



Tennis Sport Training

A special thanks to

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

You chose tennis as your primary sport this season.

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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
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Thursday Live Sessions

Join us online:

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

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

Meeting ID: 957 8056 9904



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.
- Do this **12 times**.

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!