



Training Recommendations for Junior Tennis Athletes

Recommended minimum training for tennis players who play tennis as a basic sport activity:

- Organized practice drills 1-2 times per week.
- A couple introductory private or semi-private lessons.
- Play for sheer fun once per week.
- Fitness 2 times per week.
 - o Another sport, jog, cardio equipment, etc.
- Occasional competition with others at similar skill level.
 - o Match play, Novice tournament, practice match with a friend.

Recommended training for tennis players who play for development of skills, the love of the game, and a limited number of tournament competitions:

- Organized practice drills 2-4 times per week.
- Blocks of private or semi-private lessons sometime during the year.
- Individual need practice time.
 - o Serves, ball machine, hand fed repetition.
- Play for fun with friends or family weekly.
- Movement/fitness 2-4 times per week.
 - o Strength, quickness and agility, cardio fitness, cross-training, etc.
- Seasonal competition
 - o High school season, summer tournaments, a small block of tournaments.

Recommend training for players who commit to high performance training and year-round competition:

- Organized practice workouts 4-6 days per week.
- Private lesson time weekly.
- Individual need practice time.
 - o Serves, ball machine, hand fed repetition.
- Strength training 2-4 times per week.
- Movement training 2-4 times per week.
- Cardio fitness 2-4 times per week.
- Tournament schedule throughout the year which includes competition at three levels:
 - o A competition level which you should expect to win multiple rounds.
 - o A competition level which you must compete at a high level to be successful.
 - o A competition level which challenges you to reach the next level.

Junior players are evaluated for drill group levels by four criteria:

- Athletic skills Tennis skills Commitment Competitive results

Plan your training program to include the following:

- Movement prep / dynamic stretches prior to workouts and competition.
- Flexibility / stretching after workouts and competition.
- Strength workouts
 - o Upper body (chest, back, biceps, triceps, shoulders, forearms, etc.)
 - o Core (abdominal exercises)
 - o Legs (lunges, stairs, plyometric exercises, etc.)
- Quickness and agility
 - o Speed rope, quickness ladder, line hops, etc.
 - o Side shuffle, cross-over steps, spiders, cones, etc.
- Cardio fitness
 - o Interval training (sprints, cycle, cardio equipment, etc.)
 - o Endurance (jog, bike, cardio equipment, etc.)
- Cross Training
 - o Another sport activity (basketball, soccer, Ultimate Frisbee, etc.)

Customize your weekly workouts around your competition schedule. Here is an example:

- Mon/Wed = quickness / agility / upper body / core
- Tue/Thu = interval training / legs / flexibility
- Friday = light workout
- Saturday/Sunday = Tournament competition.
- Recovery after competition... no workouts on Monday!

Strength and Conditioning workouts at Schwartz Tennis Center (STC):

- Tournament II Players and Tournament Elite Players are encouraged to workout at STC.
- Strength and Conditioning workouts are Mondays/Wednesdays 6:30-7:30pm.
- These workouts are offered after boys high school season until girls high school season.
- Focus is on strength, core, quickness, and cardio.
- There are no fees or sign-up associated with these workouts.

