



WEEK 3-4

DRILL	REPS	BALLS	TOTAL BALLS
Dynamic Warmup	1	0	0
1. FH/BH BESIDERS GS Warm-up	2	20	40
2. FH/BH BESIDERS Moonball Warm-up	2	20	40
3. BESIDERS All-Time FH GS	4	20	80
Rest/Pick-up	0	0	0
4. BESIDERS All-Time BH GS	4	20	80
5. TOUCH N GO FH/BH Low App	4	12	48
6. TOUCH N GO FH/BH HIGH Volleys	4	20	80
Rest/Pick-up	0	0	0
7. BESIDERS All-Time FH Volleys	3	15	45
8. BESIDERS All-Time BH Volleys	3	15	45
9. TOUCH N GO Bounce Overhead	4	10	40
Rest/Pick-up	0	0	0
First Serves	1	30	30
Second Serves	1	30	30
Pick-up	1	0	0
Cool Down Static Stretch Off-Court			
FH = Forehand			558
BH = Backhand			
GS = Groundstroke			

“What The Mind Believes, The Body Achieves”