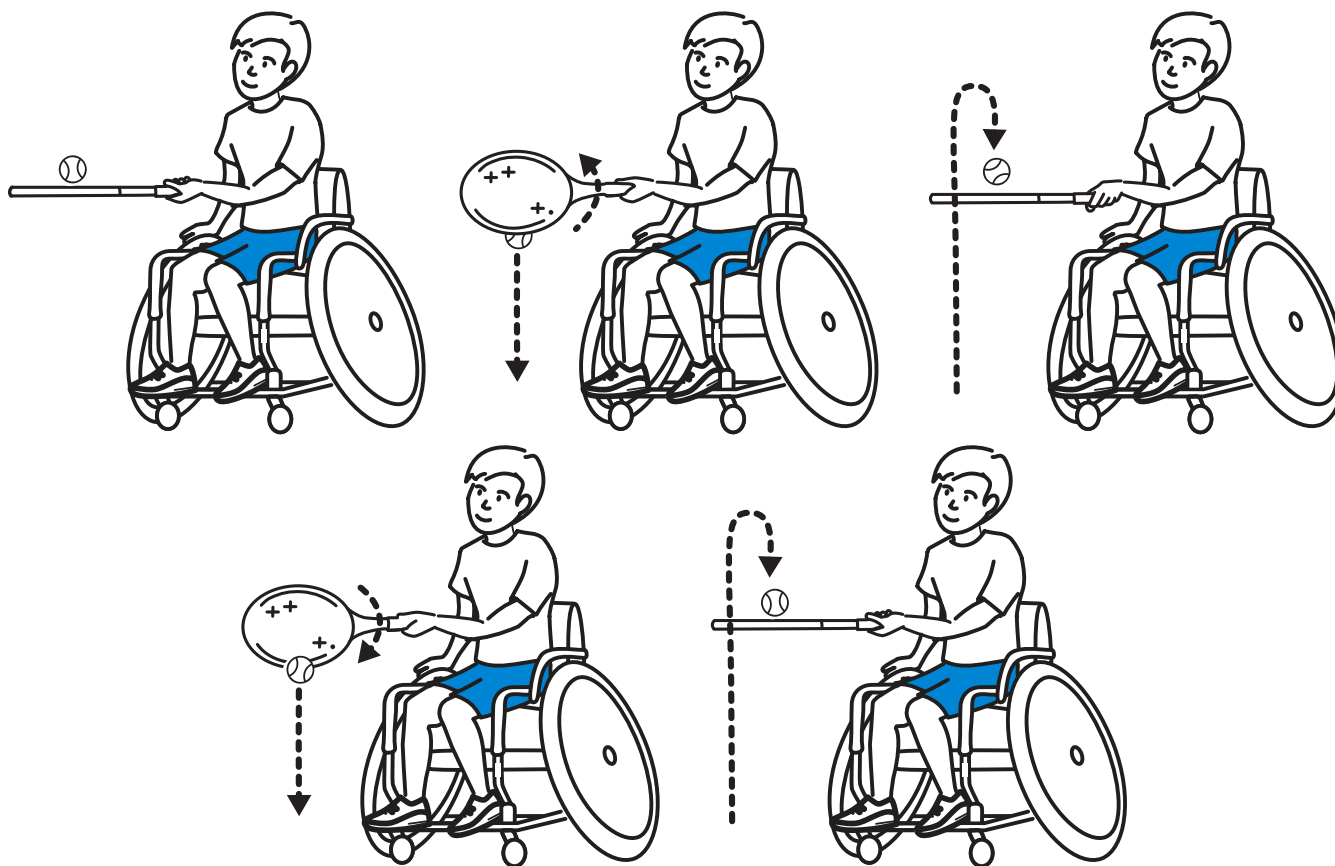
- With palm up, place the ball in the center of the strings; tilt the racquet to the side so the ball falls off.
- Let the ball bounce and then catch and balance it on the strings with knuckles up.
- Continue to alternate sides of the racquet after each bounce.
- At first, you can use your free hand for help.

Level 2: Hold the ball on the strings for less and less time.

Level 3: Tap the ball up continuously.



Bungee Flips



Walk the Dog Zig Zag ALT

SETUP

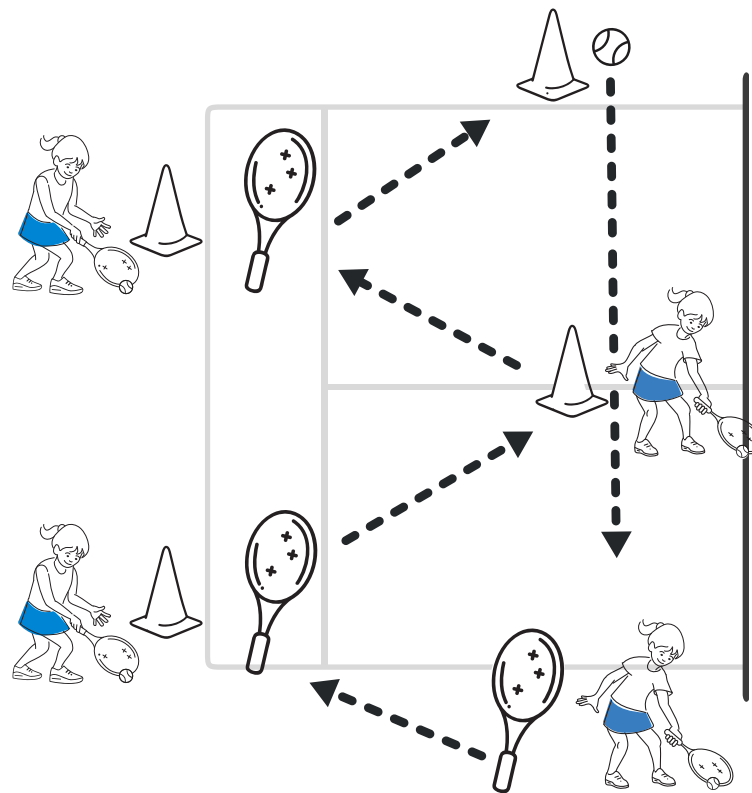
- Create two sidelines using chalk or TDLs. Set up one or two zig-zag patterns between the sidelines using four cones (or poly-spots) for each.
- Pair up players with one red ball between them—two pairs per pattern.

MISSION

- Roll the ball to the first cone with your forehand, stop the ball on the cone with your racquet and roll the ball to the next cone using your backhand.
- At the second cone, switch again to the forehand.
- Continue to alternate after each cone, until you reach the fourth cone.
- The next player goes when the first player reaches the second cone.



Walk the Dog Zig Zag ALT



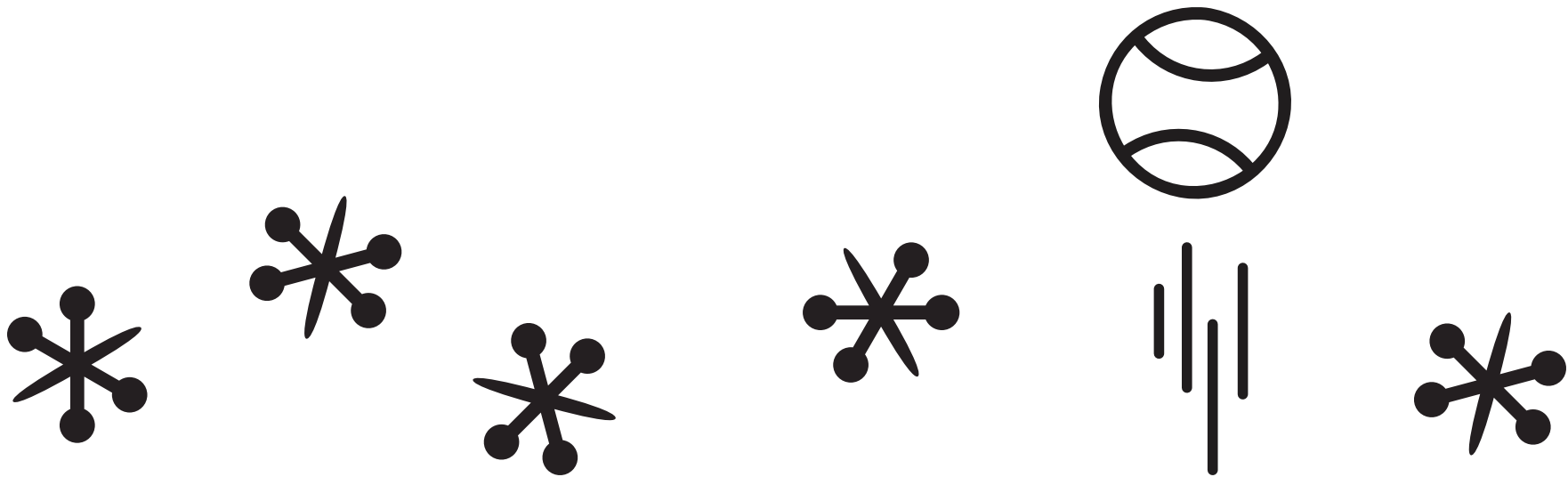
Jacks

SETUP

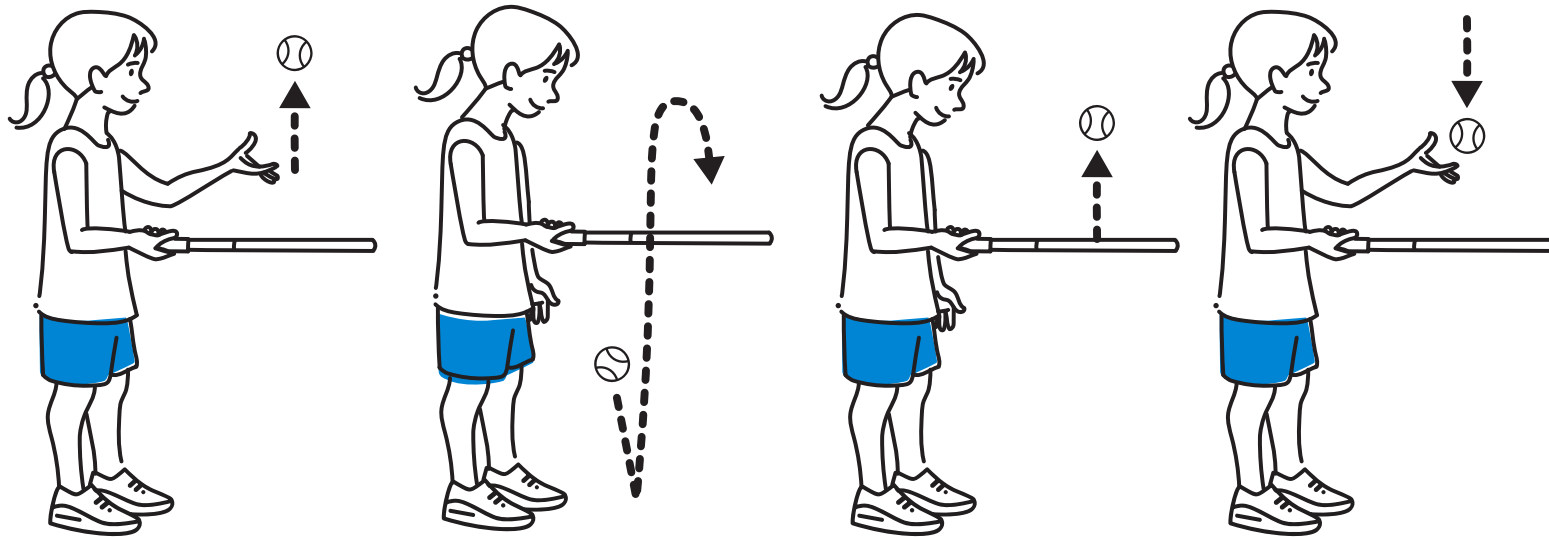
Players spread out around court, each with racquet and red ball.

MISSION

- Toss ball up and let bounce, tap up with racquet (palm up) once, and catch with free hand; call “Onesies.”
- Toss, bounce, tap up twice, and call “Twosies.” Continue until you reach “Fivesies,” or five in a row.



Jacks



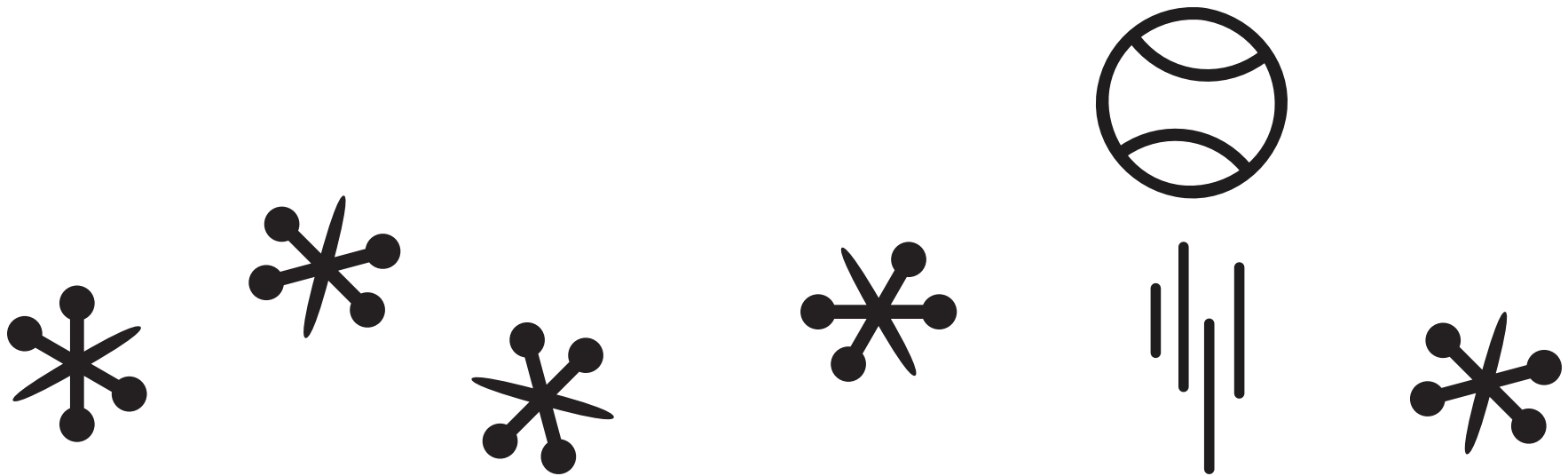
Jacks with backhand

SETUP

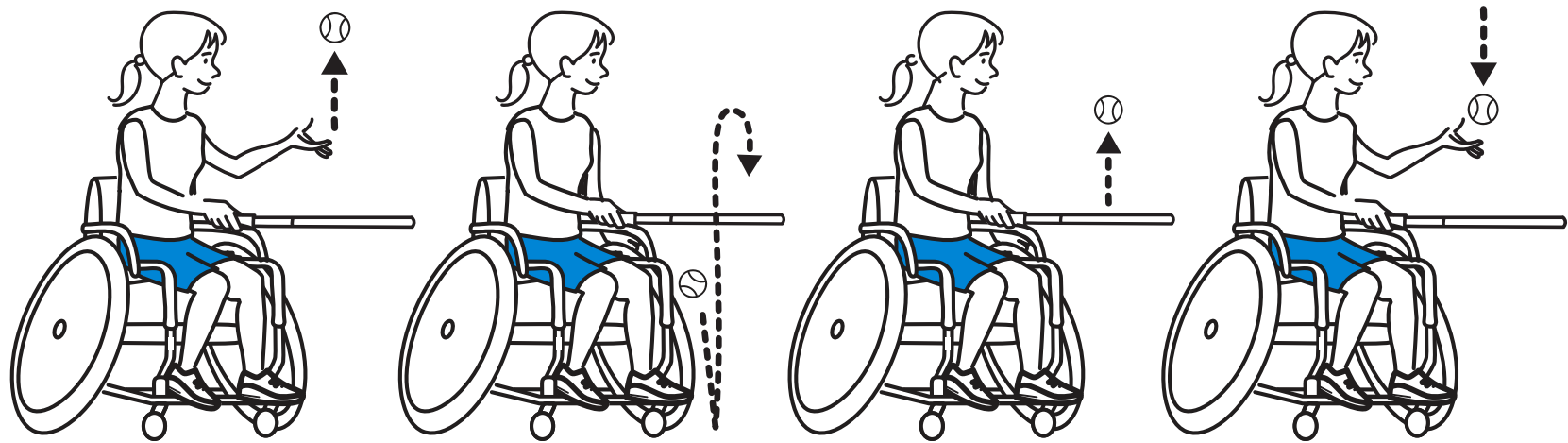
Players spread out around court, each with red ball and racquet.

MISSION

- Toss ball up and let bounce, tap up with racquet (knuckles up) once and catch with free hand; call "Onesies."
- Tap it up twice; call "Twosies," and so on until you reach "Fivesies," or five in a row.



Jacks with backhand



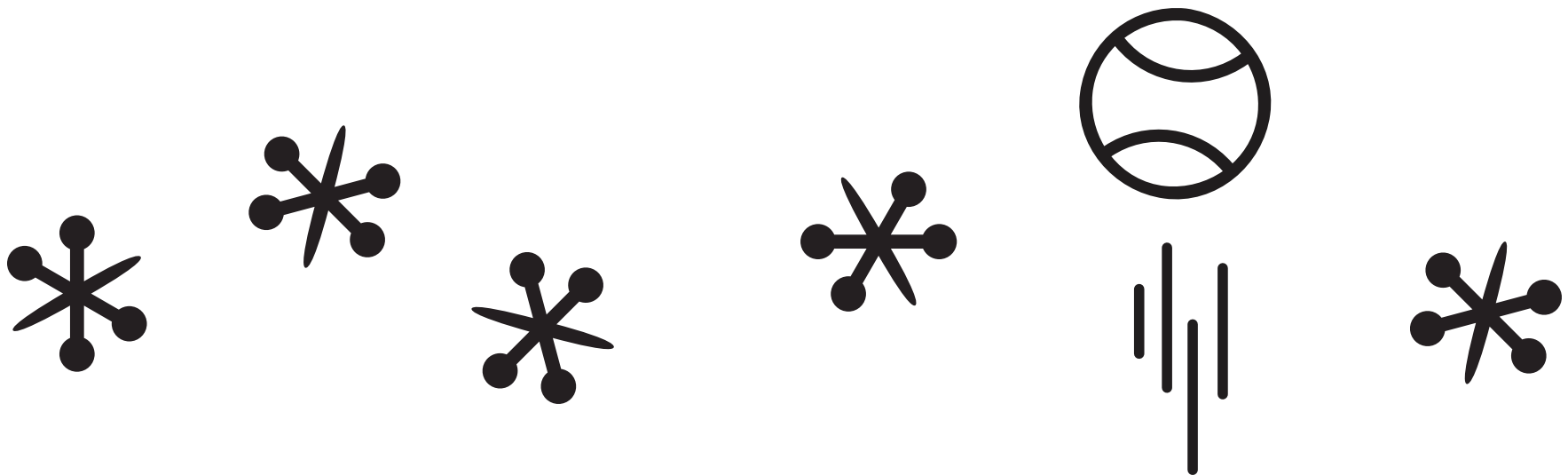
Jacks ALT

SETUP

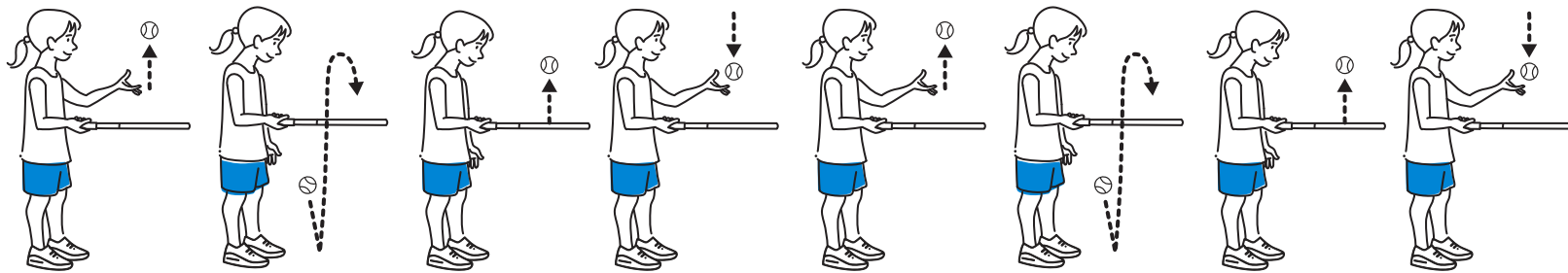
Players spread out around court, each with red ball and racquet.

MISSION

- Toss the ball up, let it bounce, tap it up once with the racquet with a forehand and catch with your free hand. Toss the ball up again, let it bounce, tap it up once with the racquet with a backhand, catch with your free hand and call "Onesies."
- Toss, bounce, tap up twice with palm down and catch with your free hand. Toss, bounce, tap up twice with your palm down, catch and call "Twosies." Continue until you reach "Fivesies," or five in a row.



Jacks ALT



Tunnel Ball

SETUP

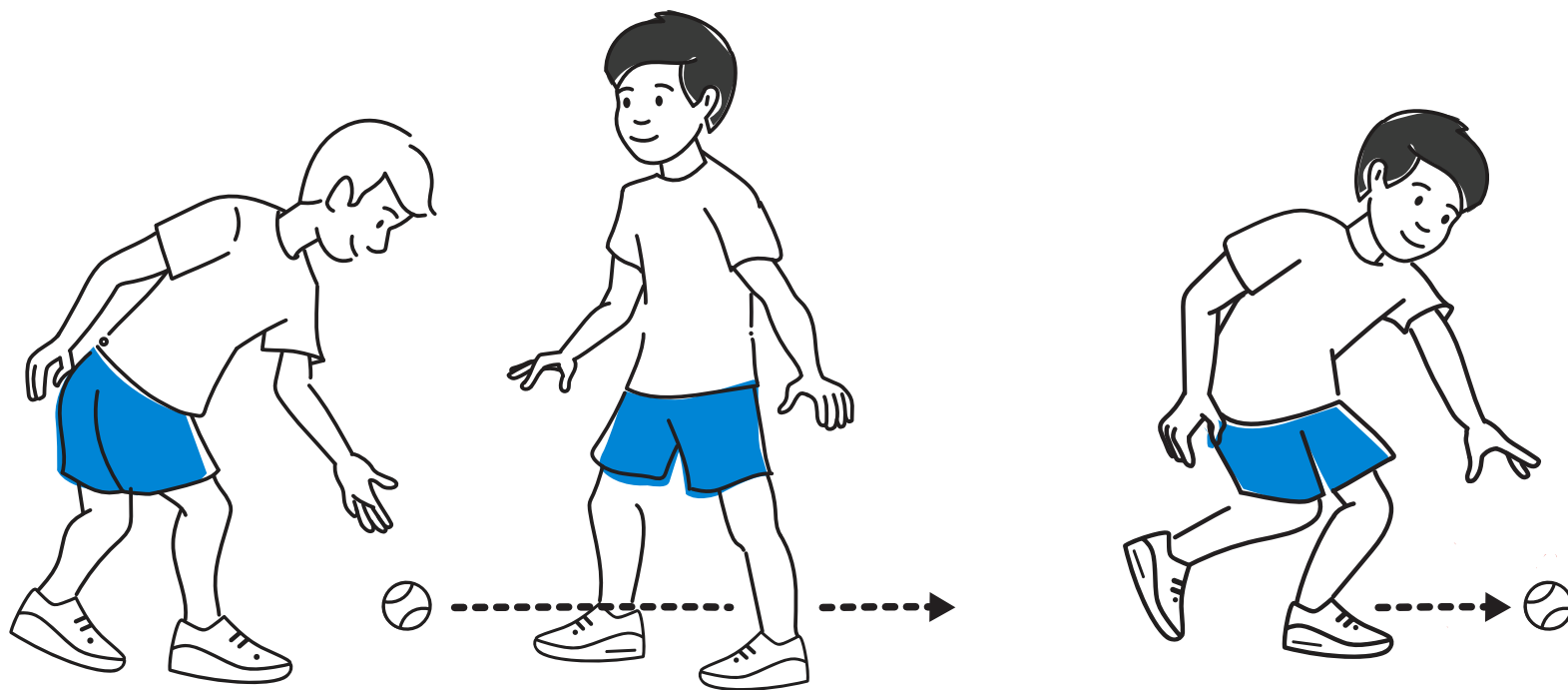
- Players in pairs, starting on sideline.
- Two or three pairs on each side of net.
- One player with ball and both feet on sideline. Facing partner stands about five feet away with feet apart.

MISSION

- Roll ball between partner's legs at medium speed.
- Partner turns and chases ball down before it reaches opposite sideline, and tosses back.
- Complete four successful rolls and catches, then switch roles.



Tunnel Ball



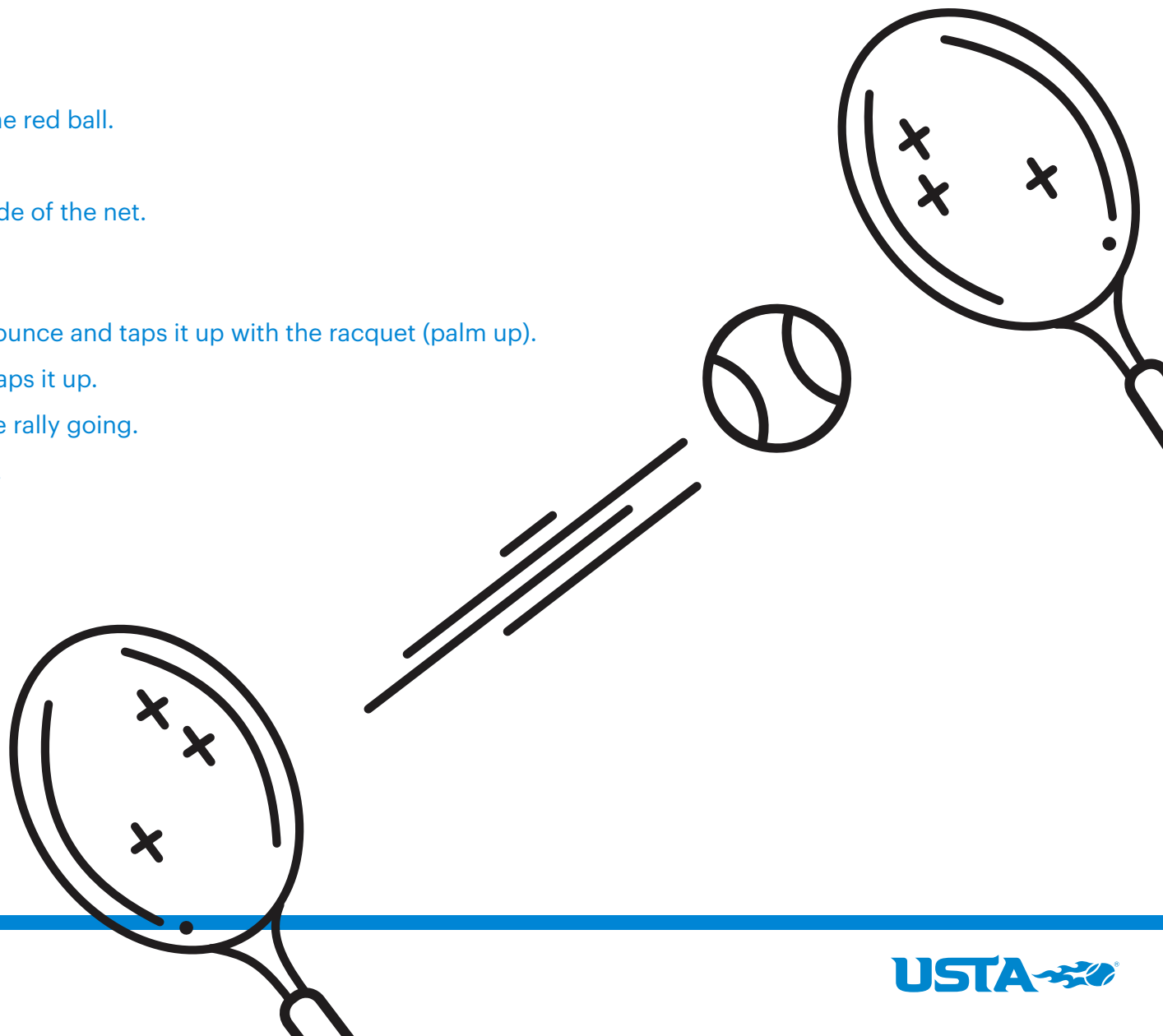
Rally Me with Partner Alt

SETUP

- Pair up players with racquets and one red ball.
- Spread pairs out at a safe distance.
- No more than three pairs on each side of the net.

MISSION

- One player tosses up a ball, lets it bounce and taps it up with the racquet (palm up).
- After the next bounce, the partner taps it up.
- Continue alternating hits to keep the rally going.
- Alternate forehands and backhands.



Rally Me with Partner Alt

