



## **Volleys Gallore!**

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### Cardio Tennis Sessions no 1

#### **Warm up Drills**

Jog

Side steps

X-over steps

Russian Twists

Arm Circles

#### **Workout Drills**

Medicine Ball rally

Volley Catch Forehands, Backhands

Volley Progression Forehands, Backhands

Middle Volley X-over Drill

3 way Volley Drill

#### **Play Based Drills**

Singles Rally to Volley change every 3 points

Doubles Rally to Volley change every 3 points

#### **Warm Down**

Jog to walk to stretch to cool down

SUBMIT YOUR CARDIO SESSIONS TO SHARE WITH ALL – [andy@andytennis.co.uk](mailto:andy@andytennis.co.uk)