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# Home work

## Skill Development

### 9-10

- 1) Around the Back-** Practice hitting a ball up in the air after each bounce. Between each hit, pass the racquet behind your back and to the other hand. How many can you do without losing the ball?
- 2) Around the World-** Standing still and not moving your feet, bounce the ball so that you move it right around your body and back to the front without losing it. Make sure you can go around both ways.
- 3) Fast Reactions-** With a partner, practice your quick reactions. One of you has two balls and drops one of them for the other person to catch. You can catch if after one bounce, but see if you can catch it before it hits the ground. As you get better, move farther away from your partner.
- 4) Target Choice-** Put five targets in a row with at least 6 feet between them and 12 feet from you. Get someone to throw you a ball and tell you which target to aim at. You need to hit the ball with a forehand to land on the target. How many times can you hit without missing? Can you do it with a backhand?