



## *A mix bag of All Court*

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### Cardio Tennis Sessions no 2

#### **Warm up Drills**

Jog

5 Star Jumps and appropriate footwork to sideline to shadow Forehand across to ad sideline for backhand (x 5)

5 Star Jumps and appropriate footwork to forehand volley recover and backhand volley (x5)

5 Star Jumps and culmination of above (x3)

#### **Workout Drills**

Mini tennis with orange balls in the service box

As above but coach calls change every 30 seconds, 1 side change places whilst still keeping the ball rallying on both sides. Obviously you need two rotations of this

Progress to one side changing after every hit, can be tricky but works a treat once you get this up and running. Again two rotations

Stations! Coach feeds 14 balls alternately to backhand and forehand whilst players stand off and commit to footwork drills, etch swing drills and workouts at the back of the court. Rotate on the 14<sup>th</sup> hit.

#### **Play Based Drills**

Dingles. Play singles in half a court and when one ball has gone dead that person committing the error shouts doubles and you continue to play out the point. Everyone rotates a place after this.

#### **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)