# ATHLETIC DEVELOPMENT WARM-UP
## PROGRESSION 1
### 1. MOVEMENT AND MOBILITY: 5 MINUTES

<table>
<thead>
<tr>
<th>SET-UP</th>
<th>PURPOSE</th>
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</table>
| • Players set-up along the baseline facing the net with space  
• 12 players per court / 6 per half a court  
• Players perform the Exercises moving to the net then back to the baseline.  
• Players perform exercise with racket in their hand | • Heart Raiser  
• Movement Patterns  
• Posture  
• Coordination |

<table>
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<tr>
<th>EXERCISES</th>
<th>DEMONSTRATION</th>
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</table>
| **1. Jog** – Forwards and Back  
with Quad Stretch | ![Demonstration Image 1] |
| **2. Skip** – Forwards and Back  
with Knee Grab and Ankle Grabs | ![Demonstration Image 2] |
| **3. Side Shuffle** facing the same direction.  
with side lunges. | ![Demonstration Image 3] |
| **4. Carioca** with high knee on the front cross over  
facing the same direction. | ![Demonstration Image 4] |
| **5a. Front cross-over** ONLY to the net  
• Racket in ready position in dominant hand facing the same direction.  
• Front cross over on the way back, with shoulder turn, racket in overhead position. | ![Demonstration Image 5] |
| 5b. Repeat but with non-dominant hand | ![Demonstration Image 6] |
| **6. Inside-out FH**  
• Back cross-over step with racket in ready position.  
• Turn into FH preparation and hold racket in preparation phase.  
• Repeat with non-dominant hand facing the same direction. | ![Demonstration Image 7] |
### SET-UP
- Players set-up along the baseline facing the net with space
- 12 players per court / 6 per half a court
- Players perform exercise with racket shoulder height

### PURPOSE
- Strength
- Balance
- Posture
- Complex Coordination

### EXERCISES

#### SQUATS – Technique:
- Heels on the ground
- Chest out
- Straight back, not bending from the waist or hunching over.
- Knees can come just in front of the toes.
- Each child will have a different range before the technique breaks, stay within range.

1. A. Toes facing forwards X 3
   B. Toes facing outward X 3

#### LUNGES – Perform on both legs. Repeat twice to both sides

1. A. Forward  
   B. Open Stance – Shoulder rotation preparing forehand and backhand  
   C. Semi-open stance backwards – Shoulder rotation preparing forehand and backhand
**SET-UP**

- Players set-up in pairs. 1 player on doubles line, 1 player on singles line. Players facing each other.
- Players can stay on the same court or come to one court. Or, all 24 players on 1 court / 12 per half a court – be mindful of space.
- Players need 1 tennis ball each.

**PURPOSE**

- Balance
- Strength
- Ankle Stability
- Complex Coordination
- Eye Hand Coordination
- Decision Making

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<tr>
<td><strong>ANKLE STABILITY</strong> – Each exercise below to be performed 6 times each leg.</td>
<td><img src="Ankle-Stability.png" alt="Ankle Stability" /></td>
</tr>
<tr>
<td>1a. Left leg – Using 1 ball, players underhand toss the ball to partner AWAY from the body. Partner catches ball with outside hand. Players to mix up their tosses. Ball should not be caught with two hands in the body.</td>
<td><img src="Left-Exercise.png" alt="Ankle Stability" /></td>
</tr>
<tr>
<td>1b. REPEAT on right leg.</td>
<td></td>
</tr>
<tr>
<td>2a. Same exercise starting with left leg but partner catches with inside hand (across body e.g. if ball is tossed to the right of you, catch with your left hand)</td>
<td><img src="Right-Exercise.png" alt="Ankle Stability" /></td>
</tr>
<tr>
<td>2b. REPEAT on right leg</td>
<td></td>
</tr>
<tr>
<td>3a. Add 2nd ball. One player tosses up while the other bounces down</td>
<td><img src="Switch-Roles.png" alt="Ankle Stability" /></td>
</tr>
<tr>
<td>3b. REPEAT on right leg. Then switch roles and REPEAT.</td>
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# Athletic Development Warm-Up

## Progression 1

### Set-Up Purpose

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| - Players set-up in pairs. 1 player on doubles line, 1 player on singles line. Players facing each other.  
- Players stay on the same side of the court and stay with same partner.  
- 2 tennis balls per pair | - Lateral and Multi-Directional Movement  
- Speed Reaction  
- Spatial Awareness  
- Complex Coordination  
- Decision Making |

## Exercises Demonstration

### Lateral Engagement

Each exercise below to be performed shuffling along the line.

**Level 1 – Leader/Follower:**
- Player 1 is the Leader, Player 2 is the Follower.  
- Coach says “Go” Leader side shuffles in any direction, follower tries to keep up.  
- Coach says “SWITCH” to change roles.

### Level 2 – Retrieve the Ball:
- Player 1 starts with 2 tennis balls, one in each hand.  
- P1 tosses underhand either left or right and P2 must catch one handed, no bounce allowed.  
- Body must get behind the ball using footwork, no reaching Go for 10 catches then switch roles.

### Level 3 – 3-Way Stance
- P1 tosses underhand in the air, bounce passes, or roles on the ground.  
- In the air = No Bounce, Open Stance catch  
- Bounce Pass = One bounce, absorb semi-open stance  
- On the Ground = Neutral Stance, opposite hand opposite leg.  
- 10 catches then switch rolls.
# ATHLETIC DEVELOPMENT WARM-UP
## PROGRESSION 1
### 4. TENNIS MOVEMENT PREPARATION: 5 MINUTES

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<td>• Complex Coordination</td>
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<td>• 12 players per court / 6 per half a court</td>
<td>• Movement Patterns</td>
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<tr>
<td>• Players perform exercise with racket shoulder height</td>
<td>• Balance</td>
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<td></td>
<td>• Strength</td>
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<tr>
<td><strong>1a. VOLLEY TO OVERHEAD MOVEMENT</strong> – Players start from the baseline move forwards to the net with volley specific movement.</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Split</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Outside leg step</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Lunge step forwards to volley (shadow punch the volley).</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• REPEAT at least 3-4 times before reaching the net.</td>
<td>![Demonstration Image]</td>
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<tr>
<td>1b. Once the players reach the net, turn into overhead position and shadow swing overhead:</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Front cross-over step</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Back leg load</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Jump to shadow swing overhead</td>
<td>![Demonstration Image]</td>
</tr>
<tr>
<td>• Scissor kick in air and land.</td>
<td>![Demonstration Image]</td>
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<tr>
<td>• REPEAT at least 3-4 times before reaching the baseline</td>
<td>![Demonstration Image]</td>
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**2. PROGRESSION 2** – Players start on the service line trying to cover as much ground as possible:

- Volley
- Overhead
- Volley.
ATHLETIC DEVELOPMENT WARM-UP

PROGRESSION 1

5. GAME-BASED SPEED REACTION: 5 MINUTES

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<td>• Players set-up in a line from service line back towards baseline. Keep same 6 players (only 3 are shown in diagram above).&lt;br&gt;• Players need racket in ready position&lt;br&gt;• Make sure there is plenty of space between players.</td>
<td>• Complex Coordination&lt;br&gt;• Speed Reaction&lt;br&gt;• Balance&lt;br&gt;• Efficient Movement Patterns&lt;br&gt;• Decision Making</td>
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EXERCISE

NORTH-SOUTH-EAST-WEST:

1. Coach calls out a direction players must double footed jump in that direction and return back to center. The coach who is in the middle will hold up a ball in both hands to the side, whichever ball the coach drops, players must cross-over side-shuffle to the singles side line and return back to the middle. REPEAT exercise 3 times.

2. Repeat exercise but with opposites. If you call North, players go South. If the coach drops the ball in their left hand, players go to the opposite side.