

TENNIS FITNESS

TENNIS AGILITY

AUTHORS

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Exercise	Reps	Sets	Intensity	Rest	Distance
Box Drill Around Cones	6-8	2-3	5	30-60sec	10-20-30m
Cross Drill	6-8	2-3	5	30-60sec	5-10-20m
Alley - Forward / Backward drill	8	2-3	5	30-60sec	5-10m
2m Lateral Cross Over shuffle	8	2-3	5	30-60sec	
W drill	6	2-3	5	30-60sec	

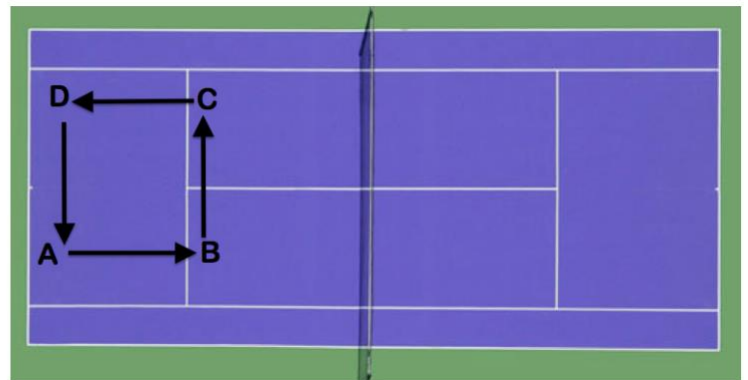
- Rest 3-4 mins between sets.
- For ultimate results perform program 2-3 x per week for 4 weeks and then progress to level 2, then level 3 programs.
- You can also alternate different workouts within your weeks programs (e.g Monday - Agility, Tuesday - Strength, Thursday - Agility, Friday - Strength).

Intensity - scale of 1-5. 1 being easy, 3 moderate and 5 being intense (maximum) When performing an exercise, correct technique is always the number one priority. So when choosing the load, ensure you take into consideration the dynamics (tempo) of the program and the type of program (power, strength etc.) you are doing. Ideally you want to reach your goal repetitions with good technique, whilst feeling challenged at an intensity level of 3-5.

Warm Up - Always perform a thorough dynamic warm-up prior to starting your program, in order to engage the nervous system and prepare the body for exercise.

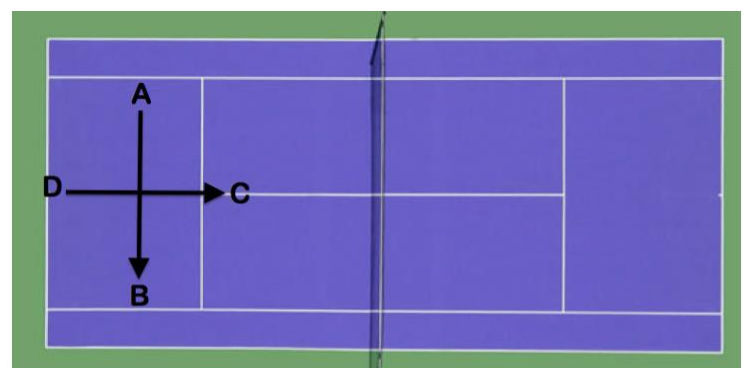
1. BOX DRILL AROUND CONES

- For this drill, place 4 cones in a box 2m each side.
- Start A sprint forward, to B, fast feet around B, then lateral shuffle to C, fast feet around C, back pedal to D, fast feet around D, then lateral shuffle to start at A.
- Rest 30 sec and repeat for 6-8 reps.
- Then repeat going opposite direction.



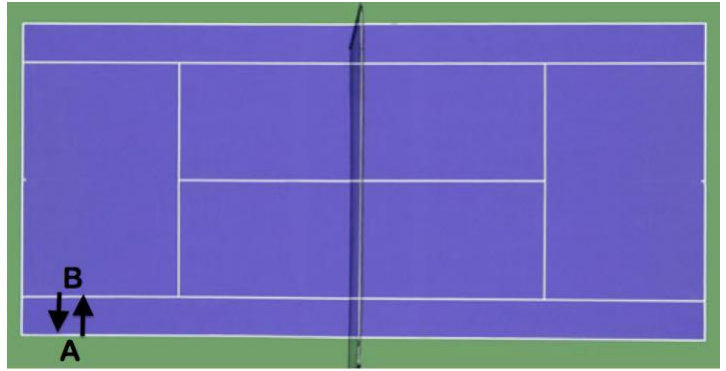
2. CROSS DRILL

- For this drill, place 4 cones in a cross 3m apart. Start in the middle of cross.
- Lateral shuffle to A, then lateral shuffle to B, return back to middle, then sprint forward, to C, then turn and sprint forward to D.
- Rest 30sec and repeat going opposite direction on lateral shuffle.



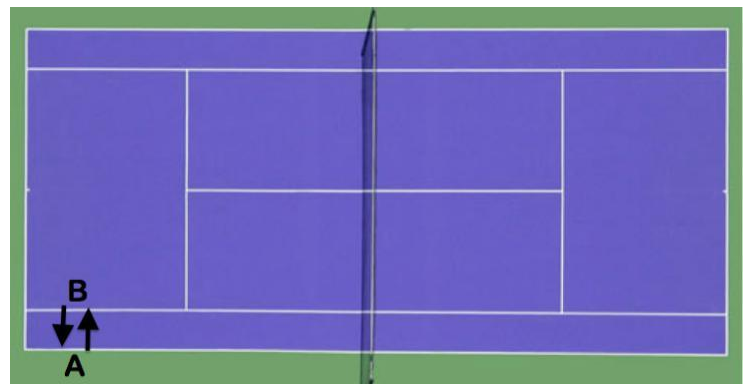
3. ALLEY – FORWARD / BACKWARD DRILL

- Start at A, quick lateral shuffle over the double line to B, the return to A. Repeat for 8 reps.
- Ensure that you get both feet outside of doubles line.
- The aim of this drill is to move laterally as fast as possible between cones.
- Repeat this drill going forward and back-wards for 8 reps.



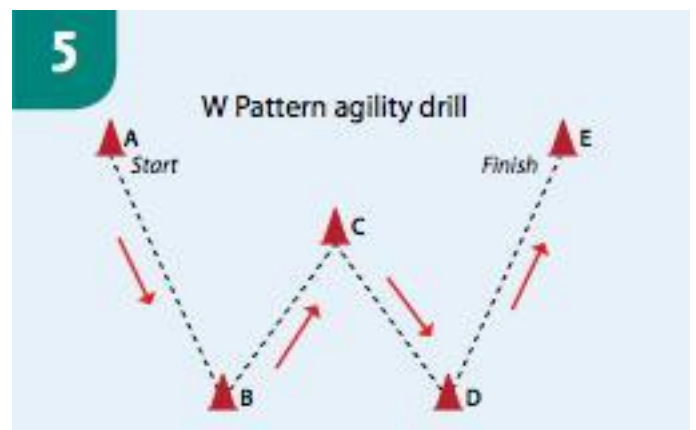
4. 2M LATERAL CROSS OVER SHUFFLE

- For this drill place 2 cones 3m apart.
- Stand to the side of one of the cones in a ready stance position. Move laterally from one cone to the other (staying low)
- When you reach the second cone, load the outside leg and push off as fast as possible and go straight into a crossover step (crossing your outside leg over the inside leg), then go into your lateral shuffle back to the start.
- Repeat for 8 reps and repeat same for opposite side.
- The aim of this drill is to drive into the cross over step, and move as fast as possible between cones.



5. W DRILL

- Set five cones out as shown in diagram (W pattern). Start at cone A, back pedal to cone B, then sprint to cone C, back pedal to cone D, then sprint to finish to cone E.
- Keeping the shoulders and hips square to the front of the “W”.
- Ensure to take small fast steps while accelerating and decelerating around cones. Walk back for recovery repeat 6 reps each side.



Disclaimer – Programs outlined herein should not be adopted without consultation with your health professional. Use of the programs herein is at the sole choice and risk of the reader. The author is neither responsible, nor liable for any harm or injury resulting from this program or the use of the exercises described herein.

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