

# **Module 1**

## **Build Your Foundation**

### **Week 1**

#### **Lesson 1: Preparing To Play**

Pack your racquet bag before practice

Include everything you need in your packed bag

Include racquets, water, drink mixes, snacks, wristbands, grips, strings, resistance bands, shirts, shorts

#### **Mindset preparation**

Write down your goals for the practice (1 minute)

Write down your affirmations (1 minute)

Practice deep breathing (1-3 minutes)

Close your eyes and see yourself hitting great shots (1 minute)

See yourself handling adversity well (1 minute)

Visualize executing all the right strategies and shots (1 minute)

#### **Nutrition**

Carry bottled water or water jug

Carry blender bottle for recovery shake

Vitalyte, Heed, or Vega recovery drinks and powders

Protein powder (whey, egg white, or pea)

Funnel (for powders to in drinks)

Food Bars: Lara bars or Perfect Food Bars

Celtic sea salt (use a pinch in your water or drinks)

# Dynamic Warm Up

*Perform each exercise sideline to sideline*

## Quad Pulls



- Stand straight with feet shoulder width apart
- Grab one foot or ankle with same side hand and pull up and back
- Come up on toe of standing leg if possible (advanced)
- Feel an active stretch in the quad
- Return to original position, step forward and repeat with other leg
- Repeat for desired reps for distance

## Cradle Walks



- Stand straight with feet shoulder width apart
- Grab ankle and foot with both hands, pulling bent leg upward chest
- Come up on toe of standing leg if possible (advanced version)
- Feel stretch in glute and upper hamstring
- Release leg back down return to starting position
- Switch to other leg while moving forward
- Repeat for desired reps or distance

## Toy Soldiers



- Stand straight feet under shoulders
- Kick one straight leg up in front of body as high as possible
- Attempt to touch opposite foot to hand
- Bring foot down and switch legs
- Keep upper body straight
- Exercise can be performed in one place or while moving forward
- Repeat for desired reps or distance

# Single Leg Deadlift



- Stand straight with feet close together
- Lift one leg off the ground reaching forward and down with both hands
- Keep spine straight
- Feel slight bend in standing knee
- Slowly return to original position
- Repeat with other leg while staying in one place or moving

# Spiderman



- Stand straight feet under shoulders
- Lunge forward with one leg and attempt to place both hand to inside of foot
- Front foot firmly on the ground
- Bring back leg up and through to lunge out again
- Keep hands inside the front foot each time the lunge is performed
- Repeat for desired reps or distance

## Ballet Curtsies



- Stand straight with feet slightly wider than shoulder width apart
- Cross one leg behind the other and squat down, dropping back knee
- Feel stretch in outside hip of front leg
- Return to starting position
- Repeat by crossing other leg behind
- Repeat for desired reps



## Alternating Lateral Lunges



- Stand straight, feet shoulder width apart
- Step out with one leg into a side lunge position
- Keep one leg straight, feet flat on the ground and the other leg bent
- Place hands down in front of body between the legs
- Bend over at upper body keeping spine neutral
- Push off strongly, pivot lead foot 180 degrees and rotate body lunging in the other direction
- Continue to alternate directions with the lateral lunges

## **Shadow Stroke Warm Up**

*Perform 3 forehands and 3 backhands per exercise, rest 20 seconds, then perform next exercise*

Forehand/Backhand Step In (middle)

Forehand/Backhand Step In Square Up (middle),

Forehand/Backhand Step In Square Up (wide)

Forehand/Backhand Open Stance (wide)

## **Lesson 2: Mini Tennis Mastery**

Spend 2-5 minutes at the service line

Both players slice (1-2 minutes)

Both player hit flat/topspin (1-2 minutes)

One player slice, other player hits flat/topspin, then switch (1-2 minutes both ways)

*Optional 1 time per week:*

Play mini tennis games, first one to 5 or 7 with different variations

Play straight ahead in 2 boxes

Play cross court in 2 boxes

Play in all 4 boxes

*Make sure to:*

*Keep your feet active*

*Hold finishes*

*Use variation to develop variety*

### **Lesson 3: “Play Deep” Tennis Drill**

Spend 2-5 minutes 8-10 feet behind the baseline

Emphasize height, depth, and extension

Be aware of how deep your groundstrokes land

It's ok to miss a few feet long

Avoid the net at all costs

*Make Sure to:*

*Practice finishing with hands in front for maximum extension*

*Catch the racquet on forehand*

*Relax hands at end of swing*

*Move up quickly to short balls before they drop*

### **Lesson 4: “Don’t Stand So Close To Me”**

Rally from 3-5 feet behind baseline (5-10 minutes)

Move up on baseline for a few minutes to feel the difference (2 minutes)

Move back 3-5 feet behind the baseline, practice moving up and back (5-10 minutes)

Play baseline games from 3-5 feet behind baseline (play to 7 or 11), keep moving up

When you play serve points, be aware of your baseline location

*Make sure to:*

*Keep your feet active and moving quickly*

*Emphasize moving up to the shorter balls*

*Avoid getting caught short hopping nays balls on the baseline*

*Feel how you have more time and space when you stand back*