

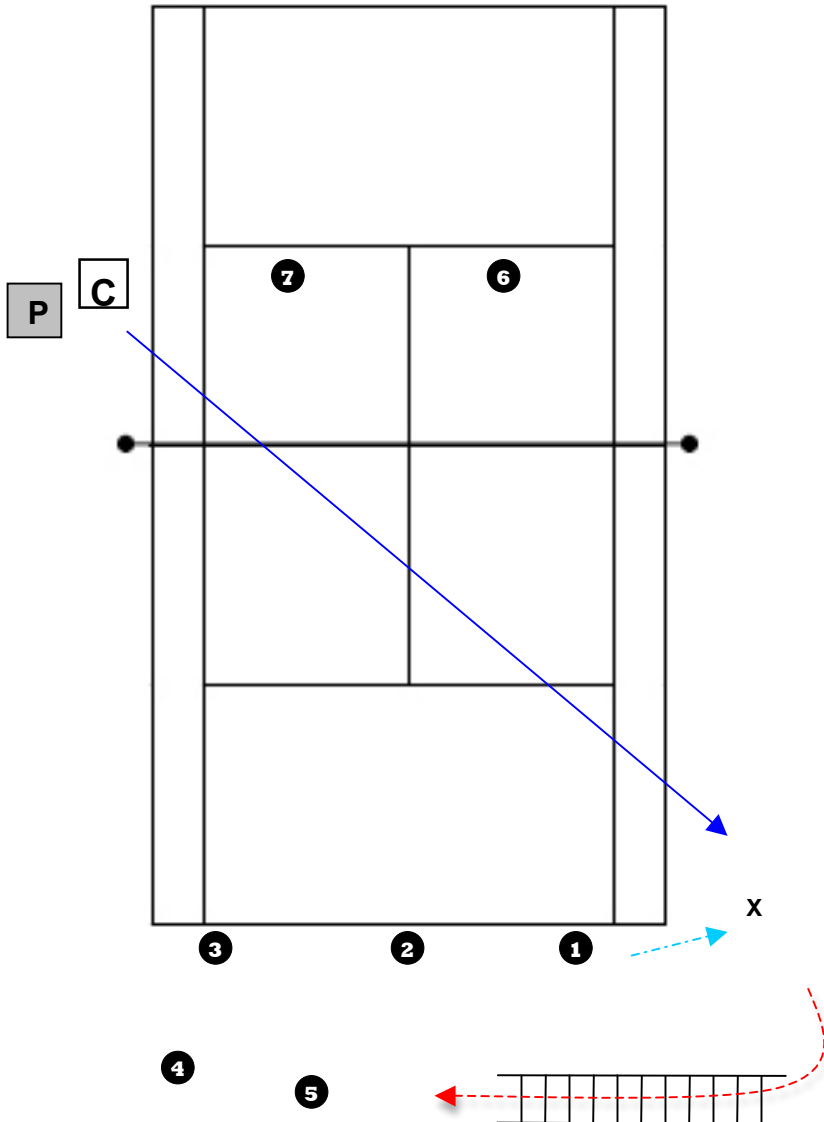
Game: 7-Up

Player Number: 5 – 7

AL: Hop on 1 or 2 feet

CB: Cardio Jacks, Scissor Jumps

Skills improved: Team movement, hitting on the run, decision-making, court coverage, recovery



- 3 vs. 2
- Players 7 & 6 are at the service line.
- Players 1, 2 and 3 are spread out across the opposite baseline (use plastics for positioning).
- Pro feeds a deep ball to the deuce singles corner; player 1 can hit anywhere
- After the point ends, the receiving side rotates one position in a circle.
 - Champs can touch the 60' baseline and recover to play next point
 - Or they can swap positions
- Play until either side reaches 7 points, and then rotate net and baseline players. (Based on numbers, one or two players may rotate over to the net side.)

Cardio Nuances:

- For advanced groups, coach may dictate what kind of shot must be hit off of the feed.
- Can also play with 3 at the net and 2 at the baseline.

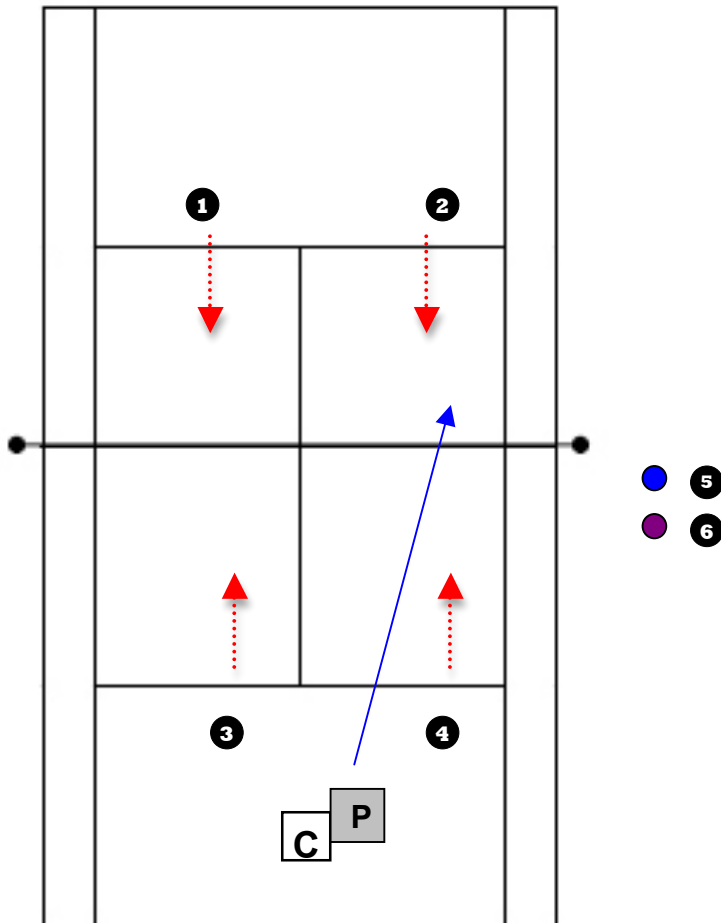
Game: **Adios**

Ideal Number: 3 – 7 (Ideal # is 5)

AL: N/A

CB: Shuffle -shuffle jump, pop up squats

Skills improved: Net closure and recovery, reaction, volleying, finishing



This is a reflex volley game playing as a team but scoring as an individual

5-6 Players

- 2 players each on opposing service lines, on deck players near net posts.
- Pro feeds from behind one of the teams, on feed players move towards net to play out point. **No intentional lobs**
 - If someone accidentally lobs it is pros call as to a do-over or error
- When a player makes a mistake, they have an “error”
- After each point all players must re-set to the service line.
- When a player makes 2 errors they are ‘Adios’ and exit. The player on deck takes their spot. (If 2 players on deck whoever has been on deck the longest)
- All players go back to **zero** errors

7 players

- Play team of 3 vs. team of 2

3-4 players

2 vs 2 play first team to win 7 or 11 points and circle rotate. Pro plays in with 3

Game: **Adios (continued)**

Cardio Nuances:

- Never more than 2 players on deck
- Always rotate with the path of least resistance. Players can be on deck at EITHER side of net post. Path of least resistance means player should exit same side of court and not cross over, if next on deck person is on opposite side, remaining net player slides over.
- This game should be played, as your last game in the games segment, there is not as much “cardio” in reflex volley scenarios. This works well as the last game as players are getting fatigued and this transitions well into the cool down.

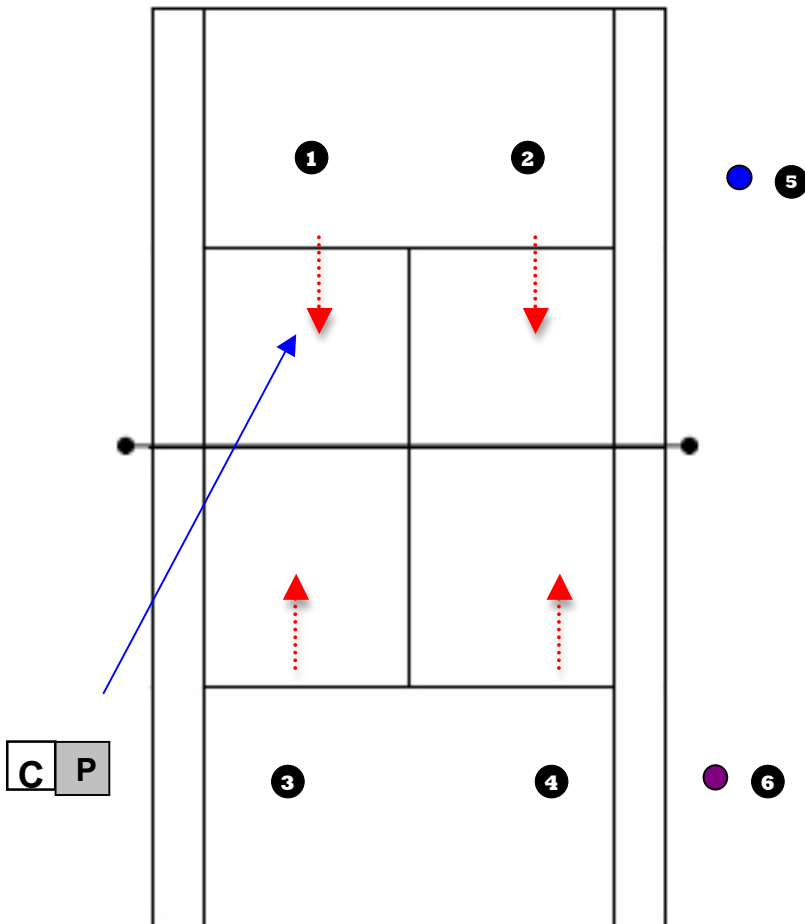
Game: **Adios Dos**

Ideal Number: 6 - 8

AL: N/A

CB: Shuffle-shuffle jump, Speed Skaters, Pop up squats

Skills improved: Net closure and recovery, reaction, volleying, finishing



This is a reflex volley game playing and scoring as a team

6 Players

- 2 players each on opposing 60' area, on deck players at respective 60' sidelines off of the court.
- Pro feeds from off court, next to the doubles sideline, players converge to net and play out point with reflex volleys, anything goes.
- When a player makes a mistake, they rotate out and remain on the same side, player on deck slides in to take open spot.
- When a point ends, all players reset to the 60' baseline before the pro feeds the next point.

7 players

- Play team of 3 vs. team of 2; one player on each side on deck.

8 players

- Play team of 4 vs. team of 4, with 3 players per team playing out point with 1 player per team on deck.

Game: Adios Dos (continued)

Cardio Nuances:

- Any high ball must be hit with placement rather than power to ensure player safety.
- Play games to either 15 or 21. To 15 switch sides when one team gets to 8.
To 21 switch sides when one team gets to 11
A team is made up of the players on the same side of the net

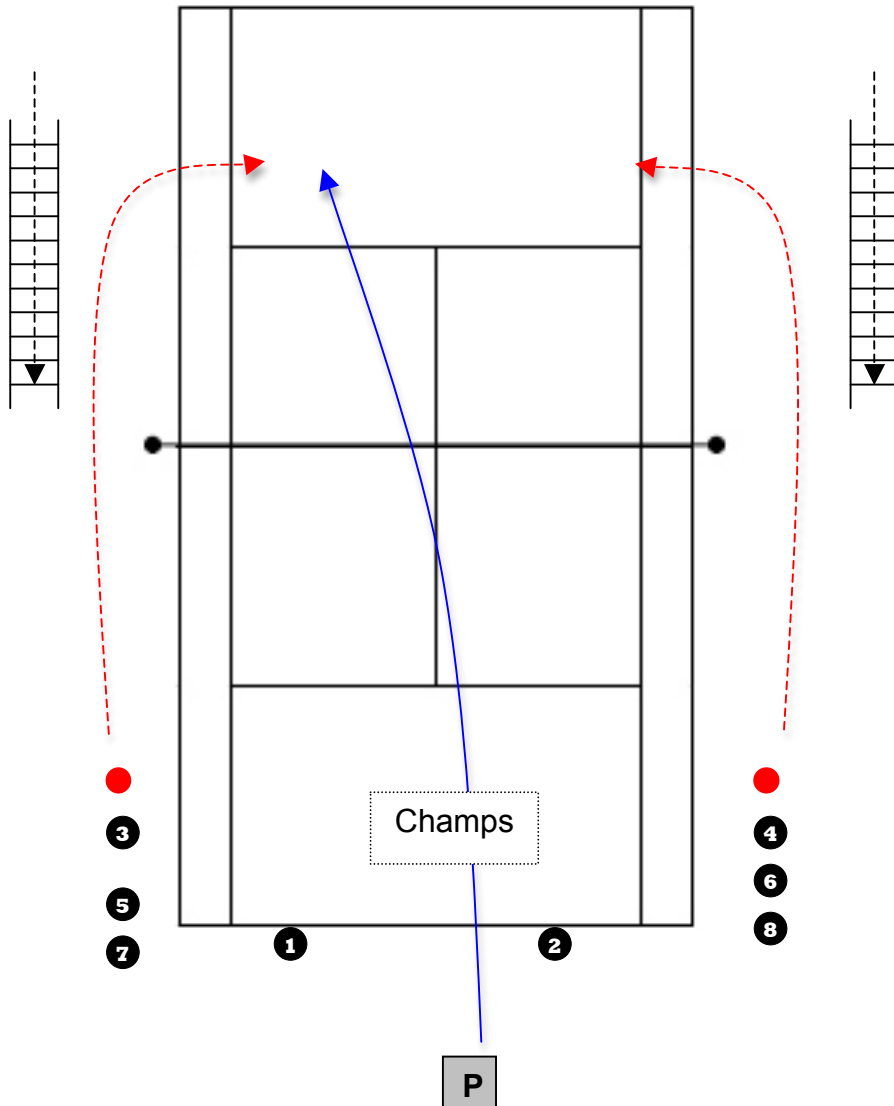
Game: **Barn Burner**

Ideal Number: 6 - 10

AL: 2 feet in, jump forward 2 and 1 back

CB: Cardio Jacks

Skills improved: Lob recovery, team communication, team positioning, shot selection



- 2 players start as champs, all other players are challengers in two lines behind plastic on either side of the doubles alley.
- Pro feeds a high lob to opposite side, and one player from each side runs down lob as team, play out point
- If the challenging team wins, they immediately replace the champs.
- If the challenging team loses, they return to end of line through the ladder and switch sides.
- If existing champs win, they stay and switch sides and/or do 3 jumping jacks or pop squats.
- If there are a lower number of players, add a 2nd feed (volley or overhead)

Cardio Nuances:

- Coach's feed depth will vary based on player skill and fitness level. If you have trouble feeding from the baseline to facilitate play, feed from the side closer to the net post
- Play until one player or team reaches a low pre-determined number of points (i.e. 7 or 9).

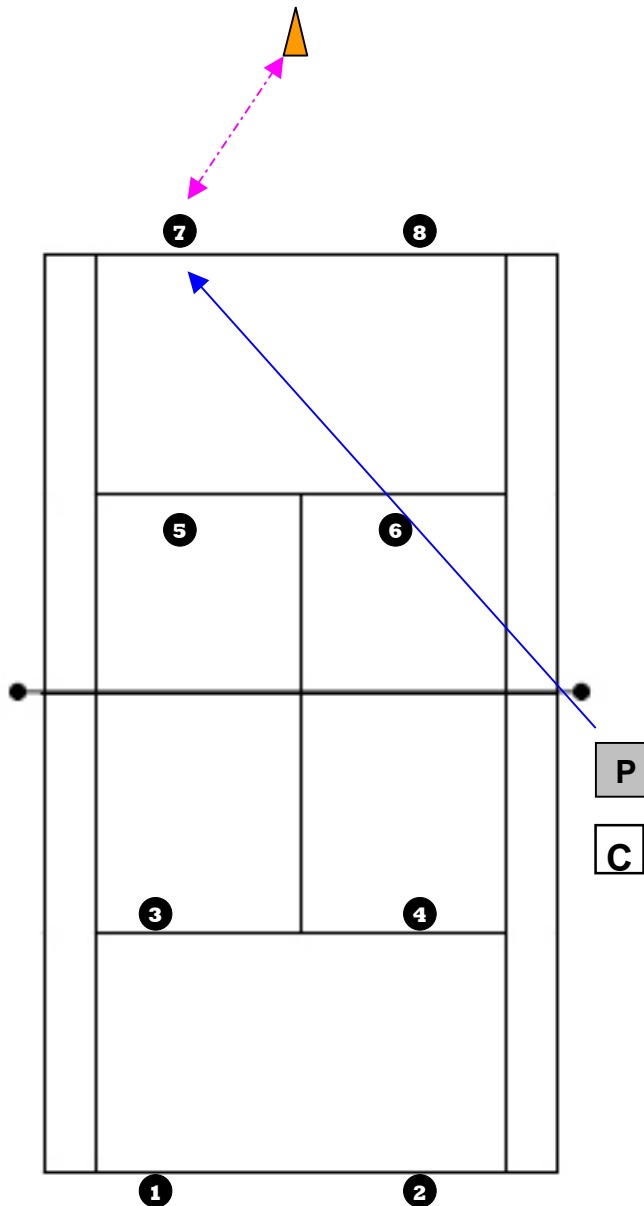
Game: **Bedlam**

Ideal number: 8 or more

AL: no agility ladder

CB: no CB

Skills improved: covering the court, anticipating where you need to be for the next ball, changing pace of play



- Play begins with 3-6 players on each side (2 at net, 2 at the baseline, one up/2 back etc.) The players will never be in these spots again, this is just a starting position
- Pro feeds a ball to either side and the point is played out.
- As soon as a player hits the ball during the point, they must quickly run to the back of the court and touch the fence/back wall/cone while the point is in play.
 - This is one and done, hit one ball and get off the court
 - Once they touch, the player quickly gets back to the court to join the team in the continuous point
 - So players are constantly moving on and off the court and repositioning according to how the point is being played out.

Game: **Bedlam (continued)**

Cardio Nuances:

- This game moves very fast and players will fatigue quickly so be very cautious how long you play this game. Most CT games it is recommended to play for 7-15 minutes, this game might be more like 5 minutes.
- It should also be played as the last game within the games segment
- This is a semi-cooperative game played at about 50% power level. It is not about winning the point, ideally it should be a never ending point
- When used in TRX CT it is the third game, which you may or may not get to, by this time the players will be very fatigued and this will take out of them whatever's left in the gas tank.
- Coach players to play with control, touch and work the angles.
- You can play with 6 or 7 (3vs3 or 4vs3) but it needs to be a fit group.

- This is a fantastic game for larger numbers.
 - 4 vs. 5
 - 5 vs. 5
 - 6 vs. 5
 - 6 vs. 6

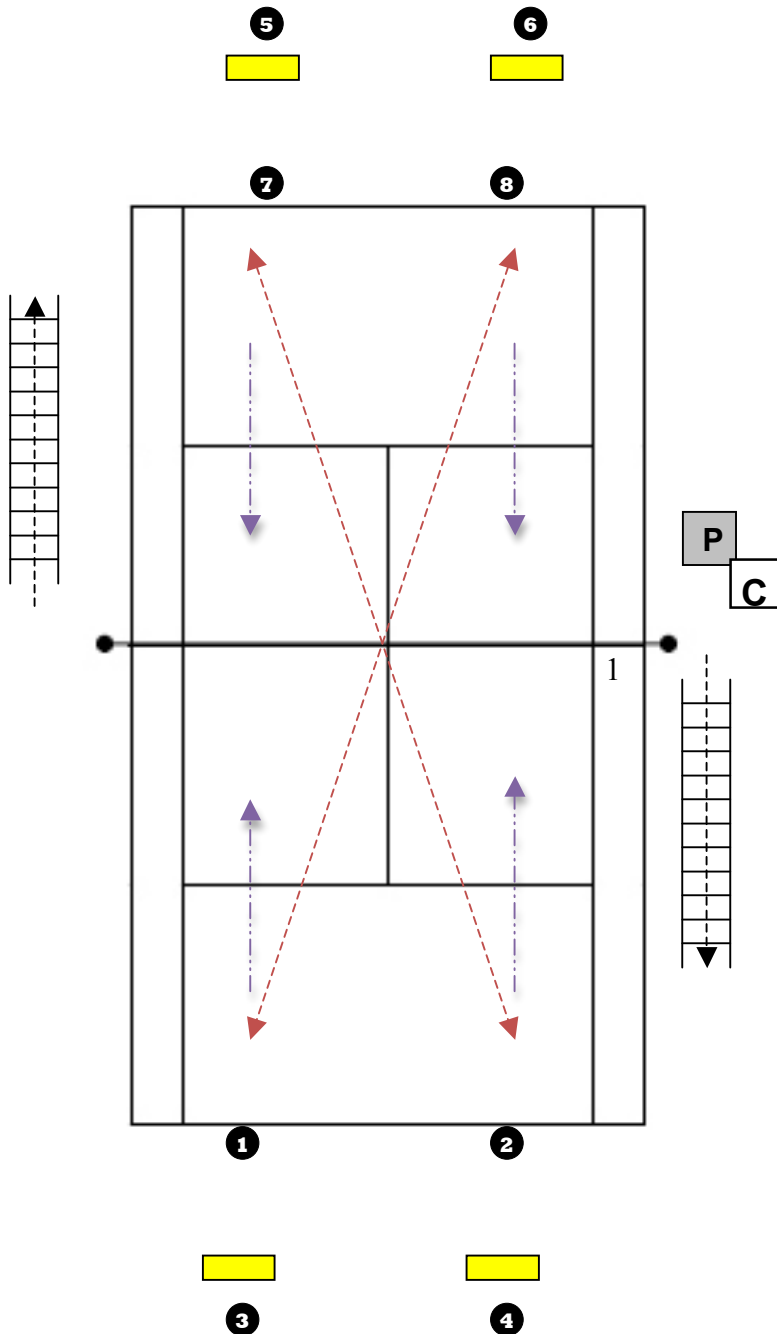
Game: **Bingo (DTL/crosscourt)**

Ideal number: 8

AL: regular run through or 2 feet in

CB: lunge variations, figure 8's

Skills improved: consistency, transition from baseline to net play, focus



- 4 players at baseline, 4 on deck
- Pro feeds 2 balls into play or players self feed
- Points are played out down the line or cross court, 2 points going on simultaneously
- When one of the singles point ends, the person who made the error yells BINGO and all players must run to the net and play out the remaining ball from the net as a doubles point
- After each doubles point ends, the players switch sides and ends of court.

Cardio Nuances:

- The baseline point is played semi-cooperatively and the net point competitively. Use your judgment based upon level as how you guide them to play
- If you choose to keep score, teams only score points by winning the doubles point.

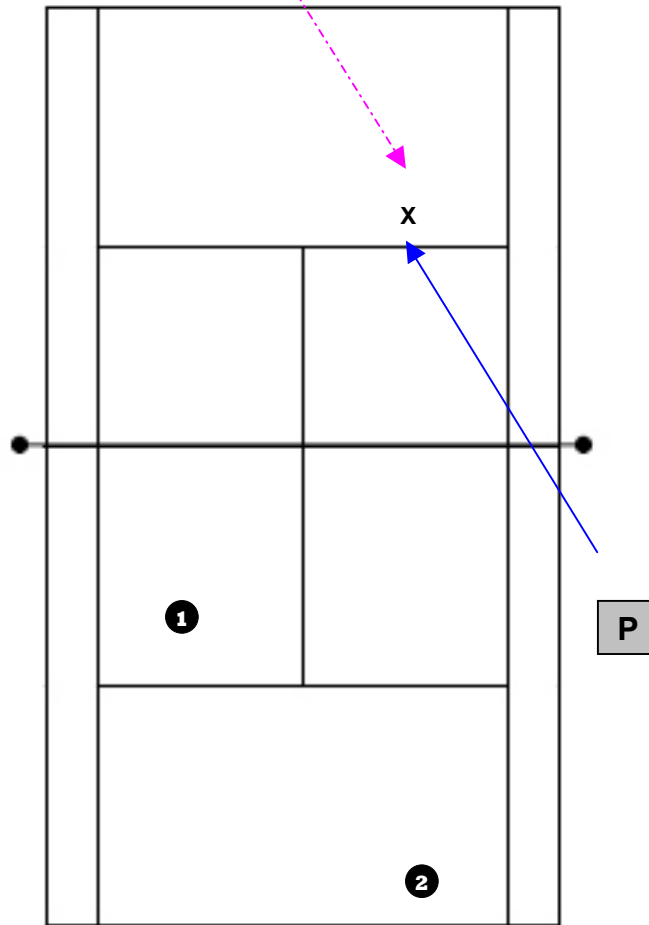
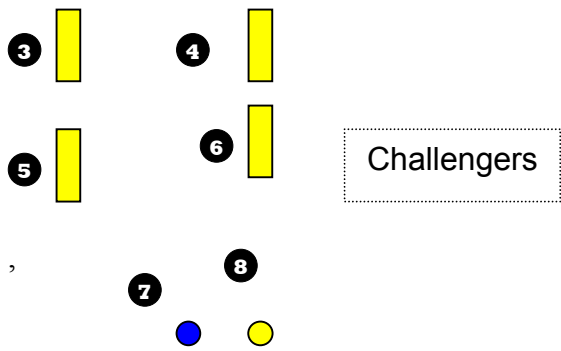
Game: **Bingo (DTL/crosscourt) (continued)**

Number of participants

- 3-4 players
 - Pro plays in if there are 3 players
 - Players should swap right and left sides after each sequence
 - Side that won the doubles point feeds the next point
 - No swapping end of court
- 5-6 players
 - There are 2-3 players on each side
 - When the doubles point ends, players circle rotate on the same side of the court
- 7 players (or pro plays in)
 - There are 3 players on one side, 4 on the other
 - When the doubles point ends,
 - Side of 3 players circle rotate on the same side of the court
 - Side of 4 players swap

For all scenarios:

- Side that won the doubles point feeds the next point or anyone can feed
- Players self feed or pro feeds



Champs

Game: **Calgary Volley**

Ideal Number: 6-8

AL: None

CB: Criss cross jumps, lunge variation

Skills improved: Team movement, taking the ball out of the air, court coverage and positioning

- The champions one up/one back (or they can both be back) on the same side as the pro feeds
- The remaining players set up to the side of the court (deuce side here) off the court well behind the baseline forming 2 lines
- The first challenging team will move towards the net as the pro feeds a high ball to be taken out of the air by the player on the outside (add court in diagram). If they do not take it out of the air they lose the point
- If the challengers win, they circle rotate to the other side and the challengers circle to the end of the line
- If the challengers lose, they exit and go to the end of the line

Cardio Nuances:

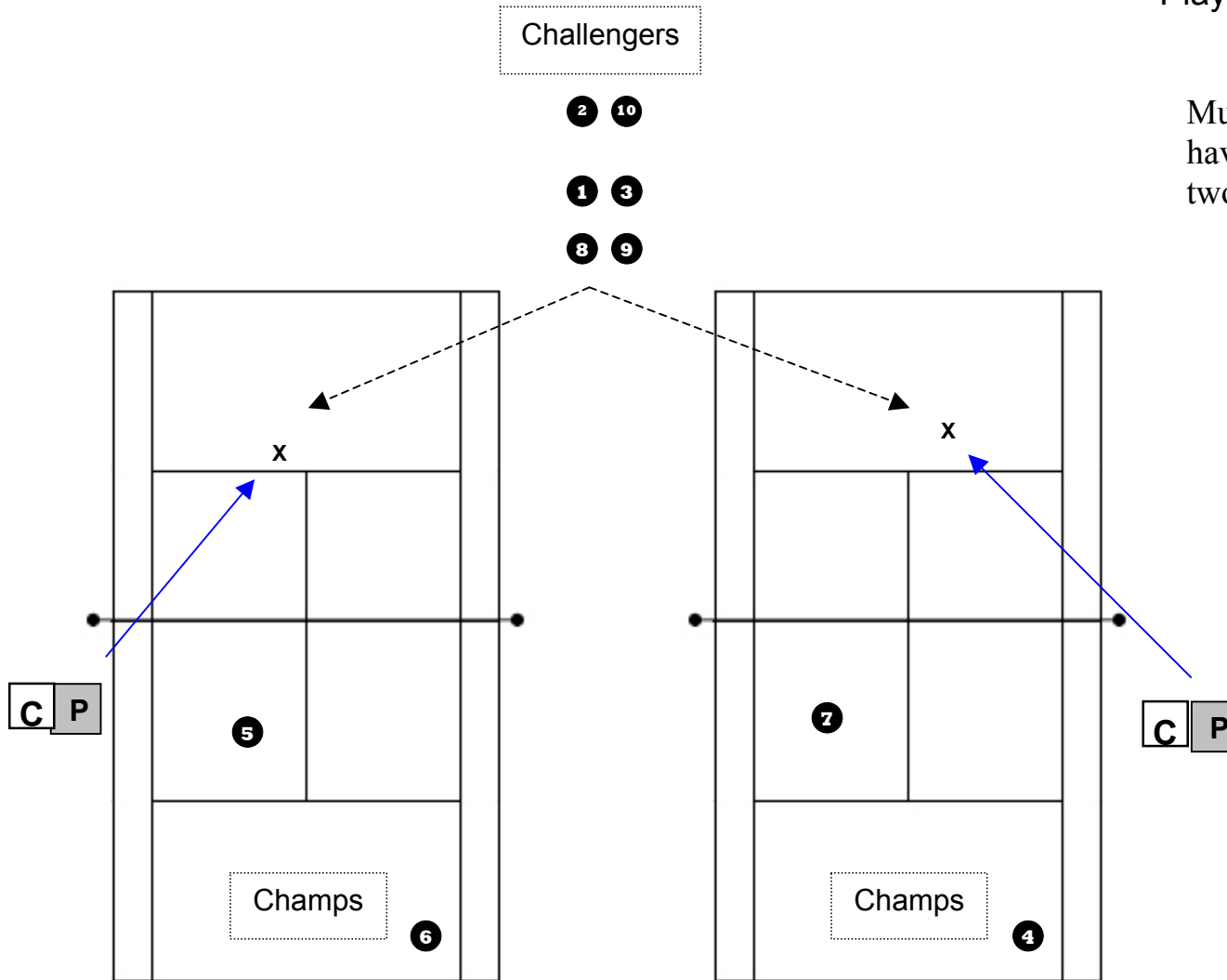
- Set up plastics well behind baseline so players on deck are in a safe area
- Make sure you feed both sides of the court

Game: Calgary Volley

Players: 12+

Multi-court game format when you have a large number of players and two tennis professionals.

- The first challenging team (first 2 players in line) will move together as a team to the first open court. The pro feeds a high ball to be taken out of the air. If the player does not take it out of the air they lose the point.



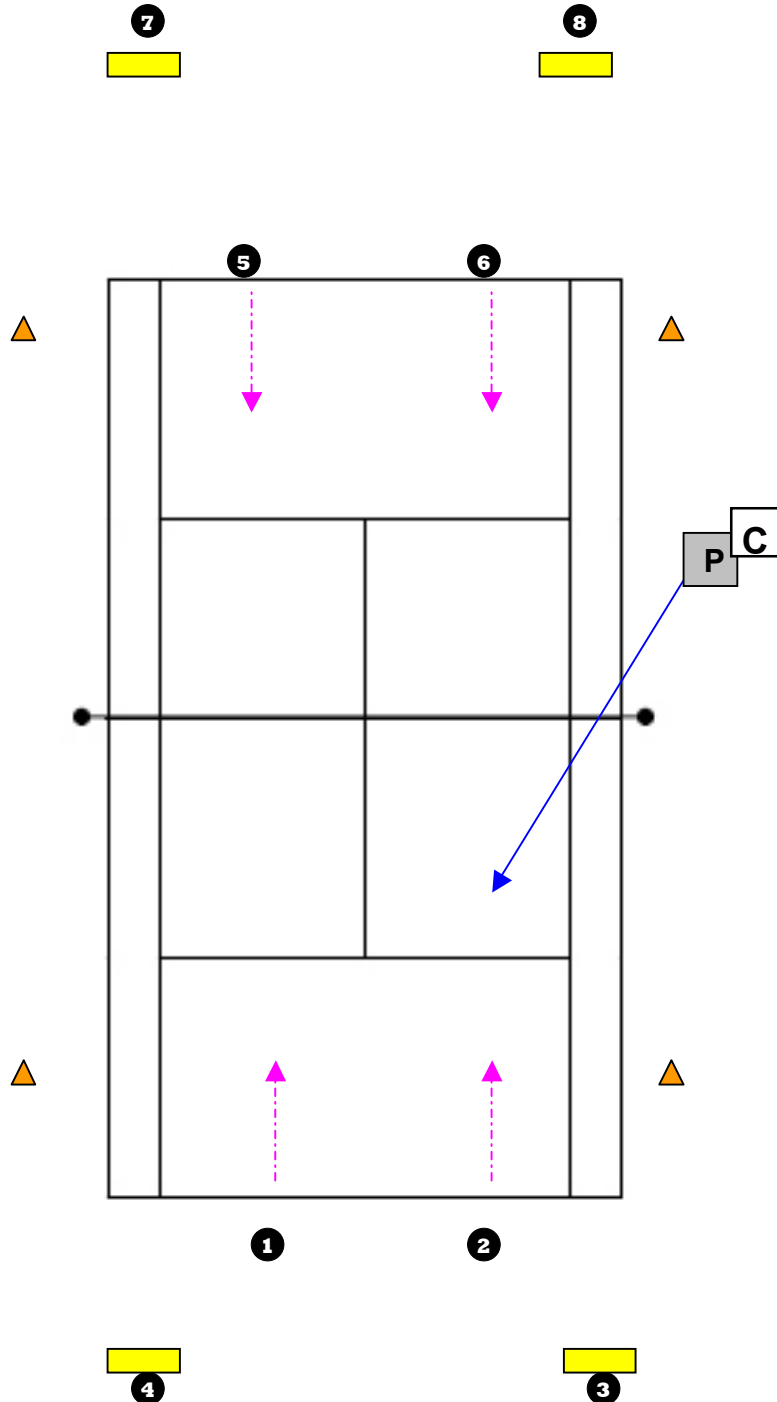
Game: **Captain Cone**

Ideal Number: 6 - 8

AL: NA

CB: Cardio Jacks, Scissor Jumps

Skills improved: Volleys (low, half), recovery, ball/court/space awareness, doubles strategy, aggressive forward movement



Goal: to get to the net as much as possible and retain net positioning

- Start with 4 players per side: 2 on the baseline and 2 players on deck
- Pro initiates the game with a feed to either side, which is allowed to bounce, and the point is played out, 2 vs. 2.
- Team that wins the point recovers to a cone and receives feed that **MUST** be taken out of the air. Feeds will become increasingly difficult as long as same team stays in for multiple points in a row.
- Losing team is replaced by the players on-deck.
- Play to 11 or 15, no more than 15.

Cardio Nuances:

- Feed from coach must facilitate play but also ensure that volleying team does not have clear offensive advantage.
- If team has been in for 3 points pro should make next feed close to impossible
- If you have 6 players they will rotate in a triangle on the same side with one player on deck and 2 at the baseline.
- If you have 7 players, create one team of 3 and one of 4, using appropriate rotation above.
- Cones can be placed at 60' or 78" based on level

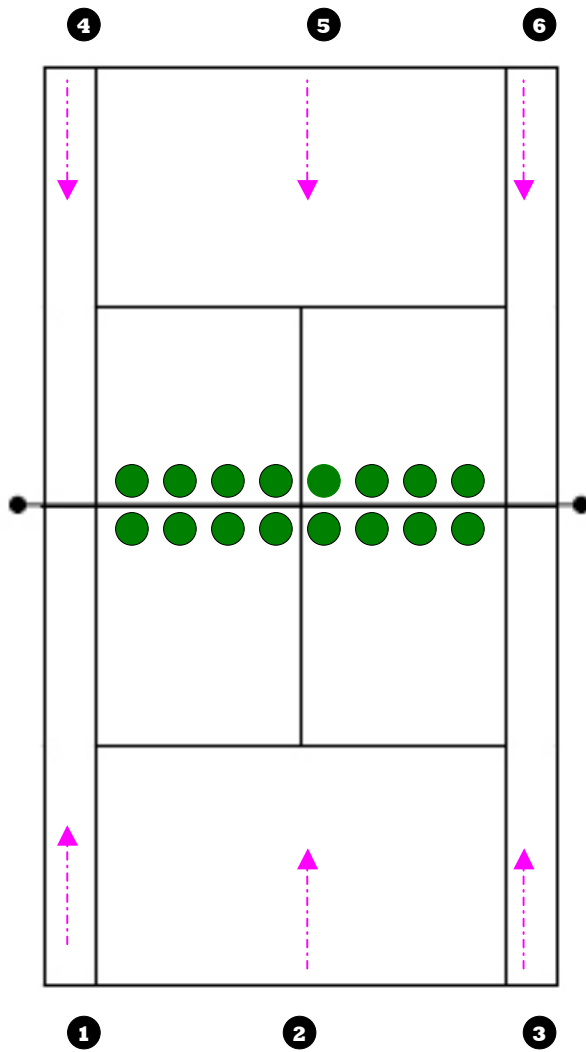
Game: Capture the Net

Player Number: 4 - 6

AL: N/A

CB: N/A

Skills improved: Overheads, lob recovery, lobbing, closing the net, feeding skills



- Coach places pre-determined amount of balls at the net on each team's side.
- Coach chooses side to start, and that side's team runs to the net.
- One team member grabs a ball from the base of the net and does a bounce hit to start the point, all 3 players must tap the net after the feed is hit.
 - The bounce hit must go past the service line. If it does not the point is lost and the net team must retreat to the baseline.
- The point is played out team vs. team.
- If the net team wins, they repeat the process of grabbing and feeding. If the net team loses, they retreat to the baseline while the opposing team runs to the net and feeds.
- Can keep score with team only scoring from the net position.

Cardio Nuances:

- Pro can play in to be the fourth player.
- All players on feeding team must take turns feeding.
- Teams can consist of 2 – 3 players.
- Players should switch position from left to middle to right during game.
- Play first team to eliminate predetermined # of balls from net. The winning team must win their last fed ball or the coach will place another one in.
- Play for X amount of time
- Pro is moving around the court and coaching

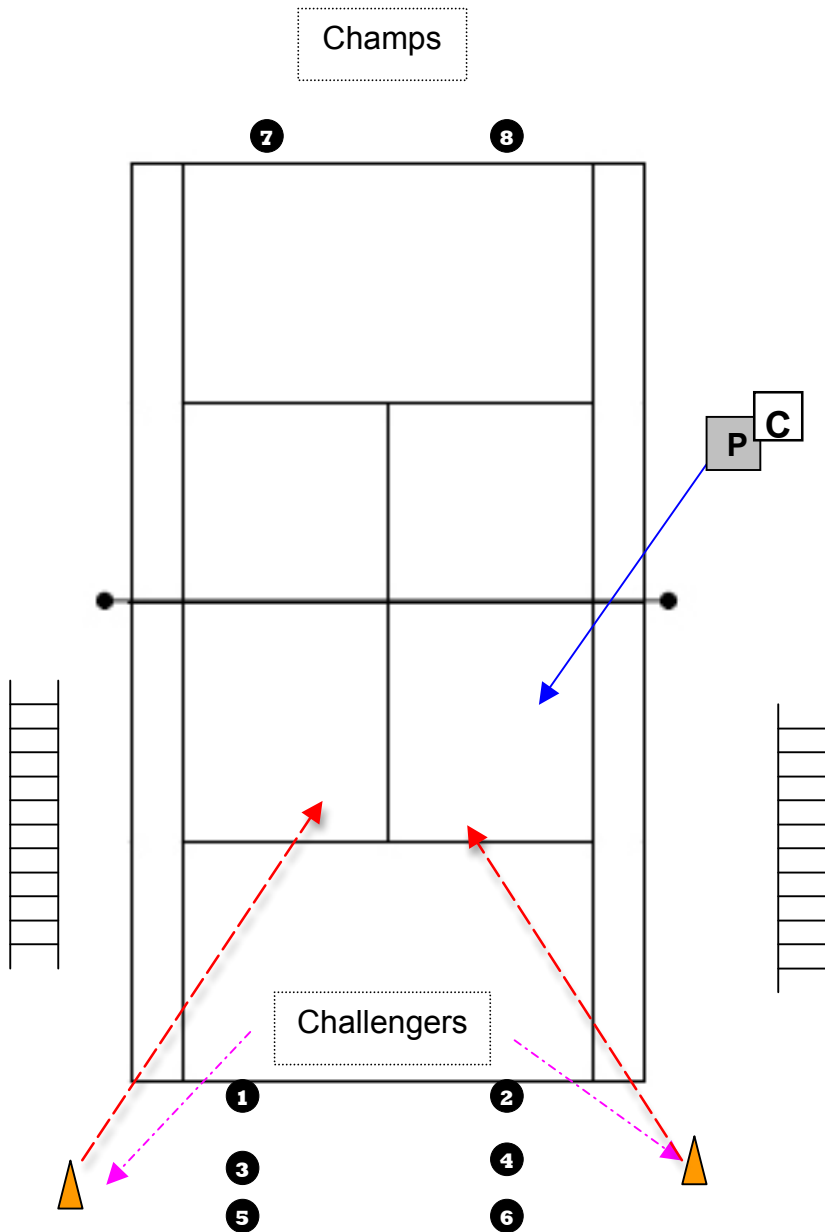
Game: **Chicago Ball Series**

Ideal number: 6-8

AL: Skip, Ickey shuffle, 1 or 2 feet lateral hop

CB: Speed Skaters/Volleyball Jumps

Skills improved: Team communication, approaching, net play, touch, controlled movement, general doubles play (Skills improved depends on version of game played)



Chicago 2-Ball

- In all four versions: Players 7 & 8 are the champion team at the baseline, challenging teams start at the opposite baseline
- Players 1 & 2 receive short feed from coach; must approach. If challenging team wins first point, they must quickly touch the net, coach feeds 2nd ball which is a lob
- Anytime the challengers lose a point they must quickly exit through the agility ladder, pro feeds next team.
- If the challenging team wins both points they become the champions.

Chicago 3-Ball

- Players 1 & 2 receive short feed from coach; must **approach**. If challenging team wins first point, they touch cones placed near 60' baseline depth on the doubles sideline and receive ball #2 -**volley**. If they win the 2nd point, they must touch net and receive ball #3-**lob**. If they win all three, they become champions.
- Any point lost means agility ladder return to line.

Game: Chicago Ball Series (continued)

Chicago 2 Ball Drop Shot

- At coach's signal, players 1 & 2 run to touch cones placed at the back of the court. The coach will feed a drop shot to be chased down by challenging team.
- If the challenging team wins first point, they touch the net and receive lob from coach.
- Anytime the challengers lose a point they must quickly exit, using agility ladder to return to line and the pro will feed to the next team.
- If the challenging team wins both points they become the champions.

Chicago 3 Ball Drop Shot

- Same start as above
- Ball #1-drop shot; win touch net
- Ball #2-lob; win touch net
- Ball #3-volley
- Anytime the challengers lose a point they must quickly exit, using agility ladder to return to line and the pro will feed to the next team.
- If the challenging team wins all three points they become the champions.

Cardio Nuances

- Number of players will dictate which version in the Chicago Ball Series is played. Lower numbers should play versions with higher feeds.
- Coach must enforce Agility Ladders and Cardio Blasts during point play to ensure heart rate remains high.
- Coach's feeding ability must be adaptable to each team and individual regardless of which version is played to ensure point play ensues.

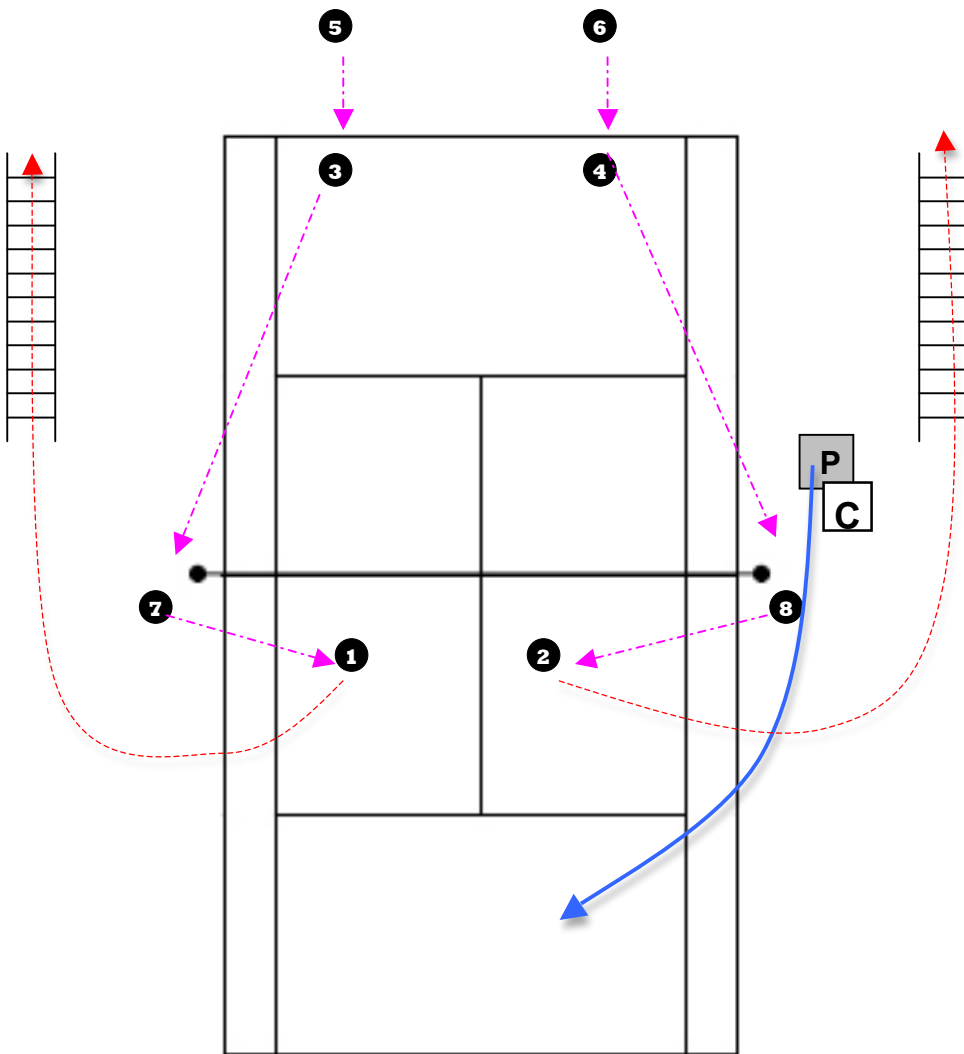
Game: Crazy 8

Ideal Number: 8

AL: 2 feet in or regular run through

CB: high knees, lunge variation

Skills improved: Lob recovery, net coverage and closure, doubles positioning, doubles communication



- Starting positions:
 - 2 players with rackets on net, 2 at opposite baseline, 2 at net post, 2 on deck behind baseline players
- Pro feeds lobs ball over net players, they must bounce return.
- After 1 point, all players rotate:
 - Net players go through AL to on deck position at baseline, net post players start with rackets on net, on deck baseline players step up to baseline to play, original baseline players go to net post.
- If scorekeeping, play until a team gets to 8

Cardio Nuances

- Pro's feed will vary based on ability and fitness levels.
- A second feed as a volley may be added in order to allow for more touches.
- Stress feed conversion for point play.

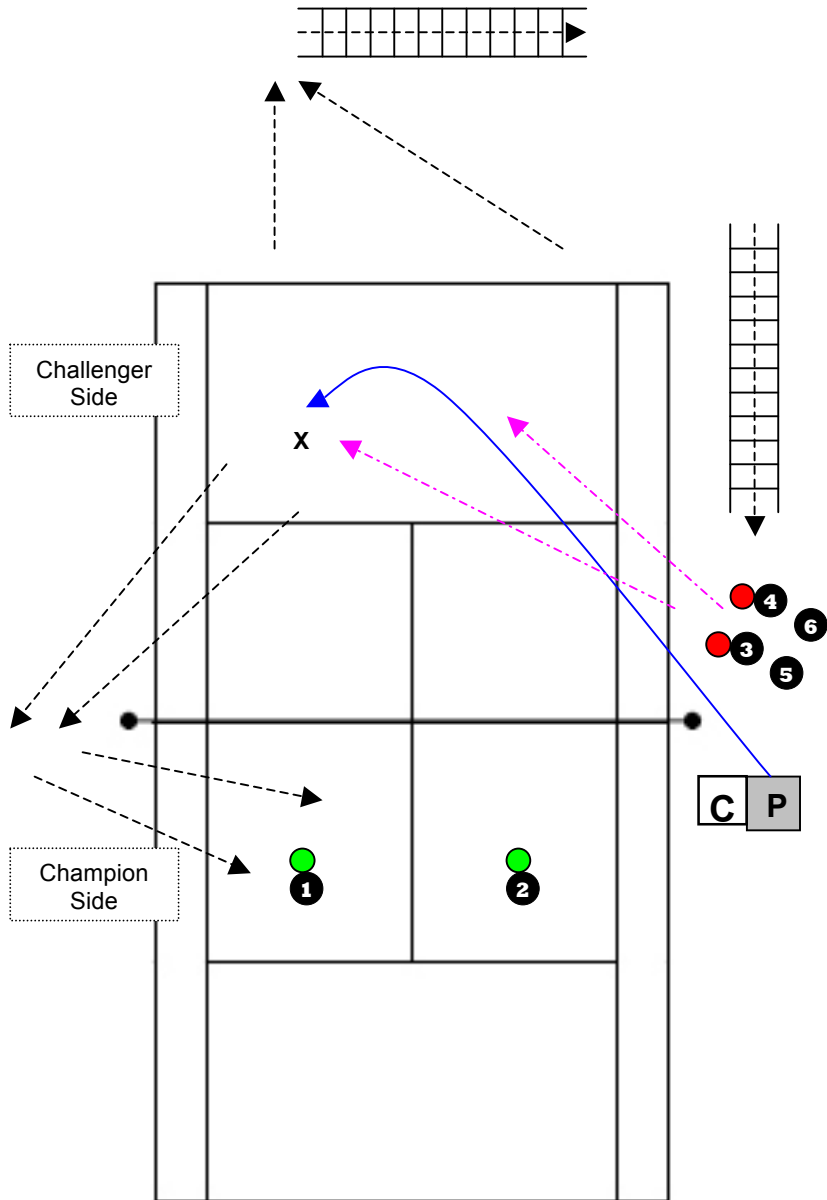
Game: Desperate Housewives

Ideal number: 8

AL: baseline shuffle step: sideline hop on 1 or 2 feet

CB: buzzing feet, ski jumps, forward and back jumps

Skills improved: ability to retrieve high deep balls, net play



- Two players start at the net, same side as the pro feeds.
- The remaining players line up near the net post, same side as the pro forming 2 lines.
- Pro feeds a high lob deep to the deuce side.
- The first two players in line run towards the ball. The player on the **inside (left in this diagram)** will hit the ball off a bounce and the point is played out.
- If the challengers win the point, they rotate to the other side and replace the net team. The net team would go to the end of the line
- If the challengers lose the point; they exit quickly to the back fence where they go through the first ladder and then the 2nd on the way back to end of the line.
- The first team, if an even number of players, or first player, if an odd number of players, to win 7 points only scoring on the champion side is the winner
 - Each player keeps track of their own points in case of odd number of players

Game: Desperate Housewives (continued)

Cardio Nuances:

- Always play the game feeding from both sides so the player works on retrieving a high deep ball off both the forehand and backhand.
- To keep everyone moving, the champions should either touch the net or swap sides between every point.

Number of participants

7 players

- Everything is the same; the players never have the same partner due to the odd number

6 players

- You have the option of playing doubles (3 teams of 2). Keep in mind this can be very physically challenging on the players so evaluate the fitness level of your group and how they are feeling at this point of the session.
- You can also play it as 2 vs. 1 with 2 players at the net; the difference is in the circle rotation only one net player rotates out instead of both. The singles player gets the doubles boundaries and the doubles can only hit into the singles court

5 players

- Can play 2 vs. 1 like above (preferred)
- Singles full court
- Singles half court

4 players

- Singles full court
- Singles half court

9 players

- Play 3 vs. 3

10 players

- Position 2 more players on same side as champions (outside of alleys-set up plastics with CB). They will rotate every point. If the champions win they swap out to “on deck”. If the champions lose, they exit the court waiting champions take their place and challenging team comes across

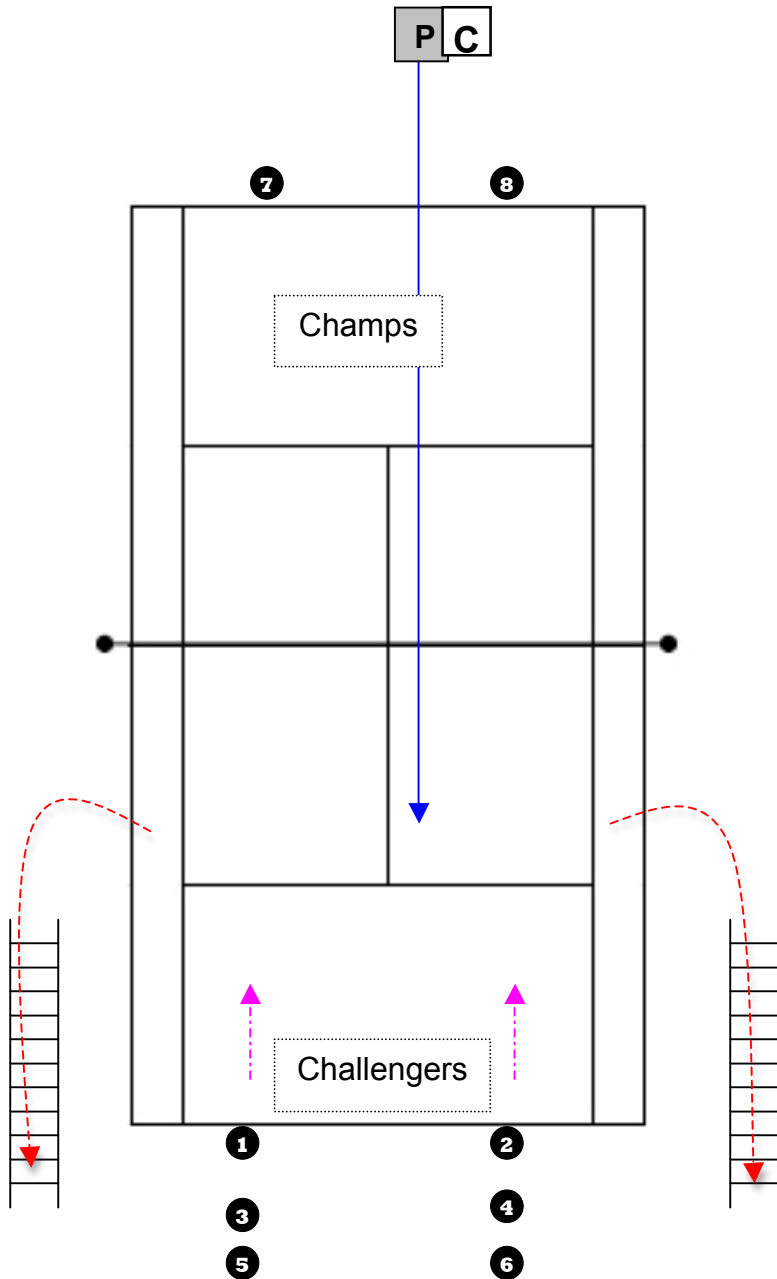
Game: **Doubles Tap The Net**

Ideal Number: 8

AL: grapevine

CB: Soccer taps on plastics

Skills improved: Net play; covering the mid and frontcourt; anticipation



- Champion team is at the baseline on the same side as the pro.
- Challengers are at the opposite baseline
- Pro feeds an approach shot to the challengers who must move forward and play out the point.
- The challengers then must quickly run up and tap the net with their racquets and the pro will feed the 2nd ball as a lob.
- Win 2 out of 3 points to become champs
- If challengers:
 - Win first 2 points they become the new champions and have to the count of 3 to get to the champion side
 - Lose both points they exit through the ladder and switch lines
 - Lose the 2nd point, they must quickly run up and tap the net and the pro will once again feed a lob and the point is played out.
 - If the challengers win the 3rd point, they are the new champions; otherwise, they exit through the ladders and switch lines.

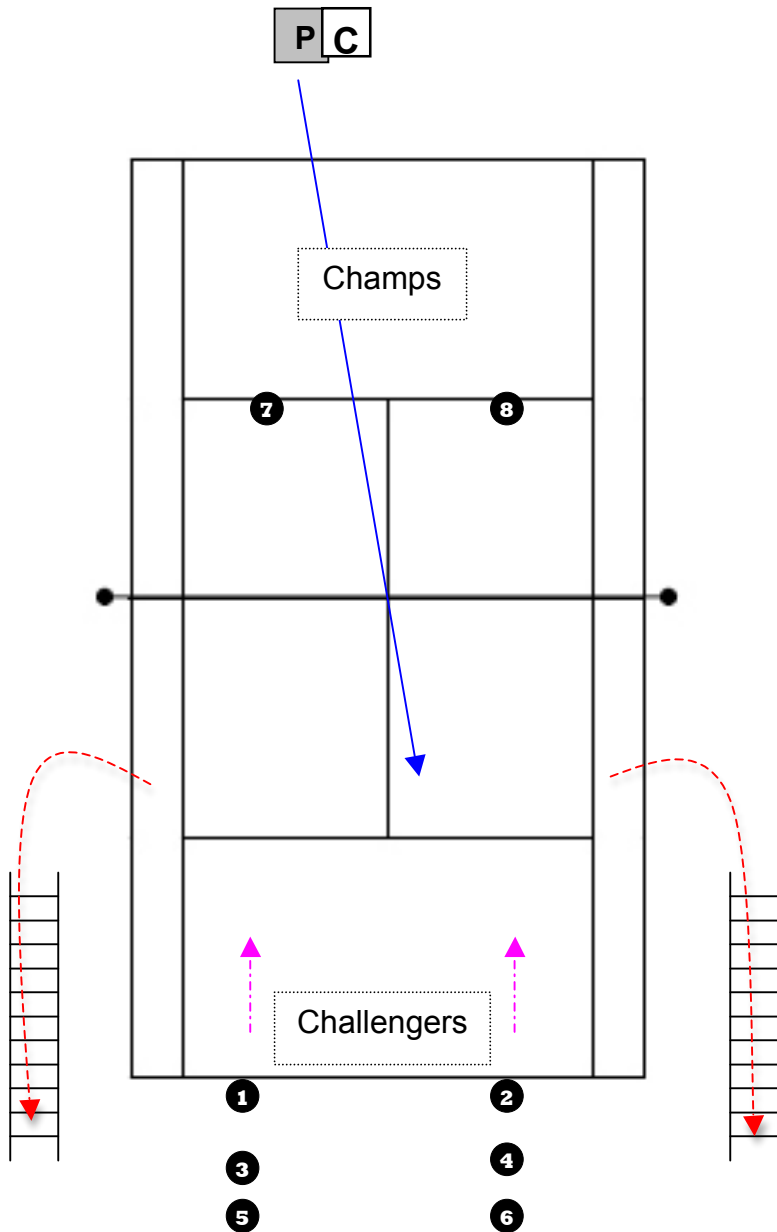
Game: **Hot Hands**

Ideal Number: 6 – 8 players

AL: Two feet in

CB: Figure “8”

Skills Improved: Volley practice, Hitting to the open court, Team cooperation



- Champion team is at the service line on the same side as the pro.
- Challengers are at the opposite baseline
- Pro feeds an approach shot to the challengers who must move forward and play out the point.
- If the challengers:
 - Lose the 1st point, they quickly exit and go through the ladders and switch lines
 - Win the 1st point, the pro feeds a 2nd ball that is taken as a volley and played out.
 - Win both points or hit a clean winner at any time, they become the new champions and have to the count of 3 to get to the champion side

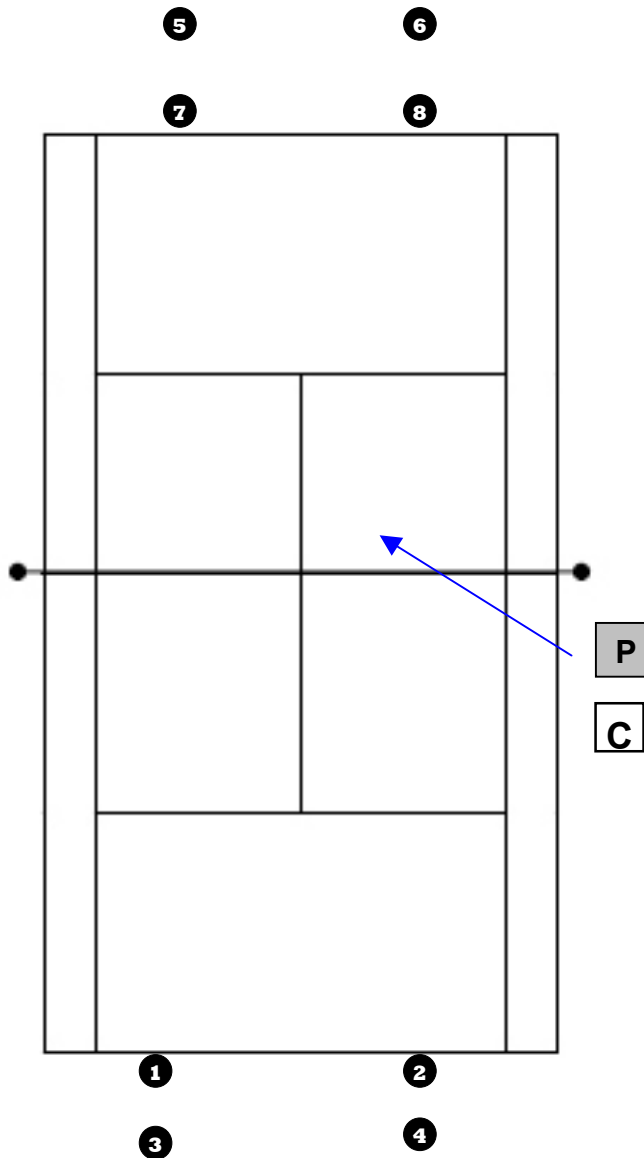
Game: **Intense**

Ideal number: 8

AL: N/A

CB: unlikely you will need a CB

Skills improved: covering the entire court, getting to short balls, retrieving deep balls, partner communication



- Players start at baselines as teams.
- Pro always feeds a non-courtesy ball, i.e., if the players are back it will be a drop shot. If the players are up it will be a lob and the point is played out.
- Losing team quickly exists and pro feeds a non-courtesy feed to the winning team to start the next point.
 - Winning team cannot stay in for more than 3 points

Cardio Nuances:

- This game works best with 8 players, no less/no more
- Although you might be tempted to play this as singles with 6 or less players, we recommend you do not. The standard of this game is doubles.
- This game is intense not just from a physical standpoint but also in regards to player awareness. All players need to be focused and know who is winning and losing at all times. They must also be aware of court space, as players will cover every inch of the court in this game.
- There is typically no time for CB's in this game.
- Make sure players on deck are close to back wall/fence

Game: Intense (continued)

Number of participants:

- 6 players
 - 3 on each side, 2 playing/1 on deck. Circle rotation on same side as court
 - Losing side circle rotates
- 7 players
 - 4 on one side, 3 on the other
 - Side with 3 circle rotates

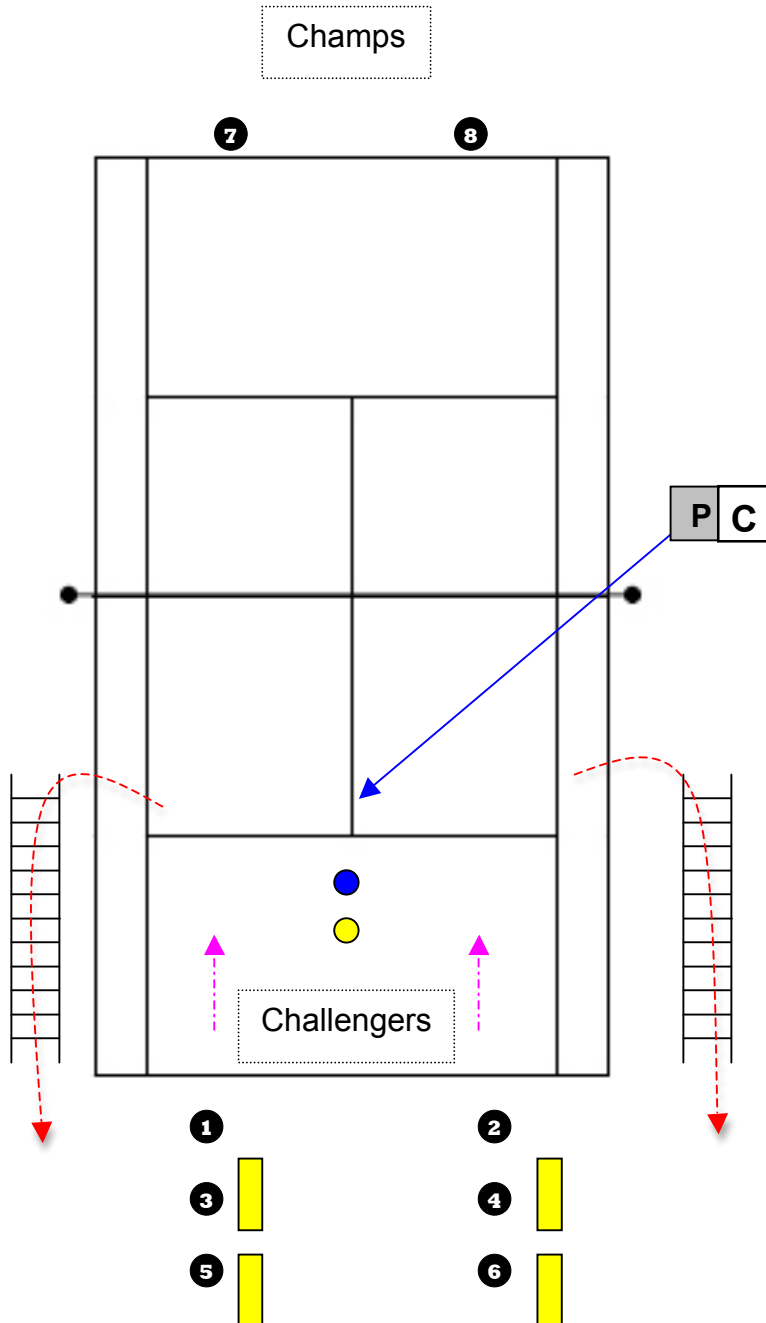
Game: **Johnny On the Spot**

Ideal Number: 6 – 8 players

AL: Typewriter, jump forward 2 and 1 back

CB: Lunge variations, standing crunches

Skills Improved: Transition & net game, agility,



- Players 7 & 8 are the champion team.
- Challenging teams start at the opposite baseline
- Pro feeds an approach shot to players 1 and 2 and the point is played out.
- If the challenging team loses the point, they quickly exit and go to the end of the line
- If the challenging team wins the point, they recover to the spots, players are one in front of the other
 - The pro will call out the name of one of the challengers and they will have to quickly leave their spot and play the 2nd ball out of the air to start the point.
 - If they win the 2nd point they become champions. If they lose the point, they quickly exit and go to the end of the line.

Cardio Nuances

- Play all points where the challengers start on the spots.
- If 6 players you might be able to do 3 points with 8 only play 2
- *Variation:* Have champs start at the net

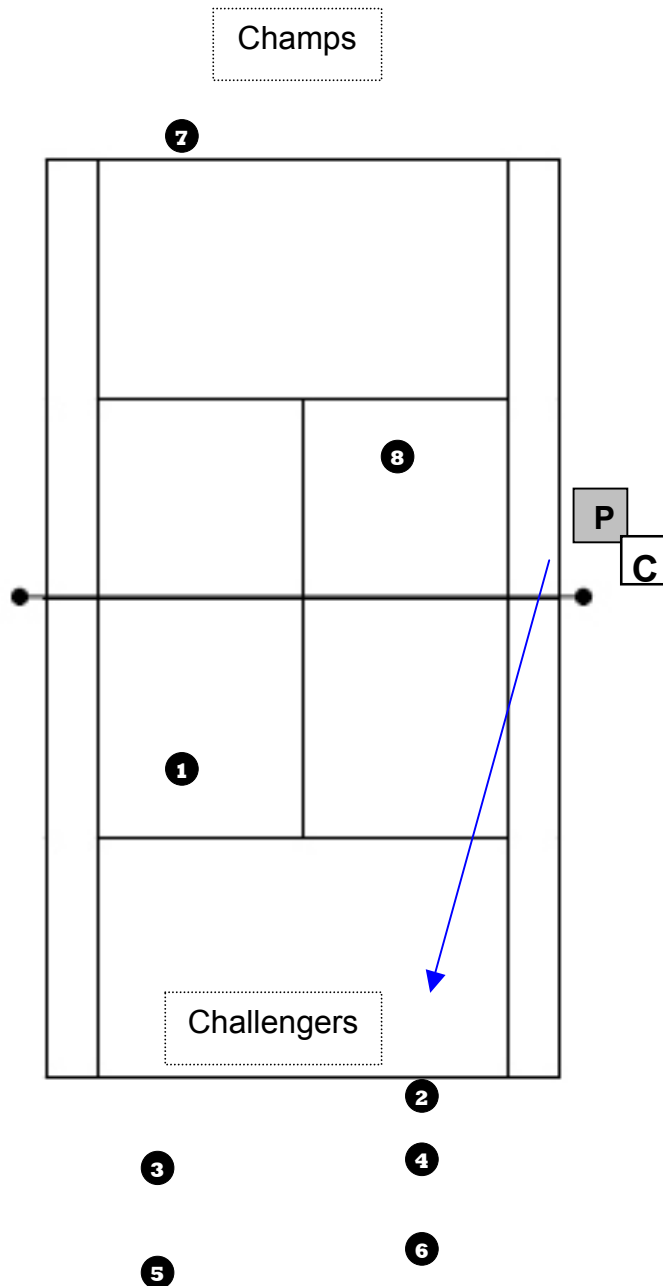
Game: Live Ball

Ideal Number: 6 - 8 players

AL: NA

CB: Heel taps, lunge variation

Skills Improved: Net play, Hitting to Open court, Teamwork



- Teams start in 1-up, 1-back formation.
- Pro feeds to the challengers and the point is played out.
- Play the best of 3 points
 - If the challengers lose 2 points in a row, they are out.
 - If the challengers hit a clean winner, they automatically become the champions.
 - If the challengers win 2 points they become champions
- As soon as the point ends, the pro quickly feeds the next ball so that the point never ends thus the name "Live Ball"
- FYI.... all Cardio Games are Live Ball as the pro you are always feeding the next ball as soon as a point ends
- If the points are lasting too long, play win 1 out of 2.
- If advanced players; indicate where their first ball must be hit to be good (example: cross court)

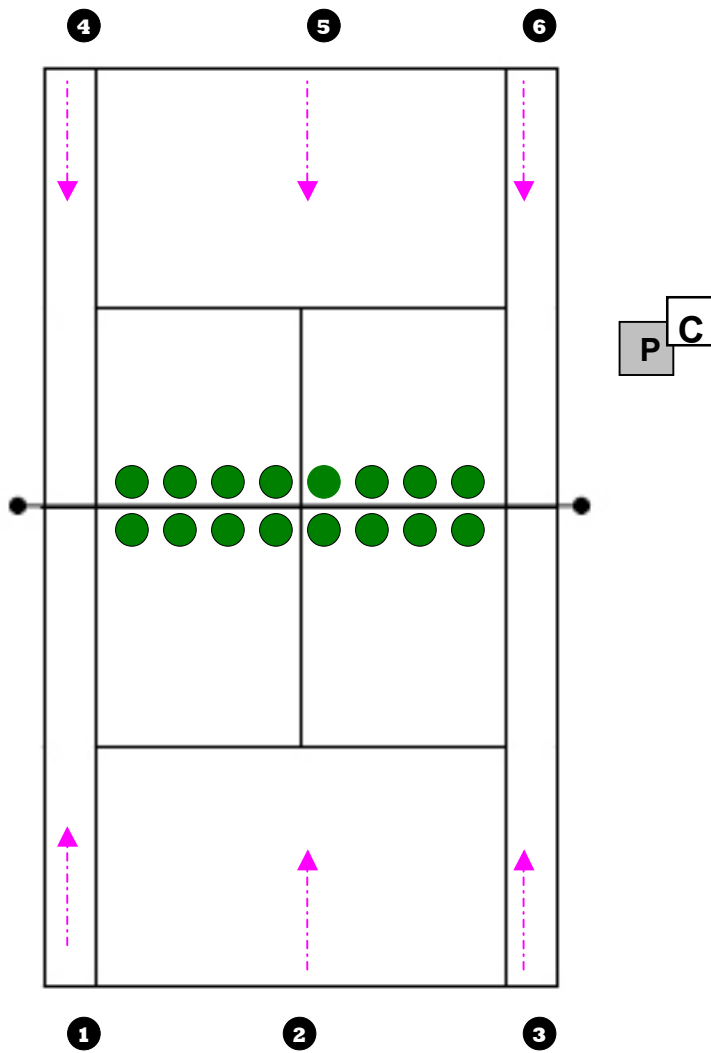
Game: **Meat Grinder**

Ideal Number: 4 - 6 players

AL: N/A

CB: N/A

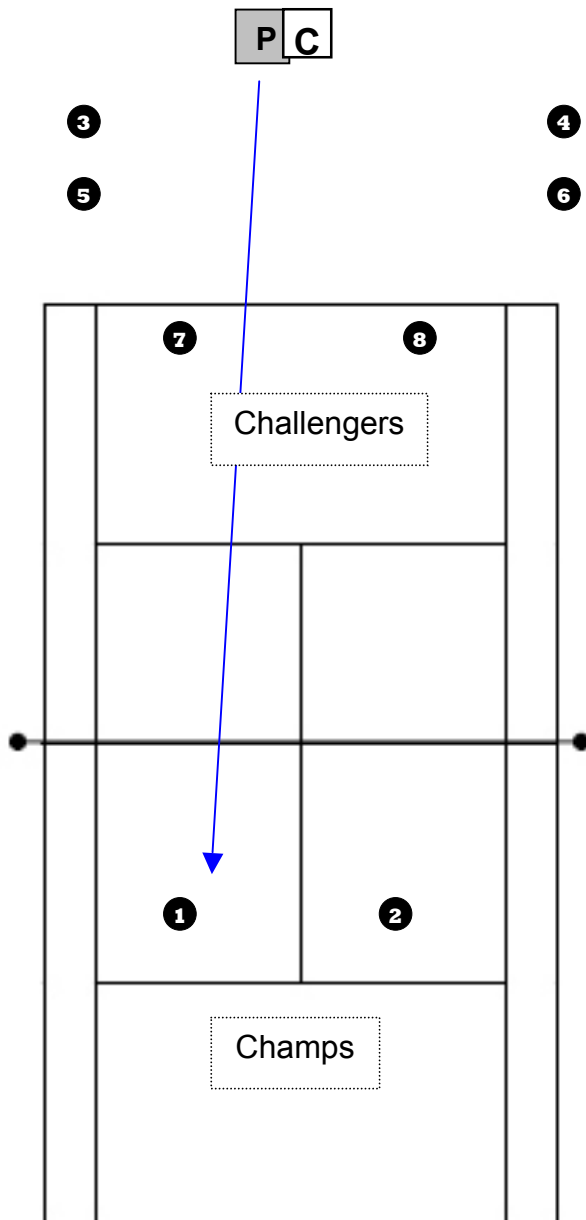
Skills Improved: Moving forward as a team, Agility, Offense/Defense movement, team cooperation



- This is a slightly more advanced version of Capture the net
- X number of balls placed on each side of the net
- Pro feeds first ball and the point is played out
- At the end of each point, all players must touch the net and then begin recovering back to a position dictated by the point (explain minimally to service line)
- One person from the winning team grabs a ball from the base of the net and feeds the ball underhand (either out of air or on a bounce) to start the point. Feed does not have to be cooperative
- Play continues until one team has gotten rid of all of their balls. The team feeding their last ball must win the point otherwise they replace the ball and play continues

Cardio Nuances:

- Do not play with more than 6.
- Strategically the players need to communicate amongst themselves and the quicker they can grab a ball and get it off the better as the other team is still “recovering”
- Teams can consist of 2 – 3 players.
- Every few minutes have players rotate their positions amongst their teammates especially when it is 3 vs. 3.



Game: **Olympics I**

Ideal Number: 6-10 players

AL: N/A

CB: Cardio jack or Standing crunches

Skills Improved: Volley practice, Hitting to the open court, Team cooperation

- Pro feeds to the champion team whose first shot must go past the service line (or be playable). After the first shot, anything goes and the point is played out.
- The pro can feed any type of ball to start the point (this is all about feeding to the ability and fitness level)
- If the challenging team wins the 1st point, they stay in for another and if they win the 2nd point they become the champions and must quickly run to the champion side.
 - While the “new champions” are transitioning to the other side, the pro counts to 3 and then feeds a high lob,
 - Anytime the challengers hit a clean winner, they automatically become the champions.

Cardio Nuances:

- With 6 players, you can play win 2 out of 3 points
- Any time a point is lost challengers go to the end of the line
- With 9 or 10 players play 3 vs 3

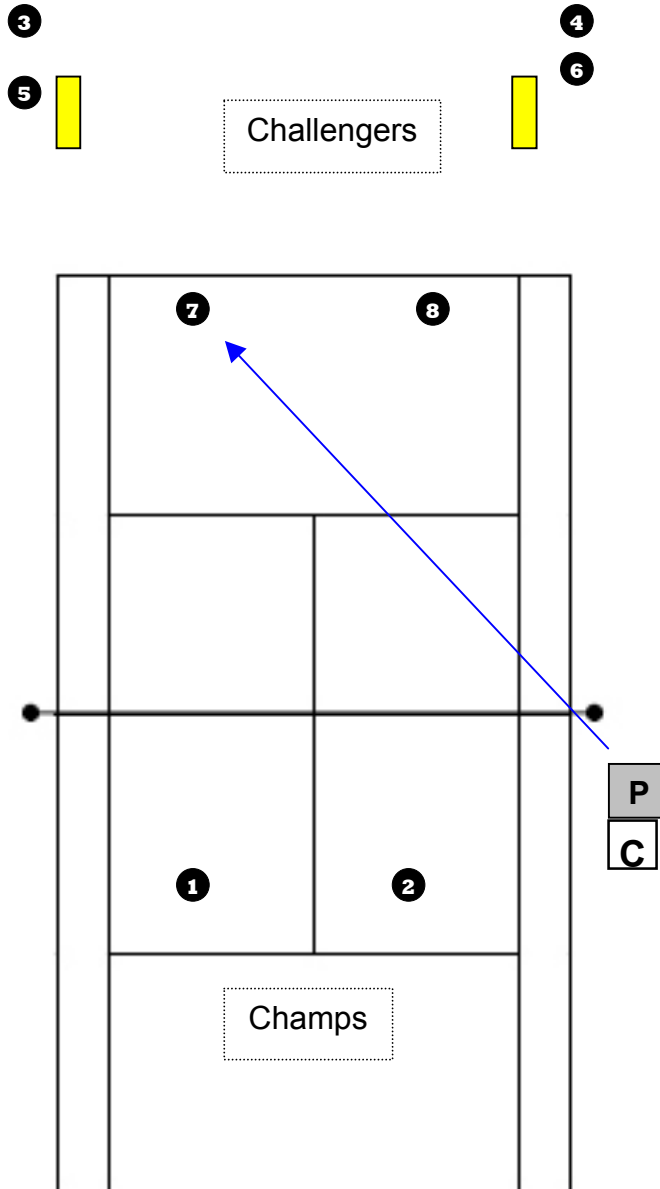
Game: Olympics II

Player Number: 6 - 10

AL: N/A

CB: Criss-cross jumps, butt kicks

Skills improved: Driving ball, bounce overheads, overall doubles play



- Pro positions players: 2 at net, 2 at baseline, everyone else on deck behind baseline team and well off to the sides
- Pro feeds to the challenging team; first shot must be a drive. After the first shot, anything goes and the point is played out.
- If the challenging team wins the 1st point, they stay in for another. If they win the 2nd point they become the champions and must quickly run to the champion side.
 - While the “new champions” are transitioning to the champion side, the pro counts to 3 and then feeds a high lob, which the next challengers must let bounce and then return (must bounce overhead) to start the point.
 - Hit a clean winner and automatically become the champions.

Cardio Nuances:

- Pro's feed must facilitate play: timely to challenging side and appropriate for skill level.
- Play 3 points (or a clean winner) with the feeds:
 - Ball 1 - High lob must be a bounce overhead
 - Ball 2 – deep ball groundstroke
 - Ball 3- deep ball groundstroke
- Any time a point is lost challengers go to the end of the line, winning 2 of 3 points creates new champions

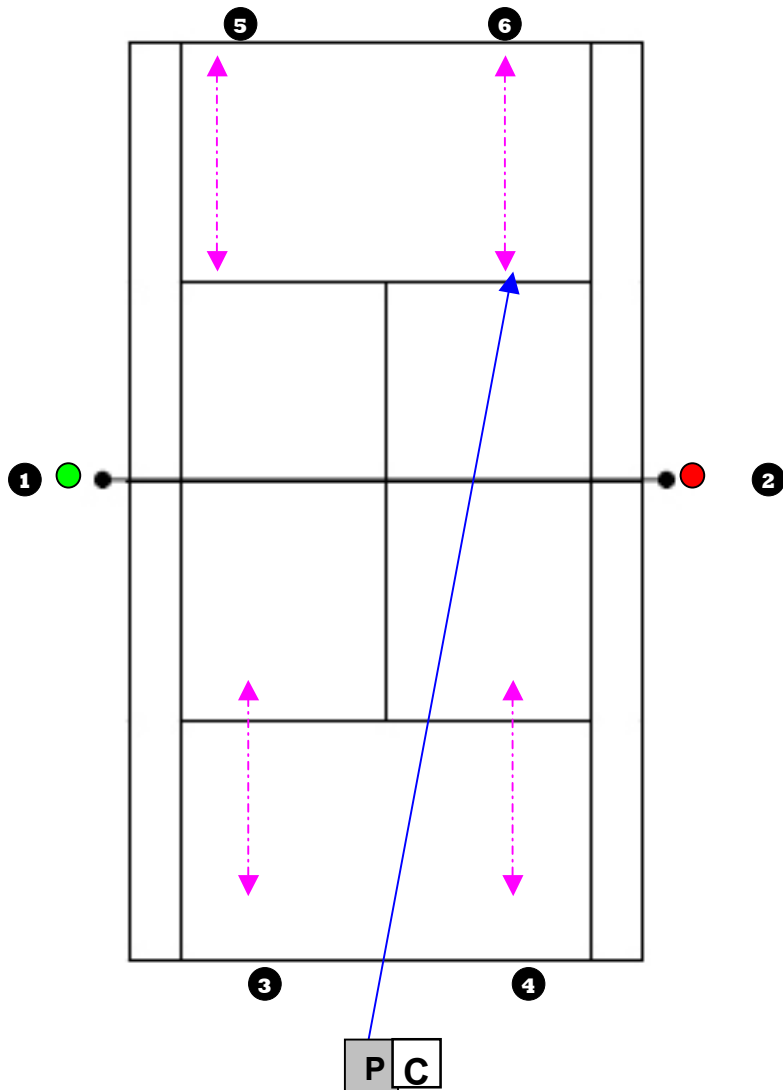
Game: Quads on Fire

ideal Number: 6 - 8

AL: N/A

CB: Swing Shapes, Speed Skaters, Typewriter up and back

Skills improved: Team movement, hitting on the run, decision-making, court coverage, recovery



- With 6 players, two players will be on each baseline and one player will be by each net post on deck.
- With 7 or 8 players, there will be 2 or 3 players across the baseline and one player will be at each net post on deck, performing a cardio blast.
- Pro feeds ball to far side. Players must move forward and take the ball out of the air while the opposing two players also converge on the net.
- Point is played out. In order to win a point, both players on a team must be inside the service box, otherwise there is no point awarded.
- After point is completed, all players recover to their respective baseline.
- Play two points, then rotate clockwise around the entire court.
- First player to compile pre-determined number of points is winner.

Cardio Nuances

- Coach feed to approaching team can vary based on skill level. If lower skill level, higher feed is appropriate, higher skill levels can receive most difficult feed.
- Conversion off of feed must be high.
- Coach is ultimate decision-maker with regards to players being in service box or not to award point.
- Never more than 2 players on deck

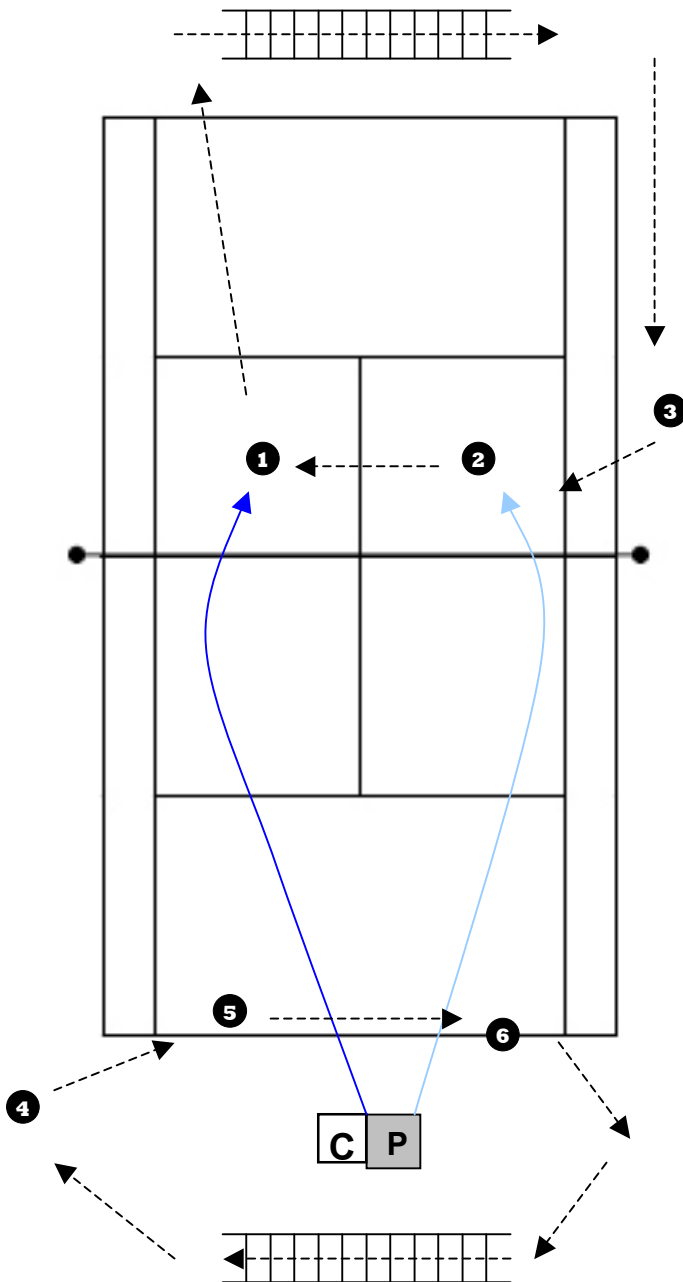
Game: **Overhead Explosion**

Player Number: 6-8

AL: Shuffle step, Ickey shuffle

CB: Cardio Jacks, Standing crunches

Skills improved: Overheads, returning overheads, offensive and defensive doubles strategy



- Players start 2 at the baseline, 2 at the net. Extra players are on deck on both sides.
- Pro feeds a lob to the net players, they hit an overhead to start the point, and point is played out competitively (anything goes).
- After the point is over, the Pro feeds a 2nd lob to the other net player.
- Players stay in for two points and then everyone rotates one position to the right in a half court circle.
- Players keep track of score as individuals

Cardio Nuances:

- 6-7 players rotate on same side of court
- 8 players full court circle rotation, move ladders to parallel to each sideline on baseline player side
- Coach's feed will vary based on skill of net players: the higher the skill level, the more challenging the lob in order to necessitate point play.

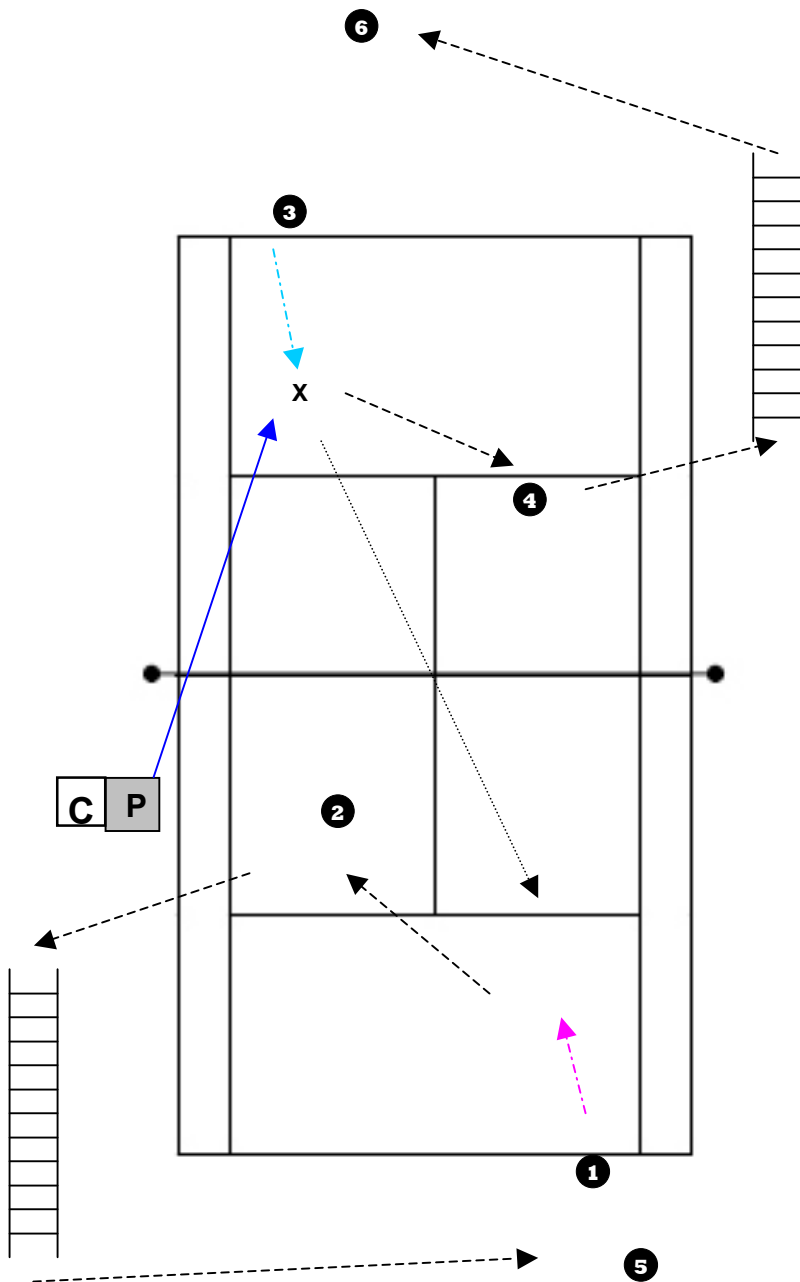
Game: Rafa Progressions

Ideal Number: 6-8

AL: regular run through or 2 feet in

CB: Typewriter stationary

Skills improved: Team movement, one up/one back formation play, volleys, positioning



- Players start one up/one back with extra players on deck
- The pro feeds a deep ball to player 3 and anything goes
- After the point is over everyone rotates in a circle
 - If 6 players circle on the same half of the court if 7 or more full court circle rotation

Progression #2

- After a few minutes and/or everyone understands the game and rotation add a 2nd ball
- The 2nd ball is fed to the net player as a volley (#4)
- Players stay in for 2 points
- Remember all CT games are a never ending point so feed in that 2nd ball quickly

Progression #3

- After X amount of time add a 3rd ball which will be a lob to either player
- Players stay in for 3 points

Cardio Nuances:

- Start the point with a short ball and require player to approach the net
- If you want to keep score, players can score from any position on the court and they keep track of the number of points they win, play to 7 or 11. (They keep score as an individual not as a team)

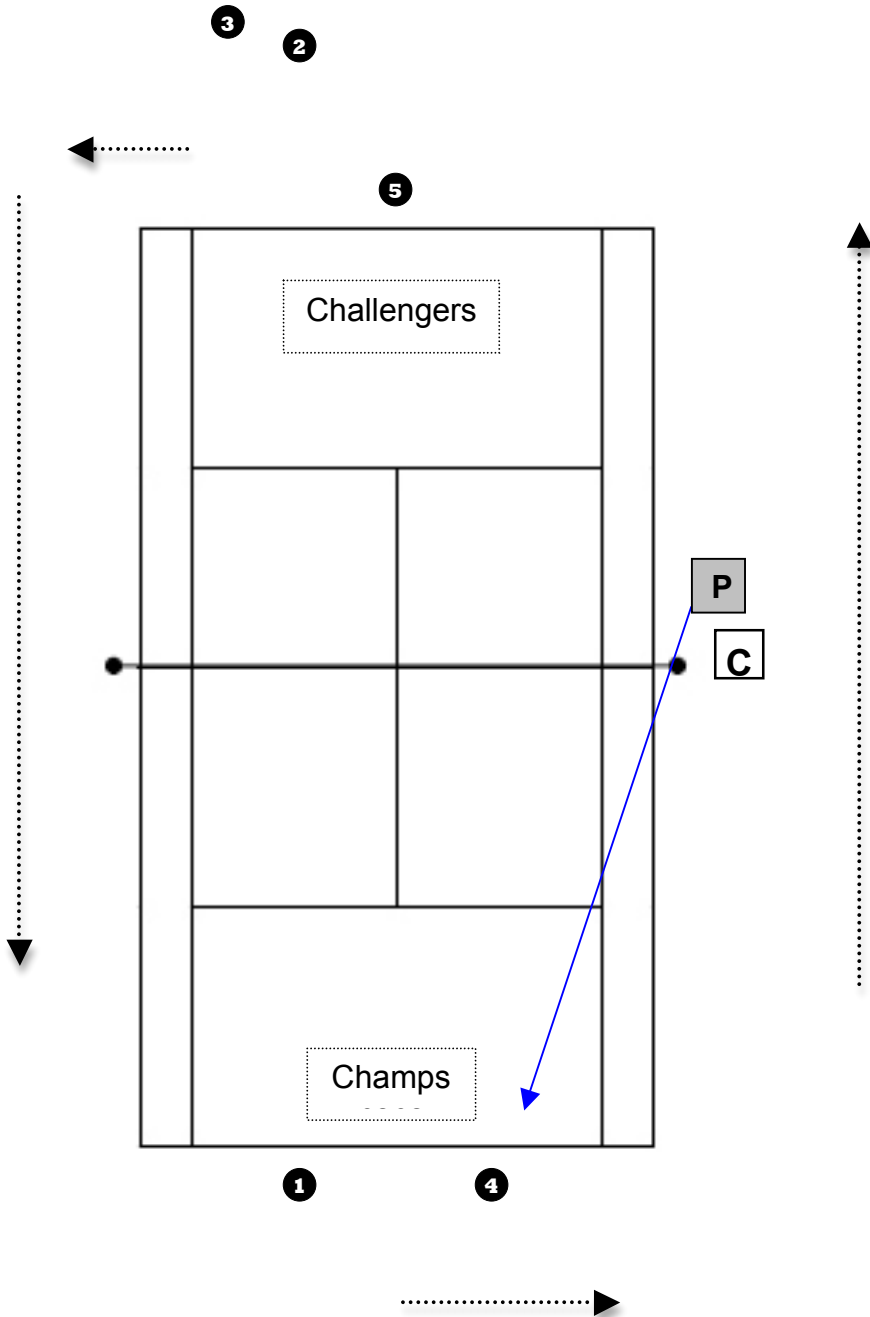
Game: Rainmaker

Player number: 4-5

AL: NA

CB: figure 8's, shadow volleys

Skills improved: singles and doubles play, court coverage



- Pro feeds to the champ side and the point is played out 2 vs 1
- If the challenger loses the point, they go to the end of the line.
- If the challenger wins the point they stay in to play a 2nd point.
 - If the challenger wins the 2nd point, it is a full court circle rotation. #5 moves to #1, #1 moves to #4 and #4 goes to the end of line.
 - While the players are all rotating to their right, the Pro feeds the next ball to the champion Deuce court forcing the champion on the Ad court side to quickly move over to play the point.

Cardio Nuances:

- If the challenger on the 1st point hits a clean winner, he automatically becomes the new champion.
- Alternate your feed on the 2nd point
- To speed it up play win one point to go over

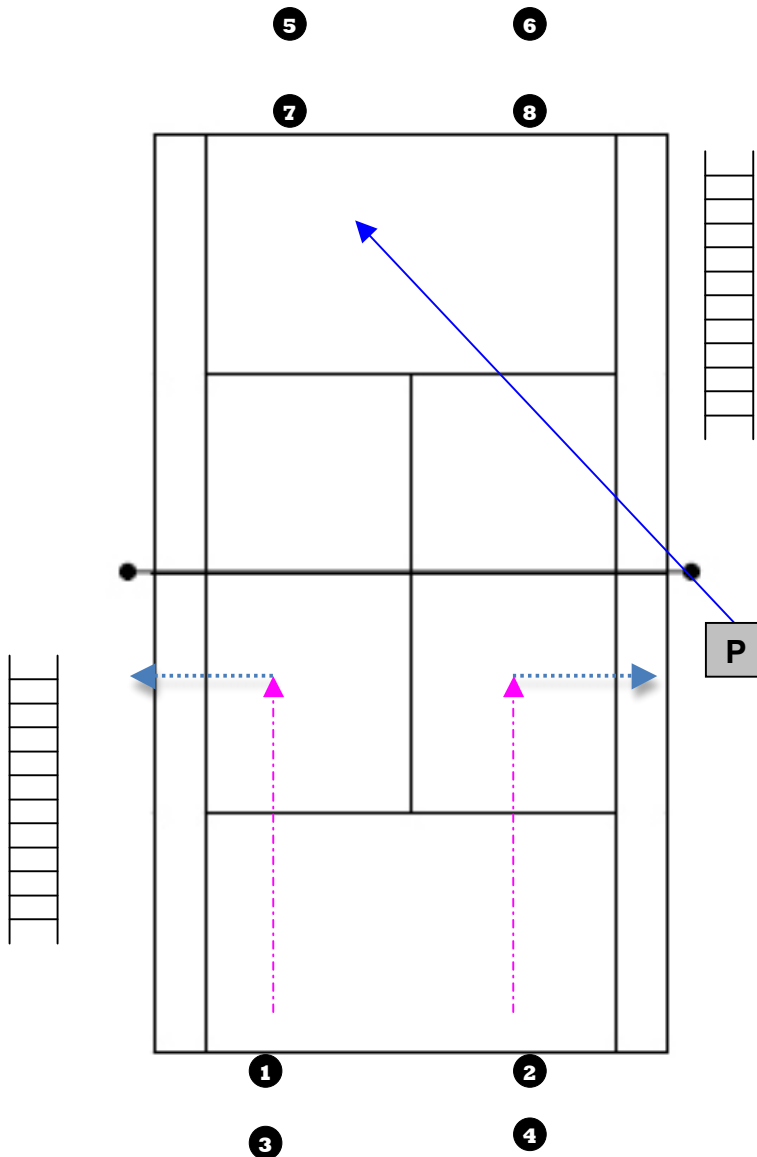
Game: Recover Doubles (sideline/baseline)

Ideal number: 8

Ladders: Parallel to sidelines: regular run or 2 feet in

CB: Cardio jacks, speed skaters, body weight squats

Skills improved: ability to deal with low and half volleys



- 4 players on each side as teams at baseline.
- Pro starts the point by feeding a deep ball, the team on the same side as the pro must simultaneously approach the net and the point is played out.
 - After every point the net team must “recover” and quickly touch the plastic placed outside of the alley or the doubles alley sideline.
- While the net team is touching the sideline, the pro feeds the 2nd ball deep and wide to the other player at the baseline.
 - The baseline players do not “recover” as it is the pros job to move them with the feed
- The pro will feed a 3rd ball and after all 3 points both teams switch ends of the court
- Pro then feeds the 1st ball to the next team in line while the previous teams are switching sides

Cardio Nuances:

- Play where the approaching team must recover to the baseline.
- The timing of feeding is key here as well as how you feed to the baseline.
- If the ability level is lower you will need to give them more time to recover, whereas higher fitness/skill you will give them less time to recover with the timing of your feed

Game: **Recover Doubles (continued)**

Number of Participants:

- 4 players
 - Everything is the same, but instead of flipping sides the pro will just feed to the other side after 2-3 points.
- 5 Players
 - 2 on one side 3 on the other. When the triples side is at the net the 2 outside players recover side and the middle player recovers baseline. After 2 points do a full court rotation one spot.
- 6 players
 - 3 on each side with the 3rd player on deck
 - Play 2 points and circle rotate on the same side
 - After eight total points have players swap end of court
- 6 players
 - Three doubles teams
 - Team #1 at BL, Team #2 at opposite BL, Team #3 on deck behind Team #2
 - Pro feeds deep ball to Team #1 to start point as Team #2 approaches
 - Play three points with the net team touching the sidelines between each point
 - After 3rd point Team #2 (net team) changes ends, Team #3 (on deck team) moves to baseline for for deep feed, Team #1 gets ready to move forward on feed to become the new net team
 - Pro then feeds to the opposite side to Team #3
 - ROTATION: Baseline > Net > Switch ends (this is not the standard)
 - Net players are the only ones who actually switch ends after the 3 point sequence
- 7 players
 - 4 on one side/3 on the other
 - After 2 points the side with 4 swap positions, the side with 3 circle rotates.
 - After 8 total points players swap ends of court

The STANDARD for this game is 2 up vs 2 back with emphasis on the approaching side working their way into the net and the baseline team working on winning from the baseline.

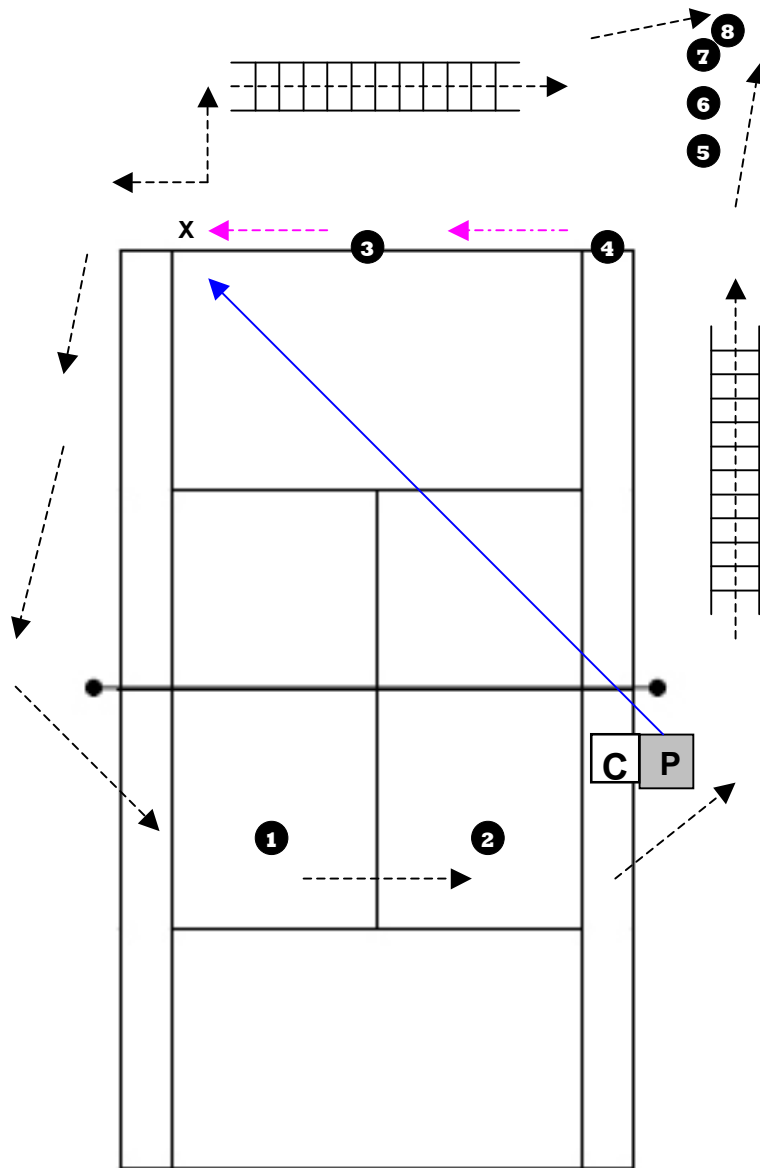
Game: Red Rover I

Ideal Number: 5 – 8

AL: BL grapevine or typewriter: SL 2 feet in or hop on 1 foot

CB: heeltaps, fast feet, standing crunches

Skills improved: net play, overheads, passing shots
team movement, hitting on the run, court coverage



- Players start two at the net two at the baseline, extra players are on deck well behind the add side baseline. Note the starting position of #3 and #4. Once the ball is fed they will slide over into standard positioning.
- Pro feeds a wide ball to player 3 and the point is played out, anything goes.
- If the baseline team wins the point, players rotate one person counter-clockwise (Player 4 to 3, Player 3 to 1, Player 1 to 2, Player 2 to the end of the line).
- Player 2 goes through ladder
- If the baseline team loses the point, Player 3 drops out goes through ladder to end of the line. (Player 4 moves to the deuce for the next feed as player 5 joins in)
- It doesn't matter who makes the error amongst 3 and 4, if 4 makes the error 3 still goes to the end of the line.
- Explain the drill to your players as follows: "Play as a team but rotate as an individual".

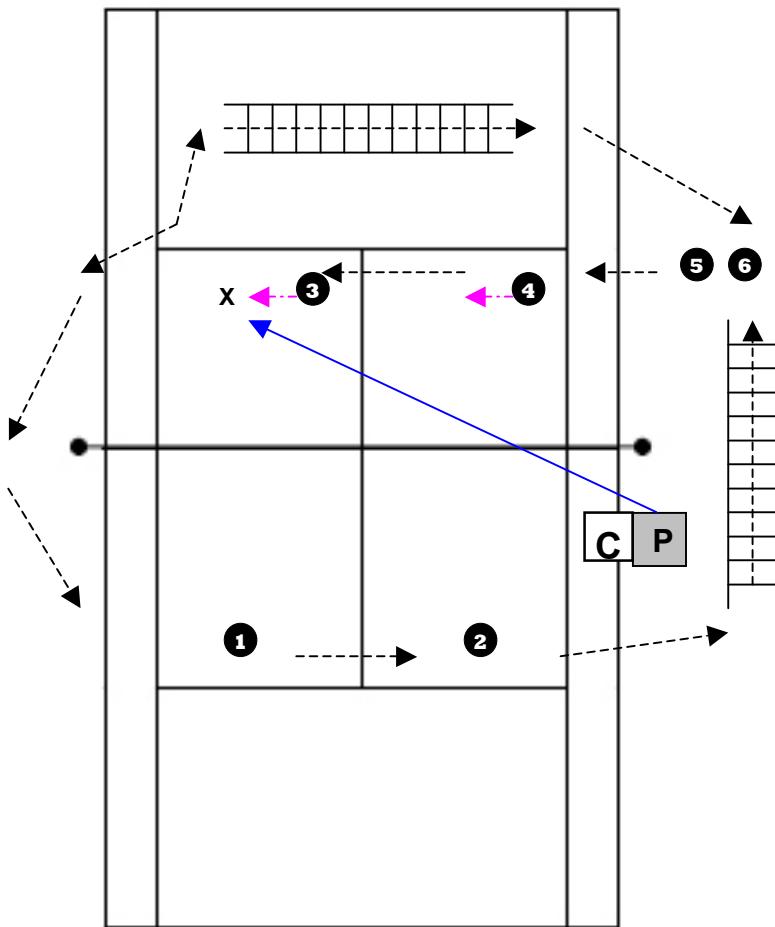
Game: Red Rover Net

Ideal Number: 5 – 8

AL: BL grapevine or typewriter: SL 2 feet in or hop on 1 or 2 feet

CB: heel taps, fast feet, standing crunches

Skills improved: net play, half volleys, hitting on the run, court coverage



- Start with all four players at the net; extra players are on deck off to the side of the alleys. Note the starting position of #3 and #4. Once the ball is fed they will slide over into standard positioning.
- Pro feeds a wide volley to Player 3 and the point is played out, anything goes.
- If the fed team wins the point, players rotate one person counter-clockwise (Player 4 to 3, Player 3 to 1, Player 1 to 2, Player 2 to the end of the line).
- Player 2 goes through ladder
- If the fed team loses the point, Player 3 drops out and goes through the ladder to the end of the line. Player 4 moves to the deuce for the next feed
- It doesn't matter who makes the error amongst Players 3 and 4, if Player 4 makes the error Player 3 still goes to the end of the line.
- Explain the game to your players like this: Play as teams but rotate as an individual.
- There is no intentional lobbing in this game

Cardio Nuances:

- Feed a half volley for the more advanced players.

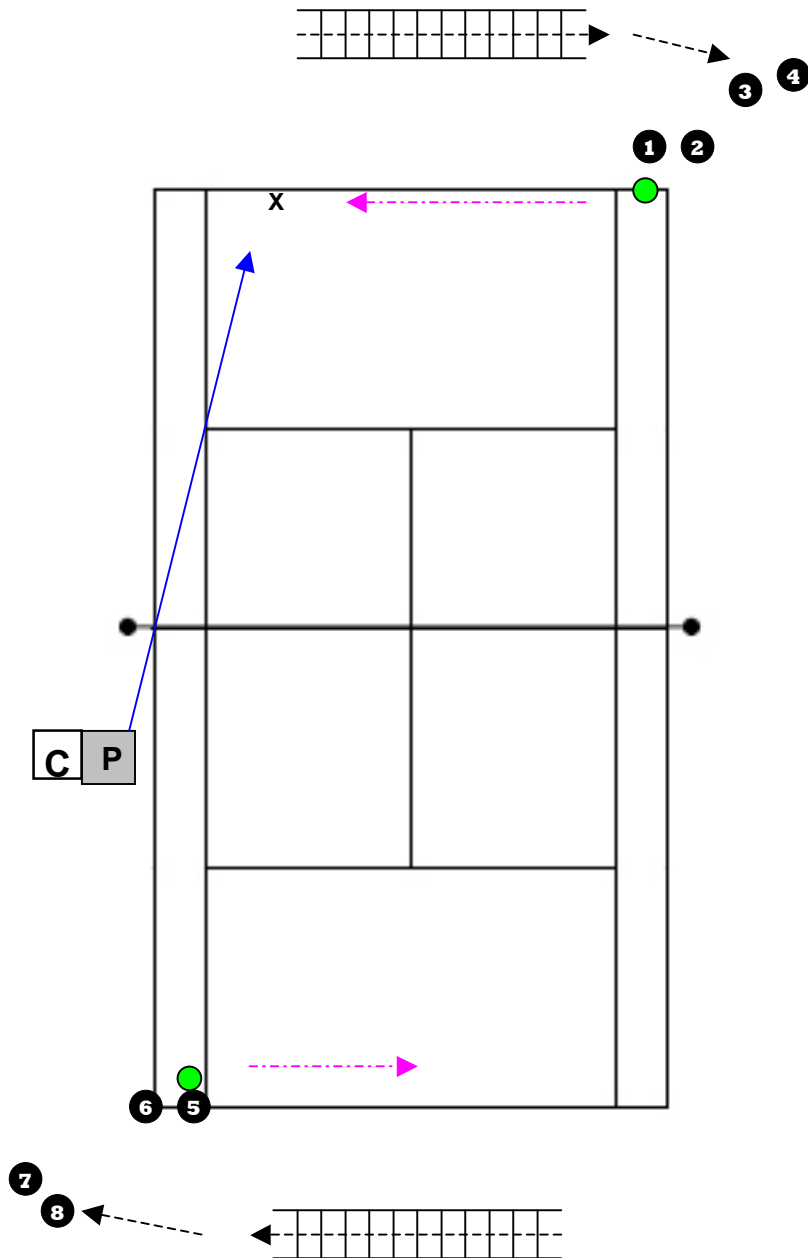
Game: **St. Louis Arch**

Ideal number: 8

AL: Typewriter or River dance

CB: Buzzing feet or Body weight squats

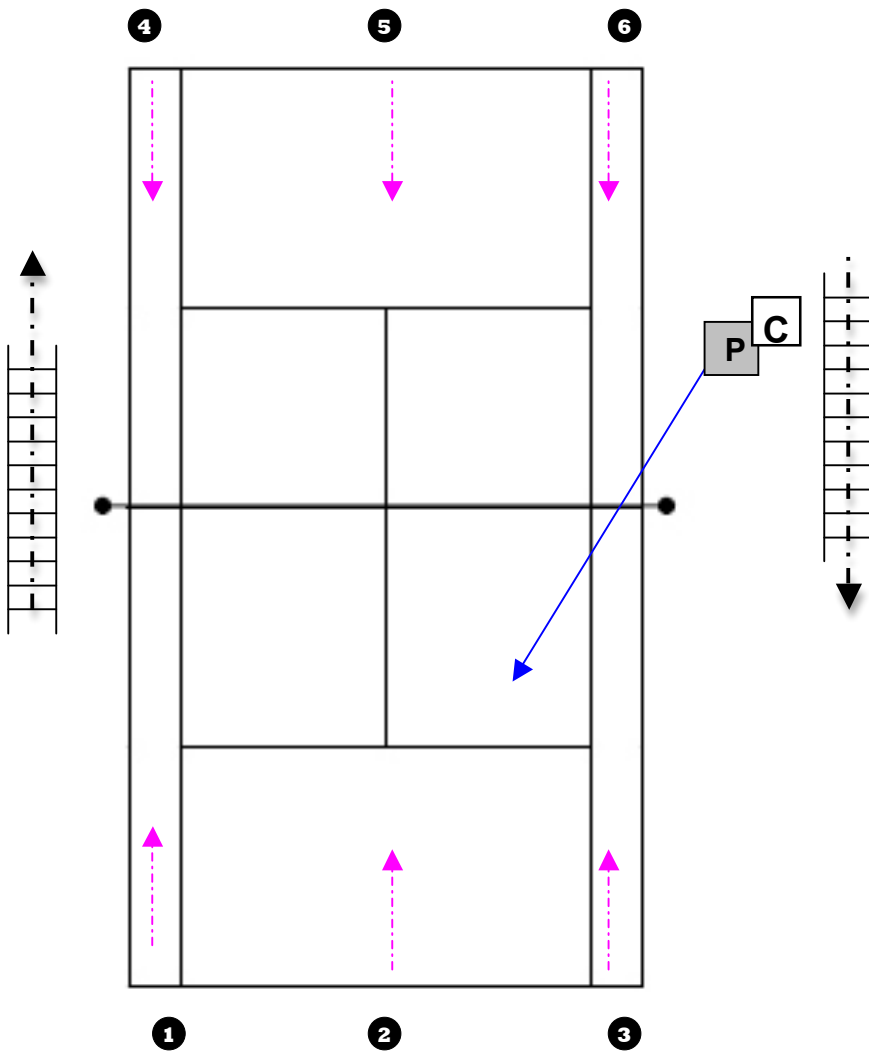
Skills improved: retrieving wide balls, neutralizing shots



- Players line up on the ad side in the doubles alley on both sides of the net.
- Pro feeds a deep ball to the deuce side.
- Player 1 races to the ball and does their best to hit hits a neutral, loopy (St. Louis Arch) forehand cross-court. Player 2 moves to the Ad side to join player 1.
- Player 5 and 6 move into the court as well across the baseline to return the shot and the point is played out anything goes
- Pro then feeds player #2 a challenging second ball and point is played out.
- After 2 points each team rotates through the ladder on the same side of the court

Cardio Nuances:

- This game works best with 8, if you have less, set up both singles and doubles teams
- If more create teams of 3



Game: Terminator I

Ideal Number: 6-12

AL: Regular run through or 2 feet in

CB: Lunge variations, ski jumps

Skills improved: Net closure and recovery, reaction, volleying, lob retrieval, overheads, finishing, and doubles communication

- Pro feeds the 1st ball as an approach to one side, those 3 players must come to the net. The other side is NOT approaching.
- The pro feeds the 2nd ball as a volley to the same side.
- The pro feeds the 3rd ball as a lob.

Rotations: After the 3 ball sequence depends on the number of players on the court.

6 players:

- 2 vs 2 rotate in a triangle on the same side with one player on deck and 2 at the baseline
- 3 vs 3-Alternate feeding side after each sequence or have players swap end of court

7 players:

- 3 vs 3 players rotate one spot to their left and reset on baseline. Swap ends of court periodically.

8 players:

2 vs 2 swap ends of court after 3-point series

9 or more players:

- 9: 3 teams of 2 players & 1 team of 3 players
- 10: 2 teams of 2 players, 2 teams of 3 players
- 11: 1 team of 2 players, 3 teams of 3 players
- 12: 4 teams of 3 players

Game: **Terminator: 2**

The “standard” of Terminator 1 remains the same except

- Feed 1st ball as an approach volley and BOTH sides approach
- Both sides play the 3 point sequence from the net
- The 2nd ball is a volley
- The 3rd ball can be the following
 - deep lob they must take off a bounce
 - Feed a RED ball lob they can hit as an overhead with 50% power level
 - or the feed can be another volley.

Cardio Nuances

- The “standard” is to play the game with only one side approaching, (generically one side up and one side back) this encourages more variety in strokes and more movement overall. The side that is back can of course come up for short balls but they must always reset to the baseline for the next point.
- Play only 2 points to speed up rotations

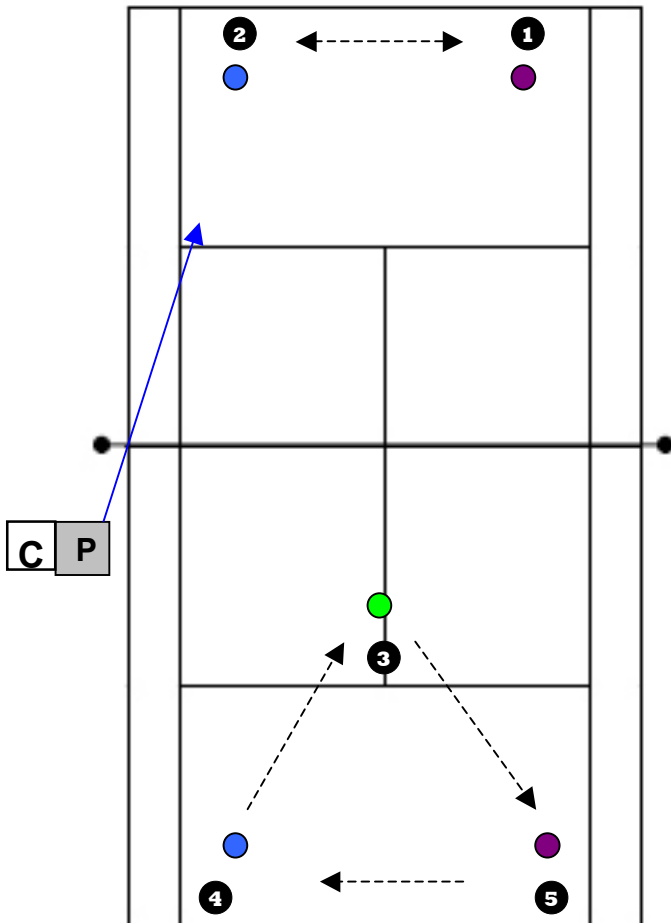
Game: **Thirty-Two**

Ideal number: 5

AL: N/A

CB: N/A

Skills improved: Volleys, passing shots, angles, and touch shots



- Players set up 2 vs. 3. The side with 3 is one at net, two at the baseline.
- Pro feeds the ball to the side with two players and the point is played out 3 vs. 2.
- After each point players, on the 3 side, rotate in a circle (clockwise).
 - The team of two switch sides and give each other a high-five
- Keep score by playing first team to 7 or 11.

Cardio Nuances

- Practice the rotation with your players first without any balls.
- In the rotation the player at the net needs to backpedal and not turn their back to the net.
- If a player is struggling to put the first ball in play, give them a 2nd chance.
- After a round, switch players around so everyone gets a chance to play as a team of two
- Players can move anywhere

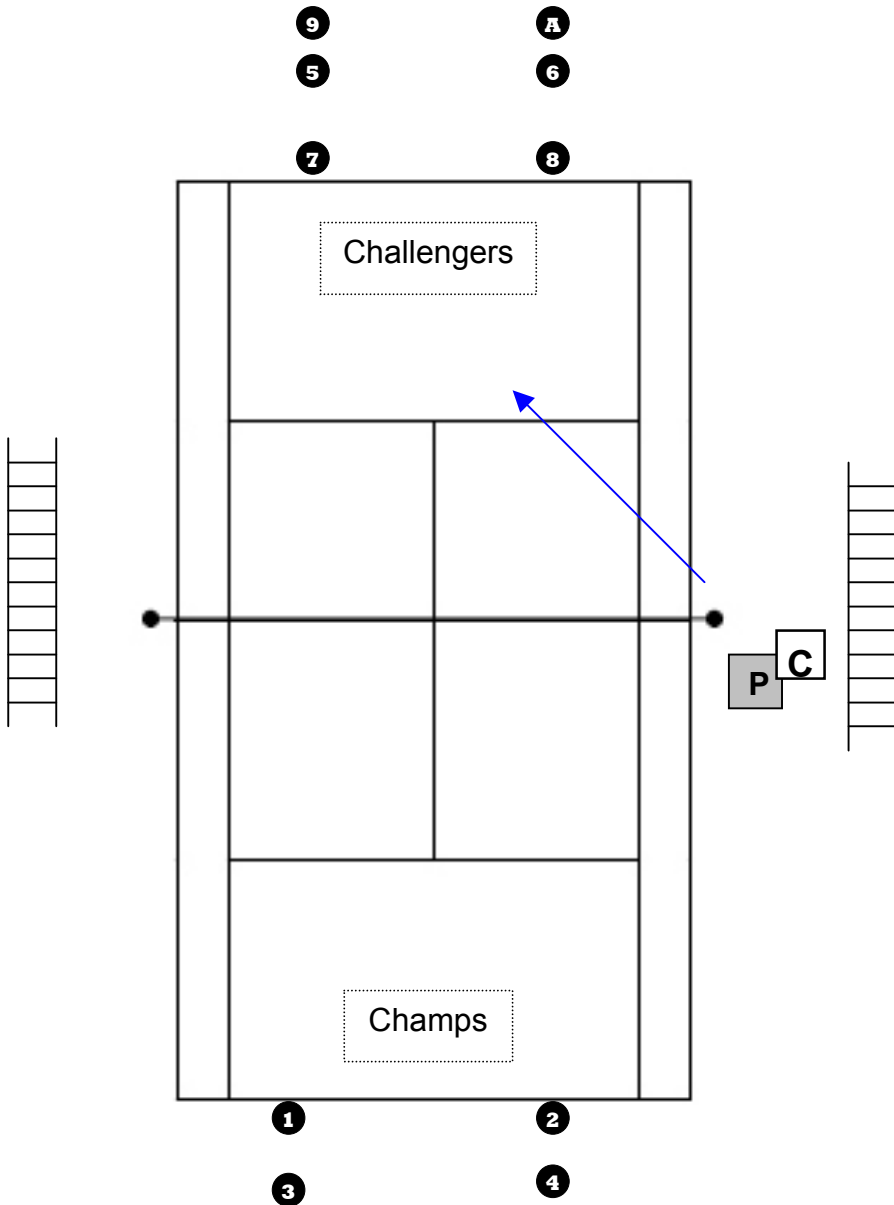
Game: **Top Dog**

Ideal number: 9-12

AL: Regular run through, High Knee Skips

CB: Forward and back jumps, Speed Skaters, Volleyball Jumps

Skills improved: Approach shots, general doubles play and positioning



- 2 Sets of champs on pro side, remaining challengers at baseline on opposite side
- Pro feeds a short ball to the challenger side. Team approaches and plays point out vs. champs.
- If the challengers win point, teams swap ends of court.
- If the champs win, both teams stay on the same side but rotate out.
- Play game until one team or with odd numbers one person reaches a pre-determined number, only counting points on the champ side.

Cardio Nuances:

- The standard of this game is larger numbers 9 plus. If you have 8 or less really just choose another game. It is ideal for moving large numbers of people and keeping them engaged.
- With higher numbers (9 and up) format is 'one point and done.' With 8 players, champs may stay in for up to two points.
- Coach may dock teams for missing feed, in order to encourage approach shot conversion, thus facilitating play.

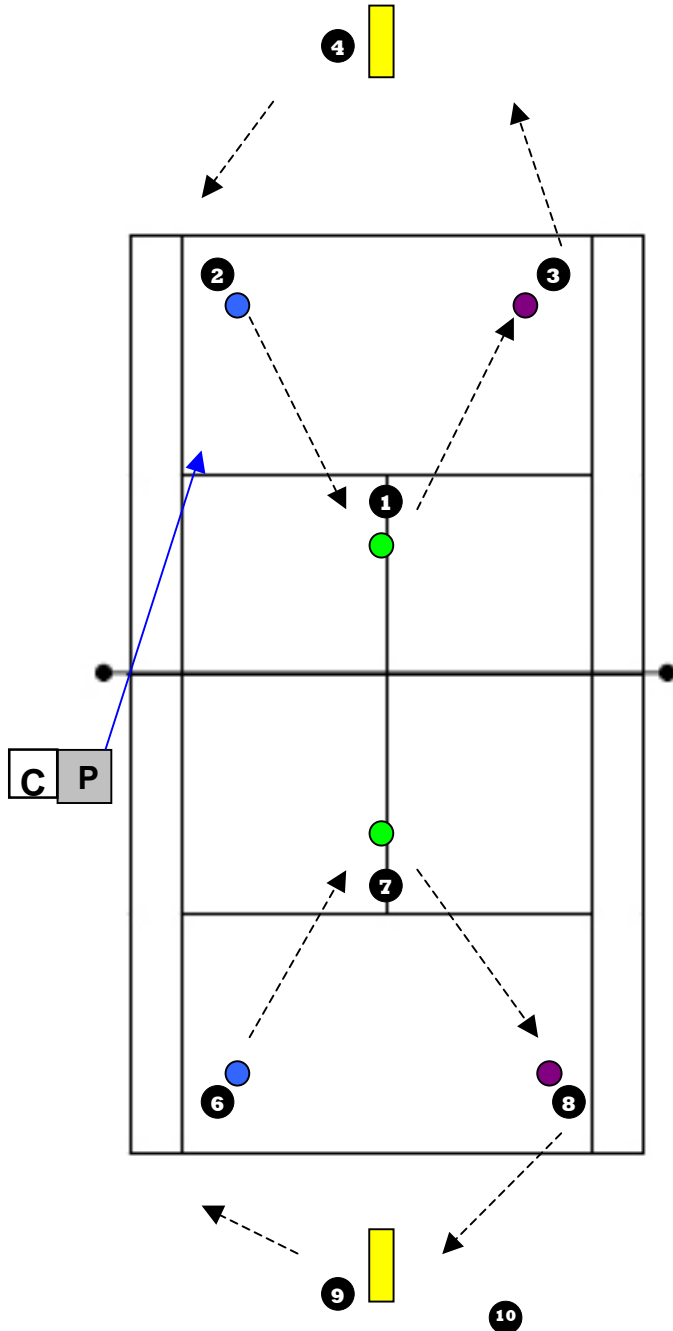
Game: Triples

Ideal Number: 6-8

AL: None

CB: Butt kicks, Toe to hand hamstring stretch

Skills improved: Confidence at the net, reaction, volleying, placement



- One player at the net and two players at the baseline.
- Pro feeds the ball to the baseline player on the deuce side and the players play out the point 3 vs. 3.
- After each point players rotate in a circle (feeding side counter clockwise, receiving side clockwise).
- Keep score by playing first team to 7 or 11 points.
- Pro feeds to same side for X number of points/game

Cardio Nuances

- Practice the rotation with your players first without any balls.
- In the rotation the player at the net needs to backpedal and not turn their back to the net.
- If 7 players: 3 on one side, 4 on the other with one player on deck. Pay attention to how you group the players; group the fitter players as three. 8 players: 4 on each side.
- The ideal way to play this is first team to 7 or 11, after that game players swap ends of court, play 2nd game swap ends of court and play third. In the third game pro can feed half to one side and half to the other.

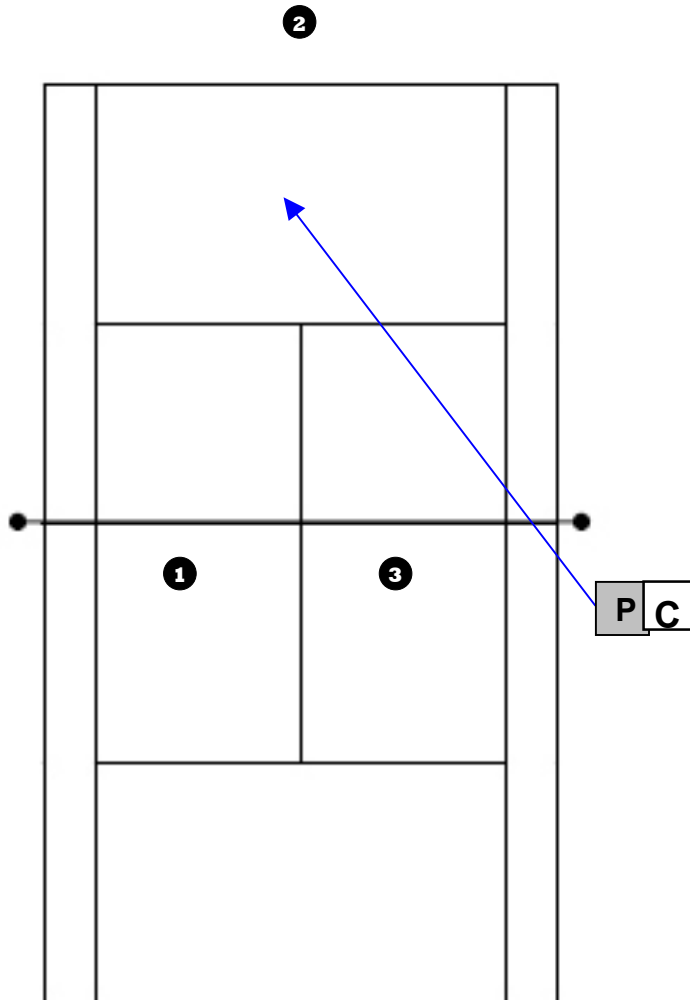
Game: **White Flag**

Ideal number: 3 - 4

AL: NA

CB: Cardio Jacks, Lunge variation

Skills improved: Shot selection; shot sequences, tactical risk vs. reward



- Pro feeds to the singles player varying the level of difficulty and the point is played out 2 vs 1
 - Doubles side can only hit to the singles court, singles player may hit into doubles court
- As soon as point ends, doubles team must tap the net while pro feeds next ball to the solo player.
- After the singles player hits 5 clean winners at any time during the point, rotate another player to the singles side.

Cardio Nuances:

- Team of 2 must switch spots after each point, touch net or touch 60' baseline
- With 4 players
 - Players rotate on the singles side after 2 to 4 points while other player is on deck
 - If the single player or team of singles players is having difficulty finishing point or hitting winner, minimize the space that the team of 2 may hit into

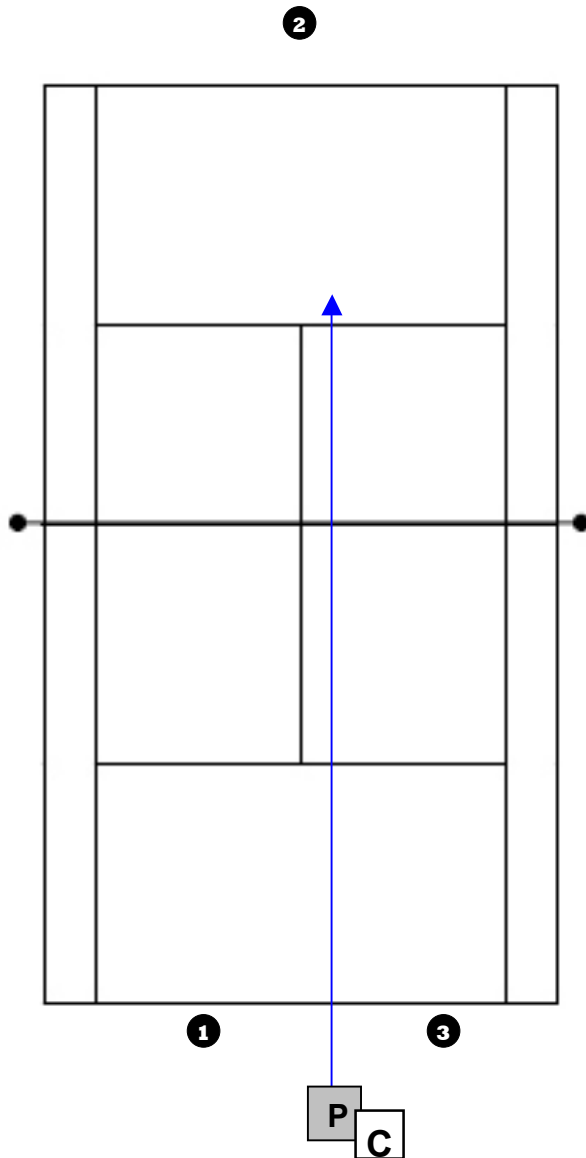
Game: **Winner Winner Chicken Dinner**

Ideal number: 3 - 4

AL: NA

CB: NA (unless 4 players)

Skills improved: Shot selection, tactical risk vs. reward



- Pro feeds to the singles player varying the level of difficulty and the point is played out 2 vs 1
 - Doubles side can only hit to the singles court
 - A clean winner is worth 2 points
 - Deduct 2 points from the other team
- As soon as point ends, doubles team switch sides while pro feeds next ball to the solo player
- Play to a specific number of points and rotate another player to the singles side

Cardio Nuances:

- With 4 players
 - Players rotate on the singles side after 1 or 2 points while other player is on deck doing the assigned Cardio Blast
- Advanced players
 - Doubles side swap sides after every hit If the single player or team of singles players is having difficulty winning points:
 - Alter the area where the doubles team must hit to
 - Adjust the feed to start play

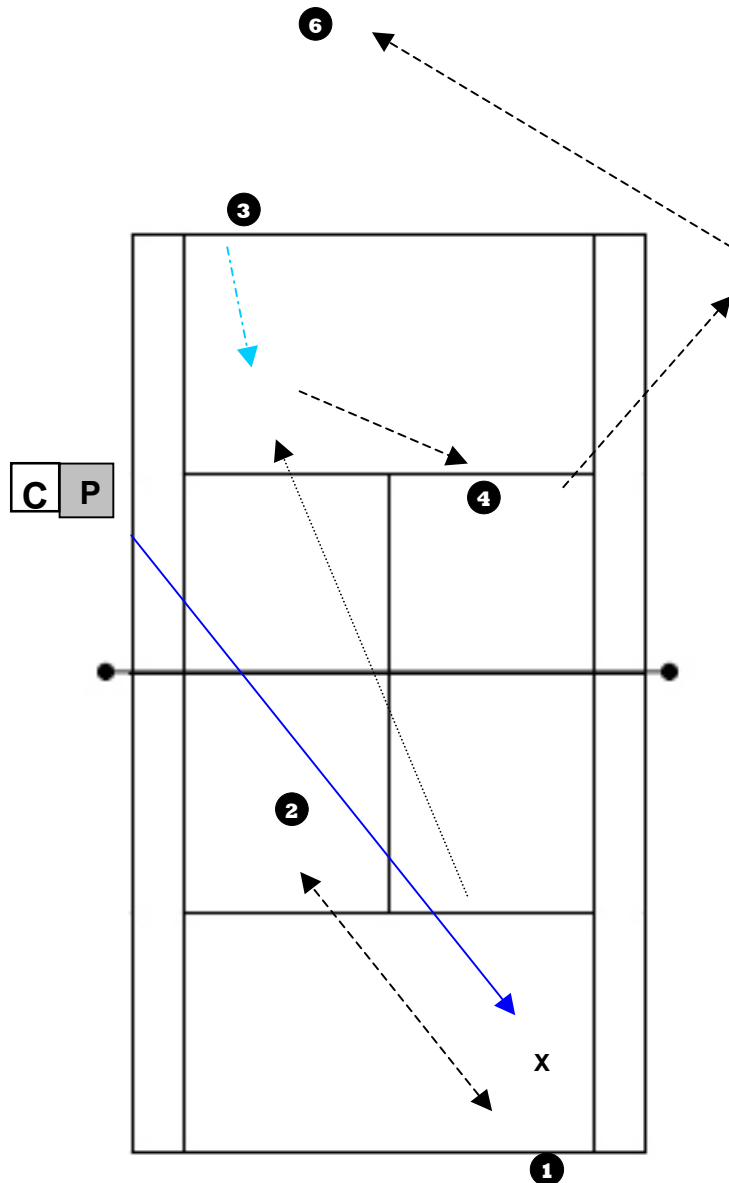
Game: Yinzer Doubles

Player Number: 3-5

AL: NA

CB: NA

Skills improved: Doubles play, strategy, movement and recovery



- Players start one up/one back with extra player on deck on the side of the pro
- The pro feeds a ball to player 1 and anything goes
- After the point is over:
 - Players on the same side as the pro rotate in a circle
 - Players on opposite side of the court swap positions either diagonally as shown in diagram OR straight up and back. Players must back pedaling to the baseline
 - Pro feeds next ball while everyone is in transition and the ball must be allowed to bounce

Cardio Nuances:

With 3 players: Coach plays in and both sides rotate up and back each point

With 4 players: Coach plays in and the side with 3 players has the baseline player feed the ball

- If you want to keep score, play to 7 or 11 and then play again with rotating players between sides.