

TENNIS MOVEMENT AND TRACKING ACTIVITIES



Dynamic warm-up progression

- Jog in place while juggling ball from right hand to left hand
- Slow jog and fast juggle
- Fast feet and slow juggle
- Regular jog and regular juggle
- Skip and regular juggle
- High knees and regular juggle
- Heel kicks and regular juggle
- Pass ball under left leg 3x
- Pass ball under right leg 3x
- Pass ball around waist 3x, reverse direction
- Pass ball around knees 3x, reverse direction
- Pass ball around neck 3x, reverse direction
- Toss ball straight into air with a leap and catch
- Dribble ball from right to left hand
- Dribble ball through the group
- Change partners (toe to toe)
- Toss one ball with partner while shuffling through the group
- Bounce pass one ball with partner while shuffling through group
- Change partners (toe to toe), continue with partner ball tossing and catching . . .

Partner ball tossing and catching

- Roll the ball to partner, 1 ball, 2 balls at same time
- One player rolls, one player underhand tosses
- One player underhand tosses, one player bounce passes
- One player tosses two balls stacked side by side (overhand toss) to partner
 - Track and catch off one bounce
 - Track and catch of two bounces
- One player tosses two balls stacked on top of each other (overhand toss) to partner
 - Track and catch off one bounce
 - Track and catch of two bounces
- Turn and catch: Tosser calls out name of catcher who turns, reacts and catches the ball/s
 - Track and catch off one bounce
 - Track and catch of two bounces

Catchers should be in ready position ready to catch the ball with fingers up; Tosser should step forward (opposition) for each toss.

Ready Position, Movement, and Balance

- **Racquet Quickness Singles:** Stand the racket on the end of its frame with the grip pointing up. Hold the racket up with your hand. Very quickly, let go, take a step back and then forward to catch the racket before it falls to the ground
- **Partners:** This time you try to catch your partner's racket but instead of taking a step back then forward you only move forward. Start off close but every time both partners make a successful catch, take a step farther away from each other. If both partners were not successful move in a step closer.
- **Groups:** Same thing as partners but you work with a group in a circle. Catch the person's racket either to the right or left (the group needs to decide which direction first!) If every one has a successful catch, move back a step. If every one is not successful move in a step. Try and see how large the circle can get with everyone being successful.