



# **Competitive/ Situational Doubles Games**

## **Professional Development Course**

- 
- Warm-up Games
  - Doubles Games
  - Competitive Skills Games
  - Concentration Games
  - Alternate Scoring Games



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## Introduction

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This course presents a variety of competitive and situational games that the instructor can organize for a group of students. The activities do not require the instructor to continually feed balls as is necessary in a drill situation. Generally, the instructor will only need to introduce the first ball to begin play. Many times it is the students' responsibility to begin play with a **courtesy feed**. A courtesy feed is considered a neutral shot that will not give either side an advantage. Sometimes this is followed by a courtesy return.

Diagrams are included to assist in understanding and remembering some games. Extra blank court diagrams are provided at the end of this document for personal additions.

Most of the presented activities can be modified by the instructor to create other competitive situations. A simple change in the scoring can often greatly influence the competitive environment for the students. The categories of activities included in this course guide are: **Warm-up Games, Doubles Games, Competitive Games, Concentration Games** and **Alternate Scoring Games**.

Remember that to be effective, even competitive games must be fun for students. It is always important for the instructor to motivate the participants, as well as provide relevant coaching comments to improve play.

## Prelude

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### Warm-up / Dynamic Stretching

Several activities are presented that can be used as a warm-up for students. In addition, the following dynamic stretches are recommended for tennis players who will be actively participating in competition and/or training. The development of flexibility can greatly influence performance and help to prevent injury.

Before stretching, it is advised that athletes warm up their muscles through aerobic activity.

**Shoulder Stretch**  
**Abdominal Stretch**  
**Lower Back Stretch**  
**Groin Stretch**

**Hamstring Stretch**  
**Quadriceps Stretch**  
**Achilles Stretch**  
**Arm and Wrist Stretch**

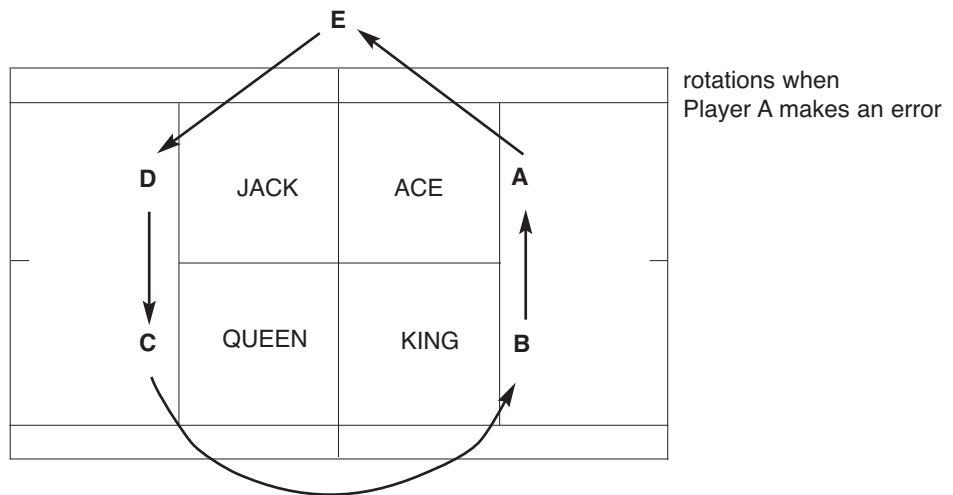
## Warm-up Games

**Drill Name:** Ace is the Place

**Purpose:** To serve as a warm-up exercise and to improve touch and finesse.

**Procedure:** Each of the four service boxes is designated as Ace, King, Queen and Jack, with a player positioned behind each playing area. A fifth player would be designated the Joker, waiting his turn at the net post. The Ace player begins the mini-court rally. The player that makes an error rotates out and becomes the Joker, with the other players rotating one location toward the Ace position.

**Instructor Emphasis:** Movement and ball control.

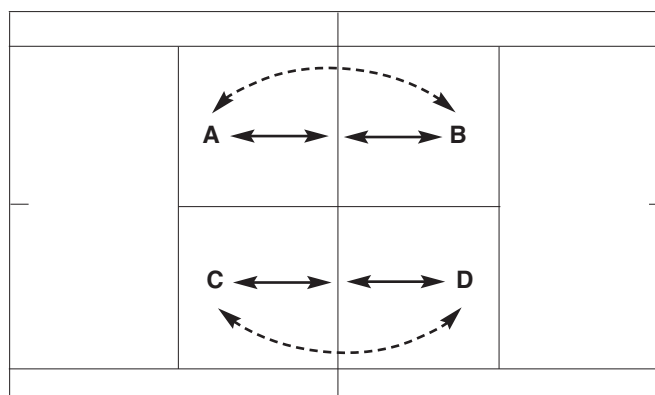


**Drill Name:** Together at Last

**Purpose:** To serve as a warm-up exercise and to improve touch and finesse.

**Procedure:** Partners are at the net and begin playing forehand volleys. Making their shots softer and moving closer together, they attempt to finally trap the ball between their two racquets. Repeat with both players using backhand volleys.

**Instructor Emphasis:** Cooperation and ball control.



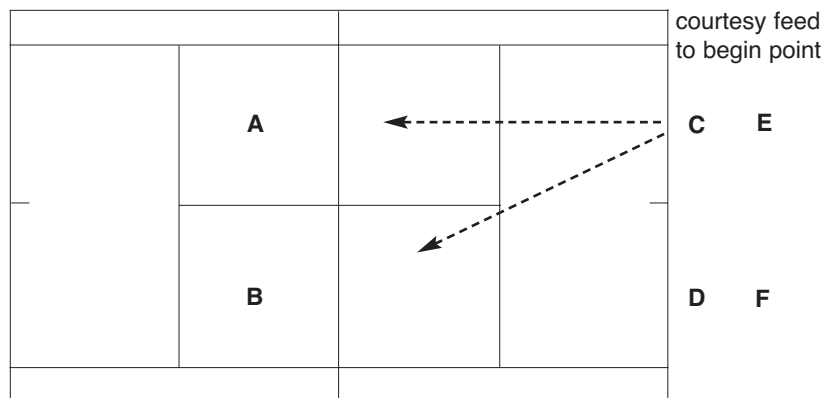
# Doubles Games

**Drill Name:** Capture the Net (6-8 players)

**Purpose:** To enhance team play and doubles positioning.

**Procedure:** One team is positioned at the net. The opposing teams are behind the baseline team, one at the baseline and the others well behind waiting to play. The baseline team begins the point by making a courtesy feed to the net team. The point is played out and, at its conclusion, the waiting team moves up and begins the next point. The baseline team that gets to 3 points first replaces the team at the net.

**Instructor Emphasis:** Proper covering of the court by the net and baseline teams.

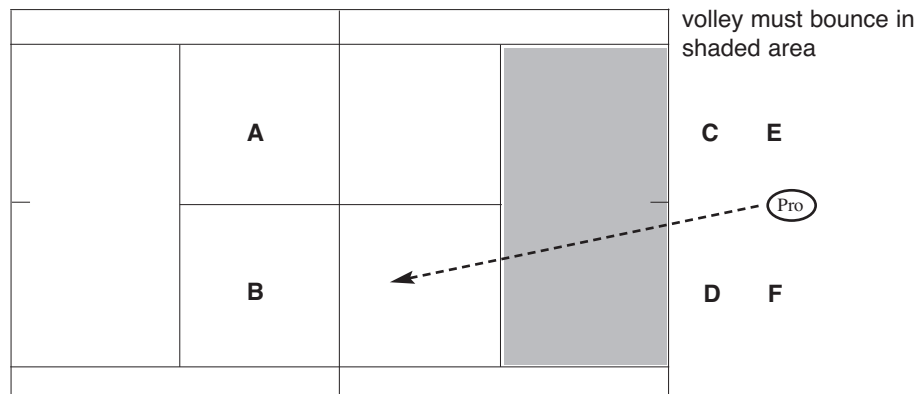


**Drill Name:** Olympic Tennis (6-8 players)

**Purpose:** To develop the ability to volley with depth.

**Procedure:** One team is positioned at the net. The other teams are at the opposing baseline and alternate turns. If one of the baseline teams wins 2 points in a row, they run to the other side (service line) and take the net team's place. The instructor feeds the ball to the net team that must always volley their shot beyond the service line. Otherwise, they lose the point.

**Instructor Emphasis:** Controlling the point by volleying deep.

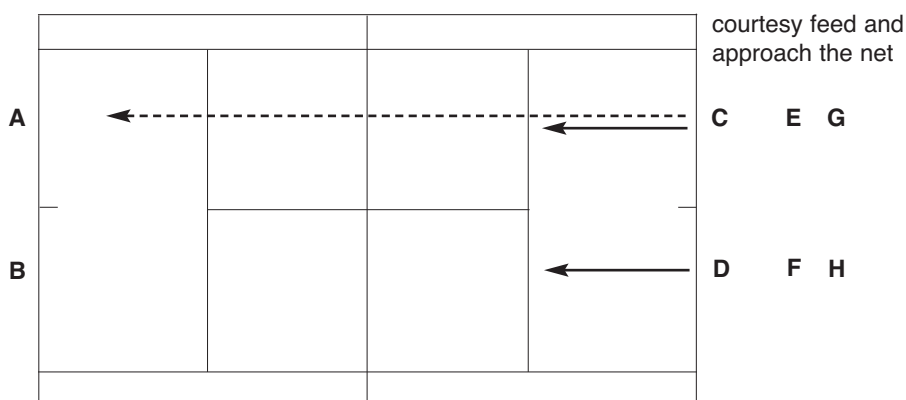


**Drill Name:** Dump the Puck (6-8 players)

**Purpose:** To improve doubles team positioning.

**Procedure:** Two to four teams are behind the baseline on one side. The first team in line feeds a ball and approaches the net to an opposing defending team (also on the baseline) on the other side. At the conclusion of the point, the next team in line feeds a new ball and approaches the net. This continues until one team wins 3 points and unseats the defending team, taking its place on the other side. All teams begin again with the score of zero.

**Instructor Emphasis:** Positioning of players.

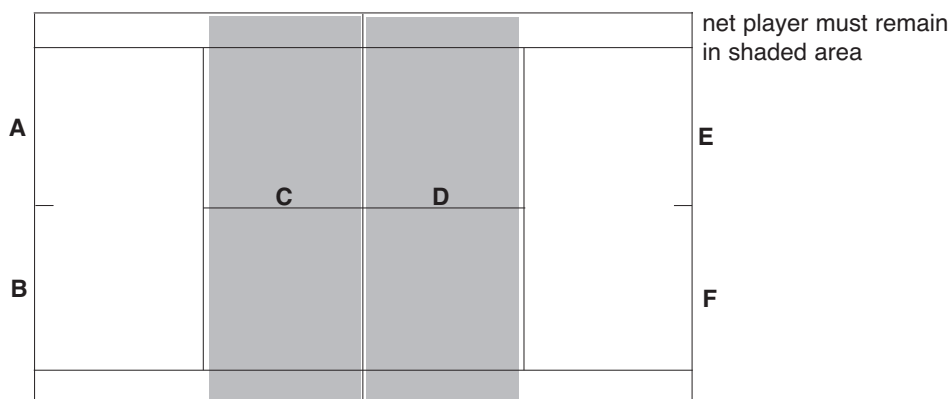


**Drill Name:** Smash IT!

**Purpose:** To improve lobs and overheads.

**Procedure:** Two teams with three players each. Each team has two players at the baseline and one at the net. One of the baseline players starts the point with a lob. The baseline players may only lob and the net players may not step behind the service line. All overheads must be hit away from the opposing net player. Teammates must alert net player if they hit a short lob. Rotate every 5 points and play to a predetermined score.

**Instructor Emphasis:** Early overhead preparation, topspin and defensive lobs.



**Drill Name:** Movin' On Up

**Purpose:** To improve doubles team positioning.

**Procedure:** One team is positioned at the net while the other is at the baseline. Other teams are waiting to play behind the baseline team. The baseline team makes a courtesy feed to begin play. They hit back a courtesy volley. If the net team wins the point, they score 1 point. If the baseline team wins the point, they replace the team at the net. **Teams can only score points when at the net.** Play is for a limited time or until one team wins a predetermined number of points.

**Instructor Emphasis:** Positioning of players.

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**Drill Name:** Balls Up

**Purpose:** To improve doubles team positioning.

**Procedure:** Variation of Movin' On Up in which the instructor feeds a ball high into play (a lob) after the baseline team wins a point. The baseline team must hurry to the other side in time to play the point off of the instructor's feed.

**Instructor Emphasis:** Positioning of players.

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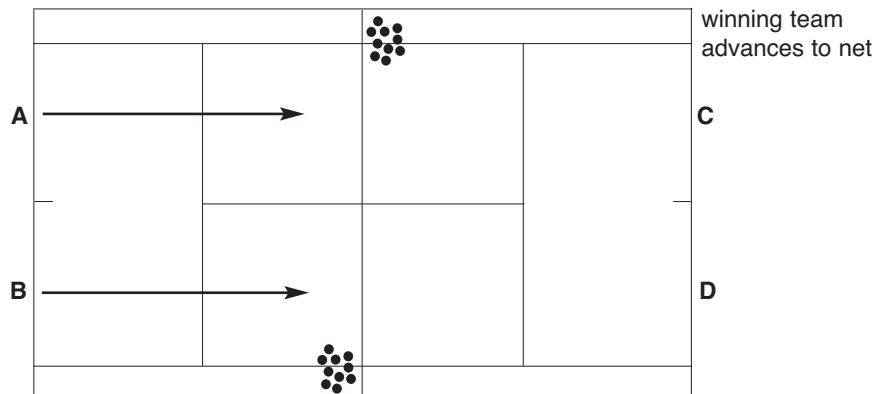
**Drill Name:** Terminator

**Purpose:** To experience offensive and defensive doubles positioning.

**Procedure:** Two teams are positioned on opposing baselines. A set number of balls (7, 11, 15, etc.) are placed on each sideline close to the net. Using a starter ball and courtesy feed, the two teams play out the first point. The winning team moves to the net and feeds one of their balls behind the service line to begin the next point. If they win this point, they continue at the net feeding balls. If they lose a point, they must retreat to the baseline and their opponents advance to the net and feed in one of their balls to begin a point. The first team to get rid of all its balls is the winner.

**Instructor Emphasis:** Continuous play and movement.

**Variation:** If the team with one ball left loses the point, the instructor has the option to add more balls to that side.



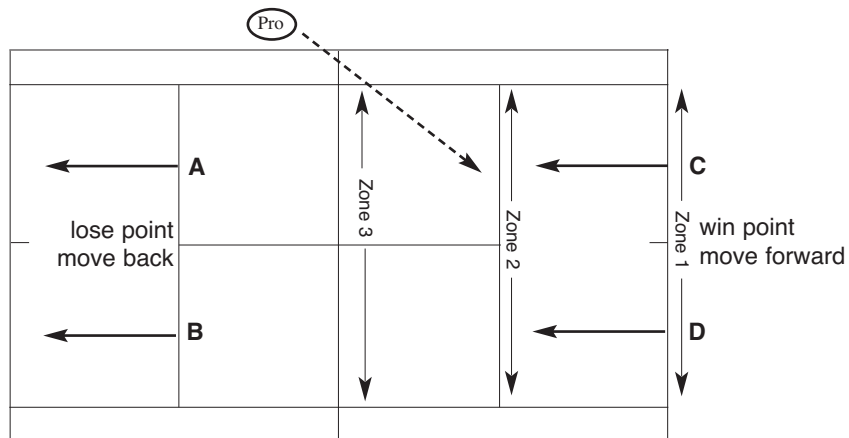


**Drill Name:** Zone Ball

**Purpose:** To develop appropriate play for court positioning.

**Procedure:** The court is divided into 3 zones: baseline, service line, net. Two teams start behind the baseline and the instructor feeds the ball into play. After each point, the winning team moves up a zone and the losing team moves back a zone. The instructor feeds the ball to the losing team. Teams may only score points in the net zone. First team to a predetermined number of points (5, 7, 11, etc.) is the winner.

**Instructor Emphasis:** Shifting as a team to cover possible returns.

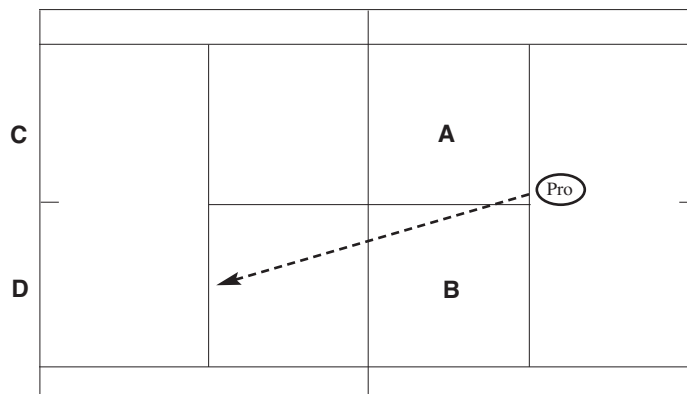


**Drill Name:** Down the Middle

**Purpose:** To teach the importance of guarding the middle in doubles play.

**Procedure:** One team is at the net and the opposing team is at the baseline. The instructor feeds to the baseline players. Baseline team wins 2 points if they hit a winner or force an error with a down the middle shot. Any other shot counts as only 1 point. Teams change sides after a game to 10 or more points.

**Instructor Emphasis:** Player positioning to cover the middle.

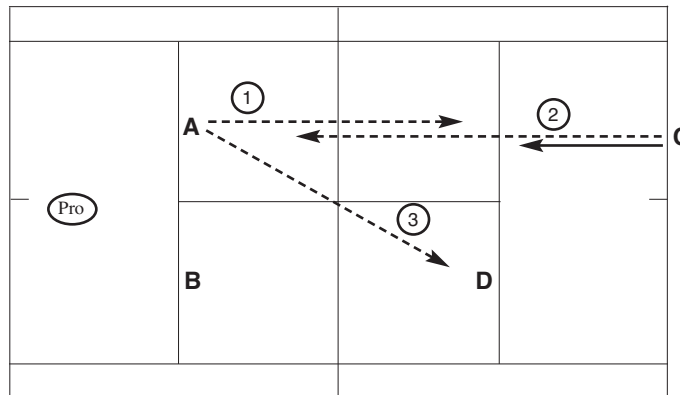


**Drill Name:** Crisscross

**Purpose:** To practice a common pattern in doubles play, reflex volleys.

**Procedure:** One team is at the service line. The other team has one player at the service line and one on the baseline. Player A feeds a short ball to Player C who hits down the line approach shot back to Player A. Player A volleys crosscourt to Player D volleys down the line to Player B. This series of shots begins the point which is now played out. The first team to 7 wins and players then rotate to begin another game. Instructor may also feed the first ball to begin play.

**Instructor Emphasis:** Positioning of players.

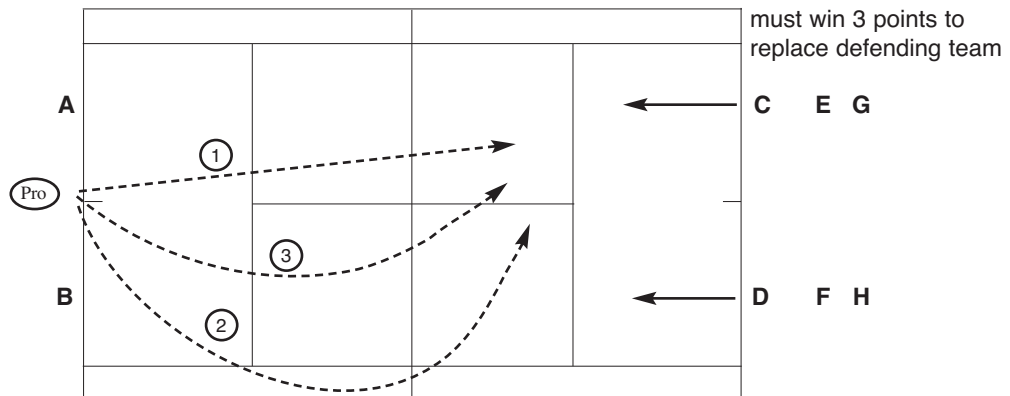


**Drill Name:** Shoot Out

**Purpose:** To develop confidence on overheads.

**Procedure:** One team is at the baseline as the defending team. The instructor is behind this team. The other teams are at the opposing baseline. Instructor feeds a short ball to the first team. They approach the net and play out the point. If they win this point, the instructor now feeds a lob and the point is played out. If they also win this point, the instructor feeds a 2nd lob. If they win the 3rd point, they replace the defending team. When a point is lost, the next team in line begins the sequence.

**Instructor Emphasis:** Early preparation for overheads and doubles positioning.



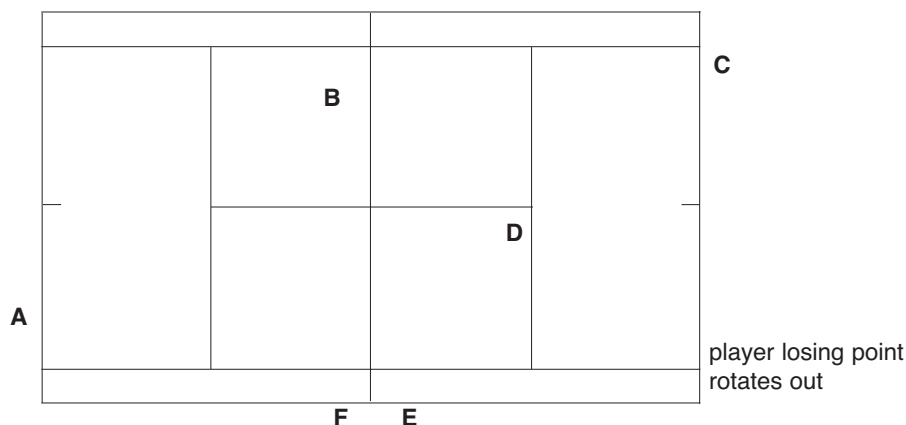
**Drill Name:** Top Gun

**Purpose:** To teach positioning in a competitive doubles situation.

**Procedure:** Players are positioned to play doubles points with one or two players waiting at the side of the court. The player that loses a point goes out and the next in line takes his place. Teams alternate serving and **can only win points while serving**. Players keep track of their own points. The first to accumulate a predetermined number of points (7, 11, etc.) is the winner.

**Instructor Emphasis:** Court positioning and quick player substitutions.

**Variation:** Allow only one 2nd serve.



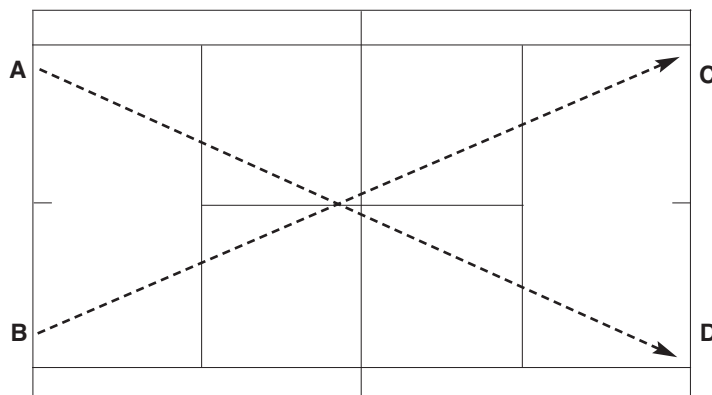
**Drill Name:** Dingles

**Purpose:** To develop court awareness.

**Procedure:** Doubles teams are behind the baseline on opposing sides. The teammates on one side serve simultaneously to the player crosscourt from them (only one serve allowed). These points are played crosscourt. When one of the points concludes, the remaining point may now be played into the full doubles court area with all four players involved. **Both points** must be won by the same side to score 1 point. A game is to 5 points.

**Instructor Emphasis:** Continuing to play until both balls are out of play.

**Variation:** Don't allow players to communicate at all until both points are completed.



**Drill Name:** No Bounce Doubles

**Purpose:** To reinforce the importance of getting to the net in doubles.

**Procedure:** Two teams compete against each other. After the serve has bounced, the ball is no longer allowed to touch the ground. If it bounces, the point is immediately over and the team allowing the bounce loses the point.

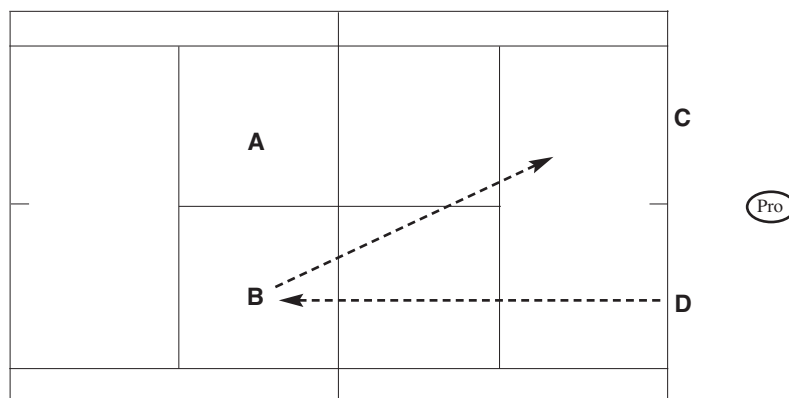
**Instructor Emphasis:** Moving forward to the net and developing shot variety (as low soft shots).

**Drill Name:** Three, Two, One

**Purpose:** To develop a variety of shots for doubles play.

**Procedure:** Teams are positioned at the net and the baseline. Play begins with a courtesy feed and a first volley, or the instructor may feed. Scoring is as follows: 3 points for any ball that bounces in front of the net players or gets over their heads and in play. Also, 3 points for the net players if they can make an overhead bounce beyond the opponents' reach. 2 points for any winner hit, and 1 point for any error. Play is to a predetermined number of points (9, 11, etc.). Teams change positions for the start of a new game.

**Instructor Emphasis:** Keeping the ball low and positioning.

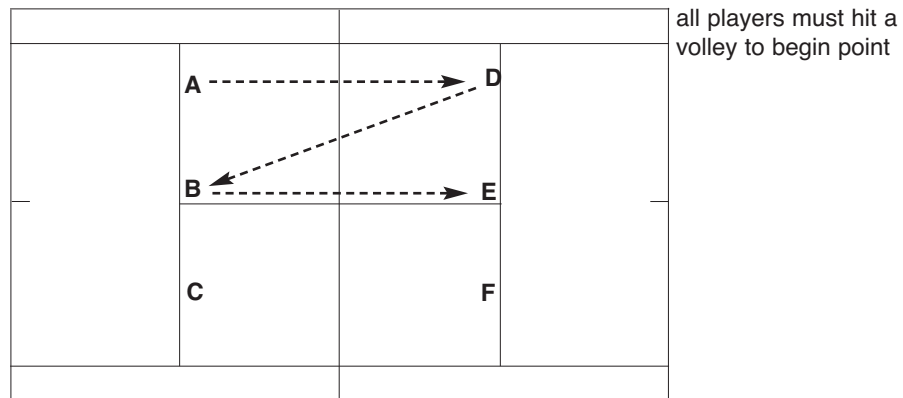


**Drill Name:** Invaders@volley.net

**Purpose:** To improve volley skills and control.

**Procedure:** Three players on a team and all are positioned at the service line. Player on one end starts the volley which zig-zags down the line. Once all players have played a volley, they may close-in and finish off the point. The first side to win 5 points is the winner. Players now rotate to begin a new game.

**Instructor Emphasis:** Volley control and close-in movement.



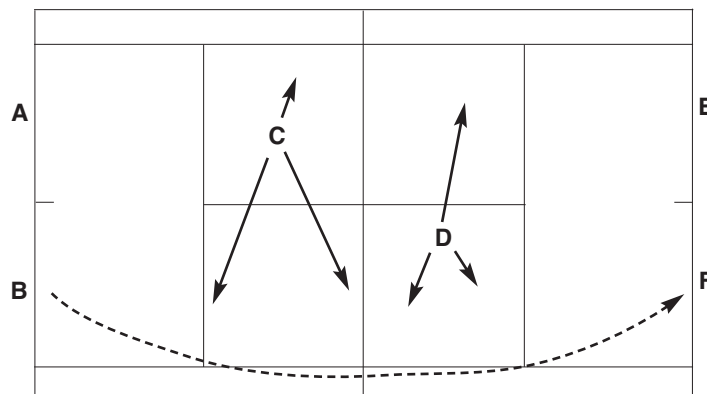
**Drill Name:** Bermuda Triangle

**Purpose:** To become comfortable with moving freely in the forecourt.

**Procedure:** Teams are three players on each side. Two are at the baseline and the third is in front of the service line. A baseline player begins a rally with the goal of not letting the opposing net player touch the ball. If the net player intercepts the ball and returns it successfully, his team scores a point. Play is to a predetermined number of points. Switch points after each game.

**Instructor Emphasis:** Encourage good posturing, footwork and anticipation.

**Variation:** Don't allow players to communicate at all until both points are completed.



## Competitive Skills Games

**Drill Name:** Five, Three, One

**Purpose:** To improve net play and positioning.

**Procedure:** One player is positioned at the net. The other players are at the opposing baseline in two lines. The net player (or instructor) begins the point with a deep courtesy feed. 5 points are scored for the baseline player if he hits a winner. 3 points for a forced error. 1 point for a ball kept in play by the net player. First player to 25 points is the winner. Baseline player hits one ball per turn.

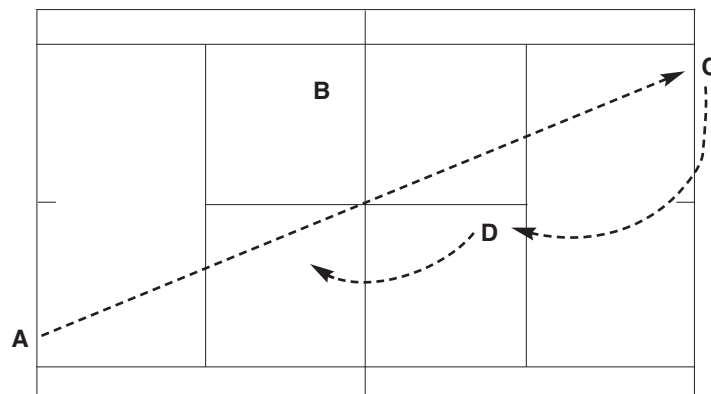
**Instructor Emphasis:** Movement at the net.

**Drill Name:** Tennis Volleyball

**Purpose:** To develop teamwork and have fun!

**Procedure:** Two teams are positioned on opposing sides for doubles. The receiving player must pass the ball to his partner before the ball is hit over the net. The ball must be passed at least one time, but a maximum of two times, before being hit over the net. Both teams must play “volleyball” for each point. Play is to a predetermined number of points. Note: Depending on the skill level of the students, you may elect to allow the ball to bounce or not bounce for each pass.

**Instructor Emphasis:** Footwork and encouragement!

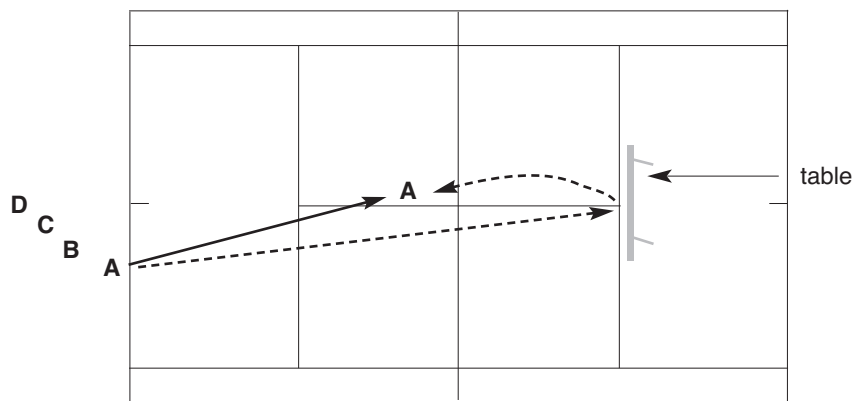


**Drill Name:** Table It!

**Purpose:** To improve serve accuracy and serve and volley work

**Procedure:** A 6 to 8 foot rectangular folding table is best used for this drill. Position table on its side just behind the service line. Players serve the ball into the court normally, attempting to make it rebound off the table so they can play a follow up shot (volley, half volley, short ball). They score 3 points for a volley, 2 points for a half volley, and 1 point for a groundstroke.

**Instructor Emphasis:** Footwork toward the rebounding ball.

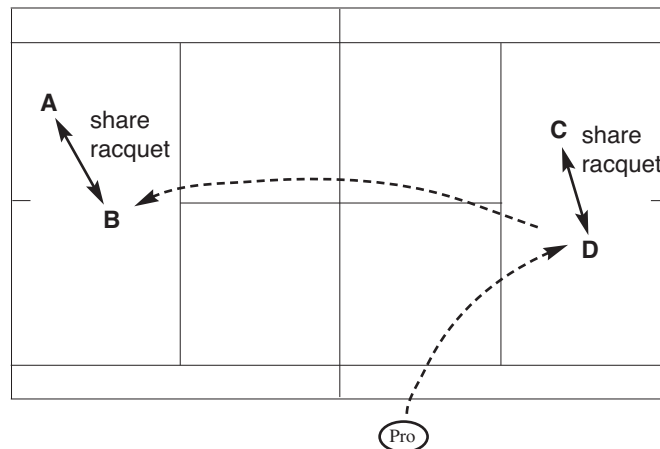


**Drill Name:** Share the Racquet Doubles

**Purpose:** To develop teamwork and cooperation.

**Procedure:** Doubles teams compete against each other, however only one (1) racquet per team is allowed. Partners must alternate hitting shots. The racquet may not be thrown (automatic loss of game), and players must maintain a safe distance.

**Instructor Emphasis:** Staying with your partner and footwork.



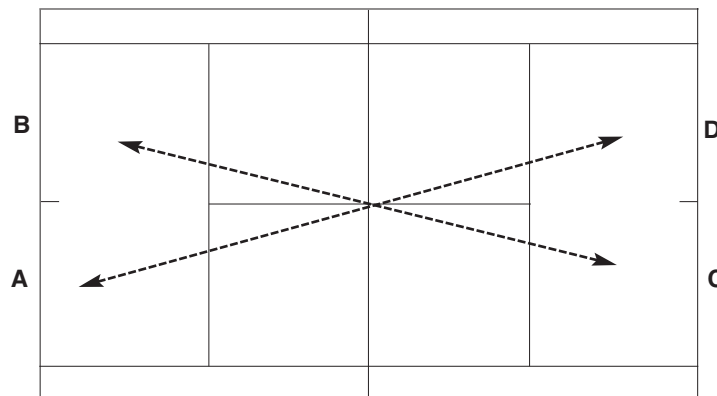
**Drill Name:** Serve & Volley/Chip & Charge

**Purpose:** To teach doubles skills

**Procedure:** Players A and B are a team against Players C and D. Points are played crosscourt only with alleys in. The players on the ball court side are the servers. Player A plays first against Player D. A must serve and volley if he makes his first serve. If it is A's second serve, the A must stay back and returner must chip and charge. After 5 minutes, players switch ends and reverse roles, but keep adding to the same score. Keep score. The team (two players) with the highest score after 10 minutes moves up or down the courts.

**Variations:** Instructor can designate any point as a match point. Match point is worth 3 points.

Play a second ball where the server and returner start at the service line. Server feeds and they play out a volley-volley point.





## Concentration Games

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**Drill Name:** Four, Five, Six

**Purpose:** To competitively challenge players.

**Procedure:** No Ad scoring is used. When a player wins a game by getting to 4 points first, the player must then win 5 points to win the next game. If they win this game, then they must win 6 points to win the next game. Winning a game increases the points required to win the next game (but never below 4 points or above 6 points).

**Instructor Emphasis** Maintaining focus for every point in a game.

**Drill Name:** Game Point

**Purpose:** To increase a player's intensity on important points.

**Procedure:** Players compete with traditional scoring. When one team reaches game point (40-0, 40-15, 40-30), and they lose the game point, they go back to zero and their opponent gains a point. This can also be played as singles.

**Instructor Emphasis:** Players should keep their game plan and not begin playing "not to lose".

**Drill Name:** Volley Juggling

**Purpose:** To develop racquet agility and improve concentration and focus.

**Procedure:** Players both begin with a volley, attempting to keep two balls in play simultaneously. When a mistake is made, they continue to keep one ball in play until a mistake is made. Repeat, trying for as many hits as possible with two balls.

**Instructor Emphasis:** Movement and cooperation.

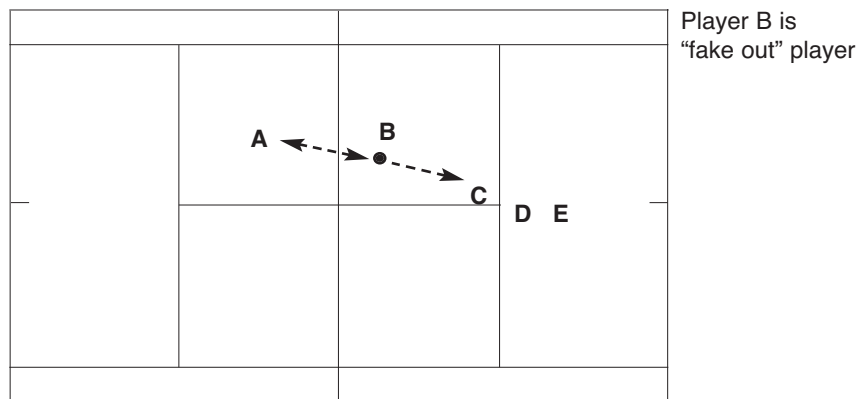
**Drill Name:** Fake Out

**Purpose:** To develop concentration and focus on the ball.

**Procedure:** Two players are across the net playing volleys to each other. A third player stands close behind (1 or 2 meters) the player hitting the backhand volleys, preparing to back up this player by hitting a forehand volley should the player miss. The backhand volley player is allowed to “fake out” this player by purposely missing an occasional shot. Players trade positions after making a designated number of successes.

**Instructor Emphasis:** Concentration on the flight of the ball, not the player’s racquet.

**Variation:** A line of players on each side can have a designated “fake out” player. The contest winner can be the individual that makes the fewest errors.



## **Alternate Scoring Games**

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### **Net Gain**

All points won at the net receive 2 points. Teams may play regular scoring or to a predetermined number of points.

### **Net Loss**

Team loses 2 points for any point lost by hitting into the net. Play is to a predetermined number of points.

### **Give Me Five**

The scoring team must win the point by the fifth shot or they lose the point.

### **Lucky 13**

When a team wins a point, it counts as 1. If they win 3 points in a row, however, they get 3 bonus points. Games are to 21 or any predetermined number of points. Switch servers after 5 points.

### **Bonus Ball**

Each game the server has a bonus ball. The bonus ball is a different colored ball that can be used once a game and is worth 2 points for the server only.

### **Gotcha**

This is the same as Bonus Ball, but the instructor determines who (the weaker team) gets the bonus ball during service games. This helps to handicap a match.

### **Three's a Charm**

Team wins a game if they win 3 points in a row. Offers a higher probability to win a game.

### **One Serve**

A set is played, but players are allowed only one serve per point.

### **Three Serve Tennis**

Players are allowed three serves for each point. This is a good format for beginners.

### **Crosscourt**

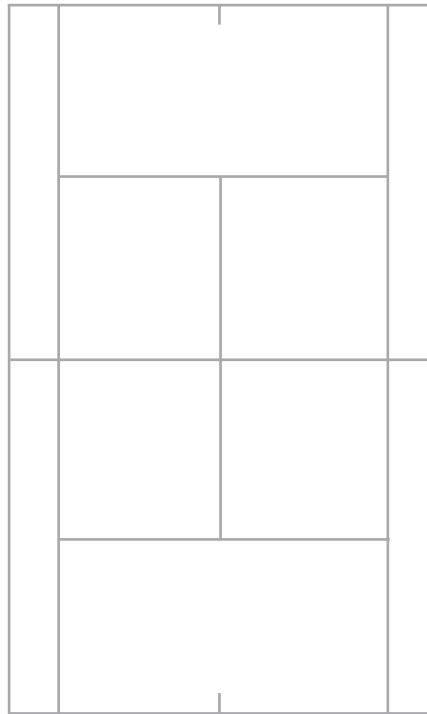
All service returns must be played crosscourt.

### **Serving Machine**

One player per team serves the entire set. Also may allow only one serve per point.

### **Takes Two to Tango**

To score a point, a team must win 2 consecutive points to score 1 point.



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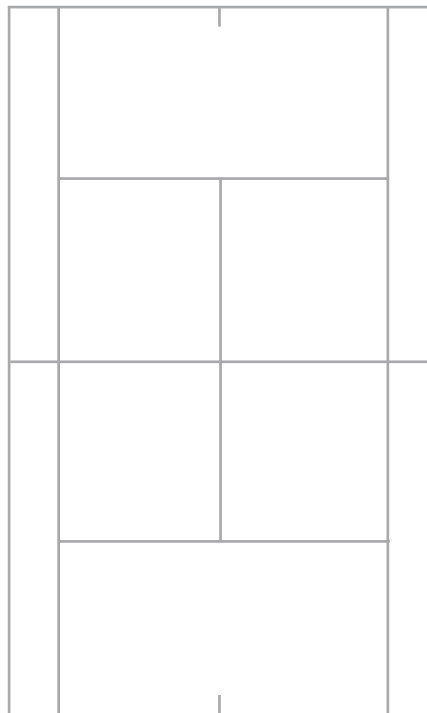
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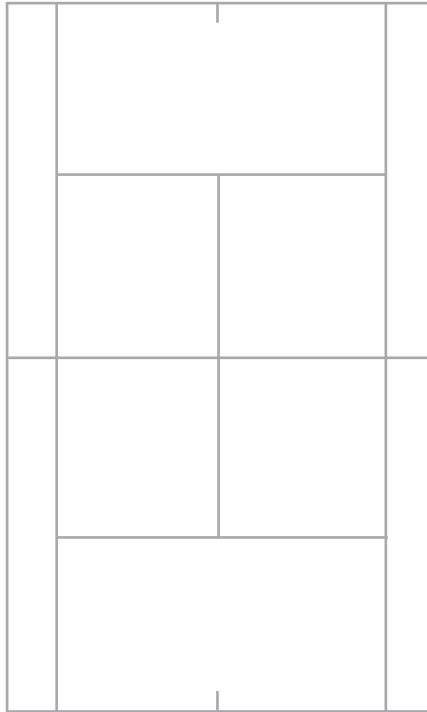
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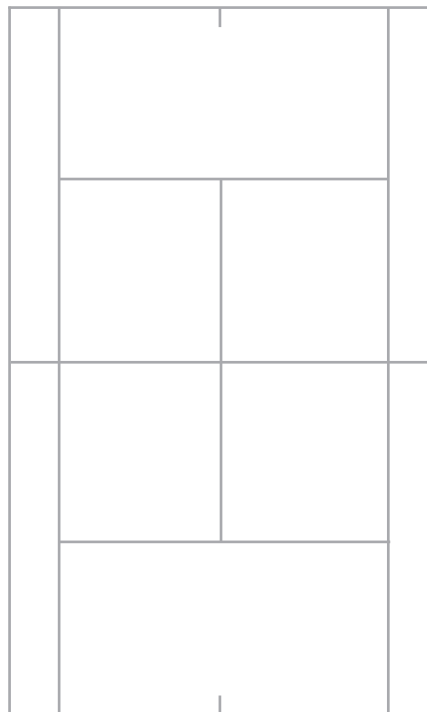
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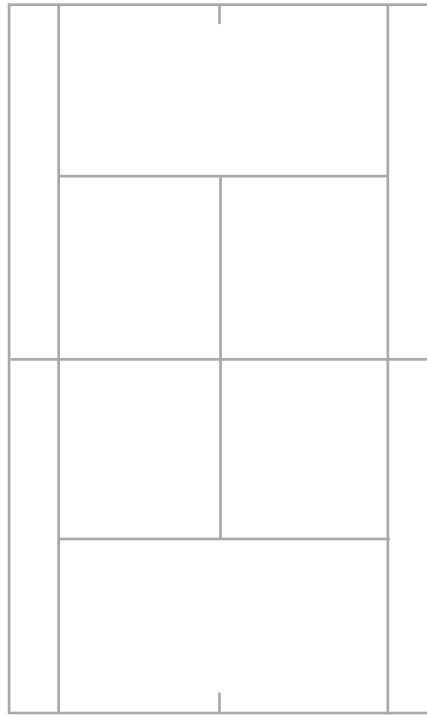
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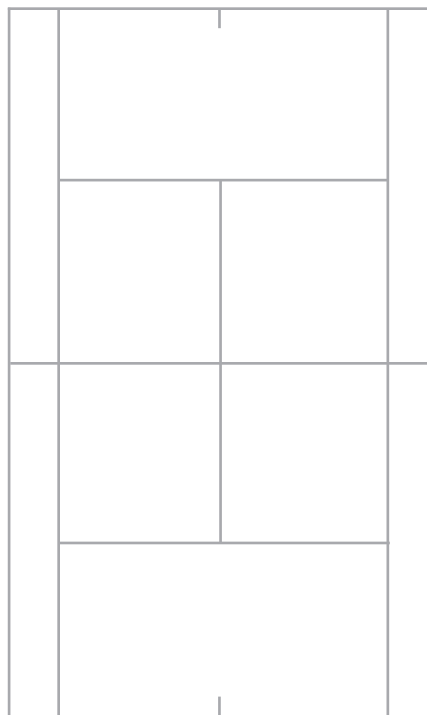
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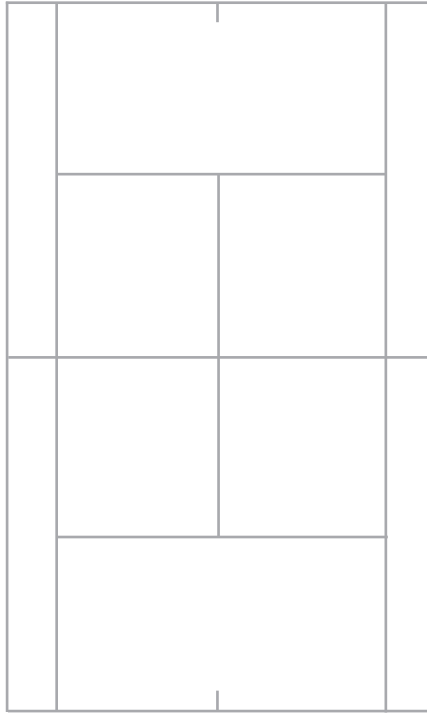
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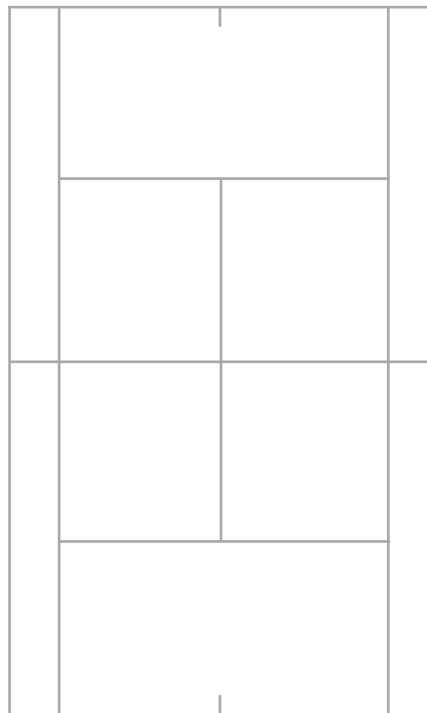
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