



High Speed Tennis Warm Ups and Drills

Individual Warm Up Activity Drill

Jogging: doubles line to doubles line.

Shuffling: doubles line to doubles line.

Cross Over Shuffle: doubles line to doubles line.

Jog then Back Pedal: doubles line to doubles line.

Duration: down and back from doubles line to doubles line two times, three times, or for 30 seconds plus for each warm up drill activity.

Variation: Do it with a partner (partners start on opposite doubles lines, high five in the middle, pass the ball in the middle (optional), go back to the same starting doubles line).

Variation #2: Do it with a partner (start on opposite doubles lines, high five in the middle, pass the ball in the middle (optional), go back to the outside doubles line).

Individual Warm Up Activity Drill (Equipment Required: Racquet, Tennis Ball, Cone is Optional)

Jogging: doubles line to doubles line, bounce the ball up on the racquet, go around the cone.

Shuffling: doubles line to doubles line, bounce the ball up on the racquet, go around the cone.

Cross Over Shuffle: doubles line to doubles line, bounce the ball up on the racquet, go around the cone.

Jog then Back Pedal: doubles line to doubles line, bounce the ball up on the racquet, go around the cone.

Back Pedal Back Pedal: doubles line to doubles line, bounce the ball up on the racquet, go around the cone.

Variation: All Activity Drills same movements, bounce the ball down on the ground.

Variation #2: All Activity Drills the same footwork, Zig Zag/Triangle/Square Cone Movements, ups or downs.

Key Components: Always face the net when touching the outside doubles line. Touch the outside doubles line in the deuce with the right foot and touch the outside doubles line in the add with the left foot.

Partner Warm Up Activity Drill (Equipment Required: Racquet, Partner, Tennis Ball, Cone is Optional)

Jogging with a Partner: doubles line to doubles line, partners pass the ball up back and forth, go around the cone.

Shuffling with a Partner: doubles line to doubles line, partners pass the ball up back and forth, go around the cone.

Cross Over Shuffle: doubles line to doubles line, partners pass the ball up back and forth, go around the cone.

Jog then Back Pedal: doubles line to doubles line, partners pass the ball up back and forth, go around the cone.

Back Pedal Back Pedal: doubles line to doubles line, partners pass the ball up back and forth, go around the cone.

Variation: All Activity Drills same movements, partners pass the ball back and forth bounce pass down on the ground.

Variation #2: All Activity Drills the same footwork, Zig Zag/Triangle/Square Cone Movements, partners pass the ball back and forth either ups or downs.

Key Components: These activity drills can be conducted with the players passing the ball back and forth as ups or downs with their hands or by using their racquets.

Partner Ball Toss Catch and Recover Activity Drill (Equipment Required: Partner, Tennis Ball)

Jogging: Ready position formation (outside doubles line & singles line) Ball toss over the head, chase, catch, jog recover.

Shuffling: Ready position formation, ball toss over the head, chase, catch, shuffle recover.

Cross Over Shuffling: Ready position formation, ball toss over the head, chase, catch, cross over shuffle recover.

Jog then Back Pedal: Ready position formation, ball toss over the head, chase, catch, jog then back pedal recover.

Variation: All Activity Drills the same footwork, Partners Ball Toss Over the Head, Chase, Reset, Repeat.

Duration: These activity drills can be conducted five to 10 (repetitions) each player or for an allotted amount of time such as one minute then switch positions.

Line Drill Sprints

Line Drill (Sprint): Line up on the outside doubles line. Center service line and back, singles line and back, far doubles line and back two times (touch each line with either the correct hand or foot).

Double Line Drill (Sprint): Line up on the outside doubles line. Center service line and back, singles line and back, far doubles line and back. Repeat: Center service line and back, singles line and back, far doubles line and back.

Key Components: Always face the net when touching the outside doubles line. Touch the outside doubles line in the deuce with the right foot (hand) and touch the outside doubles line in the ad with the left foot (hand).

Additional Warm Up Activity Drills

Court Tracer Exercise (Group), 3 Cone Touch Drill 1,2,3 (partner), Roll Ball Drill (partner), Diamond Chase Tag Drill (partner), Spider Drill (Group), Triangle/Square/Rectangle/Zig Zag, Run/Shuffle, Back Pedal (Cones/Group) Footwork Drills. Side to Side/Front to Back (feet together) Jump Over the Cone Drills, Figure 8 two cone Drill (partner).

Duration: 30, 45, 60 seconds, 1/2/3 sets each exercise.

Bonus Fitness Exercise Activities

Shuffle Shuffle Touch, Mummy Kicks, Kangaroo Hops, Squat Jumps, Snow Ski Jump Pulls, Criss/Cross Jumping Jacks, Leg Lunges/Side Leg Lunges/Ice Skater reverse Lunges, Stand on One Leg (touch your shoe laces 25 times), High Knees, Butt Kicks, Accelerated Fast Footwork, Quick Feet over the line Hops, Side to Side over the line Jumps (feet together), Front and Back over the line Jumps (feet together).

Duration: 30, 45, 60 seconds, 1/2/3 sets each exercise.

High Speed Tennis Drills (Feeds)

1 Ball Drills, 2 Ball Drills, 3 Ball Drills (Equipment Required: Spots & Cones) plus Variations

Number of Lines: One Line, Two Lines, Three Lines.

The number of lines required depends on the number of coaches, number of players, and number of courts.

Players Starting Court Positioning: Baseline (Groundstrokes), Midcourt (Short Balls), Net (Volleys/Overheads).

The players will be positioned correctly on the court to optimize the goal/skill improvement of the drills.

Direction of the Shots, Areas of the Court, Targets: Cross Court, Down the Line, Angles, Short Angles, Drop Shots.

The players will be required to hit the balls towards the correct direction of the court or areas of the court (cross court, down the line, angles) to optimize the goal/strategy/skill improvement of the drills.

Feed Placement of each Drill: The feeds of each drill will vary in pattern from baseline/deep/groundstroke, midcourt/approach/transition, half-volley/volley/overhead to focus on the correct shots based on the players position of the court.

Speed/Rate/Duration of Feeds: The speed, rate, and duration of the feeds will maximize/optimize the goal/strategy/skill improvement of the drills. (Feeds can be fast, slow, high, low, deep, short or angled).

Key Components: Players must start every drill in the proper location and have a good ready position. Players must always **Recover** with the correct footwork (touch the spot) before the next shot, back pedal and shuffle around the cone, and continuously move their feet in line.

Philosophy behind Drills: Correct execution of drills equals better improvement/development of skills. Players should desire and strive to form good habits during practice sessions (especially when practicing drills because there is less pressure). Typically, the players that can stay focused and execute the drills the right way are the players that win the most matches. Players will ultimately play like they practice. Therefore, when they improve their (method/focus/strategy/execution) in practice and develop good habits when they practice, then they will be capable of performing on a higher level during the matches.