

TENNIS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Warm Up	-volley to volley 5 min -volley to baseline 5 min	Mini Tennis on 2 squares Volley across the court Brian Brother Drill	-volley from the mid court, moving forward all the way to the net and then back	-volley to volley 5 min -volley to baseline 5 min	Mini Tennis on 2 squares Volley across the court Brian Brother Drill	-volley from the mid court, moving forward all the way to the net and then back
Directional control, consistency, volume	-middle 4-5min -cross 3+3 min -2+1 (20 change each)	-middle -1 half court hitting to 3 targets, corner, middle, corner	-middle -one line one cross drill 2x5- same as above 2 games 11	-middle 4-5min -cross 3+3 min -2+1 (20 change each)	-middle -1 half court hitting to 3 targets, corner, middle, corner	-middle -one line one cross drill 2x5- same as above 2 games 11
Baseline Patterns	-cross change to line play the point, angle - line	-start w/inside out and inside in forehand, opponent cross 1,2,3 tennis (3 at the net)	-backhand slice cross + line and play 2 games x 11 -no winner until drop shot 11	-cross change to line plays the point, angle - line	-start w/inside out and inside in forehand, opponent cross 1,2,3 tennis (3 at the net)	-backhand slice cross + line and play 2 games x 11 -no winner until drop shot 11
Forward transition, net	-one player short slice, another approach x 10 each direction	--one player deep slice cross another delayed approach x 10	-one player goes back to hit heavy high through middle, another delayed transition	-one player short slice, another approach x 10 each direction	--one player deep slice cross another delayed approach x 10	-one player goes back to hit heavy high through middle, another delayed transition
Serve, Return + 1 st ball	Serve: Wide + open court or behind or same direction on deep return Return: middle deep + cross	Serve: Body + open court or same direction on deep ball Return: middle deep + cross	Serve: T + open up the court or same direction on deep Return: Middle deep + cross	Serve: Wide + open court or behind or same direction on deep return Return: <u>cross deep</u> + open court on short balls or back same direction on deep	Serve: Body + open court or same direction on deep ball Return: down the line + attack or the cross of the deep balls	Serve: T + open up the court or same direction on deep Return: all directions + open the court or back deep same direction on deep balls
Defense	-6-8 balls on the full run 6-8 sets	Half court against full court. Half court has to win point in the first 4 shots or else can only tie 4 games to 7	-one player starts just inside the court and goes for winning shot, play the point 2x11	-6-8 balls on the full run 6-8 sets	Half court against full court. Half court has to win point in the first 4 shots or else can only tie 4 games to 7	-one player starts just inside the court and goes for winning shot, play the point 2x11
Points	Consistency focus, constructing the point, heavier, higher over the net,	Opening the court on first opportunity. Looking for forehands inside the court	Looking for forehand and moving forward to the net after the 2 nd shot	Consistency focus, constructing the point, heavier, higher over the net,	Opening the court on first opportunity. Looking for forehands inside the court	Looking for forehand and moving forward to the net after the 2 nd shot
FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM Off Court	Lower Body Hypertrophy	Upper Body Hypertrophy	Core, Flexibility, Recovery	Lower Body Power	Upper Body Hypertrophy	Core, Flexibility, Recovery
On Court	4x1min all out run Suicide x 4 all lines Alternate	Racquet and 6 balls different movements x 8 sets – full speed	One leg jumps from half squad position Side to side across the alley Ladder full speed drills	4x1min all out run Suicide x 4 all lines Alternate	Racquet and 6 balls different movements x 8 sets – full speed	One leg jumps from half squad position Side to side across the alley Ladder full speed drills