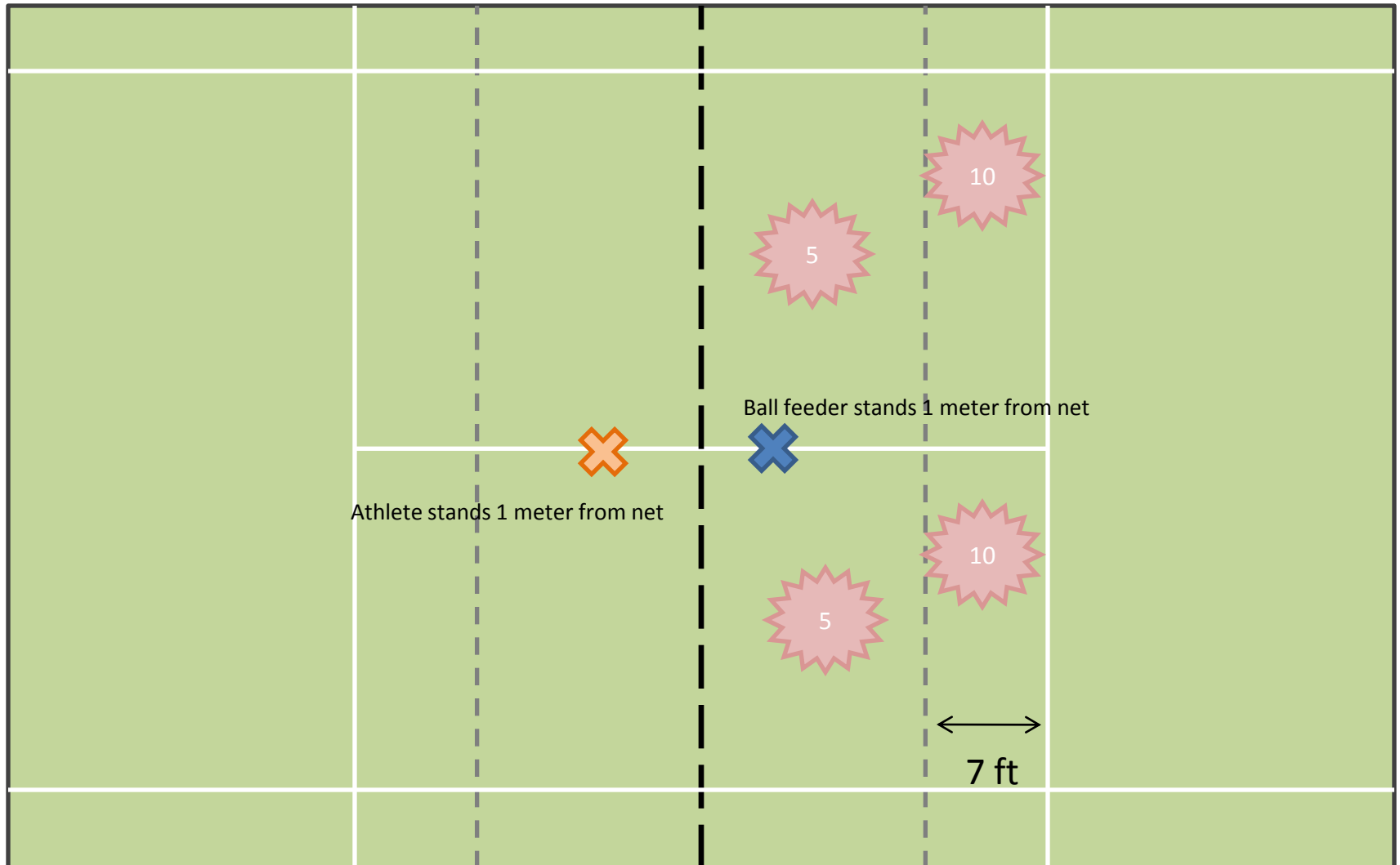


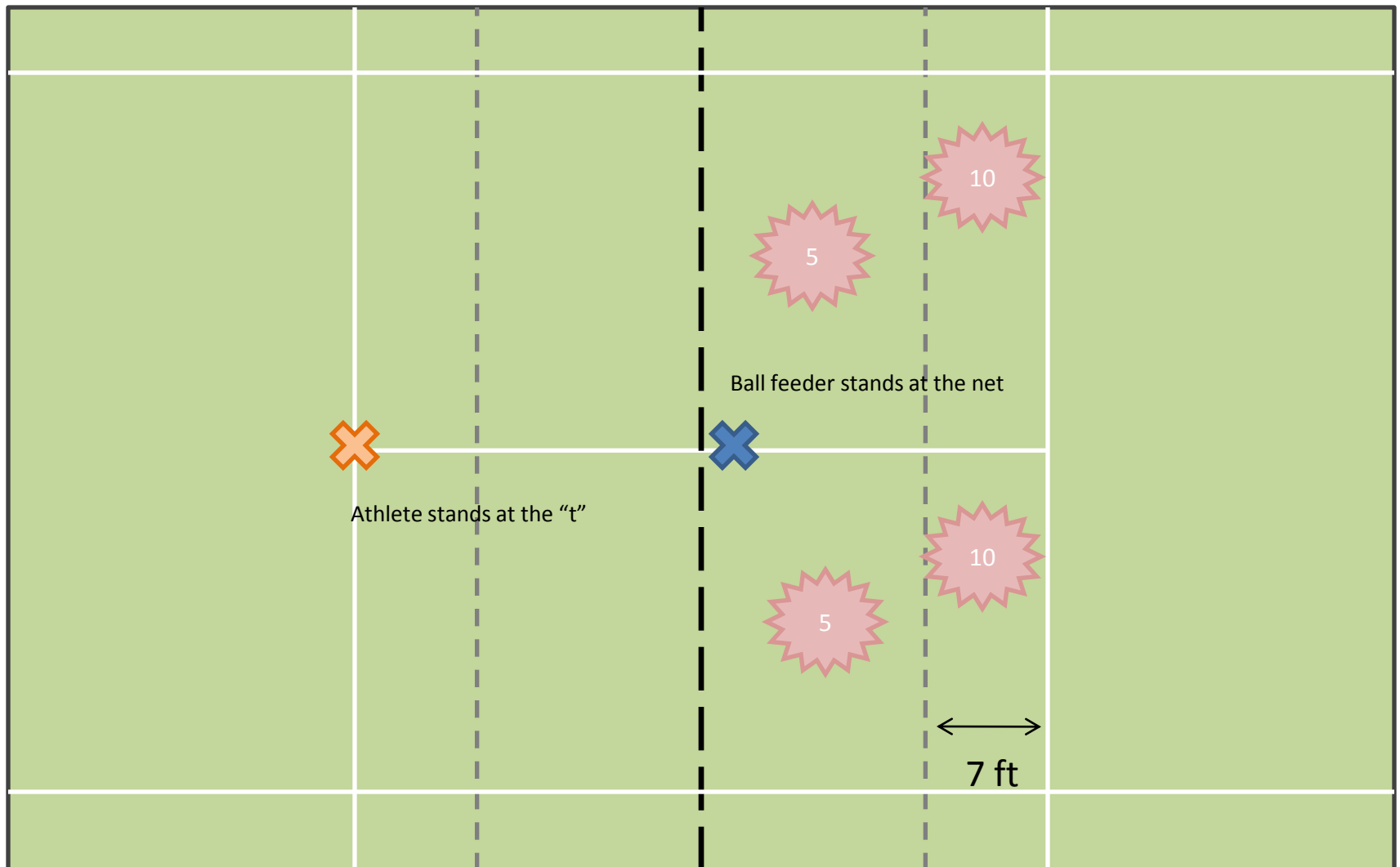
Forehand & Backhand Volleys

- Ball feeder tosses 5 balls in a row to athlete's forehand (no bounce in the ball)
- Ball feeder tosses 5 balls in a row to athlete's backhand (no bounce in the ball)
- 10 pts each ball between the service line and the "backcourt" (indicated by line)
- 5 pts each ball between the net and the "backcourt"



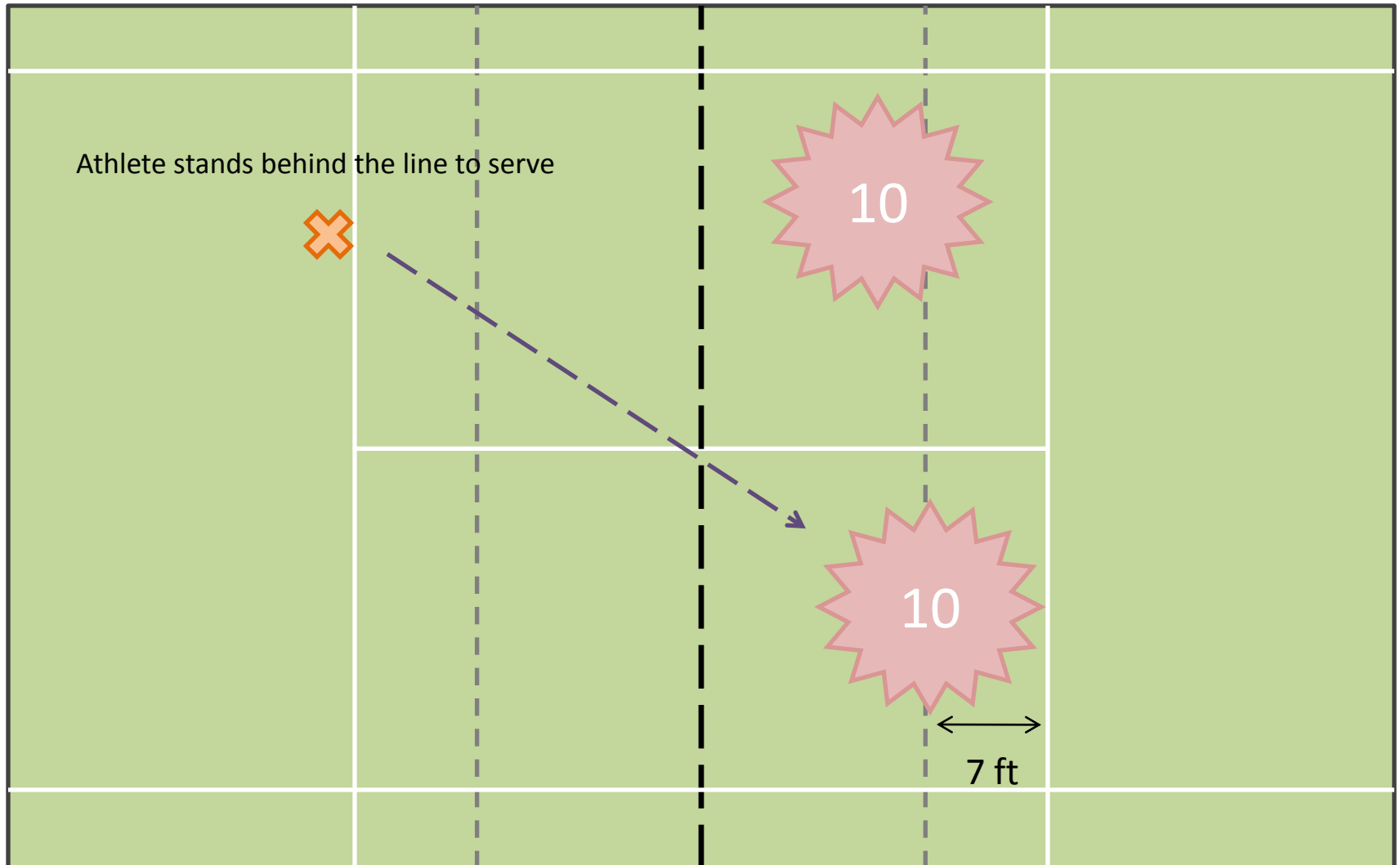
Forehand & Backhand Groundstrokes

- Ball feeder tosses 5 balls in a row to athlete's forehand (with bounce)
- Ball feeder tosses 5 balls in a row to athlete's backhand (with bounce)
- 10 pts each ball between the service line and "backcourt" (indicated by line)
- 5 pts each ball between the net and the "backcourt"



Deuce & Advantage Court Serves

- Athlete is given 5 attempts to hit a legal serve from the right court to the deuce service box
- Athlete then gets 5 attempts to hit a legal serve from the left court to the advantage service box.
- 10 pts each ball between within the correct service box
- ZERO points if the athlete misses the correct box or foot faults



Alternating Groundstrokes with Movement

- Ball feeder tosses 10 balls with bounce to the athlete, alternating between backhand and forehand.
- Athlete should return to the center mark before the next ball is tossed.
- 10 pts each ball between the service line and “backcourt” (indicated by line))
- 5 pts each ball between the net and the “backcourt”

