



WEEK 7-8

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	1	20	20
3. BESIDERS All-Time FH Moonball	3	20	60
4. BESIDERS All-Time BH Moonball	3	20	60
Rest/Pick-up	1	0	0
5. BESIDERS Reverse FH/BH GS	4	20	80
6. TOUCH N GO FH/BH Half Volley	4	15	60
7. BESIDERS FH/BH Fast Hands Volleys	4	20	80
Rest/Pick-up	1	0	0
8. BESIDERS FH/BH VOLLEYS	4	20	80
9. TOUCH N GO FH/BH Swing or Block Volley	4	15	60
10. TOUCH N GO Overhead	4	15	60
Rest/Pick-up	1	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			660
BH = Backhand			
GS = Groundstroke			

“What The Mind Believes, The Body Achieves”