

Tennis Dynamic Warm Up & Training Techniques

When you are on the court playing tennis, you are getting a full body workout. So today we are going to be talking about off the court full-body workouts that build strength, flexibility, agility, conditioning and speed.

Because tennis is both aerobic & anaerobic and involves quick stop-and-go action, we going to go over speed drills.

Intervals Sprints

Tennis involves directional changes and quick pivot action, so speed work will help your performance on the court.

- Practice running explosively (all out) in different directions; backward, forward, side to side
- Do 3) 25 second sprints with a 20 second rest. We'll do this in 4 different directions.
 - Forward,
 - Backward
 - Right side
 - Left side.

A dynamic tennis warm up routine is a critical component for all tennis players to perform before all practices, matches, and tournaments. Its purpose is to properly prepare the upper body and lower body for the constant stopping, starting and the rigors of moving around the tennis court.

The more you warm up moves the lower the rate if injury.

- 1) Raise the body temperature and general activation of the body.
- 2) You're getting the feel for hitting the ball with the whole kinetic chain.
- 3) Raising the focus and alert level of the brain.
- 4) Establishing good timing.

Mentally prepare you for your game because it's going to be mentally specific. This will take 15 minutes.

1 Lateral Hip Swings

Take right leg, keep it long, swing it to the left and right. Repeat other side.

-You are warming up the groin, opens up the hip

-Prepares you to do cross over steps in your match.

2 Forward & Back Hip Swings

-Hold one hand on the net and swing your leg in front of you to in back of you.

-Keep your back straight to stretch your hamstrings a little more in this stretch.

3 Spiderman

-Hands down on ground, body in position as a push up, bring right for up on right side of hand, hold 20 seconds for the stretch. Good stretch for the abductors. Repeat other side.

4 Shoulder Stability Touches

Open up the rotator cuff

While you are down in spider man position, move one hand to the other. Repeat opposite side.

5 Quad Stretch with High Pull

Walk and lift on knee to chest, finish with pulling your leg back and hold with hand.

6 Groin Stretch

Walk with hip open on one side and repeat other side. Leg up open and around.

7 Butt Kicks

Quick feet, kicking your butt every time.

8 High Knees

Warm up the hip flexors.

9 Lateral Shuffles

Side to side in one direction. Repeat other direction

10 Crossovers

Foot cross over as you work laterally.

11 Karaoke

One foot in front one in back. Repeat.