



Potential
is what you may be capable of doing

Motivation
directs what you do

Attitude
determines how well you do

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Sample Tennis Tags
Tag = laminated pouch
6cm x 10cm with a slit that allows
Attachment to a sports bag
e.g. with a cable tie

These should be provided
(earned, not sold)

They can be skill or endeavour rewards.
Something accessible to all.



Tennis
is
Power

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Tennis
is
Focus

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Tennis
is
Technique

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Today
I did
my
Best

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Never
Give
Up

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Before you
achieve
YOU
must first
BELIEVE

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Champions are
distinguished by
differences ..
the different
things they do,
and
the things they do
differently

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Medicine Ball Circuit: Tennis (1)

Thorough, varied, active warm-up

These activities / drills reflect a selection only. Examine your performance; choose the skills and areas of your game you wish to improve; consult with your coach: **SPEED** and **BALANCE** are critical to sports (tennis) excellence.

Don't overlook core strength activities such as Push-Ups, Bent Knee Sit-Ups - variations; Cross Body Lifts, Back Extensions, Chin-Ups, Speedball; postural variations .. kneeling, seated, lying, prone, ... **BODY POSITION** determines **MUSCLE RECRUITMENT**

Exercise

1. Step & Throw

Step from straddle stand to a stride stand position with knees slightly flexed, and the ball held overhead in both hands. Extend the legs and hips while throwing the ball to a partner (both hands).

Variations: throw against a wall; throw from straddle sit; step up on to a box (20-40cm.) and throw.

Wt. **Sets/Reps.** **Rhythm/Speed**

2-4 kg. 2 x 10-20 Moderate to Fast



2. Russian Twist .. Walking

Stride stand position with the ball extended out from the chest. Walk forward (semi-lunge) and swing the ball to the side of the front leg, alternating the ball with each step.

3-5 kg. 2 x 10 Moderate



3. Single Arm Bounce Throw

Straddle stand with ball held in one hand extended behind. Using the legs, hips and back, throw on a downward plane to a partner, or against the wall. (10 x Left; 10 x Right)

Variations: Kneeling position; one knee; two knees.

1-3 kg. 2 or 4 x 10 Fast & Explosive



4. Forward Through Legs

Straddle stand position, with ball held overhead. Swing the ball down through the legs, simultaneously bending at knees and waist. Extend the hips, legs and back throwing the ball forward for maximum distance. The partner should catch the ball **on the bounce**, get set in a proper starting position, and throw back to their partner.

2-5 kg. 2 x 10-15 Explosive

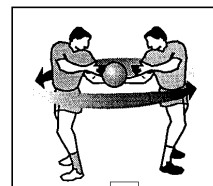


5. Rocky Half-Twist / Full Twist

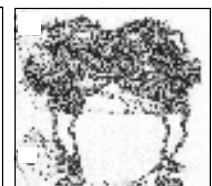
Straddle stand position. Back to partner an arm length away with the ball extended out from chest. Keeping the feet and hips stationary, twist the torso and pass the ball to your partner who twists in the same direction. The pass is executed right to left, left to right.

Variations: Kneeling; Seated; **Rocky Full Twist** ... pass to partner twisting in opposite direction.

2-5 kg. 2 x 10 each way Moderate to Fast



1/2



Full

6. Woodchopper

Straddle stand, knees slightly flexed, upper body erect with a firm centre. Ball held overhead with both hands. Swing the ball forward and down between the legs in a chopping action. Bend at the knees and the waist as the ball swings between the legs. Extend the body and reach high with the ball on the return movement.

2-5 kg. 2 x 10 Moderate



It's what you learn after you think you know it all, that counts

Quickstep—Agility ladders: e.g. Ali Shuffle, Ins & Outs, Ickey Shuffle (forwards & backwards)

COURAGE + HARD WORK = MIRACLES

7. Overhead Backwards Throw

Straddle stand position with ball extended overhead. Swing the ball down between the legs while simultaneously squatting and bending at the waist. Explode back up throwing the ball back overhead for maximum distance. Partner should catch the ball *on the bounce*, get set in the proper starting position, and throw back to their partner.

8. Lateral Shuffle and Pass

Straddle stand position with ball at chest, facing partner. Shuffle sideways while executing a chest pass to your partner. Keep elbows up.

9. Standing Side-to-Side Passes

Straddle stand position with ball held waist high off the hip. Pass the ball to the outside of your partner's opposite hip forcing your partner to twist to that side upon catching the ball. Throw back to the same side from which the throw originated. Repeat series on both sides.

Variations: a) Kneeling; b) against a wall.

10. Forehand Chops

Straddle stand position with the uninvolved side facing the wall. Hold the rope/bag in the hand of the side away from the wall. Swing ball in a horizontal plane against the wall. Medicine ball may be enclosed in a sugar bag, or a roped ball, or rubber bands may be used ... grip firmly.

Variations: knees bent; height variations (e.g. on command).

11. Medicine Ball Sit-Ups

Straddle sit position; knees bent at 45° and ball extended overhead. Sit back to the ground maintaining the ball in the extended overhead position. Sit up and pass the ball to a partner (feet interlocked or anchored) ... your partner passes the ball back. Repeat the sequence.

Variations: a) Random throws to the side; b) variable tempo. c) with twist

12. Backhand Chops

Straddle stand position with the rope/bag held in one hand, with the involved arm across the body. Swing the ball in a horizontal plane against the wall.

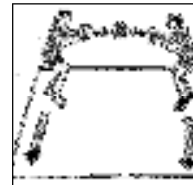
Variations: knees bent; height variations (e.g. on command).

Wt. Sets/Reps. Rhythm/Speed

3-5 kg. 2 x 10 Explosive



3-5 kg. 2 x 10-15 Fast & Explosive



3-5 kg. 2 x 10 Controlled



1-3 kg. 2 x 10 Fast



2-5 kg. 2 x 20-50 Moderate



1-3 kg. 2 x 10 Fast



Application and Extension

These are *not the* activities.

There are no magic training programs ... only identification of your needs as an athlete, and **hard work** will help you accomplish your goals.

Every athlete is an experiment of one ... consult your coach, analyse your game ... do what is right for **YOU**.

The difference between ordinary and extra-ordinary is that little extra

When the mind is stretched by a new idea, it never returns to its original dimensions.

These drills may suggest sport-specific (tennis) variations that suit **your** needs.

Explore new ideas .. keep an open mind .. *it's what we do differently that distinguishes us.*

Russell Parsons
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