

Peggy Holecek -- Glenbrook North Head Girls Tennis Coach Nebraska Tennis Clinic Wednesday, July 24th

Session 2 1:30PM to 2:20PM B105/Tennis Courts Putting Fitness and Fun Into Every Practice

Brief Intro/Follow up from morning session

B105:

Smith Circles:

Find a group of three based on your last digit of your cell phone number.
Favorite LIVE sports event.

Find a group of people who share your birth month:
What is your favorite way to celebrate your birthday.

Find a group of people with the same number of siblings that you have:
What is something that you learned from a sibling.

Find a group of people who are wearing the same eye color as you:
Most valuable lesson that coaching has taught you.

What role does fitness play in our program?
How do you feel about running? How do you use it in your program?

Running Quote: "Our Sport is your Sport's punishment"
What do you remember about the role running played in your sport?

Start with the warm up:

Athletic stance/Athletic feet

Warming up with PURPOSE:

no double bounces, minimize the chatter and strive for consistency

Incorporate running into your warmup:

Ladder drills with full court lap

Dynamic stretching as a team

Warm Ups:

- Sideline tap after each halfcourt warm up shot
- Crosscourt Count to 20: have girls count out loud and call out new "records"
- One Minute Challenge: Timed for one minute with a goal number, rotate partners

- Target practice: set up four ball pyramid of balls just past the service line
- "Mini-Me" on Volleys: pass to self and then over the net to work on touch and feel

Consistency drills:

- Ping Pong Drill: several courts of athletes, touch the fence after each shot
- Triples: Three on three, two at the baseline and one at the net/rotate. The baseliners are hitting groundstrokes while the net player looks for a ball to volley.
- Pound the Corner: two players on a court. Begin cross court rally for six shots that must hit past the service line. Then anything goes. Works on consistent, deep shots. Can increase/decrease the number of cross court shots depending on skill level.

Conditioning Drills:

- Shuffle-Sprint: Line up players at the corner of the doubles alley and the baseline. Each player must side-shuffle across the baseline, sprint to the service line, side-shuffle across the service line and back pedal to the starting position. Start players when the person ahead of them is halfway across the baseline. Variations include moving forward across several courts and running back. This is great for running this drill as a team.
- Quick Jumps: Every team member finds a line on the court with space between athletes. There are four different jumps that will be done for 15 seconds each: forward-backward over the line with two feet, side to side with two feet, forward-backward with one foot and switch, side to side with one foot and switch. Take a 15 second break and repeat. Can also do the drills with two feet for 30 seconds.
- Run-Sprint: Have the team line up across the doubles sideline of one court. Pick a player to call out how they will cross 5 courts. For example, easy 1- medium 2- hard 1-medium-1 easy-1. 30 second rest and return. Repeat with a different player calling out the order of difficulty.
- Spider Drill: Set balls at multiple points on the court. Athletes sprint to the ball, pick it up and place it at the starting point. Repeat by returning them one at a time to the original places on the court. Can be done at a relay in two teams.

Running is FUN!

- Champ based drills one miss and you switch
Two baseline champs start with a fed ball from netpost coach/player, first shot must be a drive, then anything goes. Champs lose and challengers run over to take new spot with a count of 5 to get in position.
Can repeat with champs starting at the service line for net play.
- Running Doubles
- Skyball
- One Point Tournament