

Purpose

- Improve movement, agility and footwork.
- Improve reaction time

Exercise Technique



Step	Action
Preparation	This game is played with two or more players.
Performing the Exercise	The game only uses the service boxes and is played and is scored like a tie-breaker.
	Instead of a racquet and tennis ball, a Z-ball (reaction ball) is used in this game and players catch the ball and toss the ball under hand.
	Using an underhand throw, players play “tennis” by tossing the Z-ball, into the opponent’s service box. The athletes must let the ball bounce once and catch the ball before it hits the ground a second time.
Duration	Play until one player wins a tie-break game to 7.

Note

If more than two players are involved, the game should be played using table tennis rules - players alternating in one at a time.

Variations

- To make the drill easier, instead of using a Z-ball/ reaction ball, the players should perform the same exercise using a tennis ball.