



**TheGOALKeeper**

BREAK YOUR BOUNDARIES

**Tennis**

*Tennis is a fun sport that is accessible for all ages and all fitness levels regardless of whether you have played before. At the Goalkeeper we want to motivate everyone to follow their passion whether it is a new sport or skill. This training programme is aimed at a beginner looking to start tennis but wants to work on some skills first before signing up to play more. The training programme will help increase fitness levels as well as develop your skill. Attached at the end is the format for each training session where you fill it in according to how you have done. It is important to keep note of all this information so you can track your progress*

### **Week 1:**

This programme will require you to have access to a tennis racket, balls, a wall to begin with however if you have access to a court and people to play will be needed for the last couple weeks.

#### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. As this is the first session you will work mainly on your hand eye coordination and getting comfortable. Start with hitting the ball up, letting it bounce and then hit it again,( If this seems too easy and you have some prior tennis experience skip to week 3), next move onto no bounces and keep it going as long as possible.

Then switch sides every time you hit to work on your coordination and reaction time. Now try hitting it against the wall with one bounce very simply.

#### **Training session 2(optional):**

If you have time in the week work on your hand eye coordination with these drills

[https://www.youtube.com/watch?v=xDHNyI7BS1E&ab\\_channel=fightTIPS](https://www.youtube.com/watch?v=xDHNyI7BS1E&ab_channel=fightTIPS)

## **Week 2:**

Week 2 will be when you start to work on your shots and especially working on contact sweet spots

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches.

Today the key idea will be working on how to hit the two simple shots forehand and backhand. Attached are videos for both and just work on hitting these in the air and make sure to keep bouncing on your toes to keep the workout going

[https://www.youtube.com/watch?v=5arVdubK9Pg&ab\\_channel=TopTennisTraining-ProTennisLessons](https://www.youtube.com/watch?v=5arVdubK9Pg&ab_channel=TopTennisTraining-ProTennisLessons)

[https://www.youtube.com/watch?v=PBguk3yRPgI&ab\\_channel=TopTennisTraining-ProTennisLessons](https://www.youtube.com/watch?v=PBguk3yRPgI&ab_channel=TopTennisTraining-ProTennisLessons)

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Today, start with 20 shadow shots of both forehand and backhand. After this the key idea today will be hitting forehands against the wall. Following the technique learnt from last session's video, follow the same motion and work on being able to hit the ball against the wall consistently. Once you can manage twenty shots in a row with the forehand, try the same with backhand referring back to the videos if needed.

## Week 3:

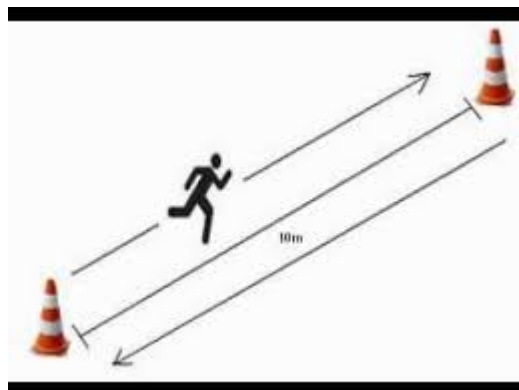
Now that you have worked on your shots a bit if possible the next drills should be carried out on a tennis court with a hitting partner

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. On the court start at the service line and just work on hitting the ball back and forth with your partner at a slow simple speed. Once you manage this consistently for a 20 shot rally, move to the baseline and now just work on hitting the ball over the net as effectively as you can.

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. In order to work on the fitness required for tennis this session will be agility and fitness on the court. You will focus my session today on sustaining agility over a period of time. You will complete a 25-minute shuttle run 20m long. This will be progressed after the first 10 minutes to forward-touch and turn run.



## **Week 4:**

This will be the final week of the beginner tennis training programme. By this point hopefully you are able to hold rallies with a hitting partner and have a good level of fitness on the court

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches.

Today the main focus is just to play some tennis and have fun. The key is to keep it simple and just focus on hitting the ball back at first and work on power and placement later. Just focus on hitting the ball for an hour to keep up some fitness levels too.

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches.

Now to add some thinking about how you play the game, play competitive points with another beginner around your skill level and focus as to what the opponent is doing and why you are hitting the shot that you are.

**Training sessions format:**

Candidate name	
Chosen activity/sport	
Chosen method of training	

Pre-exercise heart rate before warm-up	Working heart rate	Immediate post-exercise heart rate

Recovery heart rate at the following intervals	1 min	2 min	3 min	4 min	5 min

Description of training session appropriate to method of training

Any adaptation or changes you have made to this training session and why