

How to feed: 3 balls across-cardio style

Part of what makes this cardio is how the pro feeds; the pro is feeding 3 players at once for pace purpose.

The sequence is as follows:

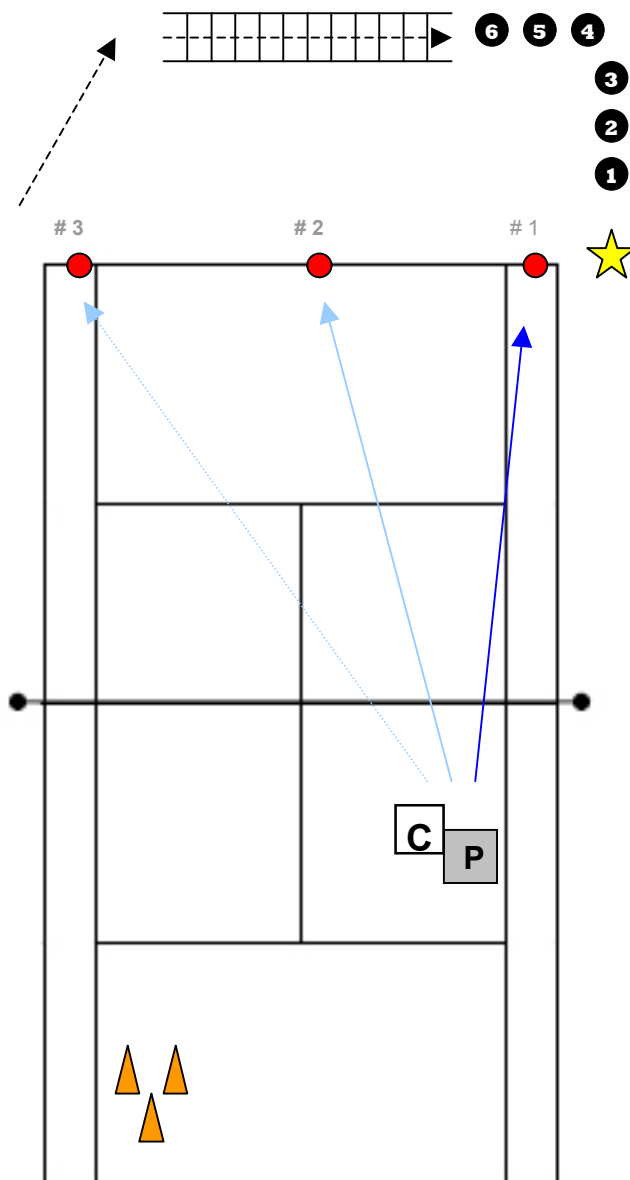
- #1, #2, #1, #3, #2, #1.

After the first six balls, the sequence is #3, #2, #1 and repeats. It is important to aim where the red dots are (deep) as you are trying to move a player as much as possible across the baseline. Also, when feeding this drill it is very important to have a full cart. When you feed the first ball you need to wait just a moment so that player #1 can hit the ball and has time to get to #2.

In the diagram the pro and cart are positioned on the same side as the players close to the alley, in between the net and the service line. This is a great position to feed from as it keeps the pro safe from incoming balls. This is a suggested feeding position; you can feed from wherever you feel comfortable.

Your feeding should be very rhythmic so that no person has to wait on a ball (grab and feed technique).

Three balls across is also appropriate on a 60 foot court.

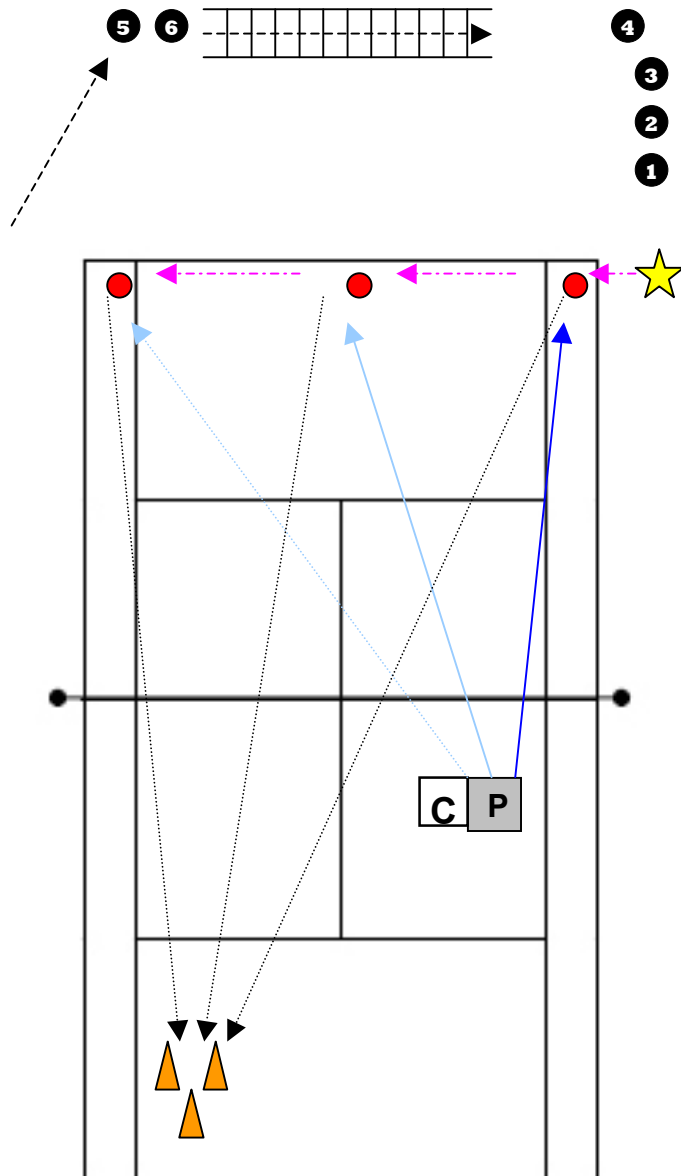


Drill: 3 Balls Across-Cardio Style

Player Number: 6- 9

AL: 2 feet in, shuffle step, typewriter

CB: buzzing feet, heel taps



- Player's start well behind the baseline corner
- Players hit a total of three balls moving across the baseline. (Not traditional 3 balls across where one player hits all three balls and then the next player goes).
- As soon as they hit ball #3 they need to exit immediately and go through the ladder.
- Repeat on the deuce side: reverse direction of the feeds and switch the targets if necessary.

Progressions:

Ask players to hit different shots topspin, under spin, flat, deep balls, etc.

- Feed 2 deep, one short
- 3rd shot must be a moonball, lob, etc.
- Run around the backhand and hit the forehand
- Short, mid, deep (diagonal)

Cardio Nuances:

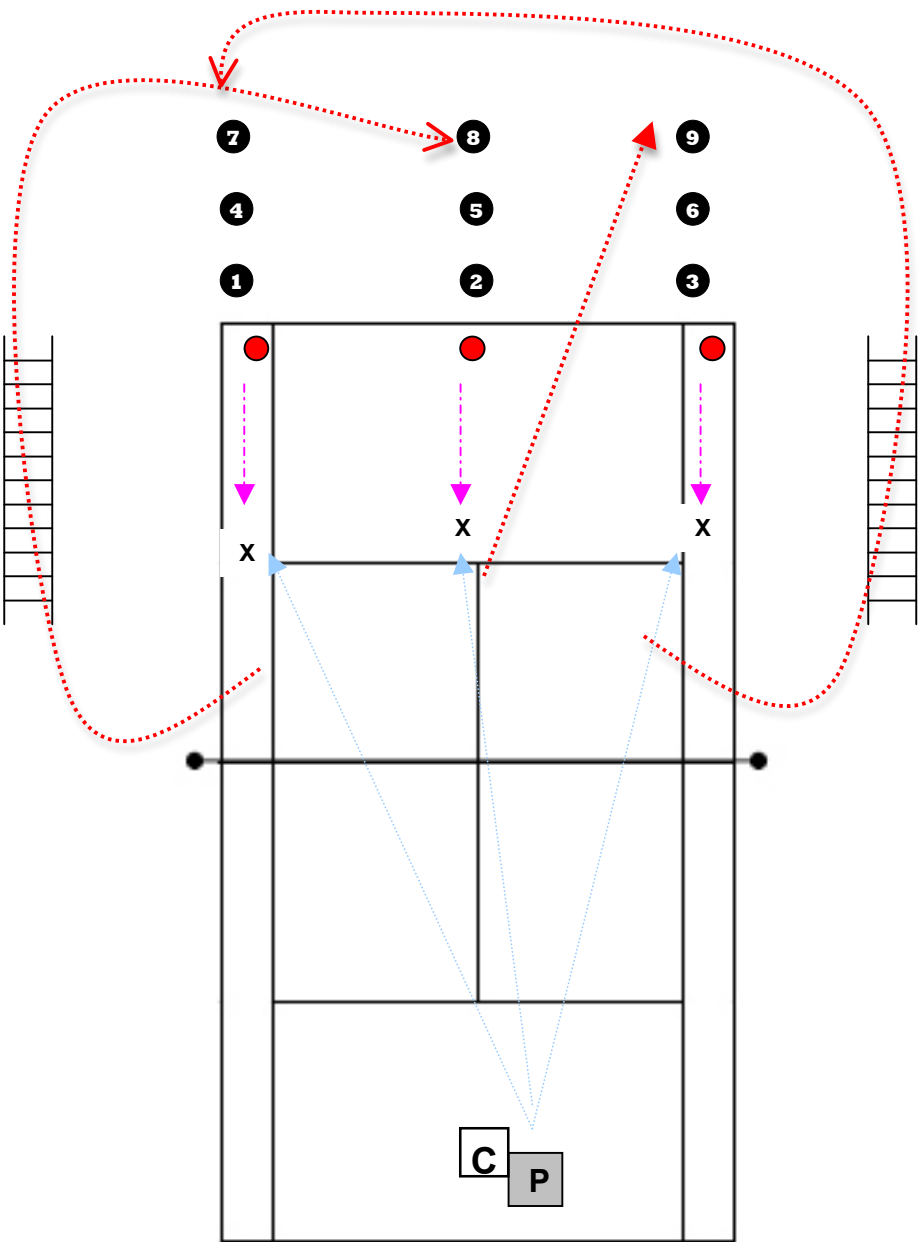
- This is all about the feeding, which should be very rhythmic; refer to page on how to feed for the sequence. The tempo, height and pace of the feed increases and/or decreases according to ability level.
- Feed the 3rd ball wider, etc to challenge those who need to be challenged.

Drill: 3-line feeding

Player Number: 8 - 10

AL: regular run or 2 feet in or high knee skips

CB: crisscross jumps, butt kicks, buzzing feet



When you have 9 or more players utilize 3 lines instead of 2. This allows for many more touches on the ball and more movement. Being an accurate, fast and rhythmic feeder is the key to success here.

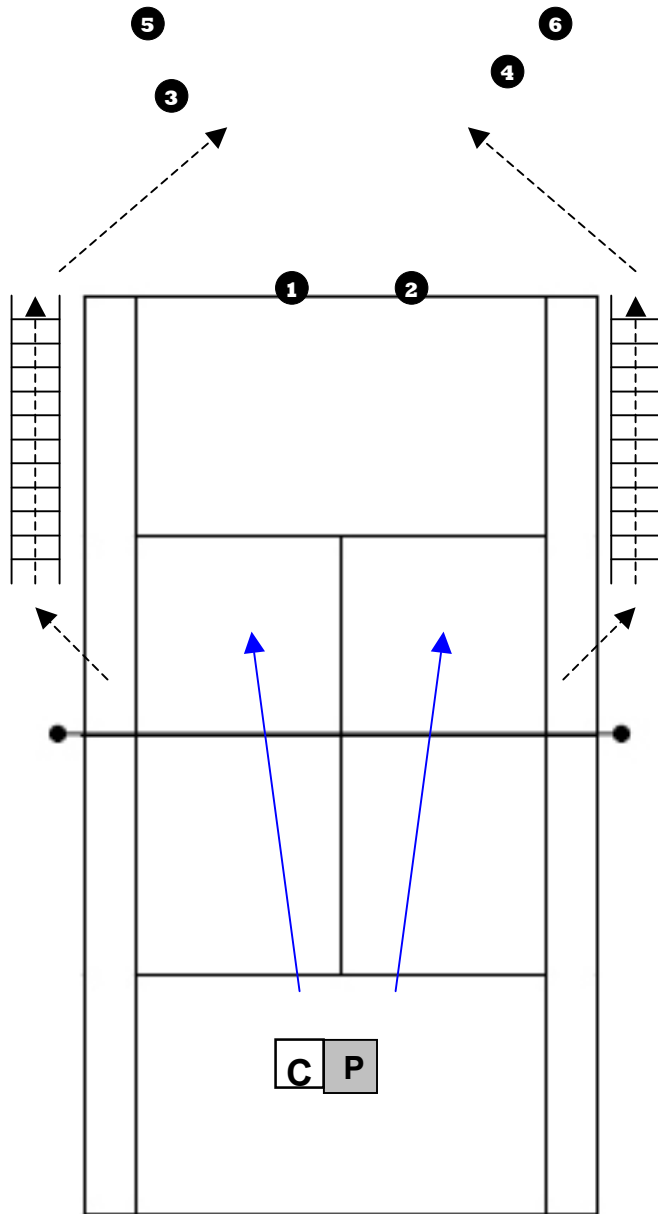
- Create 3 lines of players at the baseline
 - 1 line at each doubles alley
 - 1 line at center baseline
- Pro can feed the following progressions
 - Approach shot
 - Approach shot & volley
 - Approach shot, volley & overhead
- Player rotation is as follows for the progressions
 - Deuce line rotates to their right, goes through the ladder and joins the middle line
 - Middle line rotates immediately to their left, exiting through the baseline joining the Ad line
 - Ad line exits to their left through the ladder joining the Deuce line
- Players on the outside must stay in the alleys and the pro needs to feed to the alleys.

Drill: Approach-Volley- Overhead

Ideal Number: 6 – 8 players

AL: i2 feet in or river dance

CB: buzzing feet or shuffle shuffle jump



- Two lines at the baseline.
- Pro feeds approach shot to each line followed by a volley and an Overhead
- Each player hits 3 balls
- The players then quickly exit and go through the ladders to the opposite line.

Cardio Nuances:

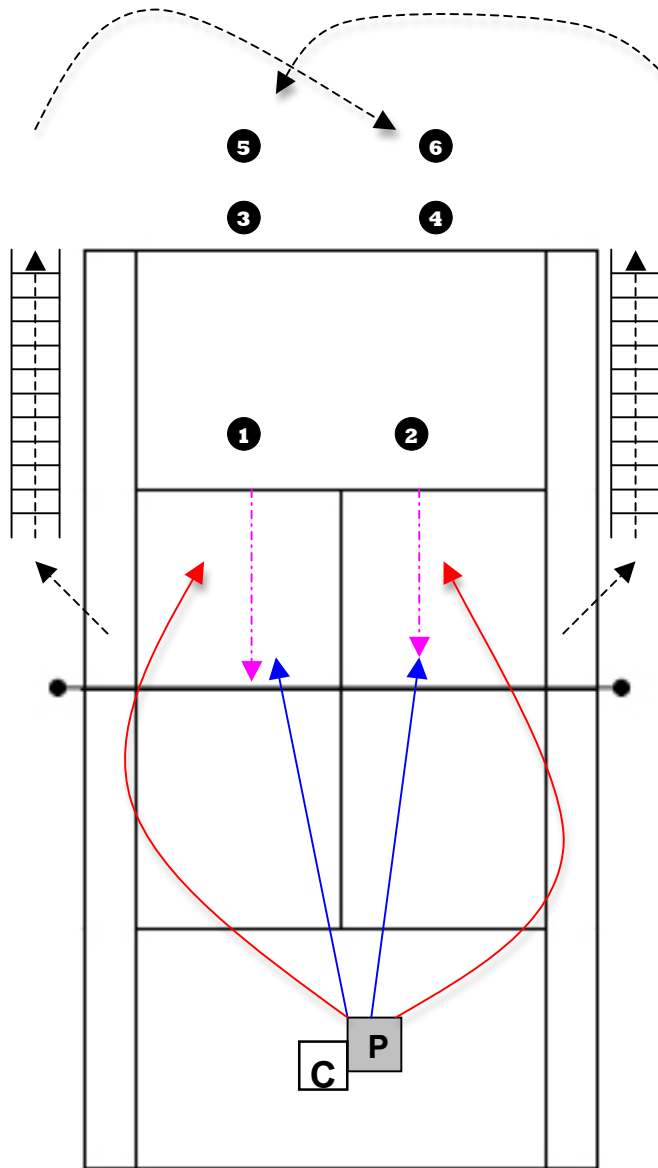
Have players tap the net after the volley
With 9 or more players set players up in three lines.

Drill: **Ball Rush**

Ideal Number: 6- 9

AL: regular run through, 2 feet in, ickey shuffle

CB: body weight squats, toe to hand hamstring stretch



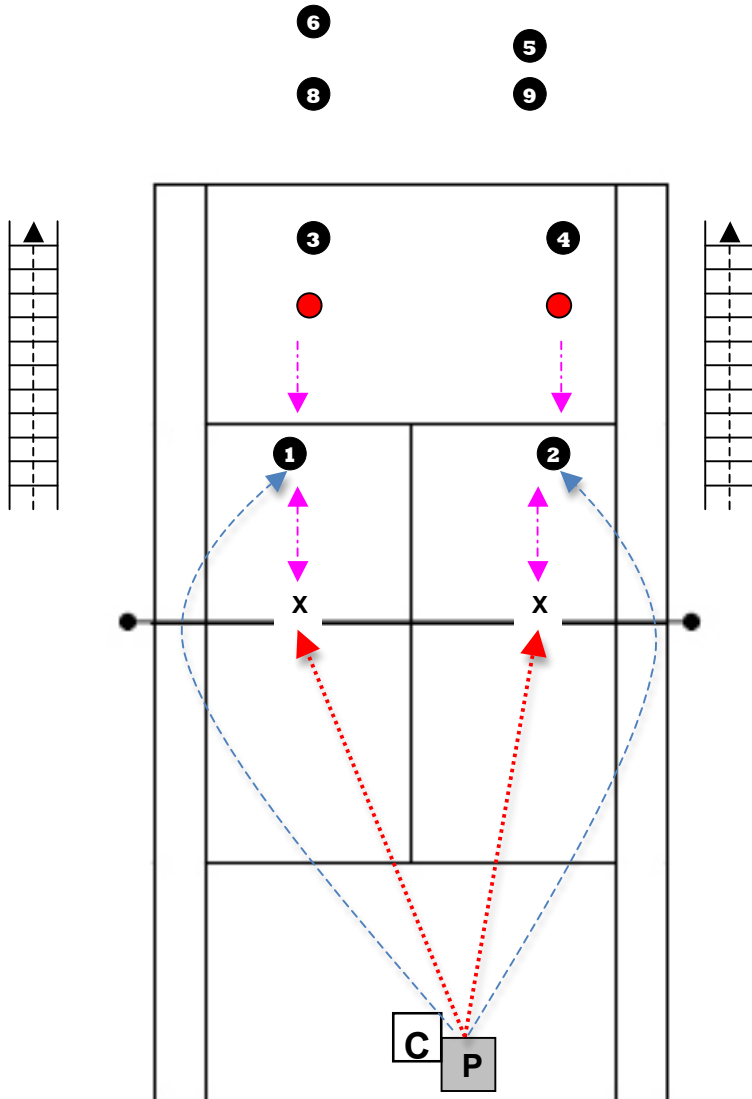
- 2 lines behind baseline (on deck players). Starting 2 players just behind service line
- Players 1 and 2 will run forward and tap the net
 - Pro feeds a challenging lob which players will take as an out of air overhead
- 2nd feed is a slightly floating ball which players must move forward and volley
- The players then quickly exit and go through the ladders to the opposite line
- With 9 or more players use 3 lines

Drill: **Close and Go**

Ideal Number: 5 - 8

AL: Shuffle step, Centipede

CB: Speed skaters, Dynamic toe taps



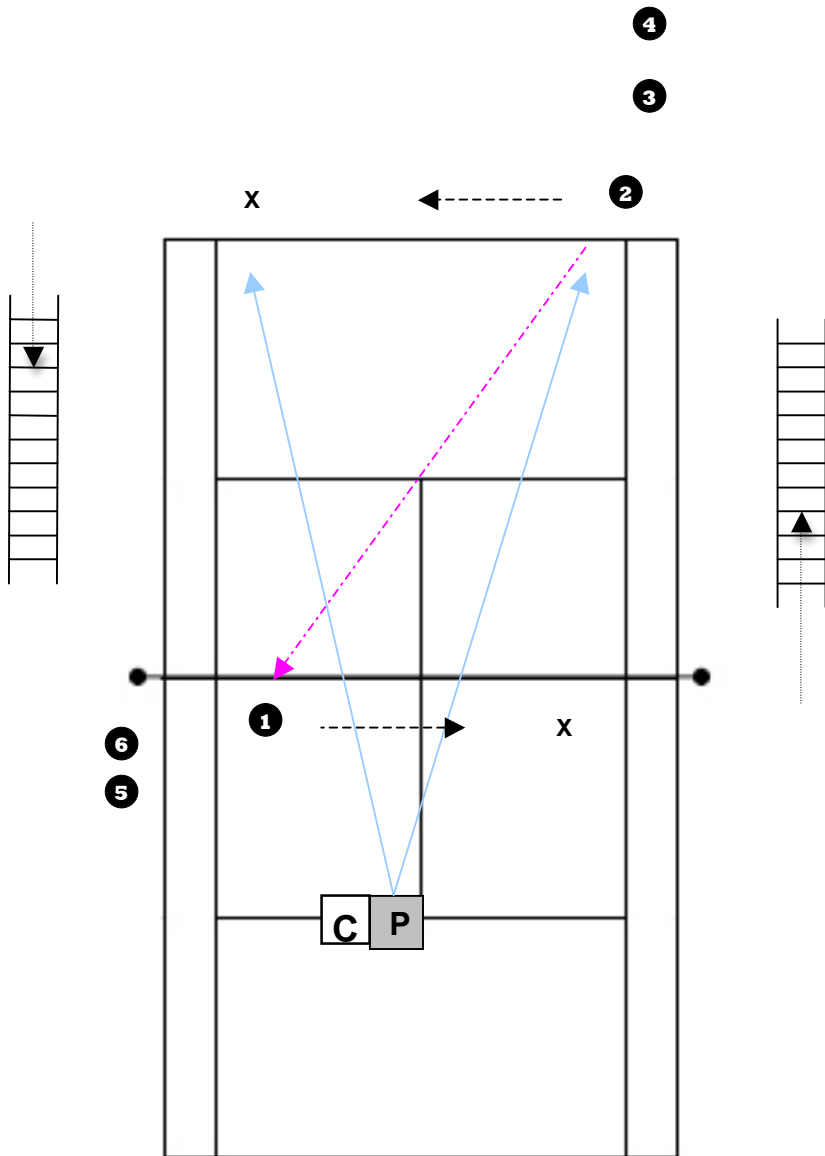
- Form two lines at 60' baseline, with two players at net.
- 1st feed is a lob which players smash out of air
- 2nd feed is short low ball that players must volley out of the air.
- The coach will repeat the two feeds above.
- After 4 total shots, players rotate out to AL and switch lines

Drill: Concentration

Ideal number: 6 - 8

AL: 2 feet in, grapevine

CB: High knees, butt kicks



Two lines: one at ad side baseline, one at ad side net post.

Coach feeds a ball to the player on the ad side who hits a cooperative shot back to the net player who volleys down the line (to the open court).

- Both players move towards the deuce side after hitting their shots

The pro now feeds a 2nd ball which player 2 hits back to player 1 who volleys once again into the open court.

Players exit via AL to end of opposite line.

Cardio Nuances:

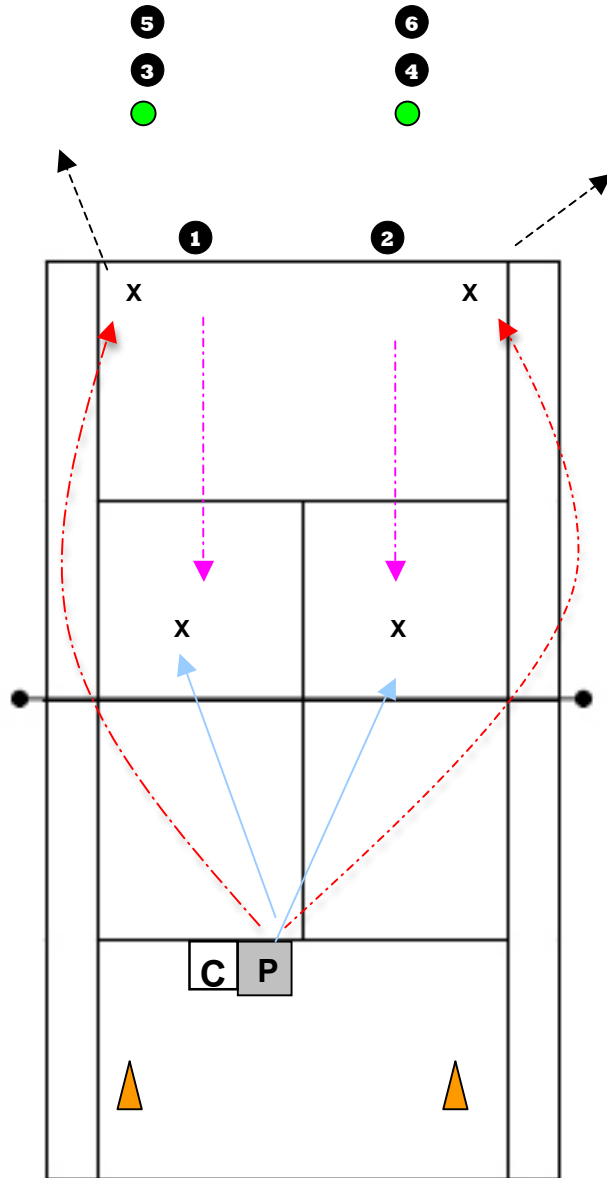
- Reinforce to participants when at the baseline they are not returning the ball from the net player in the original progression
- Progression #2, play out the 2nd ball crosscourt
- Depending on the numbers and fitness level rotation might be full court or only half court, adjust ladders accordingly

Drill: Drop Shot-Plus

Ideal number: 6 - 8

AL: N/A

CB: Lunge variation or standing crunches



6-8 Players (two lines)

- Coach alternates drop shot feed to both sides
- 2nd feed is a deep lob to the corners that must bounce before lobbing back.
- No AL for this set-up, position the 2 lines at the center of the court far back from the baseline

Variations:

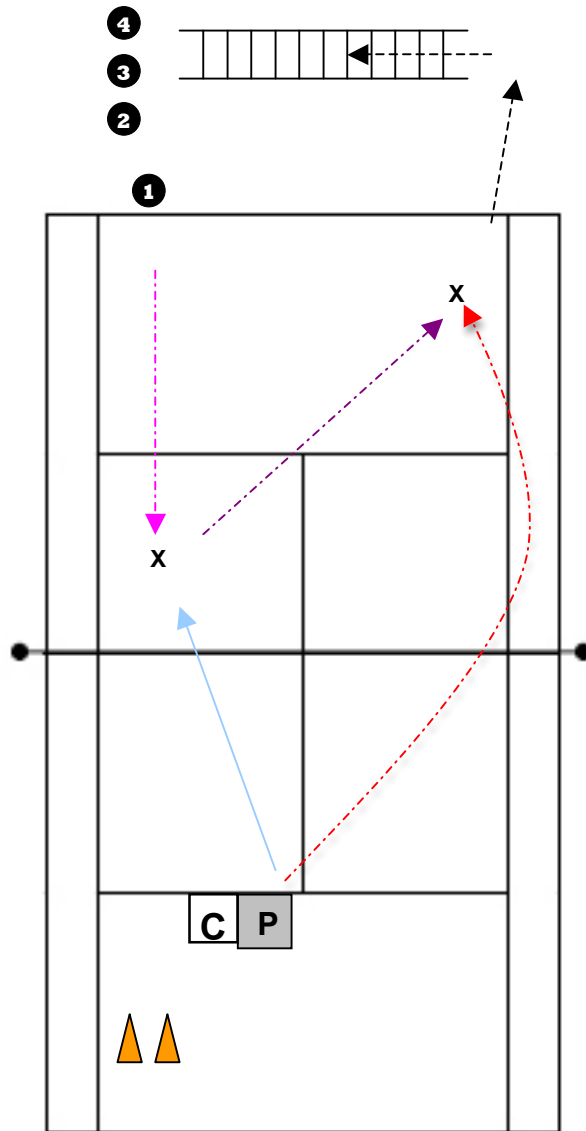
- 2nd ball is taken out of the air as a smash

Drill: Drop Shot-Plus

Ideal number: 3 - 8

AL: High knees, typewriter

CB: Side to side lunge



3-5 Players (single line)

Set up at the baseline on either side, make sure you work both sides.

- 1st feed is a drop shot on the Deuce side. The player must chase it down and hit to the open court.
- 2nd feed is a lob deep to the ad corner that must bounce before the player hits a lob back over the net.
- Player exits court through the AL to end of line

Variations:

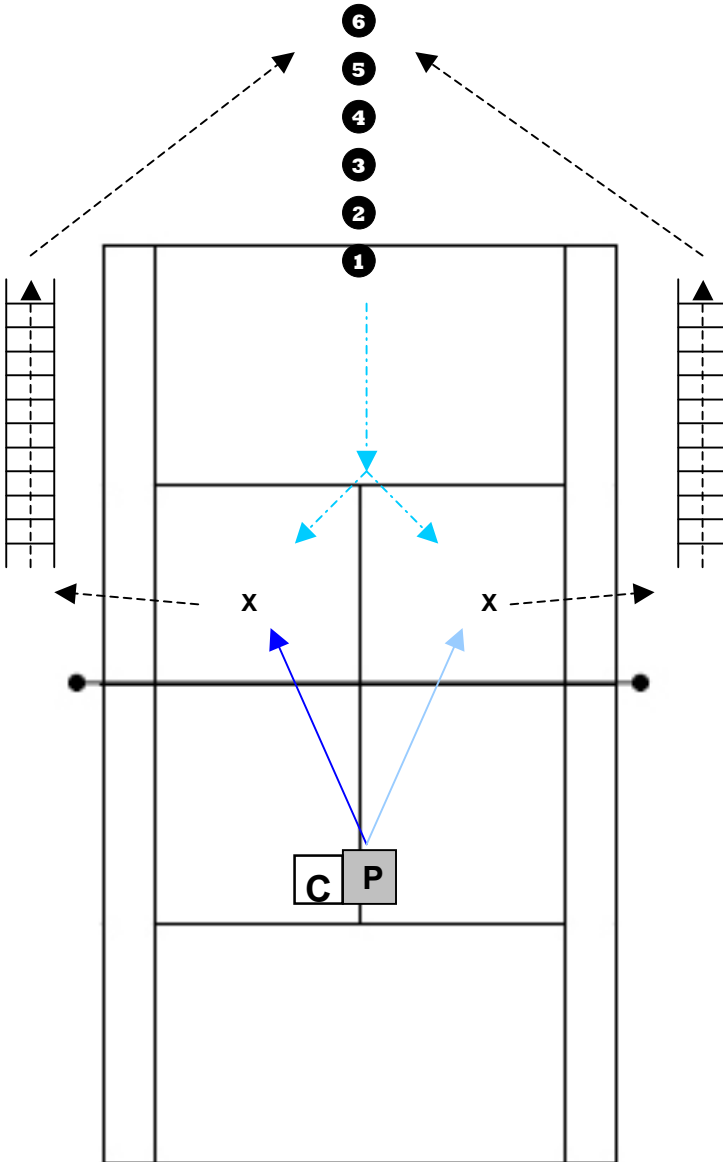
- 2nd ball is taken out of the air as a smash or swinging volley

Drill: **Hot Shot Drop Shot**

Ideal Number: 6 - 8

AL: High knees, shuffle step

CB: Curtsey lunge, typewriter stationary



- Players set up single file at the baseline.
- Coach alternates a drop shot feed to each side of the court. (i.e. #1 hits off the FH side and #2 hits off the BH side)
- Each player hits one ball exits through the ladder and returns to line.

Progression #1 Add an easy lob as a 2nd feed for an overhead

Progressions #2 Add a volley as a 3rd feed.

Cardio Nuances:

If you have 5 or less form one line. If you have 6 or more form 2 lines (players change lines).

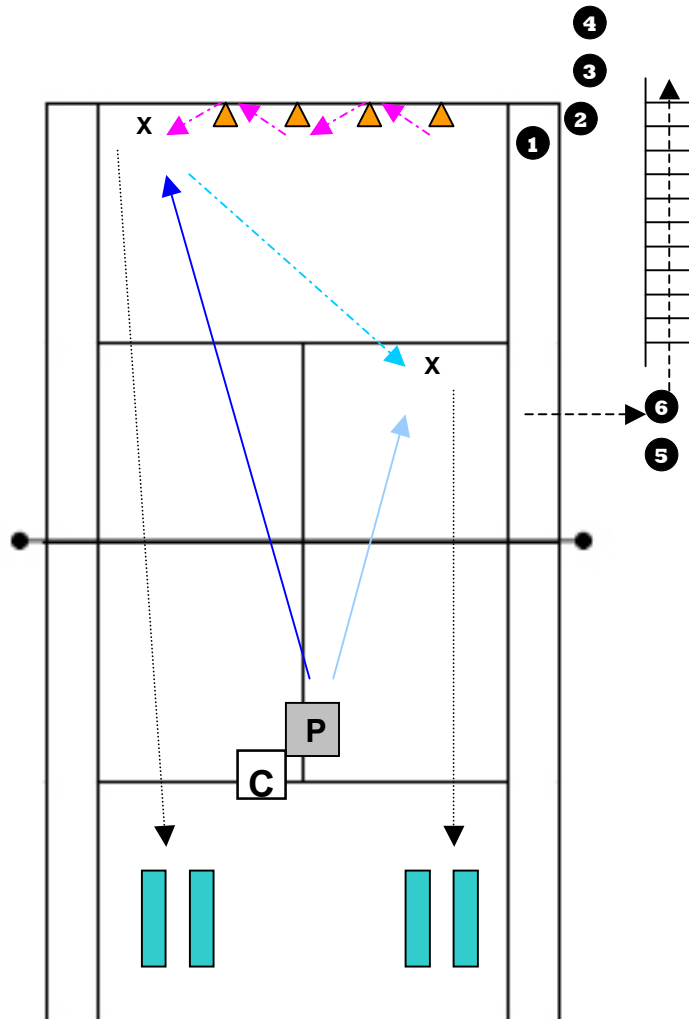
If you are working with a single line and there is an even number of players, reset after a certain amount of time so they get to hit off the other side.

Drill: Hustle and Shuffle

Ideal number: 4-6

AL: jump forward 2 and 1 back or river dance

CB: buzzing feet, side lunges



- Players line up in doubles alley at baseline.
- Place 4-5 cones along the baseline a few feet apart.
- Players start by side shuffling in between the cones, keeping a two-cone separation between each other.
- When they get to the last cone, they hit coach fed ball down the line.
- Pro feeds a second ball, a short feed, that lands in the opposite service box. Player hits that ball down the line.
- Players exit to ladder after hitting second ball and return to line.

Cardio Nuances:

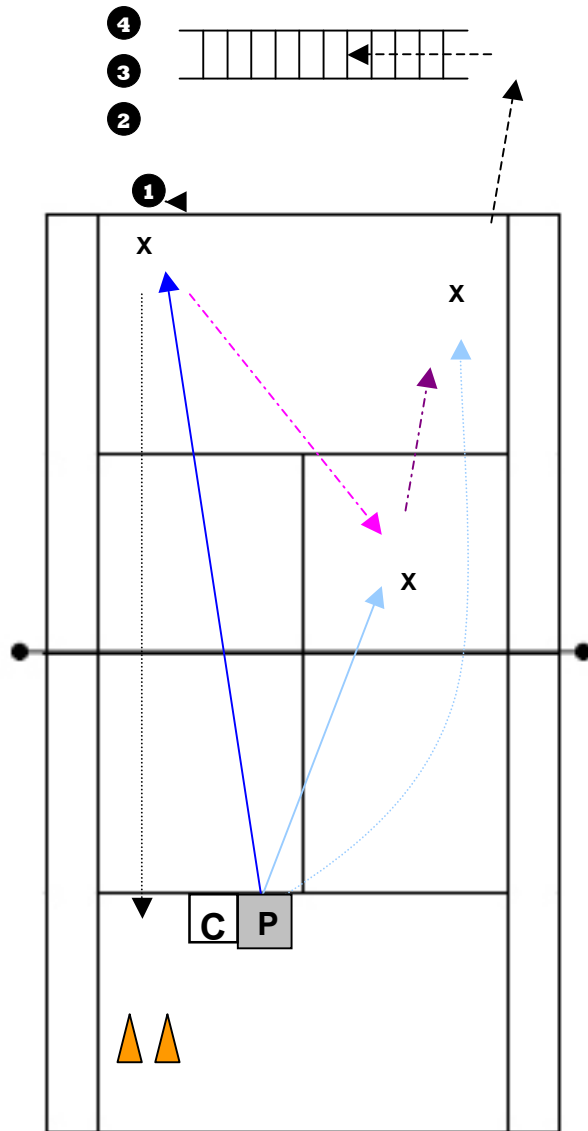
- Coach can dictate outcome of shot based on skill level of player.
- Coach's feed may vary in difficulty and speed, based on skill and fitness level of player.

Drill: Mad Scramble

Ideal number: 6 - 8

AL: Centipede or lateral hop on 1 or 2 feet

CB: buzzing feet, heel taps



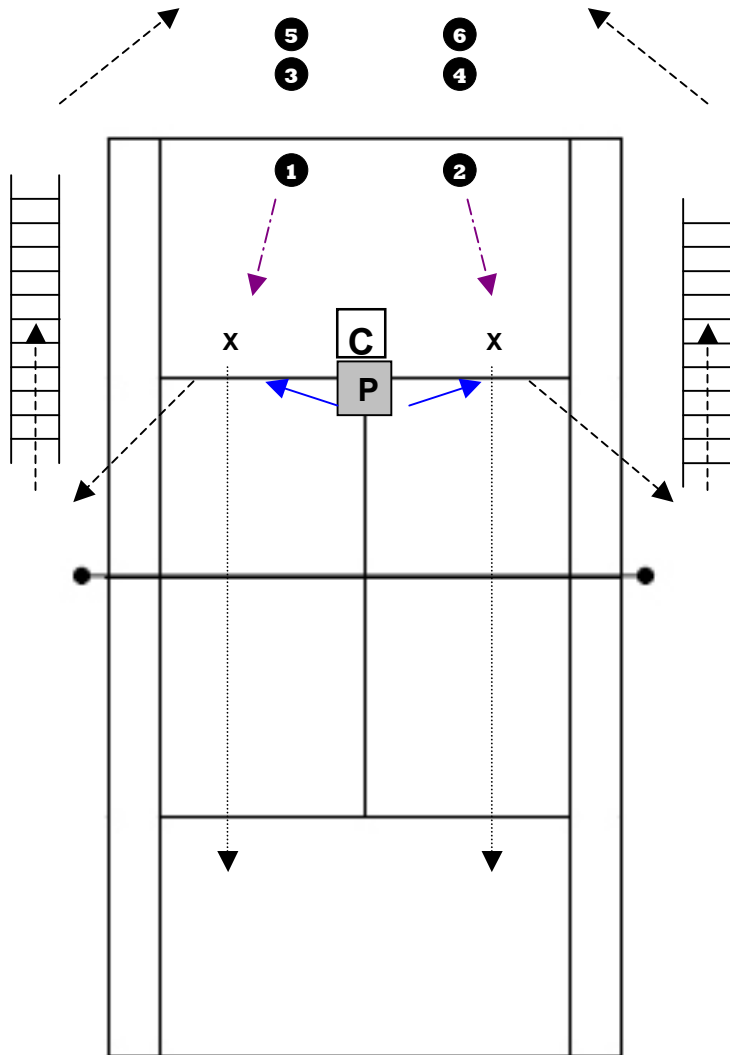
- Players line up at the baseline on one side of court
- Coach feeds a sequence of three shots: a groundstroke, drop shot and deep lob.
 - 1st feed is to Player 1 who must hit a forehand down the line.
 - 2nd feed is a drop shot on the Ad side, Player 1 must chase it down and hit to the open court.
 - 3rd feed is a lob deep to the ad corner that must bounce before Player 1 hits a lob back over the net.
- Player then exits through ladder to end of line.

Drill: Midcourt Crusher

Ideal number: 6 - 8

AL: regular run, 2 feet in, Hop on 1 or 2 feet

CB: buzzing feet



- Players form two lines at the baseline.
- Coach hand feeds high floater to each player, to bounce around service line.
- Players approach and attack fed ball.
- Players immediately exit the court to the outside, using the AL's before heading back to the opposite line.

Progressions:

There are an endless variety of shots you can do here.

- Out of the air
- Low ball
- 2 ball combinations:
 - 1st shot as a midcourt crusher; 2nd shot high toss close to the net for an overhead smash
 - Crush and touch: 1st shot midcourt crusher, 2nd ball bounces very close to net and they must "touch" the ball and create an angle or spin.

Cardio Nuances:

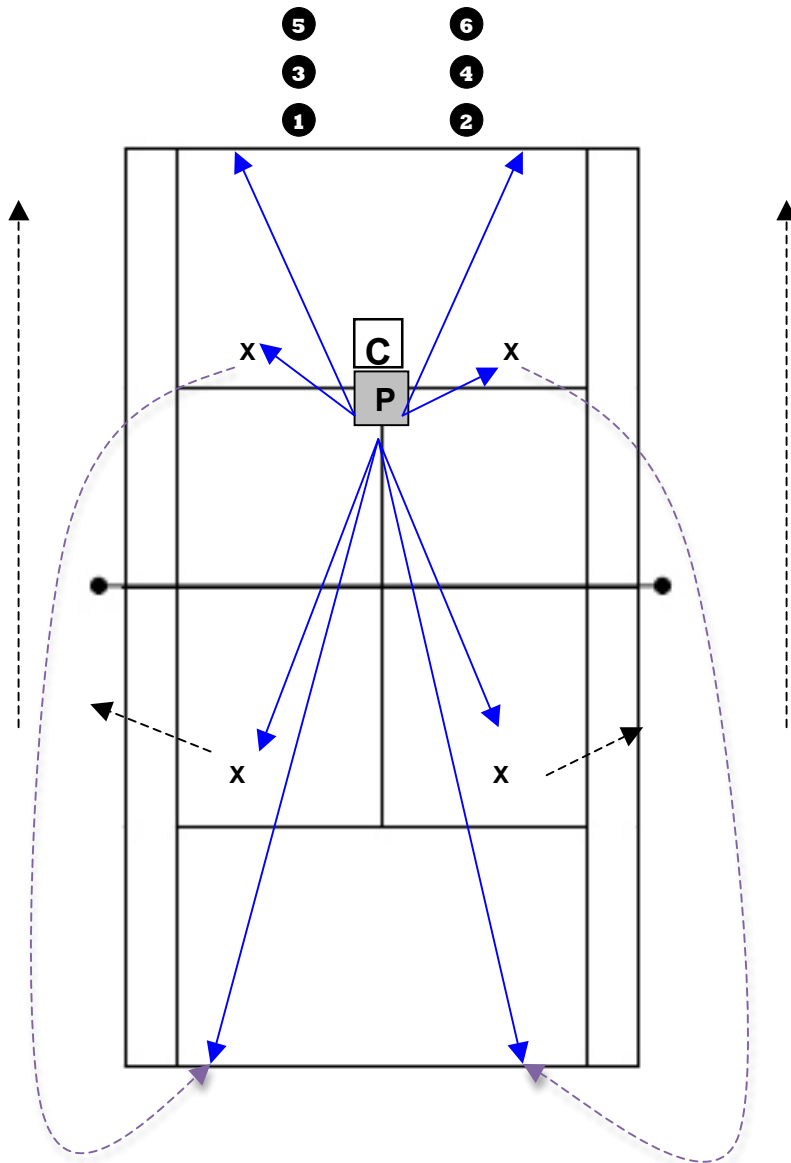
- Coach may feed from different depths, depending on skill and fitness level of players
- Coach should encourage high swing speed put-away stroke from players, not a 'push.'
- If number of players is lower, they may skip the AL's.

Drill: Sall Ball

Ideal number: 6 - 10

AL: N/A

CB: N/A



- Players form 2 lines at the baseline.
- Pro stands behind cart and hand tosses a deep ball to first player in each line.
- Pro will then hand toss a short ball for the players to attack.
- After two shots, players will then run to the opposite side of the court and then form 2 lines at the baseline.
- After all players have hit two hand-fed balls and switched ends of the court, the pro will turn around and racket feed the same deep ball/short ball sequence.
- Repeat above 3 or 4 times.

Cardio Nuances:

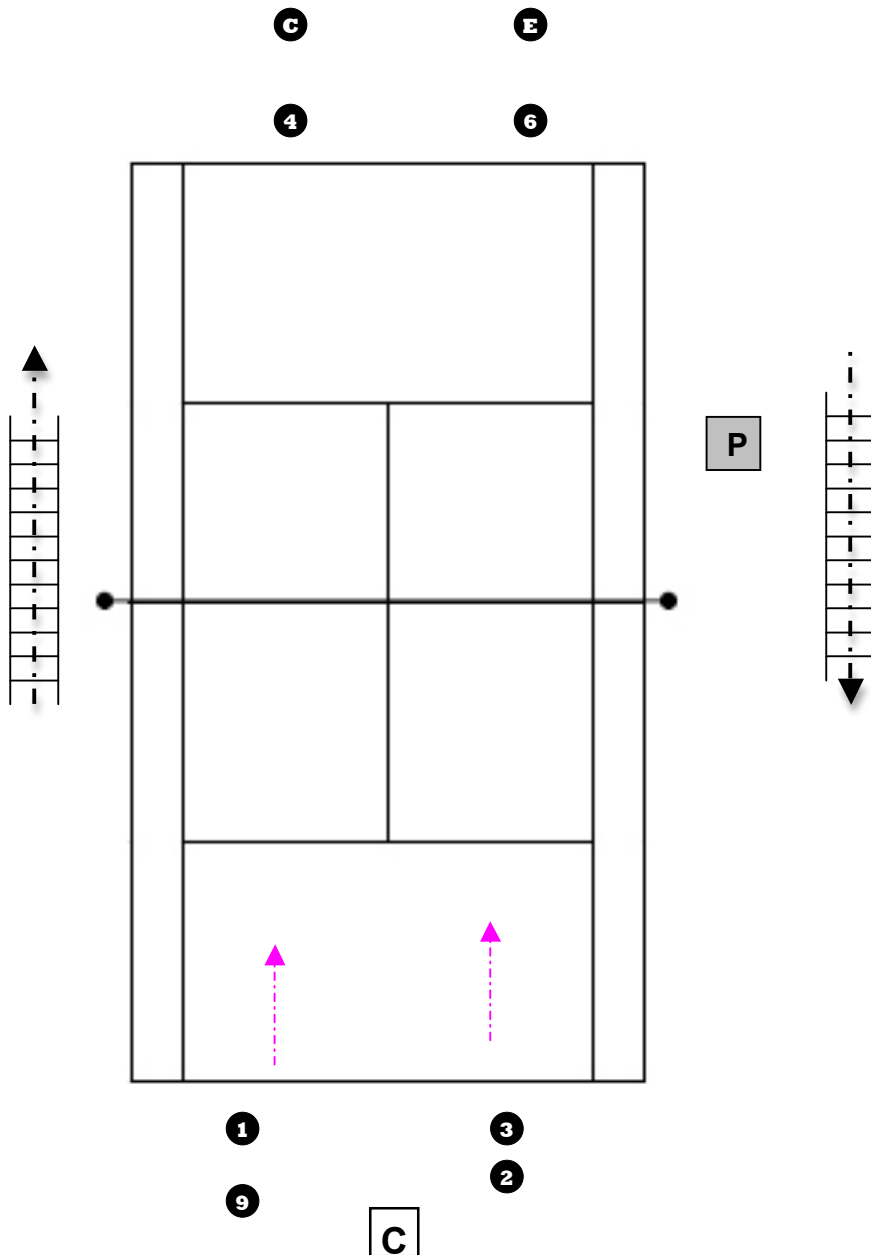
- If 7 or more players, have them hit 1 ball before running to the opposite side of the court
- If running Sall Ball on multiple courts, pros may race each other to see which court can finish sequence 3 times first.

Drill: Sets of 10's

Ideal number: 6-10

AL: regular run through

CB: Lunge variations, volleyball jumps



- Divide up players on both sides of court at the baseline
- One side self-feeds and follows the ball to the net (net player vs. baseliner) with the goal to hit 10 reflex balls in a row without a mistake
 - Can play if a mistake is made, one of the players feeds in another ball and the players complete the series of 10 or make a mistake and rotate.
- After the sequence players swap end of court

Cardio Progressions:

There are plenty of hitting patterns to use:

- Volley to Volley (both players charge net from baseline)
- Baseline to Baseline
- Serve & Return (DTL or crosscourt)
- Serve & Volley with Return (DTL or Crosscourt)

Cardio Nuances:

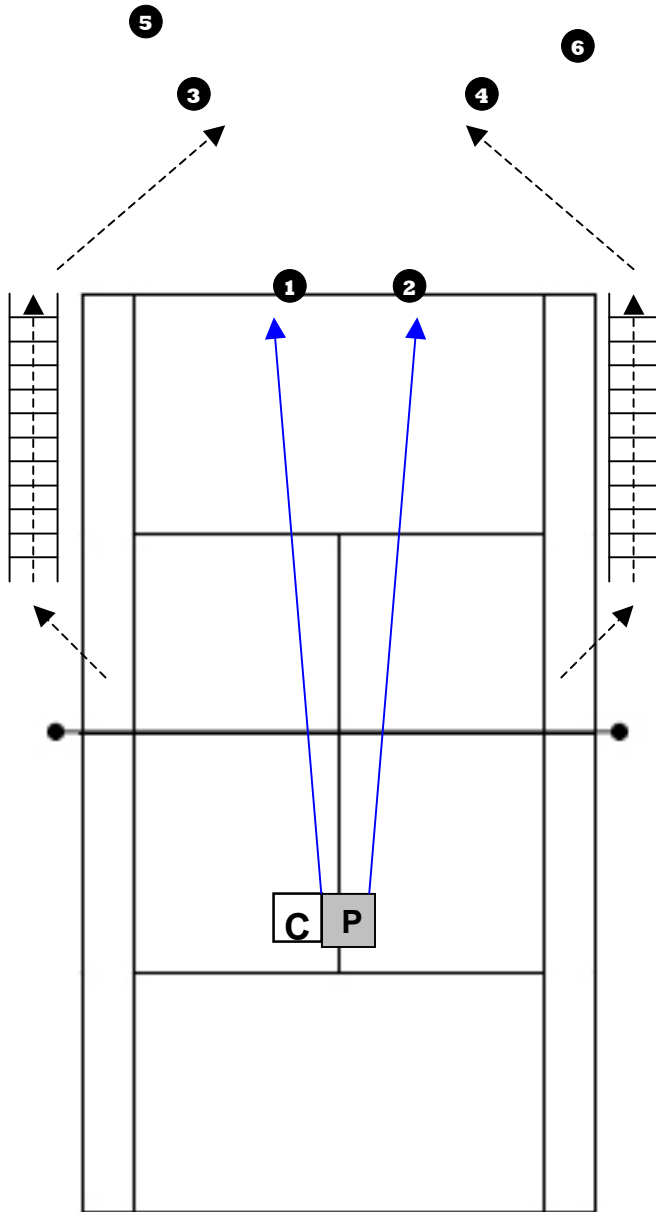
- Encourage all players to have a ball or two in their pocket at all times in case a mistake occurs.
- If more than 10 players can utilize 3 lines if group has the control and consistency.

Drill: **Thunder**

Ideal number: 4 - 6

AL: jump forward 2 and 1 back, centipede

CB: Clock lunges



- Players start in two lines at the baseline.
- Pro feeds the following sequence of 6 shots:
 - 1. A very deep high ball to the baseline that pushes the player back
 - 2. A drop shot
 - 3. A lob which the player must let bounce before hitting
 - 4. An approach shot
 - 5. Traditional Volley
 - 6. Overhead
- Players exit and go through the AL to the opposite line.

Cardio Nuances:

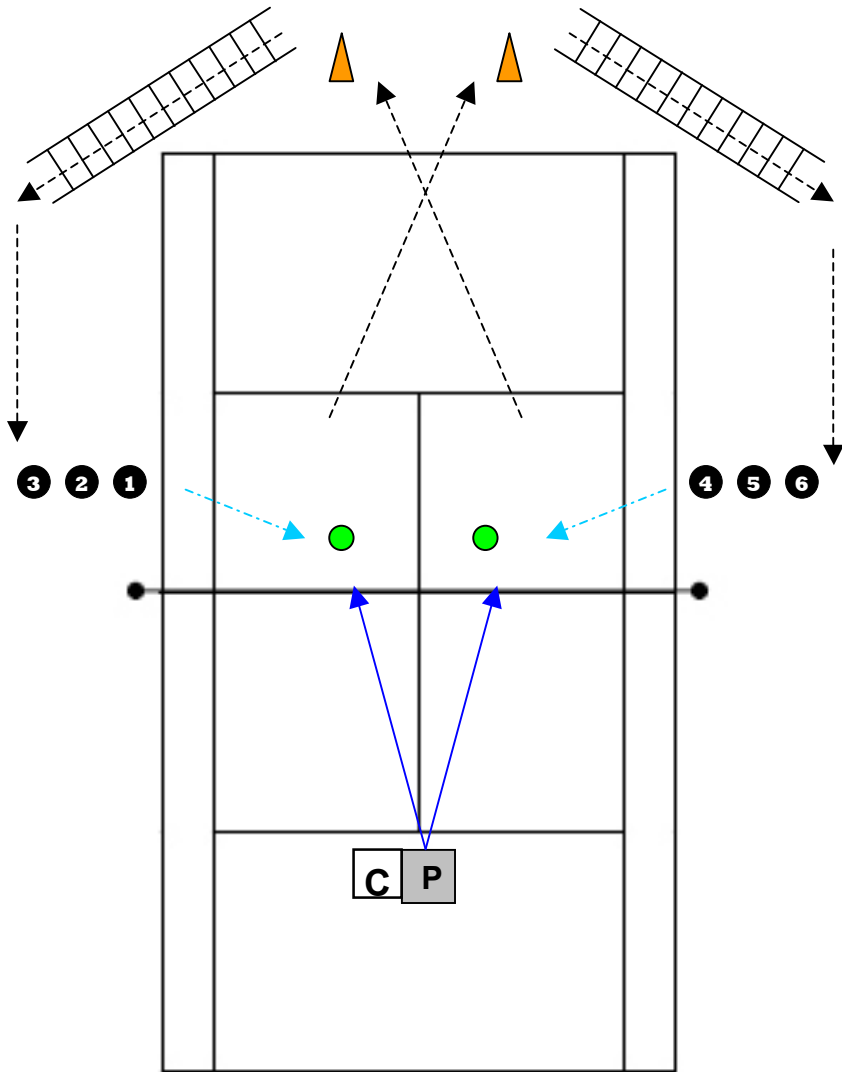
- This is unique as we do not recommend a 6 ball feed. Follow the above suggested AL and CB activities.

Drill: **Tsunami**

Ideal number: 6 - 8

AL: shuffle step, in and out jacks

CB: buzzing feet, heel taps



- Players 1 & 4 move diagonally from the side service 'T' towards the green dots to hit a poaching volley.
- The 2nd feed is a challenging lob for a smash out of the air
- After hitting the smash, player's turn and run back to the cone in the opposite court from where they started, going through the agility ladder returning to the opposite net post from where they started.

Cardio Nuances:

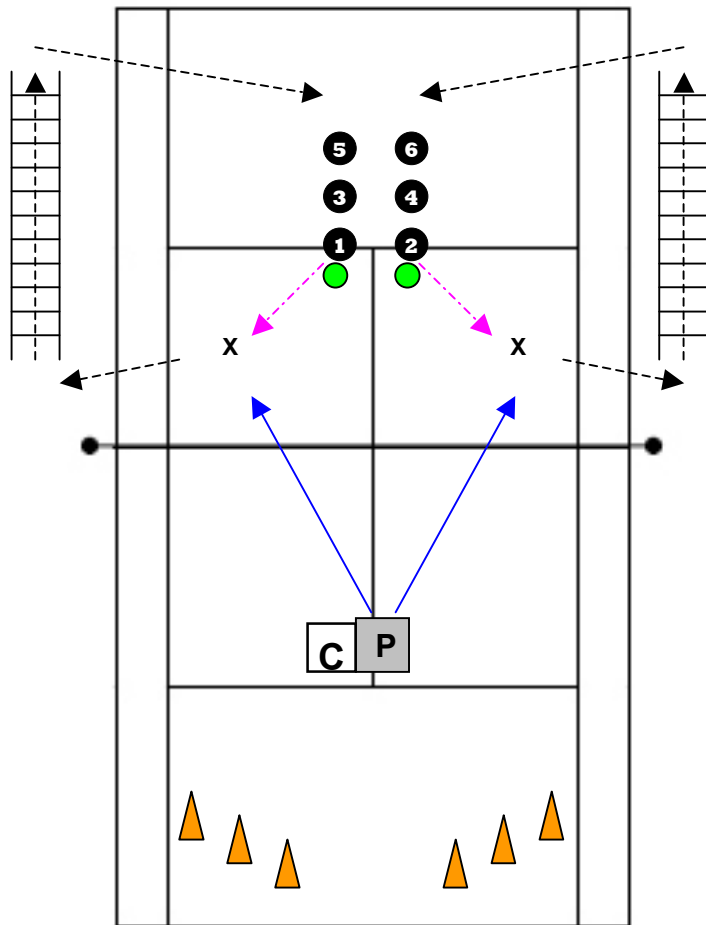
- The timing of the feeds is critical as well as the coach commanding the court. Players on deck will want to move into the court too early; it is your job to direct them. Players will finish both shots before next players on deck will receive their feed.
- Safety is a key factor. Players must clear any balls at net or in the backcourt before performing drill.

Drill: **Volleywood**

Ideal Number: 6-8

AL: Lateral hop 1 or 2 feet, 2 feet in

CB: Pop-up squat, ski jumps



- Players form two lines at the service line, close to the center mark.
- Coach feeds a high short ball to each player
- Players sprint forward to take the ball out of the air and hit an aggressive volley before the ball drops.
- Players exit court through the AL and return to opposite line

Variations:

- Low ball
- Feed a second volley
 - Recover from first volley with a split step then a reaction volley is fed to either the forehand or backhand

Cardio Nuances:

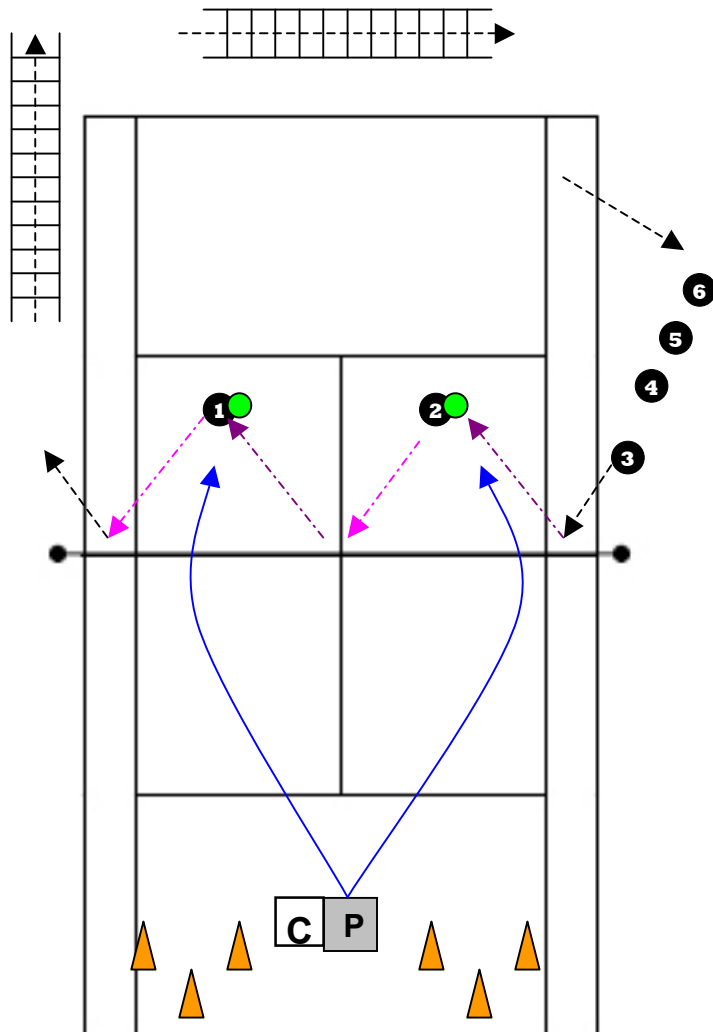
If 5 or fewer players form one line

Drill: Wimbledon Smash

Ideal Number: 6 - 8 players

AL: ickey shuffle 1st AL; in and out jacks 2nd AL

CB: swing shapes volley



- When you introduce the drill, start by having the players go through the movement pattern without hitting balls.
- Start the activity with one player touching the net (center) and the 2nd player touching the net (alley)
- The drill is synchronized when the lead player touches the net, the next player in line moves forward.
- 1st player in line moves forward to tap the net in the alley and then moves diagonally towards the spot to hit the overhead.
- That player then moves forward and taps the net at the center strap and backpedals diagonally to hit the next overhead.
- Player then moves forward diagonally to tap the net in the alley (completing the “W”) and exits through the ladders
- Set up AL just like diagram for safety purposes

Modified version of the above

- Start with two players at the net.
- On “go” both net players sprint forward, tap the net and turn as coach feeds each a challenging lob for a smash
- After hitting 1-3 balls everyone circle rotates one position.