

Competitive Program

WARM-UP CHEAT SHEET

- Physical Warm-up ~(10 min)
 - Practicing being an athlete begins before you even step onto the court.
 - Warm-up routines such as bands, rolling, or extended stretching time should be completed before the physical warm-up even starts.

- Physical warm-up begins practice time ~(5 min)
 - Side shuffle down and back
 - Karaoke down and back
 - Lunges with a twist
 - Side-Lunges
 - Can-openers
 - Hamstring scoops
 - Walking hip flexor ankle pulls
 - Frankensteins
 - Seat kicks
 - High knees
 - Arm Hugs
 - One arm across (both arms)
 - One arm overhead (both arms)

- Once the physical warm-up is completed, grab your jump ropes (3 min)
 - 30 seconds on, 30 seconds off, three sets
 - This concludes the physical warm-up
 - Water break before tennis warm-up begins

- Tennis Warm-up
 - Short court ~(2 min)
 - Short backswings with lots of footwork
 - Baseline down the line (5 min)
 - Start with window 2 early, really make a point to focus on footwork and shot selection. Work together with your partner.
 - Cross court (both directions) ~(10 min)
 - Windows stay a focal point
 - Create a goal with your hitting partner
 - Option 1: Get X amount of balls in a row with your partner before moving to the other direction
 - Option 2: Get X amount of balls total (not in a row) past the service line before moving to the other direction.
 - Water break once both directions cross court are complete

- Volleys
 - 50-100 reaction volleys with your partner
 - One person at net one at baseline (2-3 min)
 - Once a few minutes have passed or the person hitting volleys is ready for overheads, attempt to warm up overheads.
 - Once that is complete, switch roles and you will have finished the tennis warm-up.