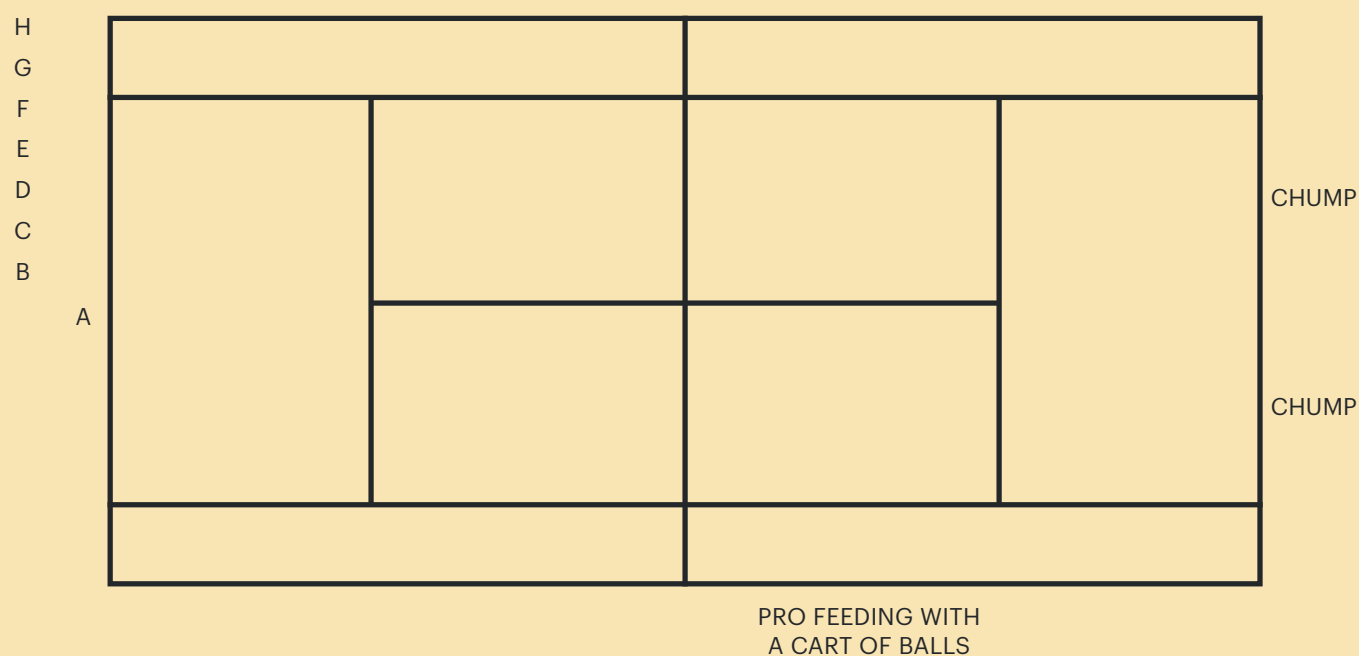


# Bump the Chump

This is an ideal drill for the conclusion of any training session: not only do players love it, but it has no finite ending—players, volunteers and pros can play for as long or as little time as they want—and it’s adaptable for any number of players.



The drill begins with Player A on one side of the net, and two “chumps” on the other. From the net post, a pro or volunteer feeds a ball to Player A at the baseline, who plays a point against the two “chumps.” If Player A wins the point, the pro will feed them another ball. After winning two consecutive points, the player gets to bump either “chump” out of position and take their place on the other side of the court. If the player loses either point, they go to the end of the line, and if the “chump” gets bumped, they cross the net and go to the end of the line, too. The challenger gets to hit into the doubles alleys, but the “chumps” must hit the ball into the singles court. Good-natured trash talk and banter is sure to be had all-around: volunteers love to get in on the action and athletes love to socialize with each other while waiting for their chance to “bump the chump.”