



drills & games

SESSION STRUCTURE CARDS

T F F L I T E

TFF LITE SESSION

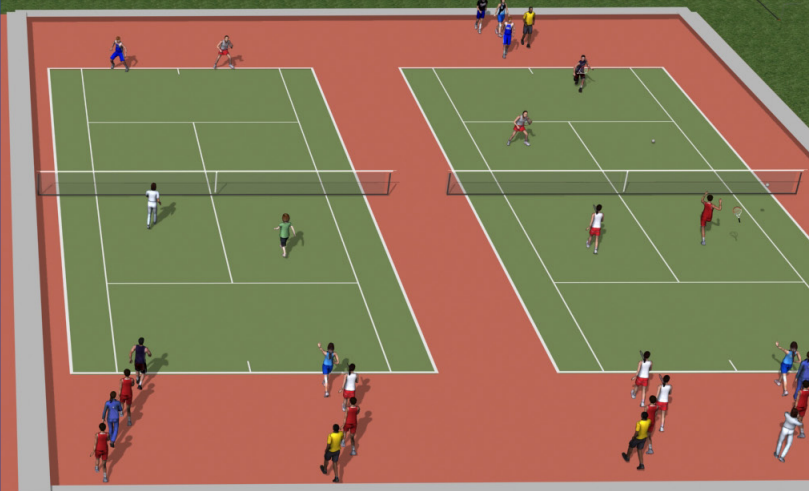
The TFF Lite session is designed to introduce non-members to your private facility whereby, with members integrated into the session also, a fun and welcoming environment can be created that can aid new member conversions and uptake onto your wider coaching programme.

The weekly TFF Lite session is intended to operate for a block of 14 to 40 weeks of the year and is ideal in showcasing your facility and is suited to players who can rally a tennis ball on a full size court. Typically, this group involves adults and older teenagers (12yrs+) but players of any age are welcome if they are of the required standard.

This group can be sub-divided into two separate groups (for part of the session or the whole session) as lower level 'rally capable' players (Improvers) and competent players (Intermediates+). This TFF Lite session is 1 hour in length and should consist of 4x - 6x blocks of activities (factoring in any set up time, explanations, clear up and drinks break). These activity blocks should NOT feature any coaching and simply be fun games & drills chosen from this TFF Lite list.

These session structure cards feature 21 games/drill ideally suited to this group which feature no coaching. A suitability chart below shows the environments for each game.

Gold coloured cards below indicate the core games and drills that should make up the foundation of the session.



IMPROVERS +

TFF LITE SUITABILITY CHART

COACH / LEADER REQUIRED

Drill / Game suited to:

4 - 8 players on a court

8 - 12 players on a court

12-16 players on a court

16-24 players on a court

Drill / Game Type:

Competitive

Scoring

Teams

Pairs

Individual

Dead ball

Cardio

Working on:

Groundstrokes

Volleys

Smashes

Serves / Return of Serve

Target Practice / Zone hitting

[illegible]

AROUND THE WORLD - OVERVIEW

Overview

'Around the World' is a popular game with both adults and children. The game centres around a single shot being played with the sole aim to ensure that the shot lands 'in court'. After hitting a shot, the player runs anti-clockwise around the court to join the queue at the other end of the court. Players have a single life and when their life is lost (as a result of failing to land the ball 'in court'), they are eliminated from the game. The pace of the game is dramatically increased as more and more players are eliminated. Players continue to run around the court until there are just two players remaining. At this point, a single point is played to determine the winner.

Key Considerations

- As 'Around the World' is an elimination based game with just one life, 'Quick Fire - Singles' is an ideal companion game to run alongside 'Around the World' on the adjacent court. This allows players to feed into this companion game when they are eliminated from 'Around the World'. Operating a companion game ensures that there is still plenty of tennis for those that exit the game early on.
- When a rally breaks down, the next player in the queue from the side that has most players should feed the ball into play.
- The game can be played in the singles or doubles court. This must be stated from the outset of the game.
- 'Around the World' is particularly suited as the last game of the tennis session.
- A coach / leader can be the person to feed in (instead of player).



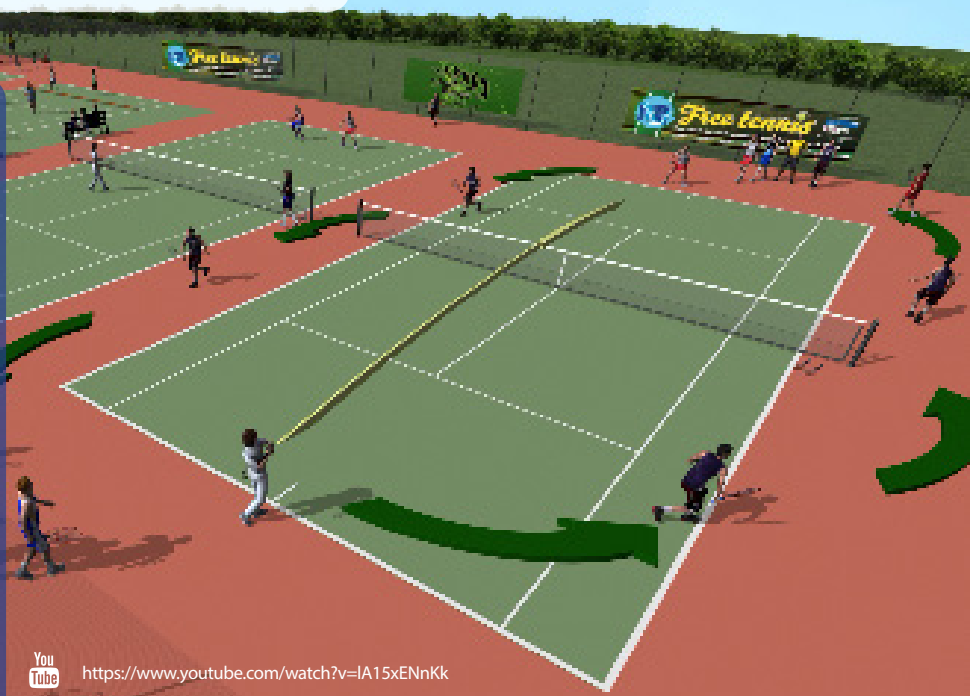
<https://www.youtube.com/watch?v=IA15xENNkK>



Player feeds the ball into court to re-start a broken down rally. The end of the court with the most players should feed the ball in.



Players move in an anti-clockwise direction around the court.



ATTACK 2 TEN

Overview

Attack 2 Ten is a target focused game with emphasis on attacking mid-court shots. The court is set out with 10x cones forming a back court zone with a further 4x cones grouped together as the ideal hit zone. The game involves splitting players into two teams. Each team features a feeder at the cone end of the court and hitter at the diagonal opposite end of the court taking it in turn to hit a single shot. The feeder hits a single mid court ball aimed at landing the ball around the service line area. The hitter then attempts to hit the resulting feed inside the cross-court cone zone. If they successfully hit the ball in this zone, they switch places with the feeder and place a ball on one of the open top cones. The game continues until all 10x open top cones have a ball placed on them. If a hitter successfully hits the block of 4x cones, they add two balls to their 10x open top cones and remove a ball from their opponent cone set.

Key Considerations

- Coach / Leader should state that the game is designed for attacking shots to be hit and to avoid temptation to over focus on the cone zone (which usually leads to soft careful shots being hit).
- Coach / Leader should state that the ideal feed is mid court, medium/high bouncing ball, but there is no requirement on achievement of such a feed (which will vary dramatically from player to player).

Scoring

The team that fill up their ten cones with balls first are the winners.



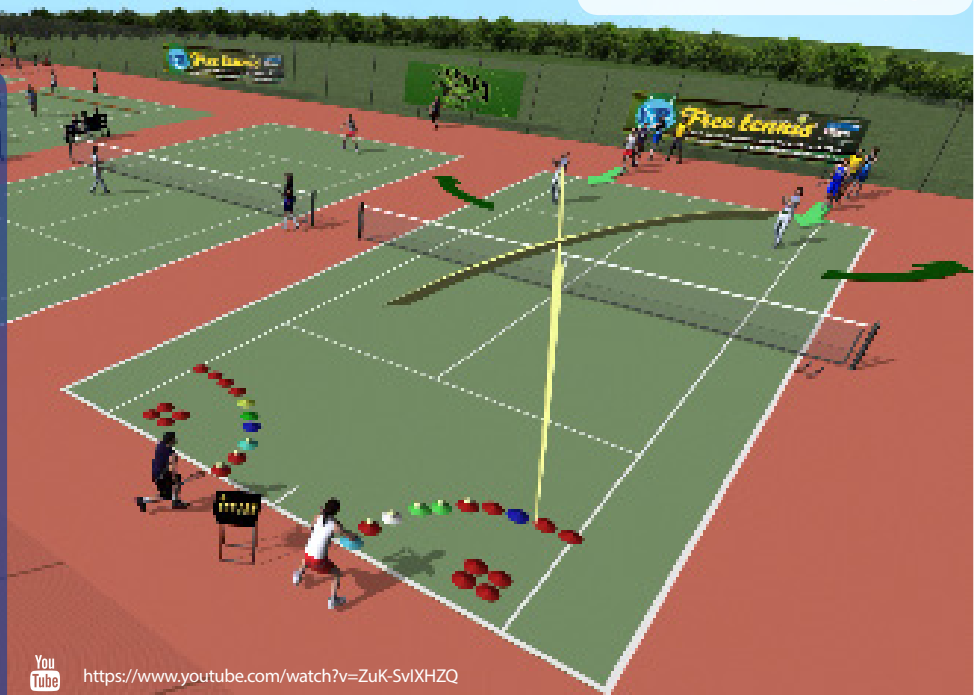
<https://www.youtube.com/watch?v=ZuK-SvIXHZQ>



Players who have just hit their attacking shot exit the court to the side.



Players at the cone end of the court feed a single ball aiming to bounce it high around the service line area to enable the hitter to hit an attacking shot in the coned zone.



DROP DRILL (CARDIO)

Overview

Drop Drill is a quick paced drill designed for large groups of mixed ability players. The drill involves the Coach / Leader dropping two balls simultaneously from as high a position as they can reach. These dropped balls are then hit after the bounce by a player on either side of the court (Ad & Deuce courts). Once players have hit their shot, they run around to the queue on the opposite side of the court until it is their turn to hit the ball again. Typically two designated ball collectors should be rotated in and out of the drill to allow for quick collection of balls at the drill end or break.

Variables

- Instead of returning to the queue after hitting the ball, players can be made to do a lap of the court and roll a ball into the net before returning to the queue (negating the need for ball collectors). This variation should only be used with large numbers of players on the court.

Scoring System

No scoring system is used in this drill

Safety Considerations

- Hitters need to perform the stroke that results in the follow through being the opposite side to the Coach / Leader to remove the risk of the coach being hit on the follow through.



www.youtube.com/watch?v=LZlmQqoSfCo

Players MUST exit the court through the tramlines and run to the opposite side queue after hitting their shot.

ROTATOR

Overview

Rotator is a team game whereby two teams are split over opposite ends of the court. Both teams have a spare racquet at the side of the court whereby a set amount of balls are placed on each racquet (eg 10 balls on racquet). The game then requires 3 or 4 player taking positions on court playing an active role in the point. The inactive players (queued) have a ball in their hand (taken from the racquet). Players play a point (with a neutral ball) and the winners of the point then rotate with the net player (or nearest net player to the racquet in case of 4 players on court) vacating the court and collecting a ball from the racquet. The winners of the game are the first team to clear their racquet of balls.

Variables

- The game can be played with 3 players or 4 players. The illustration shows he 3 player version. The 4 player version would involve two net players (one in each service box).
- A ruling can be applied that restricts the net player from playing the first ball.

Scoring System

The team clearing all of the balls from their racquet are the winners.

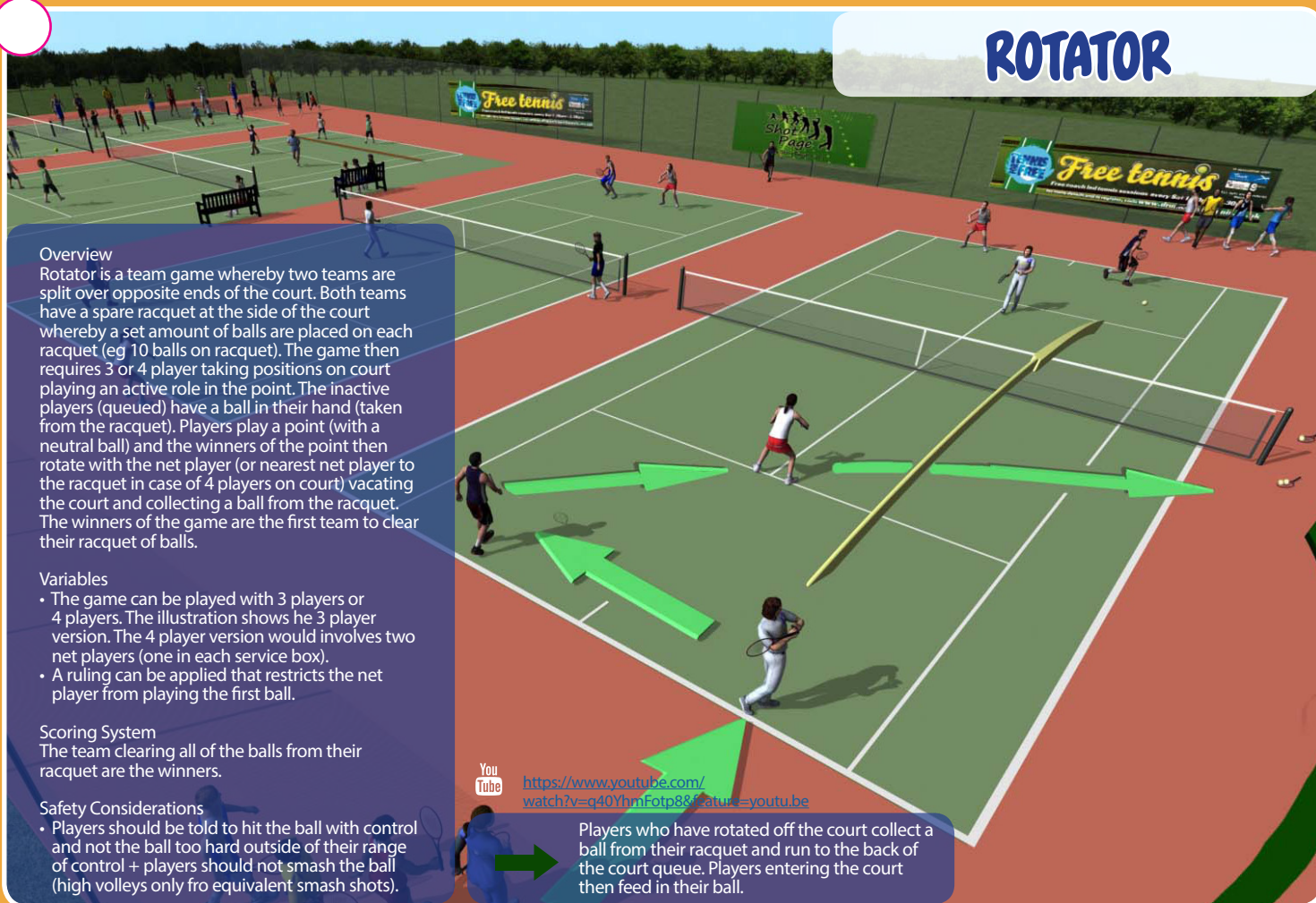
Safety Considerations

- Players should be told to hit the ball with control and not the ball too hard outside of their range of control + players should not smash the ball (high volleys only fro equivalent smash shots).



<https://www.youtube.com/watch?v=q40YhmFotp8&feature=youtu.be>

Players who have rotated off the court collect a ball from their racquet and run to the back of the court queue. Players entering the court then feed in their ball.



SIDE 2 SIDE (CARDIO)



www.youtube.com/watch?v=NHsrh9Se3MM

Overview

'Side-2-Side' is a drop feed drill that involves the Coach / Leader dropping balls each side of the court to players who will have run into those positions to hit those balls. Typically, an even number of dropped balls (x4, x6, x8) will then be followed by the next two players in the queue becoming the Active players. The players having just completed their set of shots then run around to the opposite side of the court to collect balls and roll into net before returning to the queue.

Variables

- * The number of balls dropped can be varied according to the number of people in group (typically lower numbers eg x4 ball drops for larger groups).
- * Drop feeds can be varied to match the motivation and stamina of the players.

Scoring System

No scoring system is typically used but players can count the number of shots hit in court in their sequence (and any that land in a target area).

Safety Considerations

- * Active players need to run and rotate in a slight circular direction as shown in the illustration.
- * Coach / Leader should ensure their ball drops are not too close to themselves (to avoid any racquet swing hitting them).
- * Ball collectors should be instructed to roll balls back into net and not 'hit' balls back.



Players move from right court to left court to hit the 'ball drops'



Inactive players run around the court to become ball collectors and return to the queue

SIDES (CARDIO)

YouTube

www.youtube.com/watch?v=15tdbd0549w

Overview

'Sides' is a drop feed drill that involves the Coach / Leader dropping balls one side of the court and then the other. Typically, an even number of dropped balls (x2, x4 or x6) will then be followed by the next person in the queue becoming the Active player. The player having just completed their set of shots then runs around to the opposite side of the court to collect balls and roll into net before returning to the queue.

Variables

- The number of balls dropped can be varied according to the number of people in group (typically lower numbers eg x4 ball drops for larger groups).
- The drill can be used for Cardio purposes or just simply shot practice by varying the difficulty of the ball drops. The level can therefore be made easy or hard depending on player motivation and stamina.

Scoring System

No scoring system is typically used but players can count the number of shots hit in court in their sequence (and any that land in a target area).

Safety Considerations

- Coach / Leader should ensure their ball drops are not too close to themselves (to avoid any racquet swing hitting them).
- Ball collectors should be instructed to roll balls back into net and not 'hit' balls back.



Players move from right court to left court to hit the 'ball drops'



Inactive players run around the court to become ball collectors and return to the queue

CHAMPIONS & CHALLENGERS

APPROACH & VOLLEY

Overview

The 'Approach & Volley' version of Champions & Challengers requires players to be paired up prior to the game starting. Each pair enters the court with a ball in their hand (Challengers) with one player feeding their ball into court with both players required to run inside the service line to continue the rest of the point. If the challengers win that point, the other player in the pair feeds their ball into play from the net position (from below net height). If that point is won, both players run around the court to take their place as 'Champions'. The defeated former champions return to the challengers end of the court and re-join the queue.

Key Considerations

- Both players in the pair (challenger side) must run into the net position at the moment the first feed is hit.
- The 2nd feed / point is only played if the challengers win the first point.
- If numbers aren't even, a stronger player can be given the job of playing as a singles player (will therefore need two balls on entering the court).
- A restriction of disallowing lob shots off the first feed can be introduced.
- It should be made clear that both challengers should run to the net position at the moment the first player feeds the first ball into play.

Scoring

- Champions can count the number of points they win. Winning pair being those that won the most points from the Champions side of the court (from a single visit or cumulative total).



Active players runs to net position at the moment the first feed is hit. Both players should be inside service line.



The first feed is hit competitively but with emphasis on no second chances if the feed is missed.

CHAMPIONS & CHALLENGERS DOUBLE BALL

Overview

Double Ball is a version of Champions & Challengers that can be played on either a split court (as shown in the example illustration) or as a full court game. The challenger enters the court with a ball in hand and a second ball in pocket (or ball clip). The challenger feeds the first of their balls into play with the point being played out. If the challenger wins the first point, they feed their second ball from whichever position on the court the first point ends. If they win their second point, they become the Champion and change places with player at opposite end of court.

Key Considerations

- First feed should be from behind the baseline.
- The 2nd feed / point is only played if the challenger wins the first point.
- If a Champion reaches X number of points, a rule can be introduced that only one point needs to be won against them to take their Champion place. A 'forced retirement' can be introduced if a player reaches a second milestone (after surviving the single point restriction).
- The split court version of the game should only be played if the playing standard on the court is intermediate+.

Scoring

- Champions can count the number of points they win. Winning player being the person who won the most points from the Champions side of the court (from a single visit or cumulative total).



www.youtube.com/watch?v=ny2ZTADvR1Q

www.youtube.com/watch?v=z6VqqbsF7r0



An imaginary line or physical line marker can act as a court separator in the split court version.



Both feeds are hit competitively but with emphasis on no second chances if the feed is missed.

CHAMPIONS & CHALLENGERS SMASHES

Overview

'Champions & Challengers - Smashes' is another twist on the Champions & Challengers type format. In this version, players are paired up and play from the net position. The Coach / Leader feeds a lob shot to one of the players who is required to do an Overhead / Smash shot and play the resulting point out. The Champions are therefore tasked with trying to recover the point from a defensive situation. Regardless of the point outcome, a second point is played out from a lob shot delivered to the other player at the net. If both points are won by the net player challengers, the challengers switch positions with the Champions.

Key Considerations

- Coach / Leader should ensure that both players smash the lob shot feed.
- BOTH points need to be won to switch places with the Champions.
- After each set of 2x points, the Champions should switch positions.
- If Challengers fail to take the place of the Champions, they should switch sides in the queue so that they play the next point from the opposite court position.
- In cases of an odd number, a nominated player can be given the challenge of playing as a single player.
- Champions play all points from the baseline.

Scoring

- Champions can count the number of points they win. Winning pair being the pair who won the most points from the Champions side of the court (from a single visit or cumulative total).



www.youtube.com/watch?v=BsJedl87MqY



Coach / Leader should feed two lobs (one to each player). Feed difficulty level can be matched to the standard of player (eg difficult lob for strong player & easy lob for weaker player).

DUEL

Overview

Duel is a volley oriented game whereby two opposing players play a single point from inside the service boxes. The two players will be practicing a full range of volleys (high, low and half volleys) in their volley duel against their opponent. Whoever wins the point will remain on the court, with the loser vacating the court and a new opponent from the losing side will feed the ball in to start the next point. Two marker cones would be placed behind the service line at each end of the court. If the winning player hits the ball successfully between the cones, they score a point for their team.

Key Considerations

- A 'winner stays on for X points' rule should be introduced for either x3, x4 or x5 points won consecutively. Player to retire from court upon achieving this designated number.
- Lob shots should not be allowed in this game and players should be instructed to stay inside the service line.
- * Challenger feeds ball in and must therefore have a ball in their hand when they enter the court.

Scoring System

The game is team based. A team scores a point when a player on their team wins the point by hitting the ball through the cones.

Safety Considerations

- Ensure cones are located behind the service line and players are aware of requirement to stay in front of service line.
- No Lob or Smash shots allowed.



www.youtube.com/watch?v=564DP5NCK6Y



Active player feeds ball competitively to play with an underarm feed below net height.



NET V BASELINE

Overview

'Net v Baseline' is a fast paced game centred around two teams of players at either end of the court. The game also features a row of open cones (usually x10) with a ball placed on each of the cones (along the line of the net on each side of the court). The game starts with a 'neutral point' being played (a ball that isn't hit from the row of cones). The winners of this first 'neutral point' then run into the net to feed a ball from the row of cones. The opposing team will have a new player pairing enter the court to face the next point. The game continues with each winning pair feeding a ball in from the row of net cones with the losing pair vacating the court. Consequently, each point is a battle between the net pairing and the baseline pairing. The winning team are the ones who are unable to feed a ball in (as a result of all of their net cones being clear).

Key Considerations

- Coach / Leader should ensure that both players are inside the service box for the net playing pair.
- When a pairing lose a point, they **MUST** exit the court to the side (to prevent delay in feeding the next ball).
- Feeds must go beyond the service box which can't be volleyed by the baseline pair.

Scoring

The team that is unable to feed a ball from their row of cones due to them being empty are the winners.

➡ Losing pair **MUST** exit the court to the side to allow next point to continue without delay.

➡ The net pairing feed a ball from their cone set. Feed must be beyond the service box. Feed is meant to be competitive to gain advantage in the next point.

PASSING SHOT

Overview

'Passing Shot' involves two active players with other players in a queue as inactive players waiting to attempt the passing shot. The game involves the coach / leader feeding a down the line shot for the active player to run and hit an outright winner. If they successfully hit an outright winner, that player becomes the net player. The purpose of the volley player is to try to volley the passing shot back into court. If the volley player misses the volley, they lose a 'life' (typically 5 lives). The player taking the 'last life' of the volley player takes up the new volley position (regardless of outright winner).

Variables

- Players can be required to run around opposite side of court (after performing an unsuccessful passing shot) to retrieve 2x balls and roll them into net before returning to queue.
- * A variation on the game can be that the point is played out after the passing shot and volley retrieval. In this case, it's advisable to have a 'volleyer in waiting' position by the net post to allow for a quick transition to play the next point.

Scoring System

No scoring system but players strive to become the net player either via an outright winner or removing the last life of the net player.

Key Considerations

- Game should be administered in two halves. First half should feature right court feed with second half as left court feed. This is to allow all players to try both forehand and backhand passing shots.
- Only a passing shot and retrieval volley to be played. No playing out point or other shots to be performed.



www.youtube.com/watch?v=tJ4m0VsZI50



Active player runs to hit a passing shot from coach / leader feed.



Coach / Leader to feed a down the line shot requiring active player to perform a running drive passing shot.

PRESSURE DOUBLES

Overview

Pressure Doubles is a fast paced 'Winner Stays On' game. The game is played in dedicated pairs and therefore requires the coach / leader to get the players paired up at the beginning. The active player pairings take up baseline positions to play a single 'winner stays on' point. The inactive player pairings queue from the net position (on opposite sides of the court). The coach / leader feeds ball in and a single point is played. The losing pair quickly retire from the court to re-join the queue and the next pair in the queue run to the vacant side of the court.

Key Considerations

- * Coach / Leader should feed the ball to the player pairing that won the previous point.
- * Winning pair switch sides with each other after each point.
- * In the case of odd numbers, it's advisable to have a competent player play as a singles player.
- * Coach / Leader can make feeds progressively more difficult if certain pairings are dominating the court.
- * All players start the point from the baseline.
- * The feed is not allowed to be volleyed.

Scoring System

Player pairings score a point for each point won. Pair with most points at the end of the given time period or to a pre-designated points total are the winners.

Safety Considerations

Ensure that there is plenty of space around the net area to avoid collisions with running players.



www.youtube.com/watch?v=wTlx-2R1V-M



In-active players moving off court to re-join net queue (having lost previous point).



Next player pairing in queue run to take up positions at the baseline of the side of the court that lost the previous point.

RUNNING DRIVES

Overview

'Running Drives' involves two active players playing a single point against each other. The Coach / Leader feeds a 'down the line' ball requiring the receiving player to run from the opposite side of the court to hit a cross court running drive. The point is then played out between the two players. At the end of the point, both players re-join the queue and the next two players become active.

Key Considerations

- Game should be administered in four parts:

1. Right Court Feed - Team A retrieving
2. Left Court Feed - Team A retrieving
3. Right Court Feed - Team B retrieving
4. Left Court Feed - Team B retrieving

- Queues should be kept out of the active playing area for safety purposes.
- If there are equal numbers on teams, the opponent pairings should be switched at the end of each round (to allow players to play different opponents for each of the 4x rounds).

Scoring

- The game is team based and a team point is scored for each point won.
- Points can be recorded as a cumulative total of all 4x rounds or separately per round



www.youtube.com/watch?v=zqubzyq10Sk



Active player runs to hit a cross court drive. Other active player runs to retrieve drive and plays out the point.



Coach / Leader to feed a down the line shot requiring active player to perform a cross court running drive.



SPEEDBALL

Overview

Speedball is a fast based game that involves 4x active players on the court playing the game. The game involves two spare racquets being placed by the net with a defined number of balls on the racquets (typically x5). Both teams start the game from the baseline with a neutral ball (one that is not hit from the racquet pile) fed into play to start the point. Whichever side wins the neutral point, run into the net and feed a ball in from their racquet with that point played out. The game continues with each point winning pair feeding a ball off their racquet. The game ends when a team has no more balls left on their racquet to feed.

Key Considerations

- Balls fed from the racquet must be fed from below net height and **MUST** land beyond the service line.
- The feed cannot be volleyed.
- Feeds should be competitive to try to gain advantage in the point.
- The pace of the game should be high in that a team running into the net to feed the next ball in should sprint in and feed the ball without waiting for opponents to be ready.
- The pair running into the net to feed the next ball must **BOTH** be inside the service line.
- The game isn't suited to more than 8x players on a court as the game involves just 4x active players participating.

Scoring System

When there are no balls left on a racquet to feed, that team becomes the winner of the game (or round).



www.youtube.com/watch?v=9CJOtJPYj_8



Ball picked up from the racquet and hit below net height anywhere into the court (beyond service line). When there are no balls to feed from the racquet, the game or round is won by that side.

QUICK FIRE DOUBLES



www.youtube.com/watch?v=3UyRWZ7Hvs

Overview

Each player is required to have one ball in their hand and waits in a small queue (as an inactive player). The two active players at each end of the court form a doubles partnership and play a single point against their opponents. The winning pair remain on the court in their same court positioning. The losing pair rotate one place anti-clockwise (one player leaving the court and the other moving to the left court position). The new challenger feeds their ball competitively into court (from behind the baseline) as quickly as they like to gain advantage in the new point. The game therefore involves the active player pairings playing a doubles point with a 'winner stays on' theme.

Variables

See 'TFF Quick Fire - Singles' description.

Scoring System

See 'TFF Quick Fire - Singles' description.

Safety Considerations

See 'TFF Quick Fire - Singles' description.

Other Considerations

Use measures to rotate the player order so that each player has a variety of partners.



Player rotation direction at the end of each point



Losing player from left court position vacates court and re-joins queue



New active player feeds in from right side of court.

QUICK FIRE SINGLES

YouTube

www.youtube.com/watch?v=Phl79QBY2_Q

Overview

The basic concept is that each player has 'one ball in their hand and waits in a small queue (as an inactive player). The two active players play a point against each other. The winner stays on the court at the end of the point. The loser returns to the back of their queue. The new challenger feeds their ball competitively into court (from behind the baseline) as quickly as they like to gain advantage in the new point. The game therefore involves the active players playing singles against each other for a single point with a 'winner stays on' theme.

Variables

- A 'winner stays on for X points' rule should be introduced for either x3, x4 or x5 points won consecutively. This can be classed as a 'retirement' forcing a player to retire from the court when achieved.
- It's possible to increase the game capacity by playing over 1/2 court (only advisable if court features intermediate+ players).

Scoring System

No scoring system is generally applied to this game. A scoring system can be introduced where players count the number of 'retirements' an individual player or team score.

Safety Considerations

- Inactive players to be at least 3 metres behind the baseline at all times.
- The oncoming player should wait for the court to be clear before feeding their ball into play.



In-active player vacating court to make way for new player feeding ball into play



Active player moving to baseline position



Active player feeds ball competitively into play

QUICK FIRE TRIPLES

YouTube

www.youtube.com/watch?v=Kq4tigxbV5M

Overview

Each player is required to have one ball in their hand and waits in a small queue (as an inactive player). The three active players at each end of the court form a partnership and play a single point against their opponents. The winning team remain on the court in their same court positioning. The losing team rotate one place anti-clockwise. The new challenger (right court position) feeds their ball competitively into court (from behind the baseline). The game therefore involves the active players playing a triples team point with a 'winners stay in same position' theme, with losers rotating their court position.

Variables

A ruling can be introduced to prevent the net player from being allowed to hit the feed.

Scoring System

A simple team 'points won' counting system can be introduced.

Safety Considerations

See 'TFF Quick Fire - Singles' description + coach/leader should point out that cross court shots should be hit with control and care (due to the net player position being vulnerable to cross court shots).



Player rotation direction at the end of each point



Losing player from left court position vacates court and re-joins queue