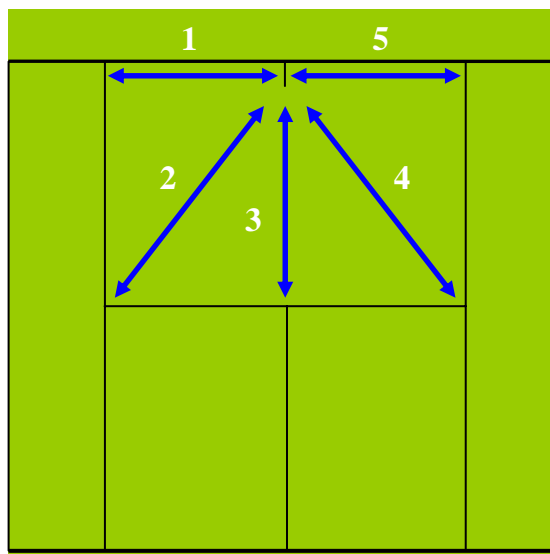


Purpose

- Improve movement, agility and footwork.

Exercise Technique for the Spider Drill



Step	Action
Preparation	Start at the center mark on the baseline facing the net.
Drill Technique	Turn and sprint right to the corner formed by the baseline and the singles' sideline. Decelerate and touch the corner with your foot.
	Sprint back to the center mark, get under control and touch it with your foot.
	Sprint to the corner formed by the right singles sideline and the service line. After getting under control, touch the corner and sprint back to the center mark.
	Next sprint to the "T" and back to the center mark.
	Then sprint to the corner formed by the left singles sideline and the service line.
	Finally, sprint to the corner formed by the left singles sideline and the baseline.
Duration	Have players rest 30 seconds and repeat in the other direction.

Variations

- Have players pick up a ball at each "station" and return it to the center mark on the baseline.
- Have players simulate a shot at each "station". Players can simulate all forehands, all backhands or a combination (e.g. forehand when moving right, backhands when moving left).

