

September 24, 2020

Tennis Skills – Footwork and hand/eye coordination



Go through all 5 exercises once, then do it again **2 more times**. You will need a tennis racquet and tennis ball for drills #3-5 this week.

### 1. Happy Feet



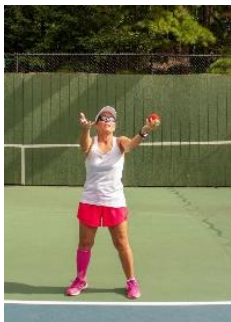
- Jogging in place, knees slightly bent, with quick steps low to the ground.
- Do this for 1 minute.

### 2. Side Shuffle



- Stand with knees slightly bent.
- Shuffle 4 steps to the right.
- Shuffle 4 steps to the left.
- Do this for 1 minute or shuffle to each side 20 times.

### 3. Ball Toss



- Grab a tennis ball or rolled up pair of socks.
- Stand up straight with the ball in hand.
- Throw the ball in the air over your head and catch it.
- Do this for 45 seconds or 15 times.

### 4. Ball Toss with Bounce



- Grab a tennis ball (or repeat the ball toss with a pair of rolled up socks).
- Toss the ball over your head.
- Let the ball bounce on the floor one time and catch it.
- Do this for 45 seconds or 15 times.

### 5. Racquet Balance



- Stand up straight holding your racquet in front of you.
- Place the ball on the center of the racquet strings and hold for 30 seconds.

**Extra Challenge:** Try walking around while balancing the tennis ball on the racquet for 30 seconds.



Remember to go back through all 5 exercises 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

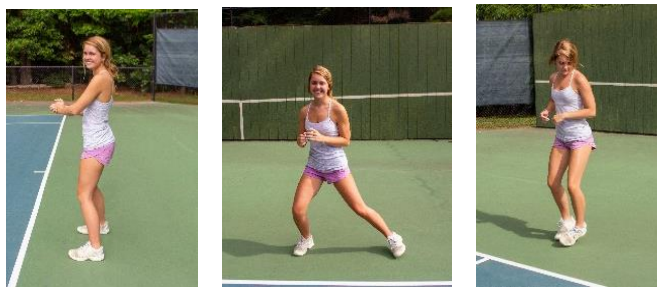
**October 1, 2020**

**Tennis Skills – Ball control and forehand stroke**

Do this for 1 minute.

Go through all 5 exercises once, then do it again 2 more times. You will need a tennis racquet and tennis ball for drills #2-5 this week.

### 1. Side to Side Shuffle



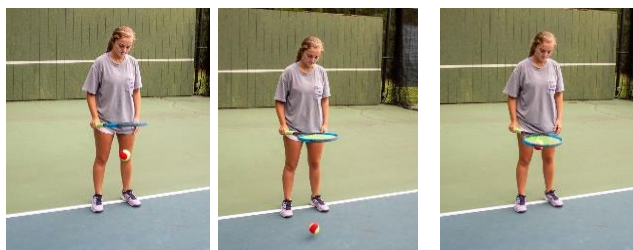
- Stand up with knees slightly bent.
- Take 4 side steps to the right.
- Now shuffle back to the left 4 steps.
- Repeat for 1 minute.

### 2. Tap Ups



- Grip the tennis racquet and grab a ball.
- Hit the ball gently up into the air with the racquet as many times as you can.
- If it drops, pick the ball up and start again.
- Do this for 1 minute.

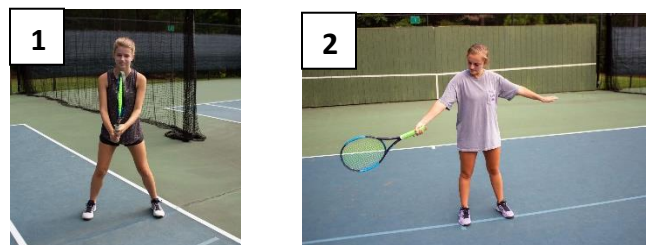
### 3. Tap Downs



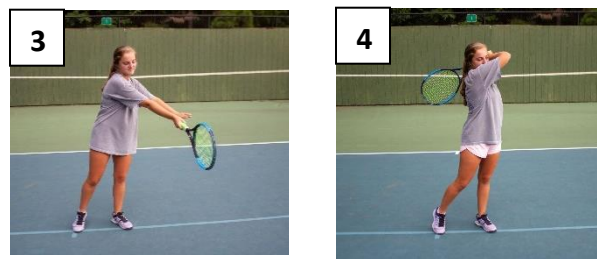
- Grip the tennis racquet and grab a ball.
- In a controlled downward motion, hit the ball, bouncing it on the ground.

### 4. Shadow Forehand Strokes

Shadow forehand means a **pretend** forehand swing. You will swing the racquet without actually hitting a tennis ball.



- Get in ready position with your racquet in hand.
- Turn your body to make a "T" with your arms.



- Swing under the ball and follow through with your arm hugging neck.
- Repeat this for 1 minute.

### 5. Shadow Forehand Stroke with Side Steps

- Keep your racquet in hand.
- Get in ready position.
- Take 3-4 steps towards pretend ball on forehand side (if right-handed, take 3-4 steps to the right, if left-handed take 3-4 steps to the left).
- Take a pretend forehand swing.
- Shuffle 3-4 side steps back to starting position.
- Do this 5 times.

**Remember to go back through all 5 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!

# October 8, 2020

## Tennis Skills - Strokes



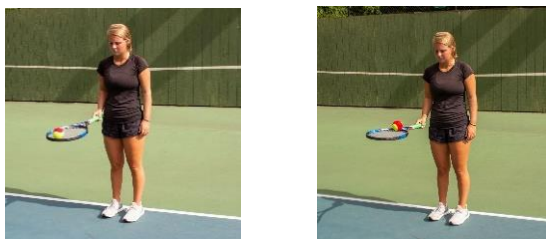
Go through all 5 exercises once, then do it again **2 more times**. You will need a tennis racquet or tennis ball for drills 2-5 this week.

### 1. Side Shuffle



- Stand with knees slightly bent.
- Shuffle 4 steps to the right.
- Then shuffle 4 steps to the left.
- Do this for 1 minute or 15 shuffles to each side.

### 2. Racquet Balance Roll



- Stand up straight with a racquet in your hand.
- Place the racquet in front of your body and place a ball on the racquet.
- Roll the ball around the edge of the racquet in a circular motion. Switch directions on the next rotation.
- Do this for 1 minute or roll the ball around the racquet 10 times.

### 3. Backhand Shadow Stroke



- Get in ready position!
- Take the racquet back making a half T (similar to forehand).



- Swing under the ball and finish high above opposite shoulder.
- Do this for 1 minute or 15 times.

### 4. Backhand Shadow Stroke with Side Steps

Just like the drill before but now you are going to move side to side

- Choose a starting spot and get in ready position.
- Move to your backhand (if right handed move to your left, if left handed move to your right).
- Take a pretend swing.
- Sidestep back to your starting spot.
- Do this for 1 minute or 12 times.

### 5. Forehand and Backhand Stroke



- Choose a starting spot and get in ready position.
- Move three steps toward your forehand to take a pretend swing.
- Sidestep back to your starting spot.
- Move to your backhand a few steps, take a pretend swing.
- Sidestep back to starting spot and repeat.
- Do this for 1 minute or 12 times.

**Remember to go back through all 5 exercises 2 more times.** Then, it's time for cool-down! You will find the cool-down stretches in your playbook.

**October 15, 2020**

## Tennis Skills – Forehand Volley

### 1. Rotation Drill

Equipment needed: tennis ball or rolled up pair of socks



- Make a T with your arms and hold the ball in one hand.
- Cross the midline to put the ball in the other hand.
- Do this **back and forth 25 times**.

### 2. Tilt, Drop and Trap

Equipment needed: tennis ball and tennis racquet



- Put the ball on the racquet
- Tilt the racquet and let the ball bounce on the ground
- As the ball bounces back up, trap the ball on the racquet strings with the opposite hand
- Do this **15 times**.

**Remember to go back through all 4 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!

### 3. Forehand and Backhand Groundstroke

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Move three steps toward your forehand to take a shadow swing.
- Sidestep back to your starting spot.
- Move to your backhand a few steps, take a shadow swing.
- Sidestep back to starting spot and repeat.
- Do this for **1 minute** or **12 times**.

### 4. Forehand Volley

Equipment needed: tennis racquet

*Overview of Forehand Volley – shake hands with the racquet for the grip, ready position (racquet held at chest level, knees slightly bent), contact point is to the side and in front of the body, this is a short stroke, like a punch at the ball*



- Choose a starting spot and get in ready position.
- Start with happy feet in ready position for 5 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the forehand volley.

October 22, 2020

## Tennis Skills – Backhand Volley



### 1. Walk the dog

Equipment needed: tennis racquet, tennis ball



- Put the racquet a few inches from the ground.
- Roll the ball using your racquet to push it with control, on the ground to a target area in the room.
- Roll the ball back to the starting point.

- Do this **10 times**.

### 2. Toss, drop, and trap

Equipment needed: tennis racquet and tennis ball



- Toss the ball in the air with one hand and let the ball bounce on the ground.
- Trap the ball on the racquet strings using the tossing hand.
- Do this **10 times**.

### 3. Backhand Volley

Equipment needed: tennis racquet

*Shake hands with the racquet with dominant hand and add the non-dominant hand above the dominant hand on the grip, contact with the ball is to the side and in front of the body, this is a short stroke, like a punch at the ball*



- Choose a starting spot and get in ready position.
- Start doing happy feet in ready position for 5 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the backhand volley.
- Do this **12 times**.

### 4. Forehand and Backhand Volley

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Start doing happy feet in ready position for 3 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the forehand volley.
- Happy feet in ready position for 3 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the backhand volley.
- Do this **6 times**.

**Remember to go back through all 4 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!

## 1. Tap Ups

Equipment needed: racquet and tennis ball



- Grip the tennis racquet and grab a ball.
- Hit the ball gently up into the air with the racquet as many times as you can.
- If it drops, pick the ball up and start again.
- Do this for **1 minute**.

## 2. Serve Toss

Equipment needed: tennis ball and racquet

*Overview of Serve Position (Grip and Feet) – shake hands (dominant hand) with the racquet, pretend you are sideways to the net, the back foot is parallel to the baseline and the front foot is pointing toward net post. Knees slightly bent.*



- Put the ball in your hand.
- Toss the ball up and release the ball gently when your arm is at eye level. Reach as high as you can.
- Catch the ball and repeat **12 times**.

## 3. Serve Toss and Swing

Equipment needed: tennis ball if outside and racquet



- Grab your tennis racquet.
- Toss the pretend ball in the air.
- Reach up high with racquet hand and pretend to hit ball (one motion, no stopping).
- Do this **12 times**.

## 4. Forehand and Backhand Groundstroke

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Move three steps toward your forehand to take a shadow swing.
- Sidestep back to your starting spot.
- Move to your backhand a few steps, take a shadow swing.
- Sidestep back to starting spot and repeat.
- Do this for **1 minute** or **12 times**.

**Remember to go back through all 4 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!

November 5, 2020

## Tennis Skills – Approach/Overhead



### 1. Ball Toss with Bounce

Equipment needed: tennis ball



- Grab a tennis ball.
- Toss the ball over your head.
- Let the ball bounce on the floor one time and catch it.
- Do this for **45 seconds** or **15 times**.

### 2. Tap Downs

Equipment needed: tennis ball, racquet



- Grip the tennis racquet and grab a ball.
- In a controlled downward motion, bounce the ball on the ground.
- Do this for **1 minute**.

### 3. Shadow Approach Shot

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Start with happy feet in ready position for 5 seconds.
- Take a few quick steps forward, toward the net and take a shadow groundstroke.
- Alternate between your forehand and backhand side.
- Do this **6 times** on your **forehand** and **6 times** on your **backhand**.

### 4. Shadow Overhead

Equipment needed: tennis racquet

*Overview of Overhead – much like the serve except ball coming from other side of net instead of tossing. Instead of tossing ball, non-racquet arm points toward the sky/ball, pretend racquet resting on back (as if scratching your back).*



- Get in ready position and start doing happy feet for 5 seconds.
- At the same time, point to sky with your hand that is not on the racquet (or pretend racquet).
- Put the racquet (or pretend racquet) on your back (as if scratching your back).
- Reach up high with your racquet hand and pretend to hit ball (one motion, no stopping).
- Do this **12 times**.

**Remember to go back through all 4 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!

# November 12, 2020

## Tennis Skills – Review



### 1. Serves

Equipment needed: tennis racquet



- Put the racquet so that it is resting on your back (as if scratching your back).
- Toss the pretend ball in the air.
- Reach up high with racket hand and pretend to hit ball (one motion, no stopping).
- Do this **12 times**.

### 2. Forehand and Backhand Groundstroke

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Move three steps toward your forehand to take a shadow swing.
- Sidestep back to your starting spot.
- Move to your backhand a few steps, take a shadow swing.
- Sidestep back to starting spot and repeat.
- Do this for **1 minute** or **12 times**.

### 3. Forehand and Backhand Volley

Equipment needed: tennis racquet



- Choose a starting spot and get in ready position.
- Start doing happy feet in ready position for 3 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the forehand volley.
- Happy feet in ready position for 3 seconds.
- Step forward with opposite foot from racquet as you shadow stroke the backhand volley.
- Do this **6 times**.

### 4. Overhead Shadow Stroke

Equipment needed: tennis racquet



- Get in ready position and start doing happy feet for 5 seconds.
- At the same time, point to sky with your hand that is not on the racquet (or pretend racket).
- Put the racquet (or pretend racquet) resting on your back (as if scratching your back).
- Reach up high with your racquet hand and pretend to hit ball (one motion, no stopping).
- Do this **12 times**.

**Remember to go back through all 4 exercises 2 more times.** Then, it's time for cool-down! Go back to your large playbook for those stretches!