

Smith College Tennis Reference

ST12fConditionProg-rev06p.doc

Strength & Conditioning Program

<u>Agility & Speed</u>		<u>Upper Body Strength</u> *		<u>Acceleration & Power</u>		<u>Core</u> (Ref: M.O'Carroll & M. Sorenson)		<u>Quickness</u> (using ladder)	
1.	Rapid response drills	1.	Low external rotation	1.	Get-ups: sprint width of court	1.	Bridge: Lift tailbone and pelvis. Shoulders on the ground. Squeeze quads, hamstrings, reverse curl out.	1.	Run Through
2.	Ball reaction	2.	Rhomboid Kickback	2.	Partner get-ups: chase width of court	2.	Lower abdominal workout. Back flat in pelvic- neutral position. Feet toward wall. Stabilizing back at all times.	2.	Salsa
3.	USTA Spider Drill (2-4X)	3.	Reverse diagonal pattern	3.	Ball Drops: work up to 10X 	3.	Toe Touches: On back, same position as lower ab workout but with legs at right angle to hip. Lower toe to the ground and raise back to starting point. Alternate legs. Enjoy..	3.	Scissors
4.	Relays (36 ft) 1:5:: work: rest 4 sec w:20 sec r (10X) 	4.	Frontal Arm Raises	4.	Drop Shot Drill 	4.	SuperPerson!: Lying on stomach, lift arm and opposite leg. Hold each position 30-120 seconds. Repeat 10-12X	4.	Crossover Scissors
5.	Service Line Touch (30 sec X2-5)	5.	Lateral Arm Raises	5.	Alley hops 	5.	Med Ball workout	5.	Shuffle (1 rung between feet)
6.	Shuffle baseline with racket FH/BH, crossover recovery (10FH, 10BH)	* <<Using surgical tubing: 5X10X 2 sets for the dominant arm, and 1 set for the non-dominant arm>>		6.	Squats			6.	Shuffle (2 rungs between feet.)
				7.	Lunges			7.	180-degree snake
								8.	Carioca
								9.	High knee Crossover
								10.	90-degree snake
								11.	Icky shuffle
								12.	Jab step/Drop step
								<i>Ref: Margaret Jones</i>	