Week 1

9:00

-Dynamic warmup

-College box thing for the beginning

-Knee to chest stretch

-Frankstein walk

-Lunges with a twist

-Touch toe and raise the leg

-Arm circles

-Arm overhead

-Hug yourself hug the world

9:10

-Two tennis balls for each pair see how many you can get in a row.

9:20

-Volleys still with one ball and overheads

9:25

-Serve the basket for placement

-Ask for a specific goal from each of them

9:45

-Crosscourts with the outside stroke

-Play games to 7 alles count but have to be crosscourt.

-Rotate clockwise I won’t move

10:00

-Work on approach shots volley combo

-After a while throw in a overhead

-After a while tell them they are out if they miss the approach

-Half the basket is done do overhead overhead volley volley

10:25

-Divide the court in half, down the line and if you hit the ball in the serve box it is an approach shot

10:35

-Crisscross game and allies count

-All 4 at the baseline

-Me and Justin and one side together and if one of us hits it we switch sides

10:50

-King of the court points for the rest of the drill