

TRAINING PROGRAMME

Red Part 2

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 60 minutes to include warm up and stretch at beginning and end.

12 WEEK PROGRAMME
Check off when complete

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

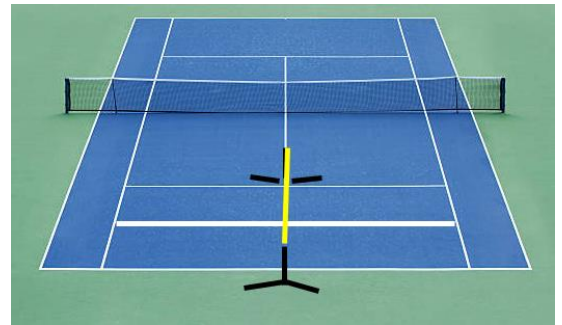
What are you going to focus on for this practice? (HEAD) After week 1 this may be influenced by something you want to improve or continue to develop.

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



BASELINE

Divide the Mini Red Court in the normal way (white line down the middle) aiming to keep the ball in the half as directed.



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

NET

In the boxes grade each practice 1-5 (1 being poor -5 being pro score for both serve and return).

Cooperative: Volley to Baseline Player	1	2	3	4	5	6	7	8	9	10	11	12
Player A Volleys 10 to each ½ of the court deep												
Player B Returns from behind the baseline												
Lob to Smash 10 Smashes in a Row (3-minute limit)	1	2	3	4	5	6	7	8	9	10	11	12
Player starts on the service line T and smashes under control to opponent / partner who blocks back a lob												



MIDCOURT

Divide the court in half. Player starts on the service line and attacks one corner of the court toward opponent / partner who blocks the ball back short for Player to attack (can include drive volleys). Opponent / partner moves to other corner and repeat. In the boxes grade each practice 1-5 (1 being poor -5 being pro score for both serve and return).

Midcourt attack	1	2	3	4	5	6	7	8	9	10	11	12
3 minutes to the left corner												
3 minutes to the right corner												

SERVE & RETURN

Serve Drills: Divide service box in half and back of the court in half for return targets. In the boxes grade each practice 1-5 (1 being poor -5 being pro score for both serve and return). **On each serve target hit a first serve (flat) and a second serve (slice)**

1 st and 2 nd Serves	1	2	3	4	5	6	7	8	9	10	11	12
10 Serves to Wide Target												
10 T Serves												
5 x line, 5 x angle												
Line or X court (players choice)												
Attack the line (space)												

COMPETE

Point Play

Point Play to 10 points	
Feed and come in first to 10 points	Player A starts on the service line feeds to the right corner and approaches. Play out the point then feed to the left corner.
Feed and stay back	Player A feeds a short ball to opponent who attacks and approaches the net.
Defend your position	Player A feeds a ball landing on the orange line, player B directs the shot at the net player, be careful! But do challenge each other
Take it on	Tie Break to 10 points, after serve step into court and both players cannot step behind the baseline.

Play a Championship Tie-Break to 10 points.

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12
Player												
Opponent												



REFLECT

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	

