MARTIN METHOD TENNIS FITNESS

"Train like a Pro, Play like a Pro"

HOW TO IMPROVE TENNIS FOOTWORK
6 EASY EXERCISES TO GET YOU STARTED



Here is the misconception!

We have seen time and time again, players wasting their time training the incorrect way.

Quality tennis footwork could be the most critical element for a solid game. You have to get it right!

You should structure all your footwork drills into these 6 movement patterns below-

1. Preparation Steps
2. Transitional Steps
3. First Step
4. Split Step
5. Cross Step
6. Multi- Step

If you didn't read our last blog we recommend you read it before you start on this program.

It's extremely important, as it explains the reasoning behind these exercises below and why they are so effective and important.

To read click here - https://www.tennisfitness.com/blog/how-to-improve-tennis-footwork

6 Exercises to Improve Your Tennis Footwork Program

1. LATERAL FIGURE 8 PREP STEPS

PREPARATION STEP

This drill will help you with your small preparation steps, which is needed for effective foot work position for shot making.

Place 2 markers 30-50cm apart. Start by standing in the middle of the markers. Using small shuffle steps, laterally shuffle in between hats in figure 8 directions.

Focus on getting as many repetitions as possible with good athletic posture and control.



2. LATERAL BOUND INTO LATERAL SHUFFLE

TRANSITIONAL STEP

This drill is great for improving your deceleration. (Braking system) It's important to learn how to stop. We always train for acceleration, however deceleration is just as, if not more important than acceleration.



Mark out 6 cones one metre apart. Start behind the second marker. Lateral bound (right) to the first marker and lateral shuffle (left) to the third marker. Then re- peat so lateral bound (right) to the second marker and lateral shuffle (left) to the firth marker. Repeat all six markers.

Focus on staying low and laterally exploding out of legs on the bounds and then drive the legs with fast lateral shuffle steps.

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3. I DRILL

FIRST STEP

This drill will help improve, leg drive and first step quickness.

Mark out 2 cones, one metre apart. Stand behind one cone, run forward as fast as possible until you pass the second cone, then back pedal on the other side of the cone until you pass the starting point. From this position run forward again and repeat the sequence.

Focus on trying to get in as many repetitions as possible for the set time, first step acceleration and first step backward push off are important to concentrate on for this drill.



4. DYNAMIC SPLIT STEP

SPLIT STEP

This drill will help improve split step functionality and create a healthy split step habit.

Start by standing with legs in a split step position, with bent knees. From this position jump forward and backwards using a split step movement. Repeat for set time.

Focus on good body positioning and controlled speed of movement.



5. CROSSOVER STEP DRIVE

CROSS STEP

This drill will help improve your cross over step, and explosive leg drive.

Place two markers 1 metre apart. Start by standing outside of the marker; push off the outside leg and using a cross over step, into the markers, to the other side as fast as possible. Repeat the sequence for the set time.

Make sure you load the outside leg before returning to the other side. Focus on driving the legs out of each cross over step.



6. W DRILL

MULTI STEP

This drill will help improve agility, change of direction and multi directional foot speed.

For this drill you will need 5cones, mark out the letter w using the cones, place them roughly 1.5m apart

Start at 1st cone run forward to the 2nd cone, then backward to the 3rd cone, then forward to the 4th cone and back to the 5th cone. Then repeat back the other way.

Focus on staying on the balls of your feet for this drill and think about fast feet. The aim of this drill is reactive foot speed, and changes of direction.



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Nathan and Giselle Martin

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