

## Clinic Games Plans and Ideas: Level Clinics

You can find the drills on [tennisdrills.tv](https://tennisdrills.tv). All pros have their own login for this site. If you have questions about your login, please contact Kevin.

### Week 1

Work on Development of consistency while understanding when to hit neutral, offensive, and defensive. We should work on using the color-coded system in order to help with the visualization of what type of shot to hit during a particular circumstance.

1. Consistency Battle ( Baseline Drill):  
<https://tennisdrills.tv/consistency-battle-tennis-drill/>
2. Doubles Dance. Part # 1. <https://tennisdrills.tv/doubles-dance-p1>
3. Doubles dance part 2. <https://tennisdrills.tv/doubles-dance-p2/>
4. Serve and Return Play

### Week 2

Review and play game from week before. Continue with Consistency and incorporate Doubles tactics.

1. Consistency Battle. <https://tennisdrills.tv/drill-2/>
2. Doubles Laws. <https://tennisdrills.tv/decisions/>
3. Doubles Dance part 2 <https://tennisdrills.tv/doubles-dance-p2/>
4. Serve and Return Play

### Week 3

Transition- Review and play game from week before.

1. Bum Rush- <https://tennisdrills.tv/bum-rush-2/>
2. Crash (3), <https://tennisdrills.tv/crash-6/>
3. Approach and Volley with one up & one back (feed baseline approach and then feed a ball to the person at the net.)
4. Serve and Return Play

## **Week 4**

Transition- Review and play game from week before.

1. Crank and Chase, <https://tennisdrills.tv/237-crank-chase/>
2. Drop shot game ( 2), <https://tennisdrills.tv/drop-shot-game/>
3. Sneak Attack (9) . <https://tennisdrills.tv/sneak-attack-2/>
4. Serve and Return Play

**Week #5-** Volley- Review and play game from week before.

1. 2 to 20 volleys: <https://tennisdrills.tv/236-2-to-20-volleys/>
- 2, Short Volley Launch: <https://tennisdrills.tv/232-short-volley-launch/>
3. Everything drill: <https://tennisdrills.tv/238-everything-drill/>
4. Serve and Return Play

**Week #6-** Volley- Review and play game from week before.

1. Dippers ( passing shots): <https://tennisdrills.tv/231-dippers/>
2. Counter punch me: <https://tennisdrills.tv/233-counter-punch-me/>
3. Open drill with your ideas to wrap up session using the same themes.
4. Serve and Return Play