



## Junior Skill Challenges

**How many of the Exercise Below can you do?**

**The more you practice, the better you will get!**

<b>Challenge Name</b>	<b>Target</b>	<b>Feed</b>	<b>Time / Attempts</b>	<b>Detail</b>
Consecutive drives	Service Box	N/A	2 minutes on FH 2 minutes on BH	Number of consecutive times ball lands in service box
Continuity shots	2 shots to land in front of short line 2 shots to land in service box 2 shots to land behind service box = 1 set	N/A	2 minutes on FH 2 minutes on BH	Number of times a set is completed
Service line shots	Punch below service line and then chip above = 1 set	N/A	2 minutes on FH 2 minutes on BH	Number of consecutive shots in order.  Aim to keep one foot in front of the short-line and one behind it.
Corner volleys	Standing 3 x racket lengths from corner	N/A	2 minutes	Number of consecutive volleys
Straight and cross-court volleys	FH straight volley, FH cross-court volley, BH straight volley, BH cross-court volley = 1 set	N/A	2 minutes	Number of times a set is completed.  Aim to stand half way between the short-line and front wall.
Service	From the back of the service box, measure 3 racket lengths up the side wall. The ball must hit the side wall behind this mark and bounce before the back wall.	N/A	10 attempts on FH 10 attempts on BH	Number of targets hit out of 10

