

**TRAINING EMPHASIS:**

**Performance & Prevention:**

- Ability to maintain effective trunk position under load
- Rotational range of motion / rotational strength / rotational power- speed
- "Connectedness" lower body lunging strength transferring power through rotational movements (standing power position)
- Gluteal activation-- hip extension instead of lumbar extension emphasis
- Gluteal activation coupled with pelvic extension power
- Hip extension (closed kinetic chain) power
- Bodyweight strength leading to bodyweight power and speed
- Plyometric progressional ability (ability to bear load to train and recover consistently)

**Times For Completion:**

- Preparation-conditioning- cool down: 2-3 times per week
- Court Drills: 1-3 times per week

**PREPARATION**

1. Extension rotation 03939



2 X 8  
EACH SIDE

2. Lateral lunge 02139



2 X 8  
EACH SIDE

3. Bosu® tuck jumps stabilization 05360



2 X 8  
Must stick landing and land soft

4. Band hip abduction walk 00600



REPEAT 3 TIMES  
Forward / backward / side-side movements  
4 squatted steps each direction

**CONDITIONING**

5. Standing Twist - Cable 10015



3 x 10  
Open chest position, elbows straight

6. Lunge circuit 06038



2 X 4  
EACH LEG  
Step on a "clock face"  
12:00 - 1:30 - 3:00

7. Reverse fly cable rotation 04571



2 X 8  
EACH SIDE  
Lunge position, cable travels low to high  
Extend hips, then trunk, then fly  
Complete MODERATE -FAST with low load

8. Step Up - Toe Touch 10063



2 X 6  
EACH SIDE

9. Box jumps acceleration 00401



1 x 4  
EACH SIDE  
Jump up to 30cm box, down, over hurdle (knee height), then sprint

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

**COURT DRILLS**

Coordination Drills: to be completed on court: (Prior to playing tennis)

1. 2 ball cross over & catch
  2. 2 ball hands-on-hands 2 person catch
  3. side to side - pick up of the bounce (2 balls)
- Drills 2 & 3 require a partner

10. Wall Lunge & Twist 10040



Do this facing the wall with arms straight out (shoulder height)

11. Wall Sit 10055



2 x 30 SEC

**Court Agility Drills - Start at the "T"**  
**T DRILL / V DRILL / CONE SIDE ZIG ZAG: (1/2 baseline, then service line-baseline-net-baseline)**  
**COMPLETE ALL DRILLS 3 TIMES**

12. Lateral hopping 01312



2 x 4

1 REP = hop middle-right-left-middle  
 2 Tuck jumps at the end of each rep

13. Speed ladder acceleration 03115



1 X 4

EACH SIDE  
 Start below, in-in-out-out for each box  
 Sprint at the end 5-10 metres

**RANGE OF MOTION - STRETCHING - RECOVERY**

14. Torso side bend stretch 02618



1 x 30 SEC  
 EACH SIDE

15. Shoulder external rotator stretch 03420



1 x 30 SEC  
 EACH SIDE

**RECOVERY - STRETCH WHAT YOU NEED TO STRETCH!!!**

ONLY DO IT WARM - Either straight after tennis or after hot shower within 90 minutes of finishing playing  
 Must include atleast 5 min basic cool down straight after court time: neck / rotation / calf / quad / adductor

RECOVERY SESSION:

ROLLER / TENNIS BALL - ITB / quad / peroneal / foot / glute / spine / upper back  
STRETCH: Side bend / rotation / hamstring / quad / lats / forearm