

5 Minute Tennis Stretch/Warm Up

- Figure 8 Hip Rolls (8-12 each side)
 - Right
 - Left
- Lateral Lunge/Chest Press with Raquet (5-8 each side)
- Calf Stretch/Raquet Scoop (5-8 each side)
- Spine Rotation (3-6 each side)
- Side Shuffles (8-10 each side 1-2 repetitions)
 - Shuffle Right/Set/Jump Twist Right Center x2
 - Shuffle Left/Set/Jump Twist Left Center x2
- High Kicks/Raquet Pull down across court 1-2 times
- High Knees/Raquet Pull Down across court 1-2 times
- Load and Transfer across court
- Backwards Football Shuffles
 - 8 Shuffles Turn Right
 - 8 Shuffles Turn Left

Tennis Drills

All drills should be performed cooperatively for 5 minutes with the intention of returning the ball to your partner and keeping the ball in play. The exception would be the mini tennis game.

Mini Tennis : Work directly across from your partner cooperatively for 5 minutes, then crosscourt for 5 minutes, then switch sides (deuce/ad) for crosscourt for 5 minutes. Good practice for drop shots when approaching the net. Short backswing and short follow through.

Mini Tennis Game : 2 out of 3 games to a score of 7. All balls must land in the service box. Alleys are out.

Baseline Rally : All 4 players are at the baseline. Rally with the player across from you with the intention of keeping the ball deep (past the service line) and with a goal of 10 consecutive shots. Same thing crosscourt for 5 minutes. Change positions with the person on the same side as you (deuce/ad) and rally crosscourt. Alleys are in.

Volley and Groundstroke : Two baseline players come to the net and work cooperatively with the baseline person across from you for 5 minutes. Baseline players come to the net and net players retreat to the baseline and the drill is repeated.

Lobs and Overheads : Baseline players feed a manageable lob to the net person across from them. Lobs should be returned to the baselines After 5 minutes, baseline players come to the net and net players retreat to the baseline and the drill is repeated.

Serve and Return of Serve : Two servers are at the baseline on the same side of the net with the other 2 positioned to return serve. Servers practice on both the deuce and ad sides for 5 minutes with the intention of placing their serves out wide and down the middle. Returners should return primarily crosscourt to return the balls to the server but should also practice some down the line returns. Repeat the drill with the previous returners serving from both the ad and deuce courts and the servers now receiving.