

# TRAINING PROGRAMME

## Green Part 1

Player Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

The purpose of this training programme is to challenge the player to achieve a higher level of play. When approaching each task, you should consider the foundations at all times: HEAD, HEART AND LEGS.

*Top tip: Think of a professional tennis player and how they would do the task.*

**Training time** Approximately 90 minutes to include warm up and stretch 5 -15 minutes for each at beginning and end.

**12 WEEK PROGRAMME**  
Check off when complete

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

**What are you going to focus on for this practice? (HEAD)** After week 1 this may be influenced by something you want to improve or continue to develop.

Wk 1	Wk 7
Wk 2	Wk 8
Wk 3	Wk 9
Wk 4	Wk 10
Wk 5	Wk 11
Wk 6	Wk 12



# BASELINE

Level 1. Divide the court in half aiming to keep the ball in the half as directed



Level 2. Divide the court into thirds aiming to keep the ball in the outside thirds



Norm Drills	Level 1 - divide court in 1/2						Level 2 - divide court into 1/3					
	1	2	3	4	5	6	7	8	9	10	11	12
3-minute limit on each one or stop if completed (tick off each week)												
20 x full court (**rising ball) forehands and backhands												
20 x X-court forehands (rising ball)												
20 x X-court backhands (rising ball)												
20 x X-court inside out forehands (rising ball)												
20 x X-court slice forehands past the service line												
20 x X-court slice backhands past the service line												

\*\* A rising ball is a ball that lands in the court and is travelling upwards as it crosses the baseline

Back Court Patterns			Level 1 - 1/2						Level 2 - 1/3							
	Player	Partner	5 attempts on each	1	2	3	4	5	6	7	8	9	10	11	12	
Topspin	Forehand 2 X-court 1 line to 18	Partner returns to forehand side														
Slice	Forehand 2 X-court 1 line to 18	Partner returns to forehand side														
Topspin	Backhand 2 X-court 1 line to 18	Partner returns to backhand side														
Slice	Backhand 2 X-court 1 line to 18	Partner returns to backhand side														
Inside out / in	Forehand 2 X-court 1 line to 18	Partner returns to backhand side														



# SERVE & RETURN

**First Serve drills:** divide service box into thirds and back of the court into thirds for return targets. In the boxes grade each practice 1-5 (1 being poor -5 being pro score for both serve and return)

1 <sup>st</sup> Serve	1	2	3	4	5	6	7	8	9	10	11	12
10 Serves to Wide Target												
10 T Serves												
1st Return	1	2	3	4	5	6	7	8	9	10	11	12
X Court or Centre												
Return Line												

## COMPETE

**Point Play to 10 points.** The opponent feeds the ball in based on the table below and the player starts in the correct court position in relation to the player feeding.

Right Side Baseline Feed	Left Side Baseline Feed	
Week 1 X-Court High Deep Feed	Week 5 X-Court High Deep Feed	Week 9 Right Side Line Feed
Week 2 X-Court Deep Feed	Week 6 X-Court Deep Feed	Week 10 Left Side Line Feed
Week 3 X-Court Short Feed	Week 7 X-Court Short Feed	Week 11 Central Very High Feed Deep
Week 4 Alternate Feeds 1) High Deep 2) Deep and 3) Short	Week 8 Alternate Feeds 1) High Deep 2) Deep and 3) Short	Week 12 Central Very High Feed Short

**Tiebreak Specials (all the first to 10 points).**

<b>Week 1&amp;2)</b> <i>'Badminton'</i> You can only win points on your serve, if you win the point, you serve again, if you lose the point the other player serves.	<b>Week 3&amp;4)</b> <i>'Servers Advantage'</i> The server can hit in the singles court but the returner can only play in the half court the server has served from.	<b>Week 5&amp;6)</b> <i>'Dice Scoring'</i> Each player roles a dice, each point is equal to the dice role for that player.
<b>Week 7&amp;8)</b> <i>'Serve Volley'</i> When serving on first and second serve you must serve and come in!	<b>Week 9&amp;10)</b> <i>'Storm the net'</i> On every return, the player must come into the net!	<b>Week 11&amp;12)</b> <i>'Chip &amp; Charge'</i> When the ball lands in the service boxes (but not off the serve) you must slice and come in!

**Set to 6, Long deuce (no sudden death) tie-break to 7 at 6 all.**

<b>Week 1&amp;2</b> Each game starts at 30 all.	<b>Week 3&amp;4</b> Server starts each game 40-15 up.	<b>Week 5&amp;6</b> Server starts 15-40 down.
<b>Week 7&amp;8</b> Each game starts at deuce.	<b>Week 9&amp;10</b> Comeback King Server starts at 0-40 in each game. If the server holds the serve to win the game they win the set.	<b>Week 11&amp;12</b> Win the Game, Win the Set. At game point you must win the point otherwise you lose the game. The same goes for set point, win the point or lose the set.



# REFLECT

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## Player Review

Quick Notes - on 4 aspects of your practice, Mental (focus, discipline, effort, determination) Physical, Technical, Tactical + score out of 10 (1 poor performer > 10 training like a pro)

	Score		Score
Wk 1		Wk 7	
Wk 2		Wk 8	
Wk 3		Wk 9	
Wk 4		Wk 10	
Wk 5		Wk 11	
Wk 6		Wk 12	

