

**JUSTBALLTENNIS**

# 10 Essential

Tennis Specific Fitness Exercises

For Players,  
Coaches, Fans  
All Abilities



Find us on  
Facebook



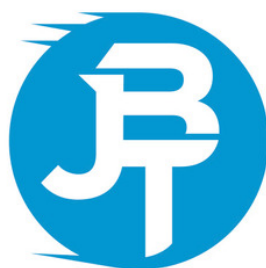
# Welcome to the JustBall Tennis EBook

Welcome to the JustBall EBook. We have put together the knowledge from top National strength & conditioning coaches, as well as our Tennis specific expertise, and have created this EBook to improve your Tennis game. The book has 10 specific exercises that are easy to do and require no equipment apart from Tennis balls. Not only that, you can do it at home or on the court.

Tennis, unlike a lot of sports, requires the use of all bodily functions and energy systems, therefore, this EBook will help you improve all aspects of your game. If you want to hit the ball harder, move around the court quicker, serve faster, change direction like a pro and prevent yourself from injury, then these essential exercises are for you.

The EBook also includes a section for you and your coach (If applicable) to do together, that test your coordination. The entire workout takes approximately 30 minutes to complete and is perfect for your training or as a warm-up. We also recommend that you implement the exercises into your weekly Tennis routines, ideally before your on-court hitting session.

Disclaimer: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge JustBall Tennis from any and all claims or causes of action.



# Star Drill

## Exercise 1



- Find a safe area with plenty of room. If you have access to a tennis court then stand in the middle of the baseline. Make sure you have placed 6 tennis balls up in a pile in front of you.
- Starting in the middle, pick up one ball and run to the corner of the court and place the ball down.
- Run back to the middle and pick up another ball. Place the next ball on the opposite corner.
- Pick up another ball and place it on the corner of the service line. Repeat on the other side (one ball goes in the middle of the service line).
- The exercise is finished when all of the balls are placed in the 6 corners of the court. (like a star)

### Sets & Reps

This exercise is measured by the time taken to complete the drill

Rest period is 1:5 ratio (eg, if exercise takes 20 seconds to complete, rest period is 100 seconds)



### Important Tips

- Stay *low* with a wide base when recovering
- *Explosive* first step
- *Load* on outside leg when picking up the balls



### What this exercise will help with

- Explosive speed and power to and from the ball
- Accelerating and decelerating speed when receiving shots
- Improve the speed of recovery to the middle of the court
- Balance when loading

### Too Easy?

Try to place the ball down with your opposite hand

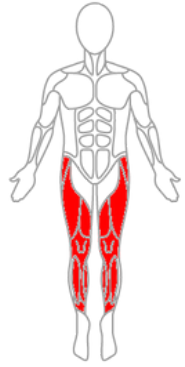






## Exercise 2

# Single Leg Lateral Hops



- Stand with your feet shoulder-width apart. If you have access to a court, stand on the baseline in the corner of the court.
- On your left leg, deeply bend your knee and hop sideways, across the baseline. The hop should be one, big and explosive movement.
- Land on the same leg that you jumped from.
- Repeat jumping movement on the same leg, maintaining a stable speed.
- If you do not have a baseline to measure the width, a minimum of 6 hops is sufficient before swapping legs.
- Repeat exercise by going back on the opposite leg.



### Sets & Reps

**Easy** – 6 hops left/6 hops right

**Medium** – 6 hops left/6 hops right x2

**Hard** – 6 hops left/6 hops right x3



### Important Tips

- Maintain a good *posture*
- Be willing to sacrifice the speed of the drill for an improvement in *technique*
- Keep your *head up*, looking up the court rather than at your feet

### Too Easy?

Add in a squat or arabesque between each hop



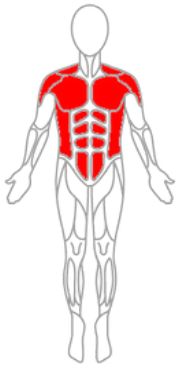
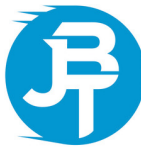
### What this exercise will help with

- Explosive speed and power to and from the ball
  - Ability to jump high when serving
  - Balance when landing post-serve
  - Improved athletic position
- Increased ability to step forward through the ball when volleying
  - Easier to maintain a low body position
- Running back and jumping up for a smash or high volley
  - Powerful crossover step when recovering



# Prone Hip Flexion Rotation

## Exercise 3



- Start in a press up position with your arms straight but not locked.
- Whilst maintaining the press up position, slightly put more weight onto your left leg.
- Raise and bend the right leg up to your chest.
- Slowly and with control, twist your right leg underneath the left leg.
- The right leg should be flexed at the knee and relaxed.
- Slightly open up your shoulders so that the right leg can twist further around the left leg and allow your head to rotate with the body.
- Bring your leg back round, back into the position of having the knee bent.
- Return to the press up position.
- Switch legs.

### Sets & Reps

**Easy** – 6 twists (3 per side)/30s Rest/2 sets

**Medium** – 8 twists (4 per side)/30s rest/3sets

**Hard** – 10 twists (5 per side)/30s rest/3sets



### Important Tips

- Don't hold your *breath*, breathe out with every twist
- Keep your back *flat*
- Don't let your *knee* touch the ground



### What this exercise will help with

- Stability and strength when retrieving deep balls from behind the baseline
- Power and rotation range when hitting a wide groundstroke
  - Racket head speed through the ball
  - Increased explosive trunk
- Increased rotation when differentiating between upper + lower body
  - All round improved balance

### Too Easy?

Start in a plank position or add in a press up







## Exercise 4

## Figure of 8



- Start in a ready position, with a ball roughly 2ft away from you, on each side of your body.
- If you have access to a court, place one ball on the singles tramline, and the other halfway between the center line and tramline.
- Move laterally by sidestepping to and around one of the balls.
- Once you have returned to the middle, split - step.
- Sidestep to the other ball and shuffle around it.
- Split - step every time you return to the middle.
- The aim is to complete the exercise as fast as you can.



## Sets &amp; Reps

**Easy** – 30s/Rest

25s/x2

**Medium** – 45s/Rest

25s/x2

**Hard** – 45s/rest

25s/x3/Increase the width of the balls



## Important Tips

- Stay *Low* to the ground with good knee flexion
- Keep your head up as if you're *focusing* on a ball
- *Quick* feet and *wide* arms

## Too Easy?

Triangle figure. Add in a 3rd ball in front for linear movement



## What this exercise will help with

- Speed to and from the ball
- Reactions especially the low ball
  - Change of direction
- Effective shuffling to aid in successful body positioning
  - Increased perception skills
  - Posture
- Increased stamina in short spaces



# Lunge with Calf Raise

## Exercise 5



- Find a clear space, if you have access to a court, stand in the middle of the baseline facing the net.
- On your left leg, lunge forward and hold in the lunge position for 5 seconds.
- Both knees should be at 90 degrees.
- As you come up, simultaneously raise the left calf whilst maintaining a tiptoe position.
- As the right foot comes down, transfer into a lunge on the right leg.
- Repeat lunges on both legs until you have reached the net.
- Once you have reached the net, reverse and repeat the exercise by lunging backward

### Sets & Reps

**Easy** – 1 set (8 lunges)

**Medium** – 2 sets/25s  
rest

**Hard** - 3 sets/25s rest  
in between each set



### Important Tips

- Maintain a good *posture* when in lunge position
- Try and *prevent* your back foot from rolling
  - When raising your calf, do so with *power* and *height*



### What this exercise will help with

- Ability to stabilise when hitting an open stance/wide groundstroke
  - Maintaining a low base
  - Enabling you to push off quicker
- Pushing up and landing from serves and volleys
  - Increase in speed
  - Increased agility in short spaces
  - Injury prevention
- Stability when sliding on slippery surfaces (clay)

### Too Easy?

Add in trunk twists when lunging and an arm reach when calf raising.

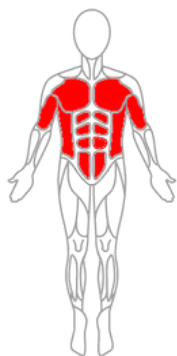






## Exercise 6

# Airplane Abs



- Sit down on the floor with your legs straight, back sat up and knees slightly flexed and relaxed.
- Lower your back just slightly, so that your torso is tensed, supporting your weight.
- Place your arms out to the side (like the wings on an airplane).
- Whilst keeping your lower body as still as possible, rotate your trunk.
- Rotate to the left so that the fingers on your left hand touch the ground behind you.
- Immediately rotate to the right and touch the opposite fingers to the floor.
- Repeat the rotations.



### Sets & Reps

**Easy** – 10 reps (5 each side)

**Medium** – 2 sets of 12 reps/rest 25s in-between sets

**Hard** – 3 sets of 16 reps/25s in-between sets



### Important Tips

- Keep your lower body still and *stable*
- Keep your arms *straight*, palms open
- Allow your head to *rotate* but keep your eyes forward.

### Too Easy?

Slightly raise your feet up and support them in the air



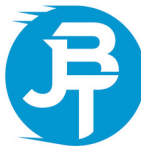
### What this exercise will help with

- Increase in power, specifically on your groundstrokes
  - Faster rotations
  - Faster racket head speed
  - Injury Prevention
  - Stability when defending
- Increase in explosiveness and speed when twisting
  - Quicker recovering from a wide ball
  - Increase in flexibility
  - Better athletic look

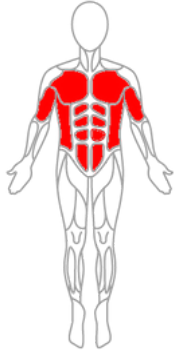


# Windscreen Wipers

## Exercise 7



- Lie down on your back with your legs straight.
- Lift your knees up, so that they are levitated in the air with your knees bent and together.
- Whilst keeping your legs bent, twist your lower body to the right so that both legs nearly touch the ground.
- Try and keep your upper body still, with both shoulder blades on the ground
- Rotate your legs back and return to the central position. Your legs should still remain levitated
- Immediately rotate to the left and repeat the process



### Sets & Reps

**Easy** – 8 reps (4 each side)

**Medium** – 2 sets of 8 reps/rest 25s in-between sets

**Hard** – 3 sets of 10 reps/25s in-between sets



### Important Tips

- Try and keep both *shoulder blades* on the ground
- When *rotating*, lower your legs as close to the ground as you can
- Keep your palms down to the *ground*



### What this exercise will help with

- Increase in power, specifically on your groundstrokes
  - Faster rotations
  - Faster racket head speed
- Sharpen your awareness of center of gravity
- Stability when performing stop and start movements
  - Force production
  - Injury prevention
- Improved balance and flexibility
  - Awareness of flexibility

### Too Easy?

Straighten your legs

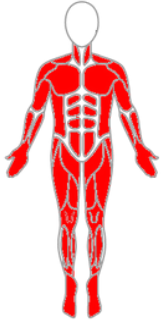






## Exercise 8

# Bear Crawl



- Find a clear and safe space.
- Bend your knees as low as possible as if you're sat on a chair.
- Try not to lean too far forward.
- Put your hands together to stop you from using your arms.
- Start crawling forward in this position for the specific amount of time.
- Don't use your arms, only use your legs.



### Sets & Reps

**Easy** – Crawl for 15 seconds

**Medium** - Crawl for 30 seconds

**Hard** - Crawl for 45 seconds



### Important Tips

- Maintain a good *knee bend*
- Try not to lean too far forwards
- Stay low as possible

### Too Easy?

Go backwards



### What this exercise will help with

- Explosive speed and power to and from the ball
  - Ability to jump high when serving
  - Balance when landing post-serve
    - Improved athletic position
- Increased ability to step forward through the ball when volleying
  - Easier to maintain a low body position
- Running back and jumping up for a smash or high volley



# Caterpillar Walk Outs

## Exercise 9



- Stand up with your feet shoulder width apart, knees bent.
- Lower your back until your hands touch the floor. If you are very flexible, you may be able to do this with your knees straight.
- Walk your arms forwards so that both hands start to distance from your feet.
- With your feet still in place, keep walking out until your body is level and you are in a press up position.
- Hold the press up position for a few seconds. Start to walk your feet towards your hands, keeping your hands still so that your body is bent similar to the start.
- Bring up your torso so that your body is now in its starting position.

### Sets & Reps

**Easy** – 5 Walk outs

**Medium** – 10 Walk outs

**Hard** – 14 Walk outs



### Important Tips

- Walk out your hands *slowly* and not too far at a time
- Keep your legs relatively *straight* when bringing them back up
- Keep knees *soft* throughout the exercise



### What this exercise will help with

- Increase in power, specifically on your groundstrokes
  - Faster rotations
  - Faster racket head speed
  - Injury Prevention
  - Stability when defending
  - Increased flexibility
- Increased flow and rhythm throughout the body
- Increased smoothness when transitioning between shots

### Too Easy?

When your body is flat, do a press up before you walk your feet back in







## Exercise 10

## Wall Sit

- Find something safe to lean back on, such as a wall or a fence at the back of the court.
- Stand one step away from the wall and lean against the wall with your back flat.
- As you slide down the wall, walk your feet out so that you can comfortably get into a 90-degree position, similar to sitting on a chair.
- Keep your back against the wall.
- Suspend your body in a 90-degree position.
- Hold position.
- Try not to place your hands on your legs. Either put them down by your side or on your head.



### Sets & Reps

**Easy** – 20s/rest  
40s/3x sets

**Medium** – 40s/rest  
120s/3x sets

**Hard** – 60s/180s  
rest/3x sets



### Important Tips

- Keep your knees at a 90 degree angle
- Don't put your hands on your legs
  - Maintain a good posture
  - Keep your toes pointing forwards

### Too Easy?

Lift one leg up so that it is parallel to the floor



### What this exercise will help with

- Lower center of gravity
  - Increased power from the ground up
- Helps your body lower itself from the legs rather than the upper body
  - Defending when the ball is quick and deep
  - Stability when defending
- Increased power and speed on the first step
  - Increased ability to pick up low volleys
  - Lower knee bend when serving
- Increased muscular endurance during long matches





# Advanced Exercises



The following exercises are a repeat of the previous exercises, with a twist. These advanced exercises test your coordination & reactions and will need to be undertaken either with your coach/friend or by yourself. By testing each exercise as well as combining it with another aspect fitness component, you are training your body and mind to deal with more than one thing at once, similar to that of a Tennis match.

## Exercise 1

The same pattern is executed, however instead of placing the ball down, your coach will feed you a shot in the specific spot where you would have originally have put the ball down.

## Exercise 2

When you land from a single leg jump, your coach will throw a succession of balls that you must block with your hand to test your reaction and ultimately, balance under pressure.

## Exercise 3

Place 6 balls in a pile, under your belly button. As you twist your knee to the side, hit one ball at a time so that the ball rolls away from you. Add in a target to make it more fun.

## Exercise 4

As you circle the ball on your right, your coach will throw a ball to you at different heights and you must throwback. Finally, your coach can shout out maths questions for you to answer to challenge your thinking!

## Exercise 5

Whilst in the lunge position, hold your racket at both ends and twist your body left, and then right to improve the differentiation through your body.

## Exercise 6

When your body is in a central position, your coach will throw a ball to you. After the bounce, catch it and rotate your body, just like the original exercise. As you twist round, place the ball behind you. Repeat so there is a pile of balls behind you.

## Exercise 7

Your coach should have a handful of balls and should be stood above you. Twist your lower body, as you return to the centre, your coach drops a ball and you hit the ball in the direction your legs are going with your knee. Repeat.

## Exercise 8

Get your coach to roll a ball under your legs, bear crawl as fast as you can to retrieve the ball before it goes too far.

## Exercise 9

Place a ball underneath your nose. As you move forward, use your nose to push the ball along the floor. This drill is quite fun with two players who can race each other.

## Exercise 10

Can you juggle whilst doing your wall sit? If not, ask your coach to throw ball at you whilst you block them away with your hand. If your coach throws a ball and it hits the wall, they win.