

## **Tennis Movement Training – Phase 1 – Vector Training**

### **Introduction**

Tennis is a dynamic sport requiring a host of skills in order to play the game well. Alongside techniques of strokes, tactical understanding and mental abilities is that of movement and footwork. These would come under the heading “physical” but is more than simply going to the gym and crunching weights or running on a treadmill. Tennis movement is specific and in phase 1 the aim is to introduce you to simple movement concepts that you can improve and that will also double up to improve your fitness.

### **3 Vectors**

Movement in tennis can be broken down into 3 vectors.

1. Forward & Backward
2. Lateral
3. Diagonal

*Vectors must have direction and a magnitude. In this case we look at direction and 2 “magnitudes,” distance and speed.*

### **Movement Steps**

Tennis movement can be simply broken down into 3 or 4 distinct types.

1. Side steps / shuffles
2. Cross over steps (X overs)
3. Running (fwd/bwd)
4. Dynamic Cross overs (combination of X over / side step)

Within the game you will be required to use all of these either in isolation or in a complex combination. Within phase 1 of Tennis Movement Training there will be drills to develop and enhance all vectors and movements

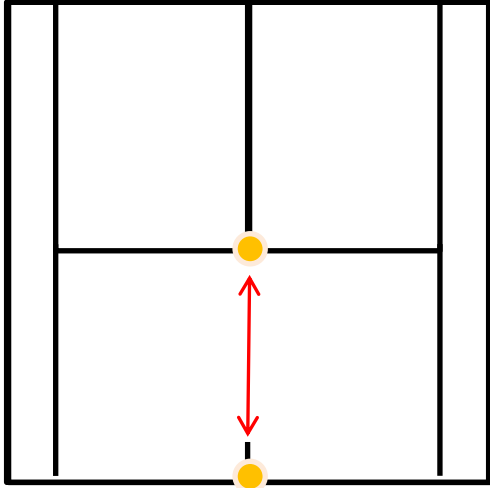
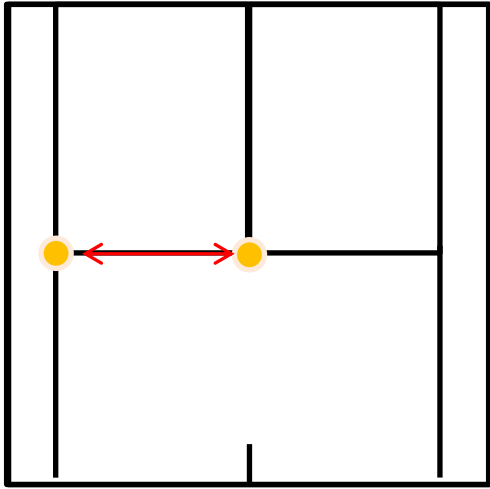
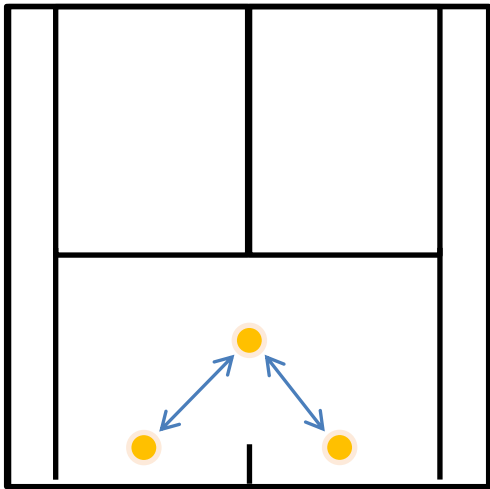
### **Hotspot System Setup**

To know if you are improving you need to measure the drills. Hotspot can help you do that and provide accuracy and repeatability so that you have the confidence that you are improving.

To use the Hotspot system with the drills outlined is simple.

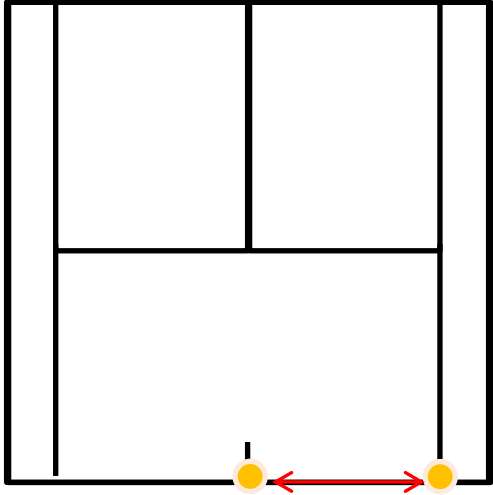
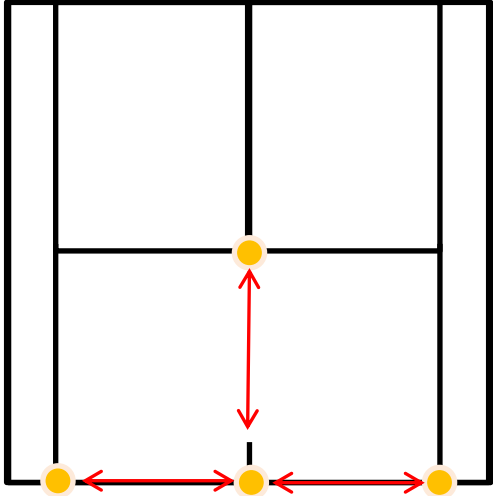
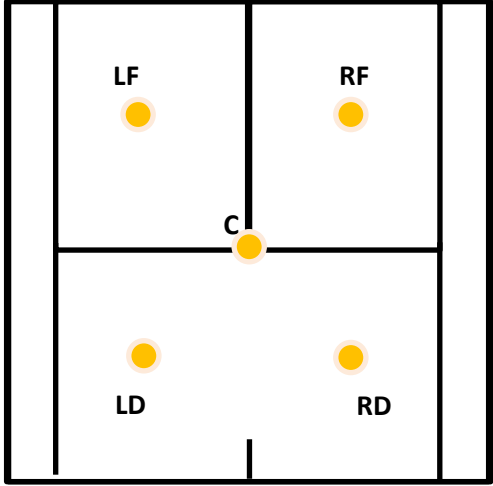
1. Use the mode button to select “COUNT” mode (Press start to confirm)
2. Set the number of dot’s to be hit in your drill
  - a. Remember if you use the “0” start mode the first dot starts the timer and is not included in the total count
  - b. You can return to dots after 0.5s, be sure to include all of the hits in the drill
3. Press start to confirm and use the mode button again to select the “0” remote start
4. Press start and go!

### Tennis "Vector" Training

<u>DRILL PATTERN</u>	<u>RULES AND COACHING TIPS</u>
<p style="text-align: center;">NET</p> 	<p><b><u>VECTOR: Forward &amp; Backward</u></b></p> <p><b><u>+VARIATIONS</u></b></p> <ol style="list-style-type: none"> <li>1. Sprint Fwd / Back Pedal</li> <li>2. Sprint Fwd / Turn / Sprint Back</li> <li>3. Sprint Fwd / Shuffle back (FH facing)</li> <li>4. Sprint Fwd / Shuffle back (alternating sides)</li> </ol>
<p style="text-align: center;">NET</p> 	<p><b><u>VECTOR: Lateral</u></b></p> <p><b><u>+VARIATIONS</u></b></p> <ol style="list-style-type: none"> <li>1. All Shuffle steps</li> <li>2. All X over steps</li> <li>3. Combo</li> </ol>
<p style="text-align: center;">NET</p> 	<p><b><u>VECTOR: Diagonal</u></b></p> <p><b><u>+VARIATIONS</u></b></p> <ol style="list-style-type: none"> <li>1. Sprint &amp; shuffle recovery</li> <li>2. All shuffle steps</li> </ol> <p><b><i>NB: V's can be rotated through 90 degrees to give pattern variations.</i></b></p>

## HOTSPOT TENNIS PROGRAM

### Tennis “Vector” Training: Combinations

<u>DRILL PATTERN</u>	<u>RULES AND COACHING TIPS</u>
<p>NET</p> 	<p><b><u>PATTERN</u></b></p> <ol style="list-style-type: none"> <li>5. Sprint</li> <li>6. Shuffle</li> <li>7. X Over</li> <li>8. Sprint</li> </ol> <p>Players use each of the above steps to move out to the dot on the side line and back to the middle. Transition into the new step and repeat until complete.</p>
<p>NET</p> 	<p><b><u>PATTERN</u></b></p> <ol style="list-style-type: none"> <li>4. Shuffle right and back</li> <li>5. Sprint up</li> <li>6. X Over back (FH facing)</li> <li>7. Shuffle left</li> <li>8. Turn and sprint back to centre</li> </ol>
<p>NET</p> 	<p><b><u>PATTERN</u></b></p> <ol style="list-style-type: none"> <li>3. Shuffle back RD</li> <li>4. Sprint to C</li> <li>5. Transition to RF</li> <li>6. Sprint back to LD</li> <li>7. Shuffle back to C</li> <li>8. Transition to LF</li> <li>9. Sprint back to RD</li> <li>10. Finish at C</li> </ol>

**TRAINING PROTOCOLS**

***Faster Sharper Better!***

There are a few ways in which you can train and develop your tennis movement skills and be better on court.

1. Speed / Agility
2. Endurance / Movement repeatability
3. Strength / Power

**SIMPLE**

The easiest way is to set up the drill of your choosing and run the drill in COUNT mode. This will give you a time for the drill and you can work to improve the time each time you run the drill. Be sure to record your results so you can see your improvement.

**SPEED**

If training for speed then be sure you are fully recovered each time you run a drill. You could try to simulate a point by resting for 20seconds in between drills. You are aiming to reduce your times and putting in maximum effort each attempt.

**TENNIS FITNESS**

This method of training allows you to simulate a match. Set up a drill that lasts between 4 – 10 seconds. Run the drill and then make slight alterations to the drill during your 20 second rest. Run the drill between 4 – 8 times to simulate a game. Play a number of games, even a 3 set match!

**ENDURANCE**

To train to improve your endurance you simply need to repeat a set pattern for a period of time (use TIME mode). Your aim is to improve your scores each time you run the drill. To keep challenging yourself try increasing the duration of the exercise, beating your previous records and/or decrease your rest period! Here you aim is to condense the game requirements

**EXAMPLE**

Test	1	2	3	4
DRILL 1	X seconds	Score 1	Score 2	Score 3

Here the player runs a drill for speed (score 1). The player then runs the drill 3 times for time recording the score. The aim is to improve the speed and maintain/improve the 3 scores.

**Strength and Power**

Movement resistance is a neat way to improve your specific strength and power. For any given drill run the first benchmark under no resistance. Then repeat the drill 3 times under resistance and then run the benchmark again and see your improvement!!