



ADULT HITTING PARTNER

The Beach City Tennis Academy Tennis Professionals make great hitting partners for skill levels 4.0+ for rallying back and forth. One of the best practices for any player to consider in a hitting rally is to visualize target areas that allow you to move the ball while maintaining a degree of margin for placement. Hitting Partner sessions run 60 minutes and/or 120 minutes. Discounts are available to players seeking a Hitting Partners multiple times a week.

One of the benefits from having a Tennis Professional as a hitting partner is that they can mark off the areas of the court known to be most effective so players can hit to the deep corners and shallow angles near the service line. In addition, by practicing with targets you will improve your visualization, which will translate to matches.

At the academy, our hitting partners offer players target markers, practice-drill cones, and adjustable height markers to condition the pace and the ball height. Practicing correct habits will improve your match performance even if you are an advanced player. Rhythm and ball timing translate into muscle memory when practiced frequently so we recommend utilizing a weekly hitting partner to minimize errors and maximize efficiencies.

If your goal is increase your speed, remember to ask your hitting partner to hit the ball away from you. Try watching the ball come off your opponent's strings, reading the ball's direction and focus on the ball as it leaves the opponent's racquet. Too many players permit the ball to bounce before they start to react. By then it is too late. The speed of your movement is secondary to getting a feel for your shot. This feeling, coupled with the knowledge of your opponent's capabilities, is the first step to better preparation.

All of our Hitting Partner drills are designed to ensure that the exercise has transferable value into match play. Therefore, you can expect that each of our Hitting Partners at the academy will focus on correcting errors, mental toughness, mechanical habits, ball control, and placement each session.

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