

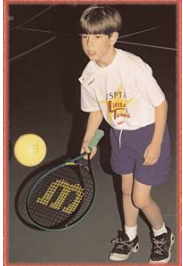



## Activity Plan for Tennis Drills

Week 1			
Activity	How many or how long	How many days	Instructions
Tennis Ball Dribbling 	5 mins/day	3 times/wk	This week you can practice dribbling the tennis ball in order to develop better ball and racquet control. <b>With a tennis racquet in your hand, bounce a tennis ball against a hard surface. When it bounces back upwards, hit the ball back to the ground with your racquet.</b> Repeat this drill as many times as possible without letting the tennis ball get away. If you wish, you can place a hula hoop on the ground and try to keep bouncing the tennis ball within the hula hoop circle.

Week 2			
Activity	How many or how long	How many days	Instructions
Explosive Tennis Jumps 	5 mins/day	Total for the week	After you have warmed up (by walking around your yard or the tennis court), try this exercise to develop explosive speed for when you are playing a tennis match: (1) Stand beside (about 15 cm away) a small pylon or line on the tennis court. (2) Bend your knees slight and then jump sideways with both feet over the top of the cone (or about 15 cm off the ground to the other side of the line) (3) As soon as you land on the ground, jumps over the cone (or line) back to the starting position as quickly as possible. (4) Repeat this 10 times and try to finish this exercise as quickly as possible. If you would like, you can have someone keep track of time while you are jumping and then compare it to future weeks when you do this exercise. (5) After jumping 10 times, take a 1 min. rest and try to do another set of 10 jumps. If you would like to see a demonstration, check out this website: <a href="http://www.expert-tennis-tips.com/tennis-footwork-drill-for-kids.html">http://www.expert-tennis-tips.com/tennis-footwork-drill-for-kids.html</a>

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Week 3			
Activity	How many or how long	How many days	Instructions
Tennis Bump-Up 	5 mins/day	Total for the week	With a tennis racquet in your hand, bounce a tennis ball hard on either the pavement or a tennis court. When it comes back up, get your racquet under the ball, and hit it upwards softly (so that it stays near your body). Let the tennis ball drop in front of you and then try to bump it up again. See how many times you can bump it in a row. This may be slightly challenging at first, but with practice, you will develop better control of the ball.

Week 4			
Activity	How many or how long	How many days	Instructions
Tennis Ball Dribbling 	5 mins/day	3 times/wk	This week you can practice dribbling the tennis ball in order to develop better ball and racquet control. With a tennis racquet in your hand, bounce a tennis ball against a hard surface. When it bounces back upwards, hit the ball back to the ground with your racquet. Repeat this drill as many times as possible without letting the tennis ball get away. If you wish, you can place a hula hoop on the ground and try to keep bouncing the tennis ball within the hula hoop circle.