

Sample Fitness Routine

Sample Tennis & Fitness Station Routine

1. Racquet and Ball Handling

- a. Tap Downs—try and bounce the ball down at waist level
- b. Bump Ups—try and bounce the ball up eye level without letting the ball touch the ground
- c. Edgies—try and dribble the ball down at waist level using the edge of the tennis racquet
- d. Self-Rallies—Alternate bumping the ball off the racquet and off the ground
- e. Invent a Bounce— Players attempt different ways to dribble or bump the ball – this can even be choreographed to music as a rhythm and skills challenge.

2. Partner Ball Tossing, Rolling, and Catching - Balls can be tossed, rolled, or bounced between partners. Players should keep their fingers up when attempting to catch. For an additional challenge, players can toss balls one at a time or two at a time, while stationary or moving.

3. Toss, Hit, and Catch - One player tosses a ball to the forehand or backhand side of their partner. The ball can either be bumped or volleyed out of the air back to the tosser. Begin with partners three steps apart and have players attempt to make five successful hits and catches before switching.

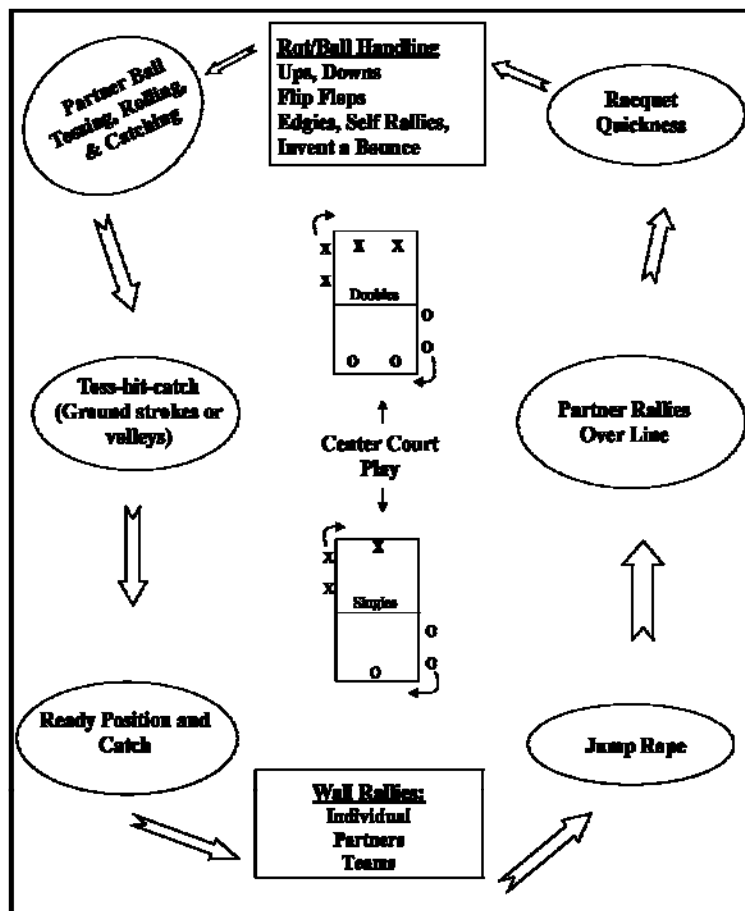
4. Ready Position and Catch - One player is the tosser and the other player is in ready position with a racquet. The beanbag (or foam ball) is tossed to either the forehand or backhand side of the player in ready position. Their goal is to catch it on the racquet strings and learn to move into position rather than reaching for the ball. Switch positions after five tosses.

5. Wall Rallies – Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall. Rallies can be done individually or in pairs or teams with players alternating hits.

6. Jump Rope - Players can practice jumping rope individually or with partners. For an extra challenge, players can attempt jumping with two ropes at once (“double dutch”) do 360 degree turns, or juggle a ball in the air while their partners turn the ropes.

7. Partner Rallies over Line (or Net) -

Partners work together with a line or jump rope between them to serve as an imaginary net. They bump the ball back and forth using forehands and backhands. To start the rally, players should start close, match up the racquet faces, and take two steps back. Have players try and set the “world record” for longest rally.



8. Racquet Quickness - Partners are about 3 feet apart while balancing their racquets. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.

Center Court Play: Additional space can be reserved for players to play games of Team Singles, Team Doubles or other self-directed tennis games (e.g. Champ of the Court, Challenge Court, etc.).