

# Grand Avenue Tennis - Practice and Drill Rotation

Single Whistle - Rotate to Next Court Position

Double Whistle - Pick Up Balls and Rotate to Next Court Position

Triple Whistle - Pick Up Balls and Assemble as Team

Positions off Court will perform Conditioning Activities (Jump Rope, etc)

## 3 Player Rotation

	2		3
	1		

## 4 Player Rotation

	2	3	
	1	4	

## 5 Player Rotation

1	3	4	
	2	5	

# Grand Avenue Tennis - Practice and Drill Rotation

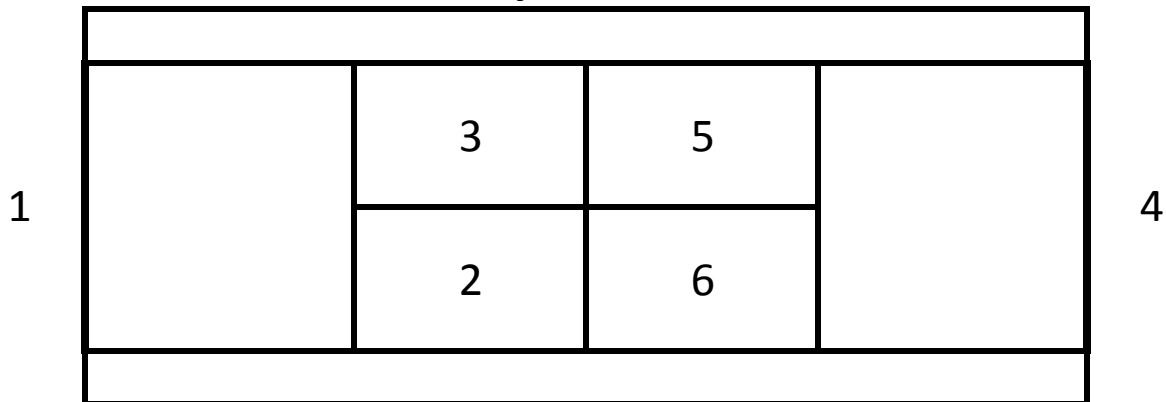
Single Whistle - Rotate to Next Court Position

Double Whistle - Pick Up Balls and Rotate to Next Court Position

Triple Whistle - Pick Up Balls and Assemble as Team

Positions off Court will perform Conditioning Activities (Jump Rope, etc)

## 6 Player Rotation



## 7 Player Rotation

