Tennis -

Please create a list of activities, skills, and fitness that you want students to do. This should be ideas for athletes that can be done in their home/backyard.

Include: This should be done individually or with a member of your immediate family.

1: Volley’s - Rally back and forth with parent or sibling. Start out 10 feet apart and try to keep rally going without letting the ball hit the ground. Try for a 20 ball rally. Then, move to 15 feet apart, again trying to get a 20 ball rally. If successful, try at 20 feet.

2: Reaction/reflex drill - Without a racket, face away from your parent/sibling about 8-10 feet away. Your parent or sibling will toss a ball underhand towards you. They will say “go” as they are releasing the ball. You will quickly turn around and try to catch the ball. The better you are at this, your parent/sibling may wait longer before saying “go.”

Once you feel that you are comfortable with this, add a racket. Now, you must quickly turn around and volley the ball back to your parent/sibling so they can easily catch it.

Bonus: place a bucket on the ground. Now instead of your parent/sibling catching the ball, you try to volley the ball into the bucket. Good luck.

3: Footwork/speed drill -

<https://www.youtube.com/watch?v=20O8Jmq-DsY>

You do not need to be on a tennis court. Grass or cement will work. Mark approximately 15 feet apart. This drill can also be used without a racket. Touch the line with your hand, making it more difficult.

After 30 seconds, do 10 pushups, then repeat. Do this 3 times. When finished, plank for 1 minute.

For more drills, go to WebTennis24.com