

Home Training Program

Day	Focus	Component	Specific	Reps x Sets	Comment / Video	
Monday	Technical	Handling	W	3 x 20	If you can use a rebounder/ wall or someone to serve to you	
			Cup	3 x 20		
			Scoop	3 x 20		
		Footwork	Ladders	Forwards	5 sets x 6 reps	https://www.youtube.com/watch?v=JF8FtOe1f9M
				Sideways	5 x 4 each side	
		Core	Balancing 1		3 sets x 12 reps	https://youtu.be/RXVAaWA8UYk
Wednesday	Stability	One foot hop		3 x 12	https://www.youtube.com/watch?v=JF8FtOe1f9M	
		Lateral hop		3 x 12		
		Agility	V		3 x 6	
			Shuttle Runs		3 x 6	https://youtu.be/LtiFc6IOV60
		Core	Balancing 1			
Friday	Technical	W		3 x 20		
		Cup		3 x 20		
		Scoop		3 x 20		
		Tech/agility	Ladders	Lateral - W	3 x 8	If you can use a rebounder/ wall or someone to serve to you
			Ladders	Lateral - Cup	3 x 8	
			Ladders	Lateral - scoop	3 x 8	
		Core	Balance		3 x 30secs	