



Work Outs for Top Talents

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An introduction and practical application of on-court drills for top talents.

The one-hour session will include on-court focus on:

1. specific baseline drills
2. attacking drills
3. volleys
4. serve & return

I have used these drills over the past years with top players on the professional circuit. These drills can be used as a tactical drill, conditioning exercise or as a technical workout. These workouts are designed to improve and enhance a player's ability to perform at a high level. Building a strong technical foundation is the aim of this workout, so that under pressure a player's technique does not break down.