



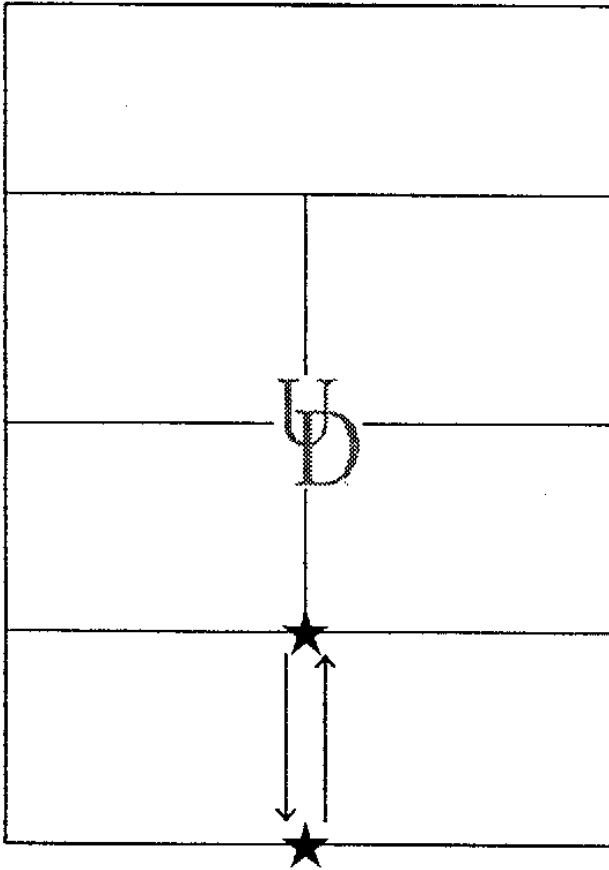
Tennis Program

Tennis Agility Drills

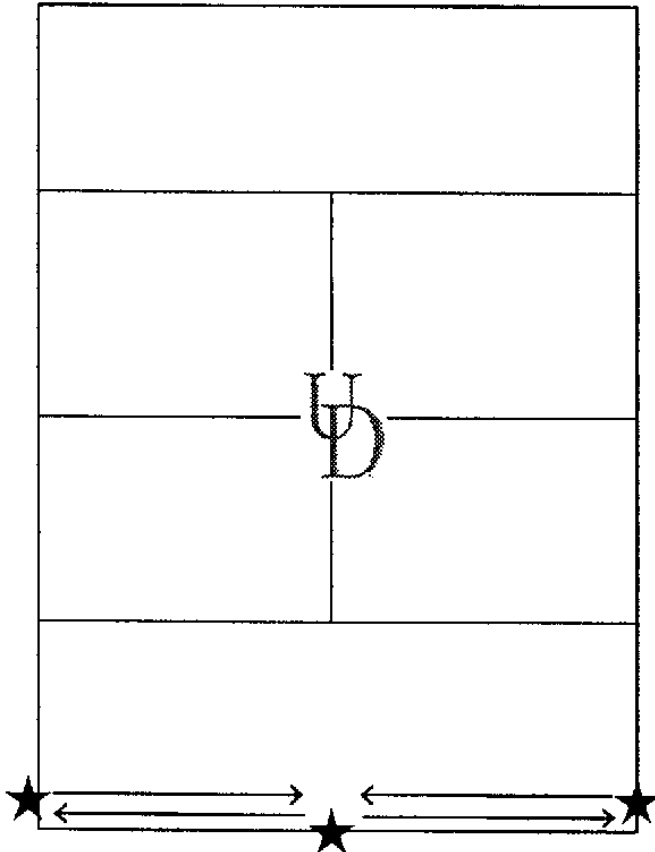
UDPT



Set #1



- Run forward to the service line and backpedal to the baseline 5 times.

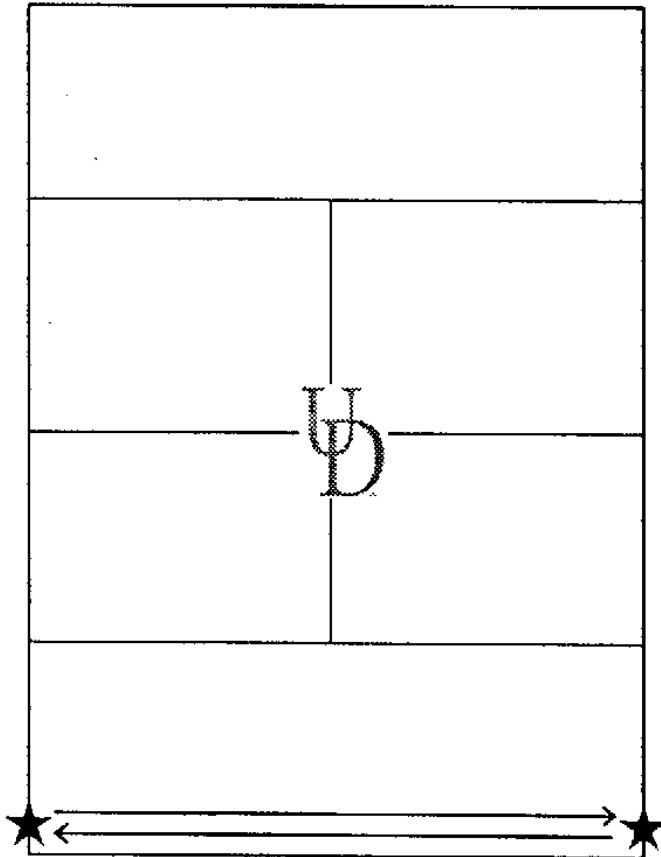


- Begin at center mark, side shuffle to the right sideline and back to the center 5 times. Repeat on left side.

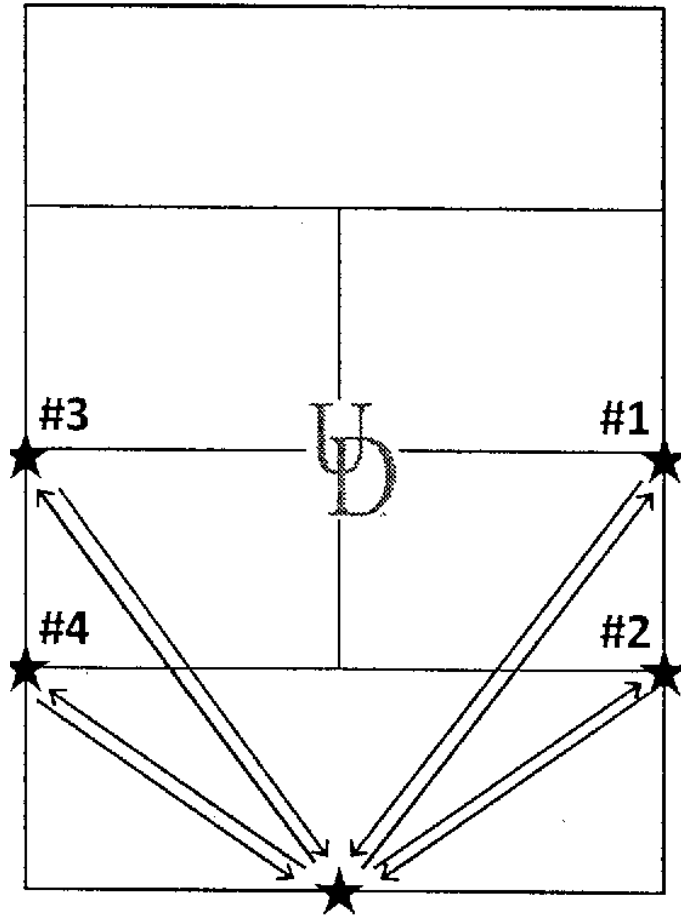


Delaware Physical Therapy Clinic

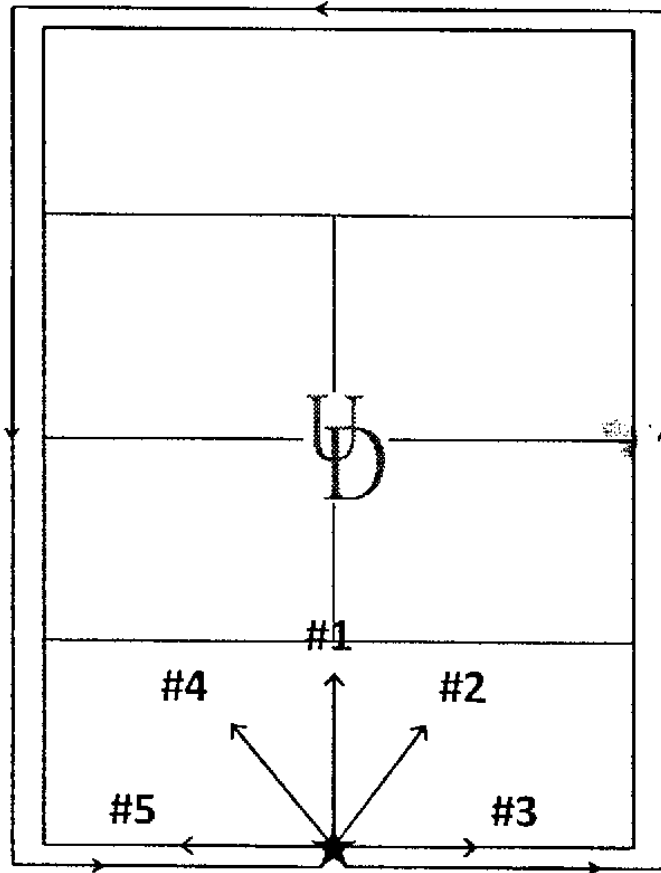
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- Begin on the sideline, side shuffle to the opposite sideline, perform 3 side lunges, side shuffle back to the beginning and perform 3 more lunges.
- Repeat 5 times.



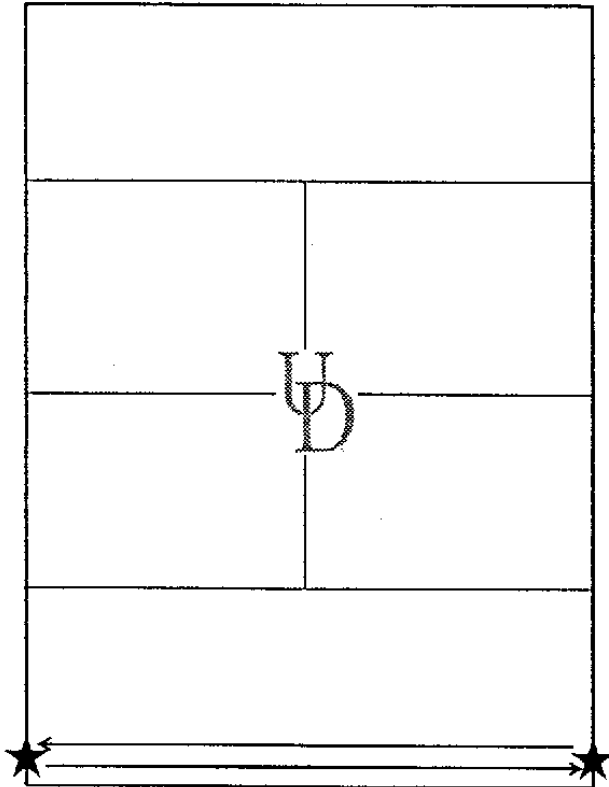
- Begin at center mark
- Run forward to #1 and backpedal to the center mark.
- Run forward to #2 and backpedal to the center mark.
- Repeat for #3 and #4.



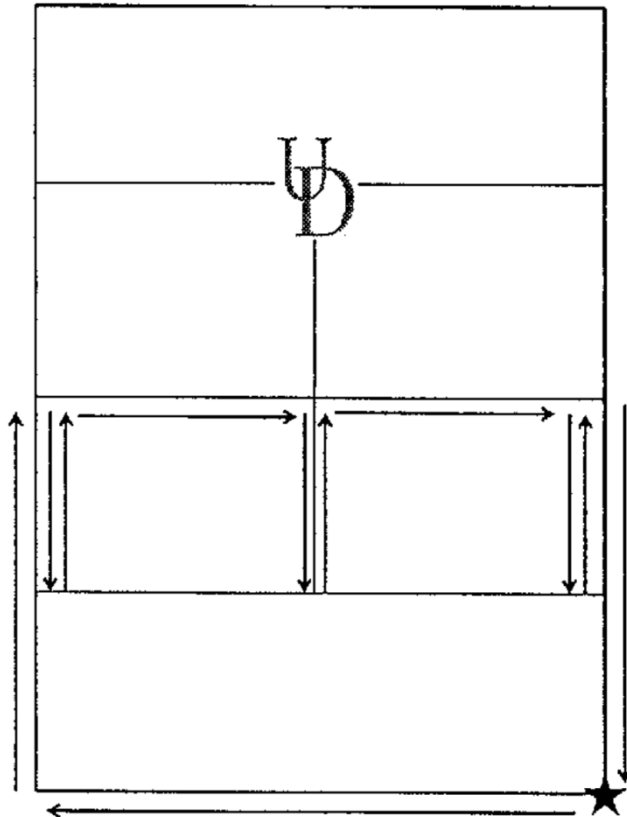
- Begin at center mark.
- Lunge forward to #1 and backpedal to the center mark.
- Lunge forward to #2 and backpedal to the center mark.
- Repeat #3-5.
- Jog slowly around the perimeter of the tennis court
- Repeat 3 times.



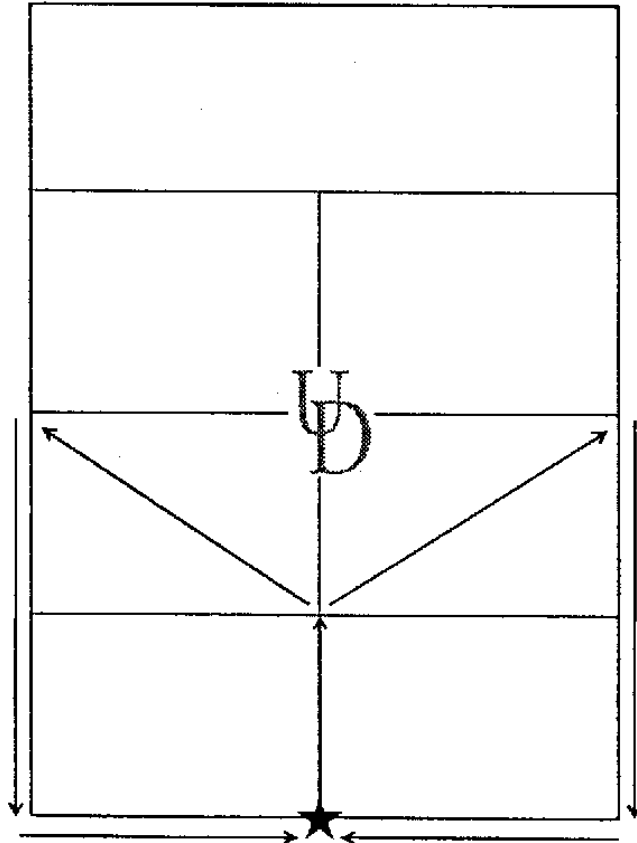
Set 2



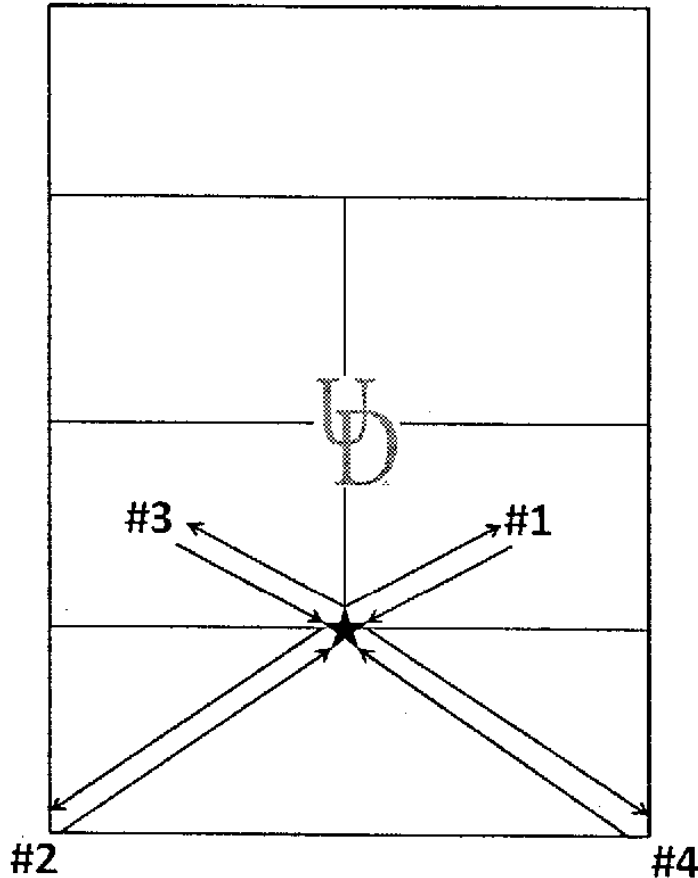
- Begin on the sideline, side shuffle to the opposite sideline and side shuffle back to the beginning.
- Repeat 5 times.



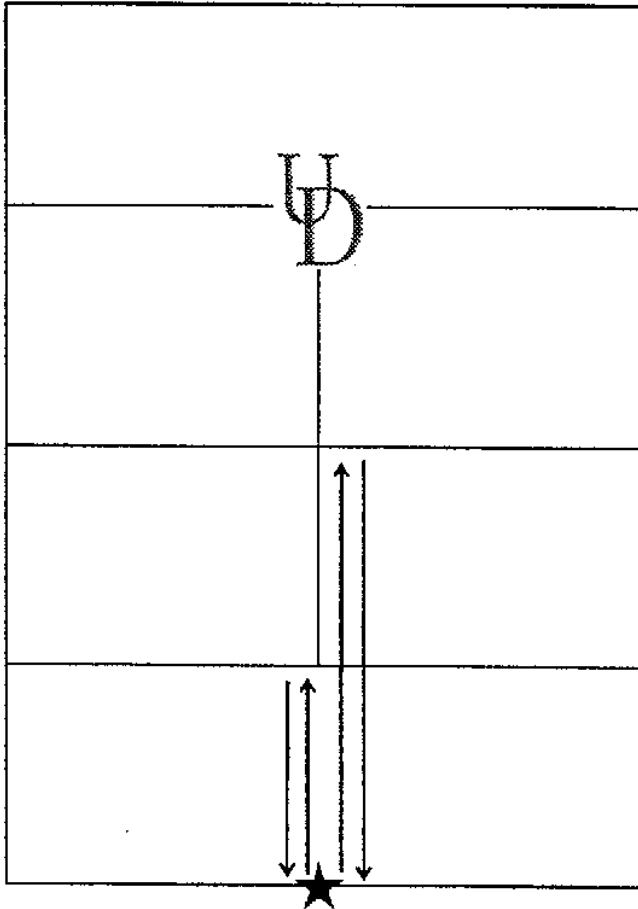
- Begin at right corner of the court.
- Side shuffle to the opposite sideline.
- Jog forward to the net.
- backpedal to the service line.
- Jog forward to the net.
- Side shuffle to the center service line.
- Backpedal to the service line.
- Jog forward to the net.
- Side shuffle to the sideline.
- backpedal to the service line.
- Jog forward to the net.
- Backpedal to the starting point.



- Begin at the center mark.
- Jog forward to service line.
- Jog diagonally to where the net meets the sideline.
- backpedal to the baseline.
- Side shuffle to the center mark.
- Repeat to the opposite side of the court.
- Repeat each side 3 times.



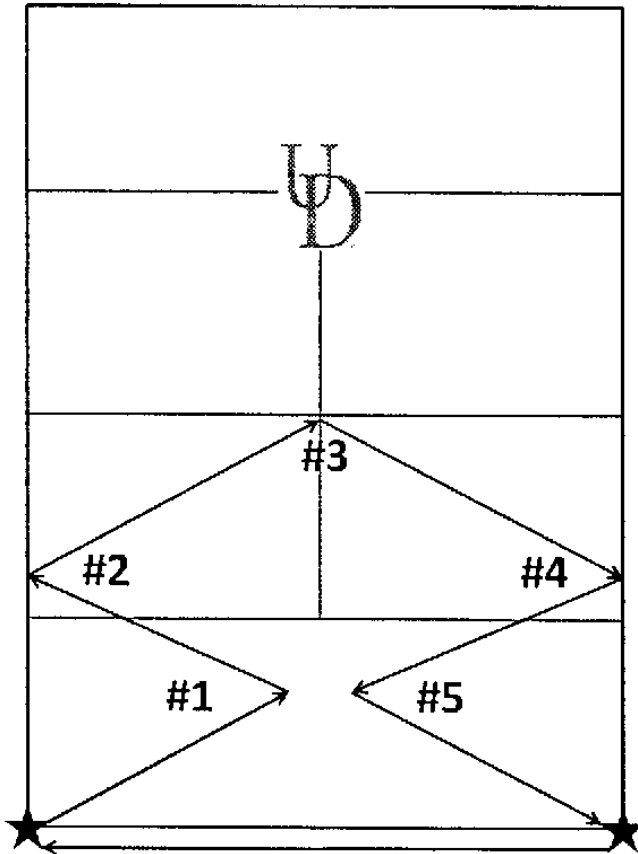
- Begin at center service line.
- Lunge toward #1.
- Backpedal to #2.
- Jog diagonal to starting position.
- Lunge towards #3.
- Backpedal to #4.
- Jog diagonal to starting position.
- Repeat 3 times.



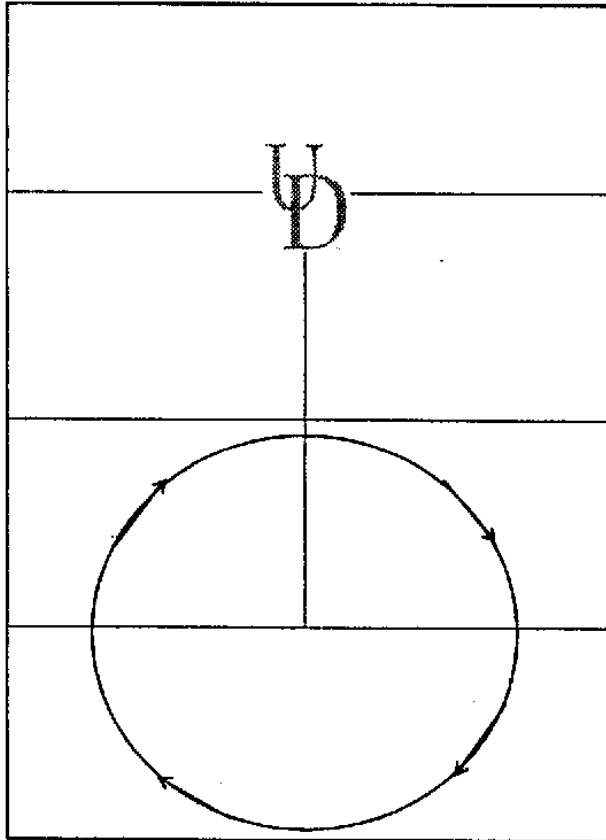
- Begin at center mark.
- Perform small forward hops to service line.
- Perform small backward hops to the baseline.
- Perform large hops forward to the net.
- Perform large hops backwards to the baseline.
- Repeat 2 times.



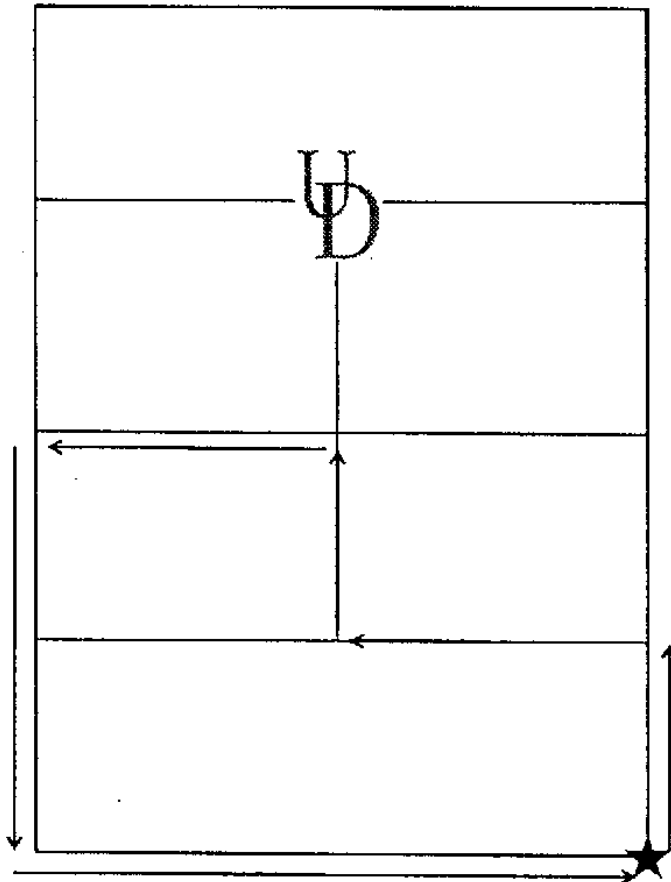
Set 3



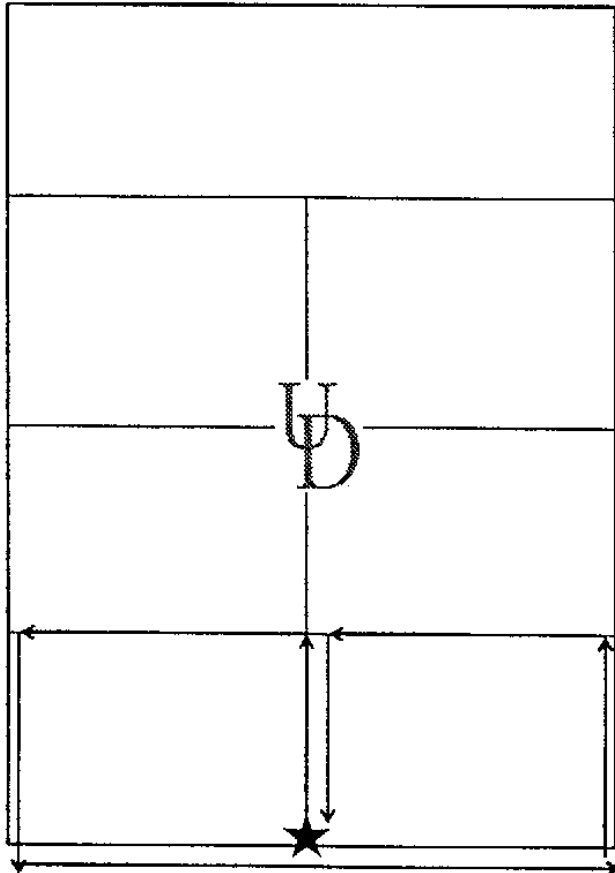
- Begin at corner of the baseline.
- Jog forward to #1.
- Cut and jog forward #2.
- Cut and jog forward to #3.
- Turn around and backpedal to #4.
- Turn and backpedal to #5.
- Side shuffle across the baseline to starting position.
- Repeat 3 times.



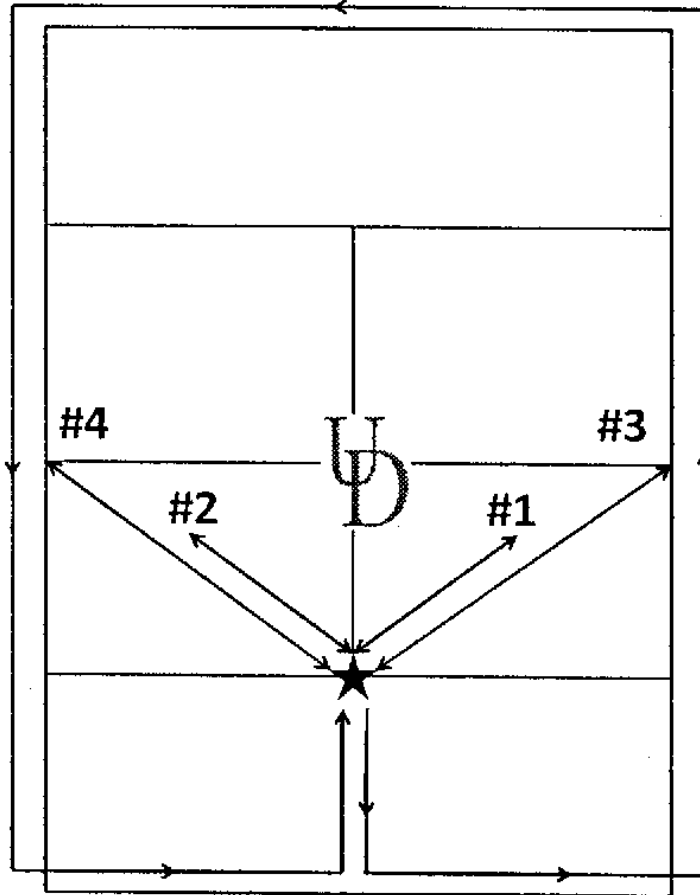
- Jog forwards in a large circle 3 times.
- Turn around.
- Jog backwards in a large circle 3 times.



- Begin at corner of baseline and sideline.
- Jog forward to service line.
- Turn, jog forward to center service line.
- Turn, jog forward to net.
- Turn, jog forward to sideline.
- Turn, jog forward to baseline.
- Turn, jog forward to starting position.
- Repeat 5 times.



- Begin at center mark.
- Jog forward to service line.
- Side shuffle to sideline.
- Backpedal to baseline.
- Side shuffle to opposite sideline.
- Jog forward to service line.
- Side shuffle to enter service line.
- Backpedal to starting position.
- Repeat 5 times.



- Begin at center service line.
- Lunge forward to #1.
- Lunge backward to starting position.
- Repeat to #2.
- Jog forward to #3.
- Backpedal to starting position.
- Repeat to #4.
- Jog perimeter of tennis court.
- Repeat 3 times.



Agility Schedule

- Day 1- Set #1 @ 30%
 - Day 2- Set #1 @ 50%
 - Day 3- Set #2 @ 30%
 - Day 4- Set #1 @ 75%
 - Day 5- Set #2 @ 50%
 - Day 6- Set #3 @ 30%
 - Day 7- Set #2 @ 75%
 - Day 8- Set #3 @ 50%
 - Day 9- Set #3 @ 75%
 - Day 10- Set #1 @ 100%
 - Day 11- Set #2 @ 100%
 - Day 12- Set #3 @ 100%
-
- Progress agilities based on soreness rules



Soreness Rules

Criterion	Action
1.) Soreness during warm-up that continues	2 days off, drop down 1 step
2.) Soreness during warm-up that goes away	Stay at step that led to soreness
3.) Soreness during warm-up that goes away but redevelops during session	2 days off, drop down 1 step
4.) Soreness the day after lifting (not muscle soreness)	1 day off, do not advance program to next step
5.) No soreness	Advance program 1 step per week or as instructed by healthcare provider