

Tennis Sport Training



A special thanks to
Lou Welch and Meghan Kofod of Abilities Tennis Association of North Carolina and Rich Green
(SONC Sport Development Team)
For content/photo contributions!

You chose Tennis as your primary sport this season.

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you
to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at <https://sonc.net/sports-competitions/power-up/>



September 10, 2020
Training Thursday – Week #1

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let's warm up!	In your Partner Up Power Up Playbook
2	Let's get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let's stretch it out!	In your Partner Up Power Up Playbook

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/95780569904>

Join us by phone: 1-929-205-6099

Meeting ID: 957 8056 9904

September 24, 2020

Tennis Skills – Footwork and hand/eye coordination



4. Ball Toss with Bounce



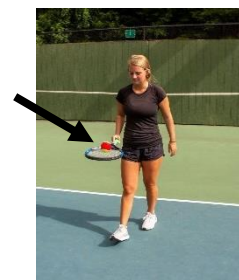
- Grab a tennis ball (or repeat the ball toss with a pair of rolled up socks).
- Toss the ball over your head.
- Let the ball bounce on the floor one time and catch it.
- Do this for 45 seconds or 15 times.

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.

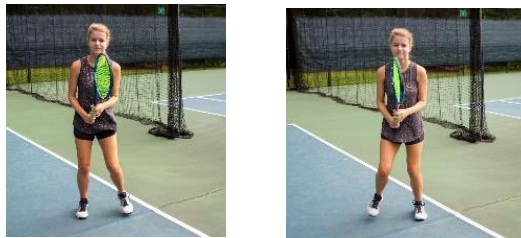
Extra Challenge: Try walking around while balancing the tennis ball on the racquet for 30 seconds.



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!

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.

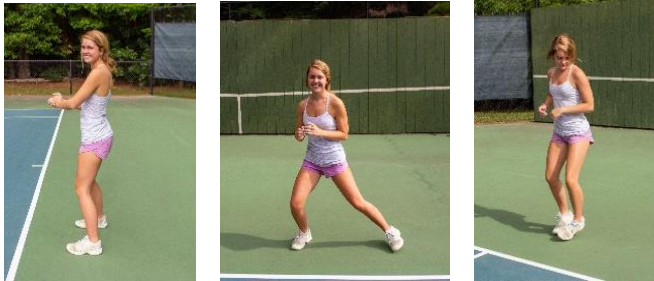
October 1, 2020

Tennis Skills – Ball control and forehand stroke



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.

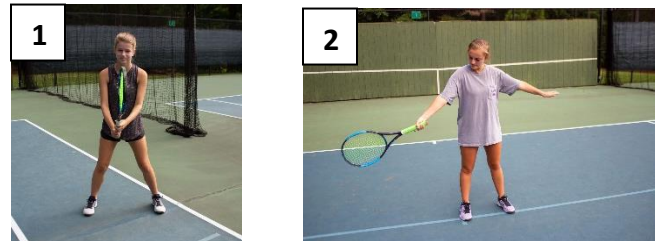
3. Tap Downs



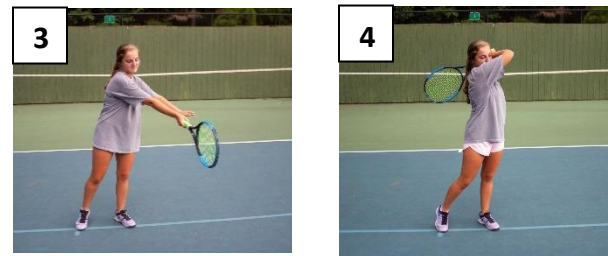
- Grip the tennis racquet and grab a ball.
- In a controlled downward motion, hit the ball, bouncing it on the ground.
- Do this for 1 minute.

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



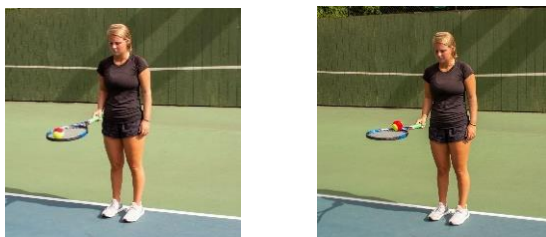
Go through all 5 exercises once, then do it again **2 more times**. You will need a tennis racquet or tennis ball for drills 2-5 this week.

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.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

You made it through the first three weeks
of the sport training program.

You will receive the training program for the
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share
them with your coach or partner.

Write your sport activity in under "other activity".