

Eighteen-Player/Nine-Station Tennis Workout

Everyone is busy and working to improve their tennis game.

How It Works:

Station workouts are nothing new, but if used correctly, can have a very high player to space ratio. Station workouts keep everyone moving and have a positive effect on keeping players attention and focus because they don't have time to get bored with a drill.

In the example shown there are 9 stations pictured. Each station has an important role to keep things moving and get the most out of the workout. The coach will put the players together in pairs and the players will remain together throughout the entire circuit. If there is an odd number of players, say 17, the coach can be player 18 to make the 9 pairs; if there are only 12 players some stations could be eliminated or not, but I would suggest always having station 1-Ball Pickers active since this will supply balls to the serve and groundstroke stations without having to stop and pick up balls. The coach sends each pair of players to a station 1-9. He then blows a whistle to begin. After 60-90 seconds the coach blows the whistle to signal stop action and the player pairs change stations (players from station 1 go to station 2, players from station 2 go to station 3, etc). Allow about 20-30 seconds for the players to hustle to the next station.

Station Explanations:

Station 1-Ball Pickers-these 2 players have to hustle with ball hoppers/ball tubes to collect balls that are being hit and make sure the servers' and droppers' hoppers are loaded with balls.

Station 2-Footwork Using Cones-this can be done with groundstroke footwork using a figure eight pattern moving around the cones and shadow stroking forehands and backhands. This can also be done with volley footwork doing a split step then moving forward into the cones shadow stroking volleys and then resetting back behind the cones.

Station 3-Droppers-these players stand over by the doubles alley and about a step up from the baseline. They reach into their hopper and pull out as many balls as they are comfortable holding (maybe 4-6). They reach out at about eye level with 1 ball in their hand and simply drop the ball for the ground stroke player. Note: emphasize that they just drop the ball not toss the ball. This will make the ground stroke player have to move to the ball. Be sure the dropper also gives the ground stroke player a chance to recover back toward the center of the court (but not too close to the servers).

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Station 4-Shadow Strokers-these players stay behind (but not too close to) the ground stroke players and pretend they are hitting the dropped ball. They are concentrating on preparation, keeping their head still at impact, follow through, movement to and recovery from the ball. Players usually don't do these shadow strokes with good technique unless they are reminded by the coach about the focus and the importance of this drill.

Station 5-Ground Strokers-these players hit forehands/backhands depending on which side of the court they are on (a right handed player on the deuce side of the court will hit forehands). They will practice all of the elements they did in station 4 with the addition of hitting the dropped ball toward a target (T) deep cross court, short cross court, or down the line (see targets on the court). The coach could ask the players to consider hitting a moon ball deep cross court then a hard drive down the line or some other combination of shots.

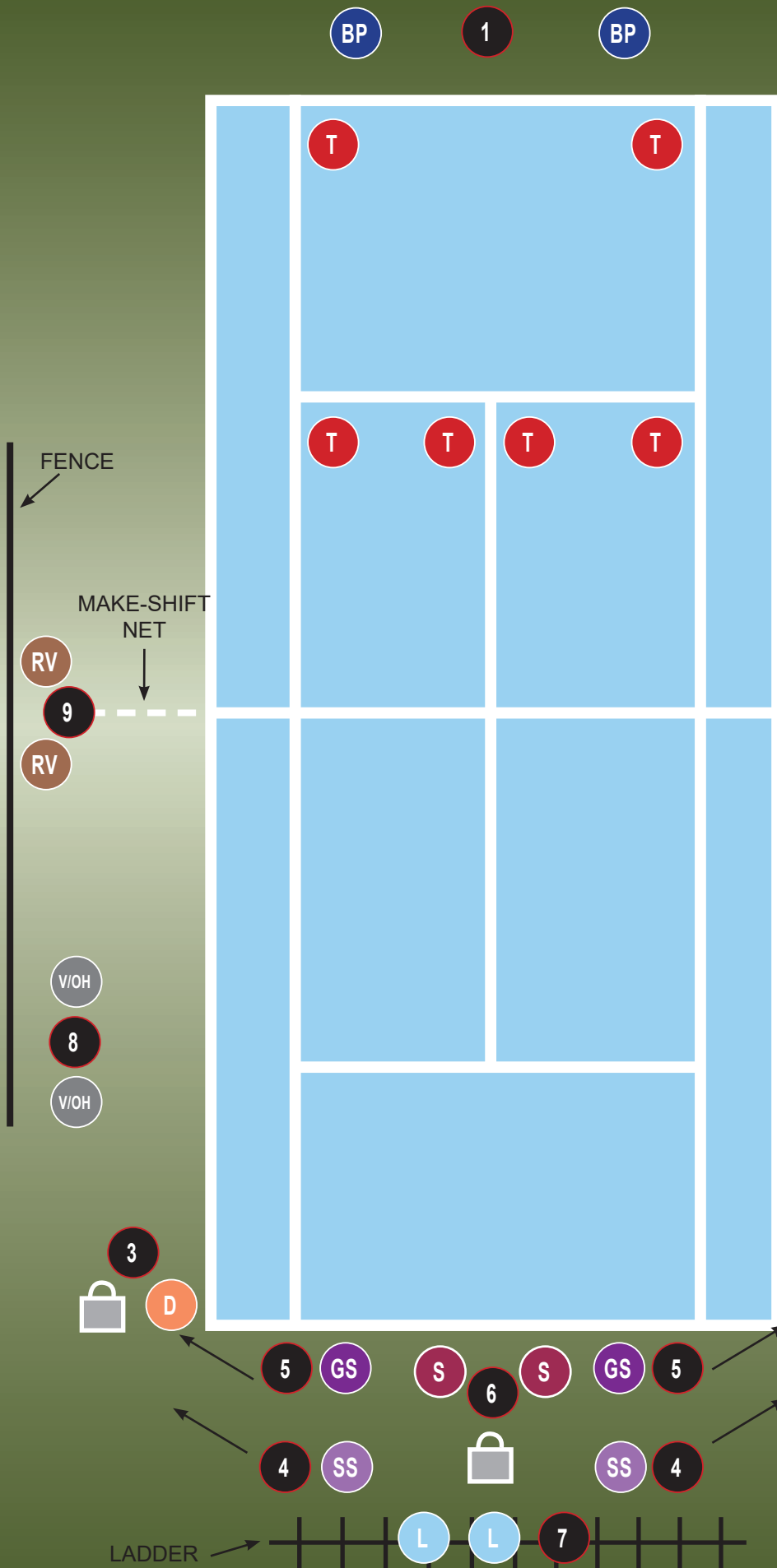
Station 6-Servers-these players should be aiming for targets. They should also be aware of the percentage of serves made (10 serves can be hit in 60 seconds and not be rushed). The players should set a goal to make 7 out of 10 first serves and 10 out of 10 second serves. Servers could also practice recovery after they hit the serve as if a return of serve was coming back to them.

Station 7-Ladder Players-a ladder (or cones) can be set up back by the fence for players to work on quick feet. This could also be a pushup, jump rope, medicine ball toss, burpee, etc station. High intensity station.

Station 8-Volley/Overhead Players-balls are stuck in the fence (2 balls per player) about 3 feet off the ground and separated by about 5-6 feet. The players do a split step and attack the forehand volley (touching the racquet strings to the ball then going back about three steps and jumping for an overhead. The player then comes back in about 2-3 steps does a split step hits a backhand volley and goes back for another overhead. The player could also practice going for some backhand overheads. This is a tough station and most players are happy when the whistle blows to stop.

Station 9-Reflex Volley Players-on this station an extension from the net post to the fence could be yellow caution tape to make a net for the volleyers. The players will do reflex volleys. The coach could task them to go forehand to forehand or backhand to backhand or one player hits cross court and the other player hits down the line.

18 PLAYERS 9 STATIONS



- BP** Ball Pickers 1
- ∞** Figure 8 Footwork (2) 2
- VF** Volley Footwork 2
- D** Ball Droppers (3) 3
- GS** Ground Strokes (5) 4
- SS** Shadow Strokes (4) 5
- S** Servers (6) 6
- L** Ladder (7) 7
- VOH** Volley/Overhead (8) 8
- RV** Reflex Volley (9) 9
- T** Targets
- Ball Hoppers

GROUND-STROKES



CONE MOVEMENT



VOLLEYS



LADDER



SOUTHERN