

FACT SHEET

THE LINE-UP DRILL



SKILL LEVEL: INTERMEDIATE

SKILL DEVELOPMENT: LINE UP CATCHES

PLAYERS REQUIRED: 4

EQUIPMENT REQUIRED: A RACQUET PER PLAYER AND A BALL

INSTRUCTIONS

- 1 Two 'workers' (W) position themselves in the middle of two 'throwers' (T). The players on the outside will be feeding the two players who are working in the middle of the drill.
- 2 To begin, one of the 'throwers' throws the ball towards the workers.
- 3 The workers then compete against each other to catch the ball with their racquet.
- 4 Return the ball to the thrower and repeat the drill before turning around repeating the drill from the other side.



Pro Tips

Try to be quick on the ball with your racquet to beat your partner.

Whilst there is a focus on speed, remember to move with control.

It's a good idea to have some spare balls ready in case the workers miss the throw to ensure the drill can continue without delay.



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Scan the QR code below to watch a video of this drill in action.

**PLAY
WELL**

