

30-Day Tennis Targets Program

with Todd Widom & Pierre Arnold

Build consistency, accuracy and match-winning shot placement through one of the most proven target training systems in tennis.

Developed by Todd Widom and Pierre Arnold, this program follows the same daily targets system that has been used for decades to develop players ranging from 6-year-olds through to touring professionals.

The goal isn't simply to hit balls. It's to build the movement patterns, recovery, consistency, concentration and shot accuracy that transfer directly into match play.

Depending on your level, this program will usually take 30–60 minutes per day. In the beginning it may take longer while you're learning to consistently make ten balls in a row. As your consistency improves, you'll naturally complete the program more quickly while continuing to increase the quality, pace and difficulty of your shots.

PROGRAM OVERVIEW

This is a 30-Day Tennis Targets Program designed to be completed every day.

The program follows a simple progression, moving from controlled technical repetitions to realistic match-play situations before introducing advanced shot variations.

Complete the program in the exact sequence shown below.

1

Part 1 Basket Feeding Targets

Build your technical foundation using basket feeding while focusing on movement, balance, recovery, consistency and precision using your normal rally shots.

2

Part 2 Live Ball Targets

Transfer those same skills into live rallies with different heights, spins, speeds and court positions while maintaining the same level of consistency and accuracy.

3

Part 3 Advanced Shot Variations (Optional)

Build your technical foundation using basket feeding while focusing on movement, balance, recovery, consistency and precision using your normal rally shots.

BEFORE YOU BEGIN

We strongly recommend watching the complete Targets Playlist before beginning this program.

The playlist explains exactly how every drill should be performed, including:

- ✓ Correct cone placement
- ✓ Footwork patterns
- ✓ Recovery movement
- ✓ Balance and body position
- ✓ Technical checkpoints
- ✓ Tactical purpose of every drill

As you work through this program, every individual drill also includes a link to its corresponding instructional video, allowing you to quickly refresh your memory on the setup, technique, and key coaching points whenever needed.

[Check the Complete Targets Playlist here.](#)

Throughout the program, each individual drill below should also include a link to its corresponding instructional video so players can quickly review the technique whenever needed.

PROGRAM SEQUENCE

Complete every drill in the order shown below.

Each drill builds on the previous one, progressing from controlled basket feeding to live-ball training before introducing advanced shot variations.

Do not progress to the next drill until you've successfully completed the current challenge.

PART 1 - BASKET FEEDING TARGETS

Complete every drill using a coach or parent feeding balls.

For every drill, you must successfully hit 10 balls in a row into the target area before progressing to the next exercise.

The goal isn't speed. The goal is precision, movement, balance and consistency.

Begin hitting around 50–60% pace, focusing on perfect movement and clean contact. As your consistency improves, gradually increase the pace of your shots while maintaining your ability to consistently hit the targets.

1- FOREHAND CROSSCOURT TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Hit 10 forehands in a row into the crosscourt target area.
- Focus on movement, racket preparation, balance and topspin.
- Recover correctly using a crossover step followed by shuffle steps around the recovery cone.
- Always recover facing the coach exactly as you would during match play.

2- FOREHAND DOWN THE LINE TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Hit 10 forehands down the line into the target area.
- Stay balanced throughout every shot.
- Recover immediately after contact.
- Train exactly as you would move during a match.

3 - BACKHAND CROSSCOURT TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Hit 10 backhands crosscourt into the target area.
- Prepare early.
- Strike the ball out in front.
- Recover with proper crossover movement and balanced footwork.

4 - BACKHAND DOWN THE LINE TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Hit 10 backhands down the line.
- Stay low.
- Stay balanced.
- Recover immediately after every shot.

5 - SIDE-TO-SIDE TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Move continuously between forehand and backhand.
- Recover behind the baseline cone each time.
- Hit 10 consecutive balls into the target areas.

6 - INSIDE-OUT FOREHAND TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Move around your backhand.
- Attack your opponent's backhand target.
- Hit 10 consecutive successful shots.

7 - INSIDE-IN FOREHAND TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

- Attack only after opening the court.
- Take the ball early.
- Stay balanced through contact.
- Complete 10 consecutive targets.

8 - SLICE BACKHAND TARGETS

[Click here to watch the Slice Backhand Crosscourt instructional video before beginning this drill.](#)

[Click here to watch the Slice Backhand Down the Line instructional video before beginning this drill.](#)

Practice:

- Short Crosscourt
- Deep Crosscourt
- Down the Line
- Hit 10 successful slices into each target before progressing.

9 - SERVE TARGETS

[Click here to watch the instructional video before beginning this drill.](#)

Practice all four primary serve locations:

- Wide Deuce
- T Deuce
- Wide Ad
- T Ad

Hit 10 successful serves into each target before progressing.

As your consistency improves, begin mixing your different serve types throughout the drill. Depending on the target and the tactical situation, rotate between:

- Flat Serve
- Slice Serve
- Topspin Serve
- Kick Serve
- Top-Slice Serve

This develops the ability to hit every serve, to every target, with confidence and consistency. Rather than practising only one serve at a time, learn to vary your serve types while maintaining the same level of accuracy—just as you would during a match. As always, start at a comfortable pace, then gradually increase your serve speed while maintaining consistency and precision.

10 - VOLLEY TARGETS

COMING
SOON

This section will be added shortly.

It will include:

- Forehand Crosscourt Volleys
- Backhand Crosscourt Volleys
- Forehand Down the Line Volleys
- Backhand Down the Line Volleys
- Alternating Forehand and Backhand Volleys
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Hit 10 consecutive volleys into each target area before progressing.

PART 2 - LIVE BALL TARGETS

Once you've completed the basket-feeding section, begin live ball training.

Unlike basket feeding, the live ball introduces different heights, spins, speeds and court positions.

The objective is to transfer everything you've built during basket feeding into realistic rally situations.

Again, every drill should be completed by making 10 successful shots before progressing.

Continue increasing the pace of your shots as your consistency improves while maintaining good shape, balance, recovery and accuracy.

1 - LIVE BALL DOWN THE MIDDLE

[**Click here to watch the instructional video before beginning this drill.**](#)

- Begin at approximately 50–60% rally pace.
- Focus on rhythm, height and depth through the middle of the court.
- Track how many balls you can hit consecutively into the target area.
- Use every shot as feedback to improve your timing and consistency.
- Once you consistently reach 10 in a row, gradually increase your pace while maintaining accuracy.

2 - LIVE BALL CROSSCOURT FOREHANDS

[**Click here to watch the instructional video before beginning this drill.**](#)

- Rally crosscourt while consistently hitting the target area.
- Stay relaxed and feel the ball on the strings.
- Use every shot as feedback to adjust height, timing and positioning.
- Focus on building rhythm, accuracy and disciplined shot selection.
- Progressively increase pace while maintaining consistency.

3 - LIVE BALL CROSSCOURT BACKHANDS

[Click here to watch the instructional video before beginning this drill.](#)

- Consistently hit crosscourt backhands into the target area.
- Focus on balance, timing and precision.
- Keep the ball away from your opponent's forehand.
- Correct mistakes immediately using feedback from each shot.
- Progressively increase pace without sacrificing consistency.

4 - LIVE BALL SIDE-TO-SIDE

[Click here to watch the instructional video before beginning this drill.](#)

- Move continuously from forehand to backhand.
- Thread the ball between the cones and the sideline.
- Stay balanced under movement.
- Build concentration while replicating realistic match intensity.
- Increase speed as your consistency improves.

5 - LIVE BALL VOLLEYS

[Click here to watch the instructional video before beginning this drill.](#)

- Begin near the service line.
- Move forward into every volley.
- Recover back after every shot.
- Keep your hands in front.
- Stay low and focus on clean technique and precise placement.
- Complete 10 successful volleys into the target area before progressing.

6 - LIVE BALL DOWN-THE-LINE FOREHANDS

COMING
SOON

This lesson will be added shortly.

While one player practises forehand down-the-line targets, their partner simultaneously works on backhand down-the-line targets, allowing both players to improve together in a realistic live-ball rally.

As with every drill, aim to complete 10 consecutive shots into the target area before progressing.

Focus on:

- Taking the ball early
- Accurate down-the-line placement
- Balance through contact
- Efficient recovery
- Match-like movement

7 - LIVE BALL DOWN-THE-LINE BACKHANDS

COMING
SOON

This lesson will also be added shortly.

While one player practises backhand down-the-line targets, their partner simultaneously works on forehand down-the-line targets, creating realistic live-ball training for both players.

Complete 10 consecutive successful shots into the target area before progressing.

Focus on:

- Early preparation
- Clean contact
- Balance
- Accurate placement
- Efficient recovery

PART 3 — ADVANCED SHOT VARIATIONS

Once you're consistently completing Parts 1 and 2, begin introducing different shot variations while continuing to hit the same targets.

This is where the program becomes increasingly match-specific.

Instead of always hitting your normal rally ball, begin varying the type of shot you're hitting while maintaining the same target accuracy.

FOREHANDS

Practice different forehand variations, including:

- Flat Forehand
- Heavy Topspin Forehand
- Buggy Whip Forehand

BACKHANDS

Practice different backhand variations, including:

- Flat Backhand
- Heavy Topspin Backhand

SERVES

Continue hitting all four targets while rotating between:

- Flat Serve
- Slice Serve
- Topspin Serve
- Kick Serve

SLICE BACKHANDS

Practice different slice variations, including:

- Driving Slice
- Floating Defensive Slice
- Banana Slice

TWO WAYS TO TRAIN

There are two ways to introduce these shot variations.

1. Repeat the Same Shot Variation

Perform an entire drill using only one shot variation.

For example:

- 10 cross-court heavy topspin forehands
- 10 cross-court flat forehands
- 10 cross-court buggy whip forehands

This helps you develop consistency and confidence with each individual shot.

2. Mix Shot Variations Within the Same Drill

Once you're comfortable with each variation individually, begin combining them within the same target challenge.

For example:

- Heavy topspin forehand
- Flat forehand
- Heavy topspin forehand
- Buggy whip forehand
- Flat forehand
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...all while successfully completing your 10 consecutive targets.

You can also combine different backhand variations in the same way, alternating between heavy topspin, flatter drives, and slice backhands depending on the situation. This closely replicates real match play, where you're constantly changing spin, height, trajectory and pace based on the ball you receive and the tactical situation.

The goal is to learn not only how to execute each shot variation, but also when to use it and how to transition seamlessly between them during a rally. This develops greater adaptability, improves decision-making under pressure, and makes your target training much more transferable to competitive match play.