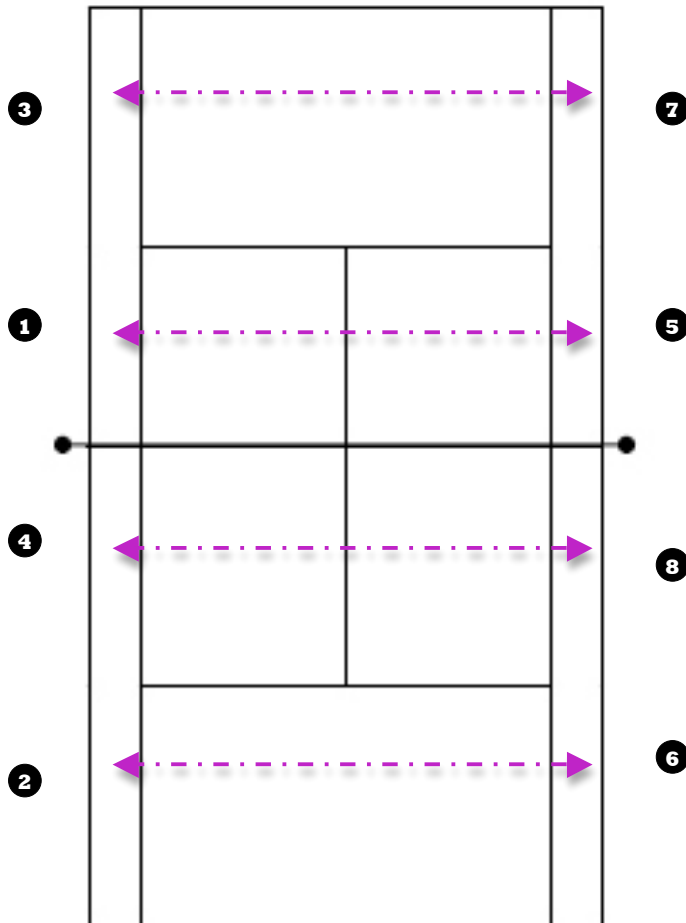


Warm Up: **AD Partner High Five**

WU Progression: Active Dynamic movement

Ideal Number: Partner based

Signature Court set-up



Players move and stretch dynamically as they go towards their partner and meet in the middle. Upon meeting in the middle there is always a high-five or a fist pump. Start with simple movement patterns to get the blood flowing such as

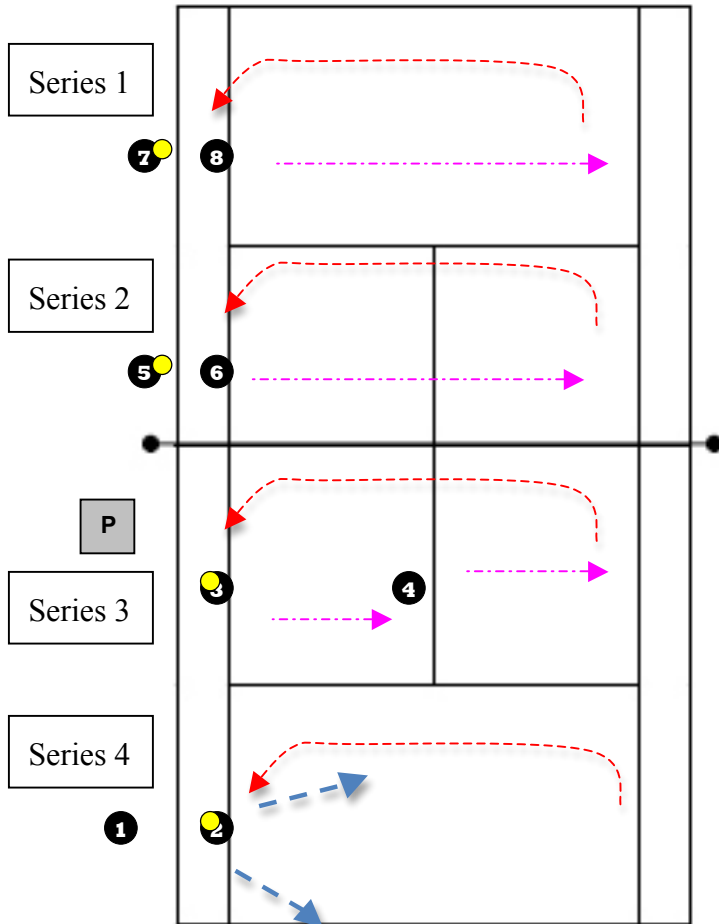
- Jog forward and backpedal
- Shuffle step to partner and shuffle step back
- High knees forward and backpedal
- Grapevine
- Add dynamic stretching movements such as
 - Kick out opposite hand to opposite foot
 - Heel walks
 - Lunge with twist
- There are endless amounts of activities one can do here to challenge and engage all fitness levels, incorporate big arm movements, if appropriate (high fitness, willing to get on the ground) include core activities such as planking variations.
- This is the ideal way to start any Cardio Tennis session

Warm-Up: **Blind Chase Series**

WU Progression: Catching and Tossing

Ideal Number: Partner based

Signature court set-up



Series #1

- Players pair up one on the doubles sideline facing their partner on the singles sideline
- Player #7 on the doubles sideline tosses the ball underhand high and deep over player #8 head. Player #8 must turn and catch ball after it bounces.
- As soon as the player catches it he quickly runs back, swap positions and repeat

Series #2

- Same as above but now the player tossing will yell out to their partner a number (0,1,2 or 3). The partner must then catch the ball off of that many bounces. Zero is no bounce and most difficult

Series # 3

- Players start in slightly different positions. As player 3 tosses ball over #4, he follows the player as far as the centerline and then player 4 tosses over 3. In this scenario both players are moving at all times

Series #4

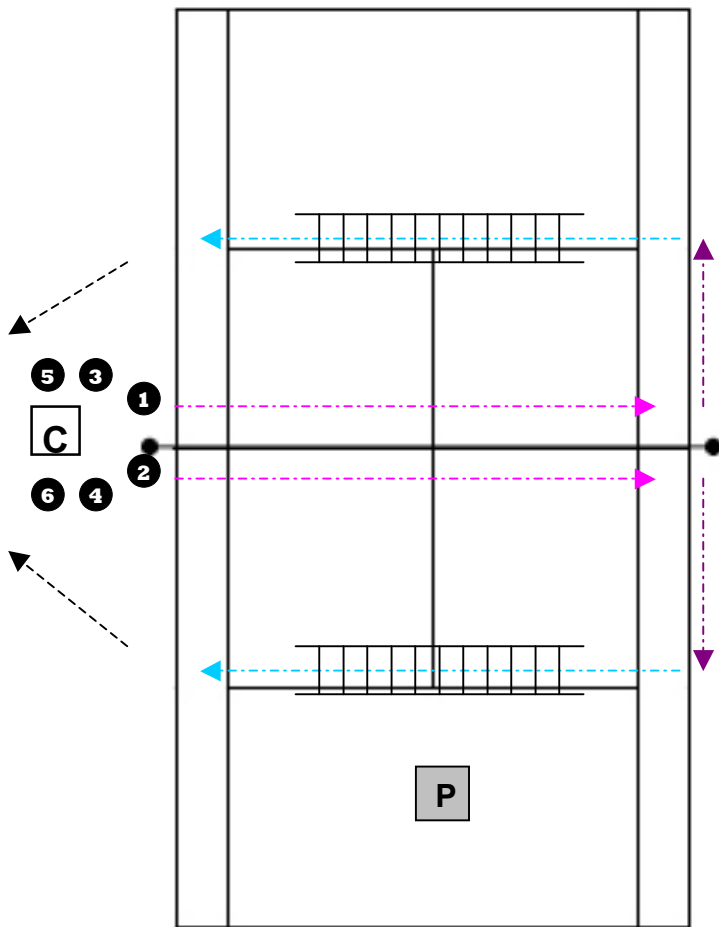
- Player #2 is tossing to #1 as they both move to the opposite side of the court. #2 is tossing the ball and guiding #1 in diagonal movement. When they reach the other side #2 tosses the ball deep over #1, they both run, swap positions and repeat.

Warm Up: **Bryan Brothers**

WU Progression: Light Hitting

Ideal Number: Partner based

AL: Shuffle step facing net



- Form 2 lines at the net post: First person in each line partner and set up a few feet away from the net
- Players cooperatively reflex volley with each other while moving parallel along the net towards the opposite net post.
- Once they reach the net post, they stop the rally, cross sides as they give each other a high five and shuffle through the ladder to return to the end of the line.
- As soon as the first team gets to about mid-court the next pair begins.

Cardio Nuances:

- Coach players to always have multiple balls on hand/in pockets so when they make a mistake they can continue without disrupting the activity.

Coach modifications:

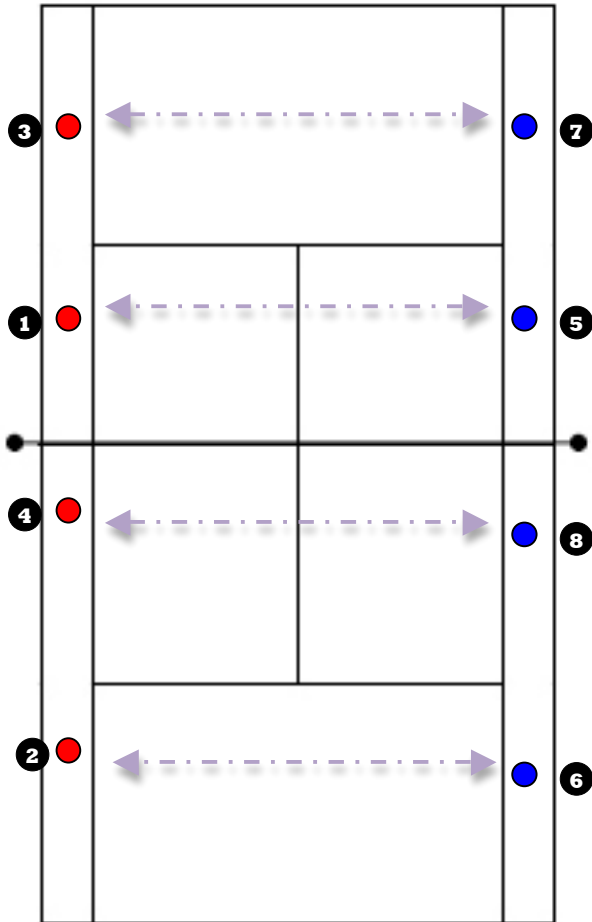
- Both players no rackets catching/tossing
- One player with racket hitting off a bounce
- One player with racket hitting as a volley
- Both players with rackets hitting off a bounce
- Both players with rackets one player hits off a bounce the other player hits out of the air.

Warm Up: **Body Bump**

WU progression: Light hitting

Ideal Number: Partner based

Signature Court set-up



- One player hits the ball cooperatively with a nice arch to their partner so that it bounces in front of them
- The receiver will “bump” the ball off of their body so it bounces in front of them before they hit the ball back across to their partner. Any body part can be used for the bump
 - Head, Chest, Knee, Foot

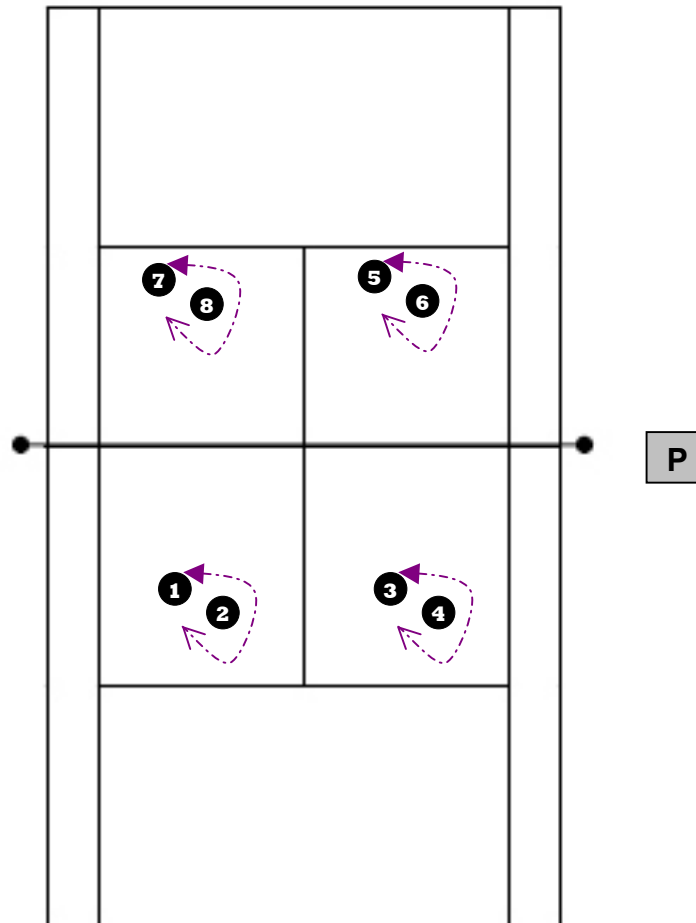
Cardio Nuances:

- Can make a rule that each pair has to use each of the four body parts at least once to finish: Head, Chest, Knee, Foot before they are done.
- For odd number form group of 3 and play in a circle of 3 passing the ball.

Warm Up: **Circle Partner**

WU Progression: All three progressions

Ideal Number: Partner based



Active Dynamic movement

- Players pair up where one is the “Pole” and the other is the player on the move, the “Mover”.
- When the coach says “Go!” the Mover starts to continuously shuffle around the Pole. The player in the “pole” role should be hopping on one foot or doing some other Cardio Blast such as jogging in place, butt kicks, high knees, criss crosses, or heel taps etc.
- When the coach says “Reverse!” the Mover changes direction they are shuffling around the Pole.
- When the coach says “Switch!” the Mover and Pole reverse roles.

Catching and tossing

- Same as above now add catching and tossing variations between the 2 players

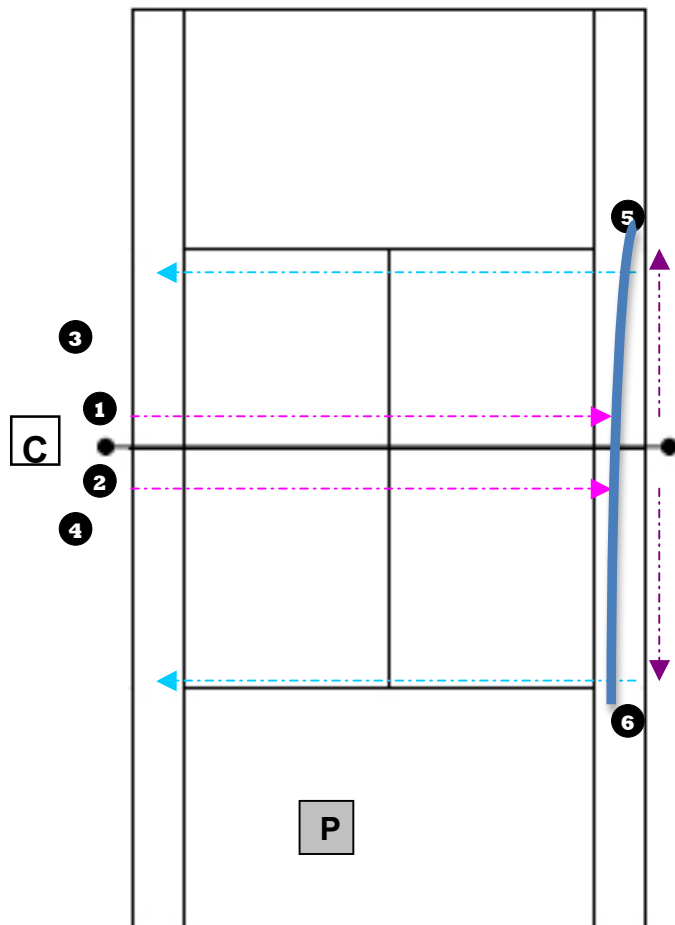
Light hitting

- Same as above with the mover having a racket and the pole player tossing balls so the mover is hitting a controlled volley
 - Modify: off a bounce

Warm Up: **Cirque De Soleil**

WU progression: Light hitting

Ideal Number: Partner based



This activity is a progression from the Bryan Brothers.

- Form 2 lines at the net post
- Players cooperatively reflex volley with each other while moving sideways along the net towards the opposite doubles alley.
- Once they reach doubles alley, they continue to rally the ball in the air as they backpedal towards the service line.
- Moving across the service line the players hit lob volleys to each other (over the heads of the players in front of them) as they move back to the start position. The goal is a never-ending rally.
- Be mindful of spacing amongst players and all should have multiple balls on their bodies so when a mistake is made they can feed another ball and not disrupt the flow of the activity.

Cardio Nuances:

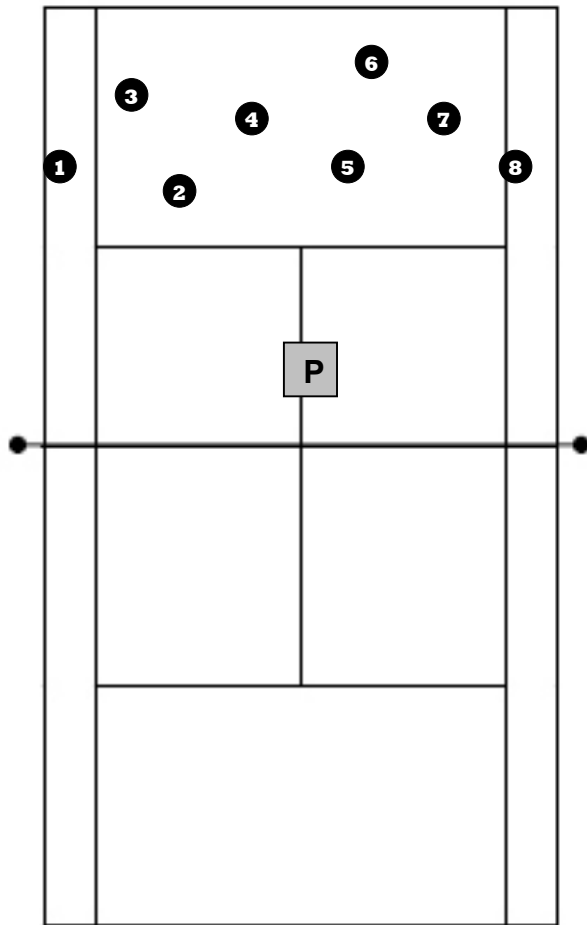
- Although this seems advanced this can be done with players of all ability levels (It will just not look as pretty, which is fine). This is how people get better!

Warm Up: **D Drill**

WU Progression: Active Dynamic movement

Ideal Number: 4-10

This can also be used as a Cardio Blast



- Players stagger spread out for personal space facing the coach
- The players move and change direction quickly as the pro directs them with hand signals and verbal: Movements include:
 - Left, right, forward, backwards
 - Jumps up with the hands in the air
 - Hands down-fast feet in athletic stance
- Run the activity for 30-60 second intervals, then rest for 10-15 seconds and repeat depending on the class
- The coach is always quickly changing up the direction and movements

Cardio Nuances:

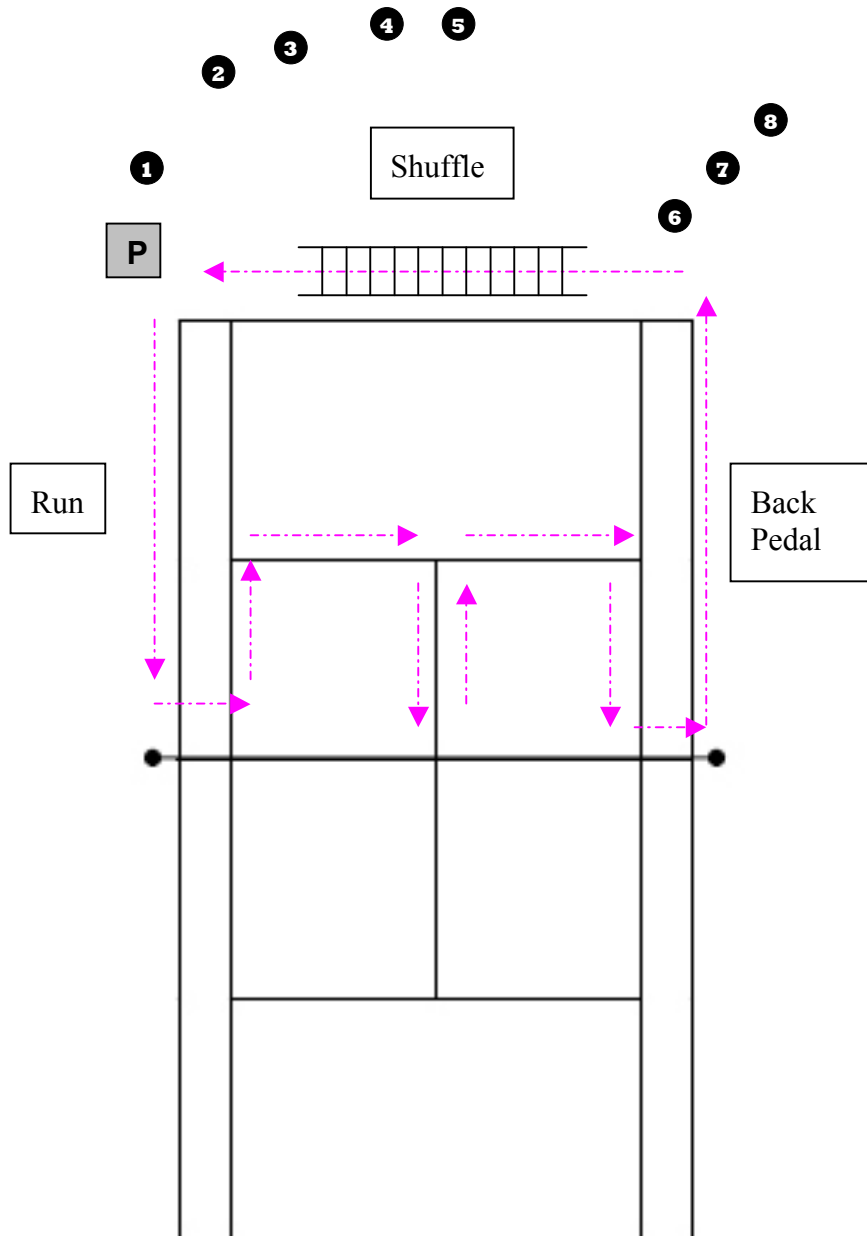
- If you use this as your first active dynamic activity you must start at a slow tempo and then increase as the body warms up.

Warm Up: Follow the Pro "W"

WU Progression: Active Dynamic Movement

Ideal Number: 4-8

AL: typewriter, icky shuffle or grapevine



- Players follow the pro mirroring his/her specific actions:
 - Short sprints
 - Quick directional changes
 - Varying footwork patterns
 - Running
 - Shuffling
 - Back Pedaling
- Can add a ball with self catching skills
- Always start players on the ladder to reduce wait time on deck

Warm Up: **Inverted U**

WU Progression: Tossing/Catching and light hitting

Ideal Number: Partner based

AL: 2 feet in, shuffle step, walking lunges

Form 2 lines at the baseline alley, partners are just outside the singles and doubles lines.

- The goal is to keep moving and hitting all the way around the court making a U.
 - Once they reach the net, the outside player (player 1) goes around the net post, while the inside player (player 2) will stay on the same side, continuing to move across the net while rallying
- The entire sequence they are cooperatively hitting the ball off the bounce, the bounce should land in the alley or be close to the net
- Once they reach the baseline, both players will go through a ladder, switch sides and repeat

Cardio Nuances:

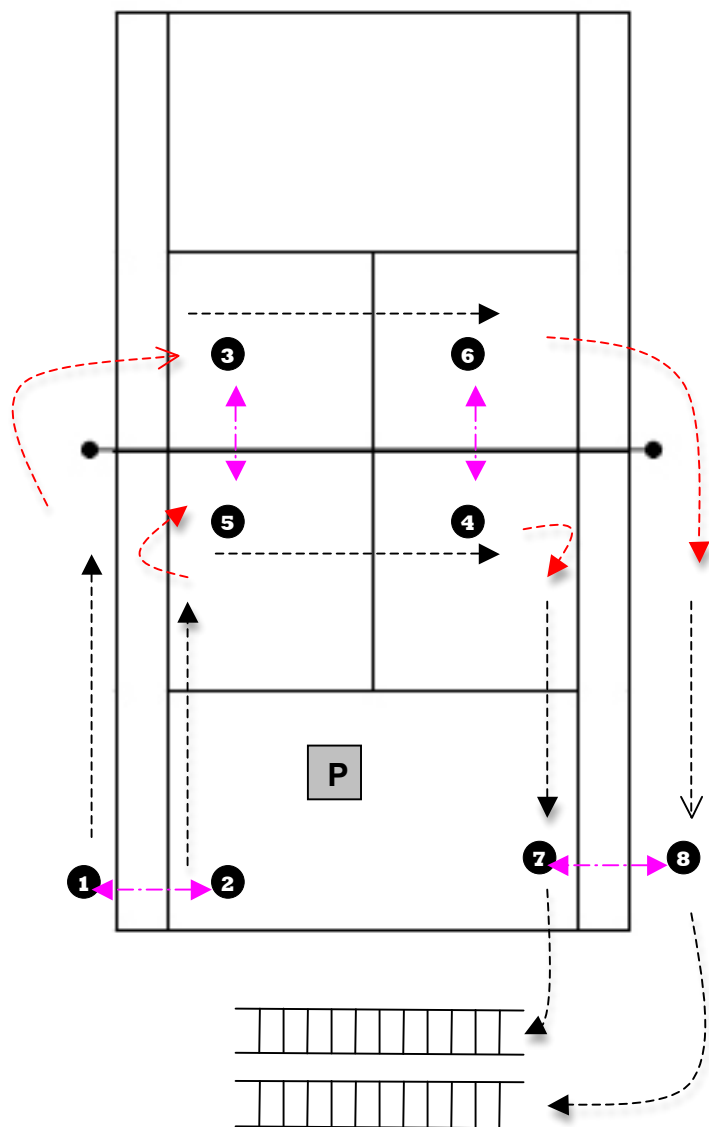
Coach according to ability level:

If more skilled:

- Can reflex volley through the U
- Coach them to complete the circuit with just 1 ball using their non-dominant hand. If an error is made the team quickly goes to end of the line to restart.

If less skilled:

- Can have one partner with racket and one without or no rackets with just tossing and catching

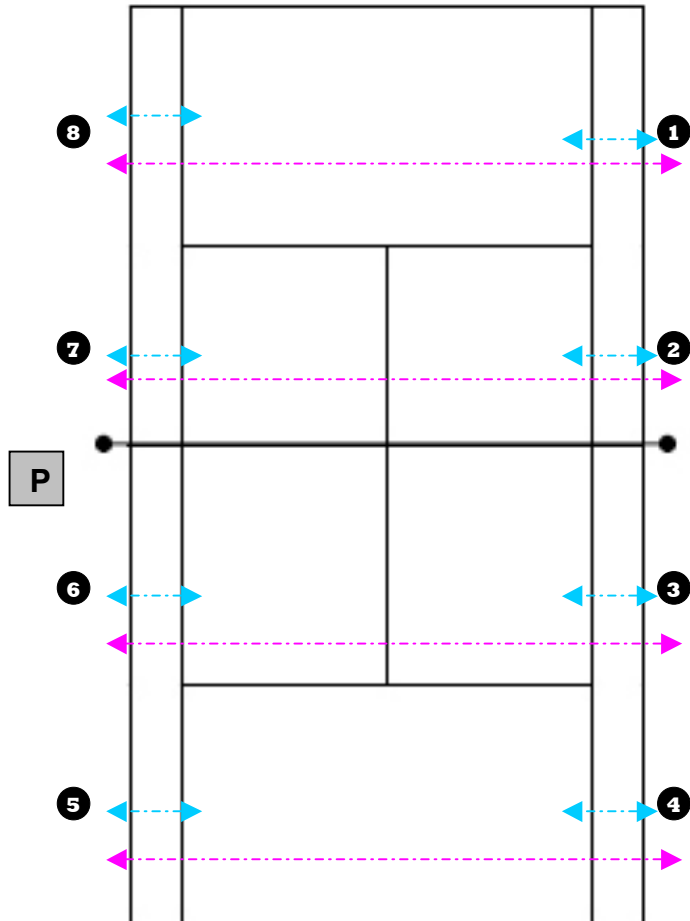


Warm Up: **The Lucky Dog Shuffle**

WU Progression: Active Dynamic Movement

Ideal Number: Partner Based

Signature court set-up



- Players start outside the doubles sideline
- Players face the net in an athletic stance.
- 1) When the coach yells “Go!” players side shuffle within the doubles alley (Blue arrows)
- 2) After 30 seconds, the pro yells “Forward!” and the players turn and face each other, now moving forward and backward within the doubles alley.
- 3) After another 30 seconds, the pro yells “Switch!” and players run to the other side of the red court, giving their partner a hi-five as they pass them going across the court.
- Repeat for 1-3 complete rotations.

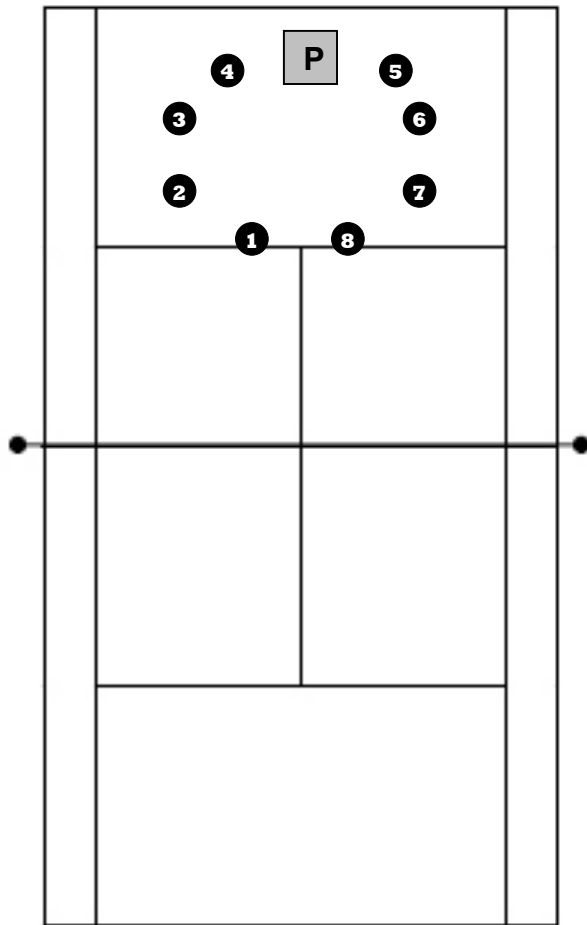
Cardio Nuances:

- Change of footwork patterns in #3 such as skipping, side shuffle, grapevine, etc.

Warm Up: Merry Go Round Series (4)

WU Progression: Active Dynamic Movement

Ideal Number: 6-10



Series #1

- Players and pro form a large circle with racquets in hand (or not).
- Upon the pro's direction, they all shuffle clockwise to the music.
- The pro then shouts 'reverse' and everyone now shuffles counter clockwise.
- Pro continues to change up direction and changes footwork patterns and exercises.
- Can also add ball catching actions as well

Series #2

- One person jogs (or high knees/ side shuffle) around the outside of the circle while the others do a stationary activity- like jumping jacks, lunges, squat jumps, high knees quick feet, etc.
 - Whatever you choose keep it consistent until everyone goes around the circle
- When one returns to their place in the circle (after a lap) they call out the next stationary activity for the circle group to do while the next person jogs around the circle.

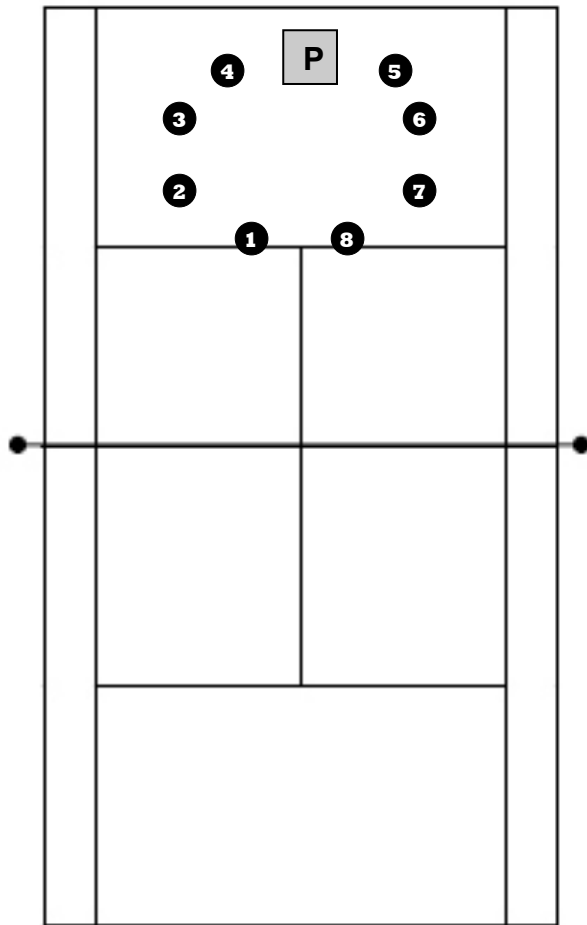
Series #3

- Same as above but person outside the circle moves around circle saying "Tennis, tennis, ball" and the person who is tapped "ball" chases that person around the circle (like duck, duck, goose)

Warm Up: Merry Go Round Series (4)

WU Progression: Active Dynamic Movement

Ideal Number: 6-10



Series #4

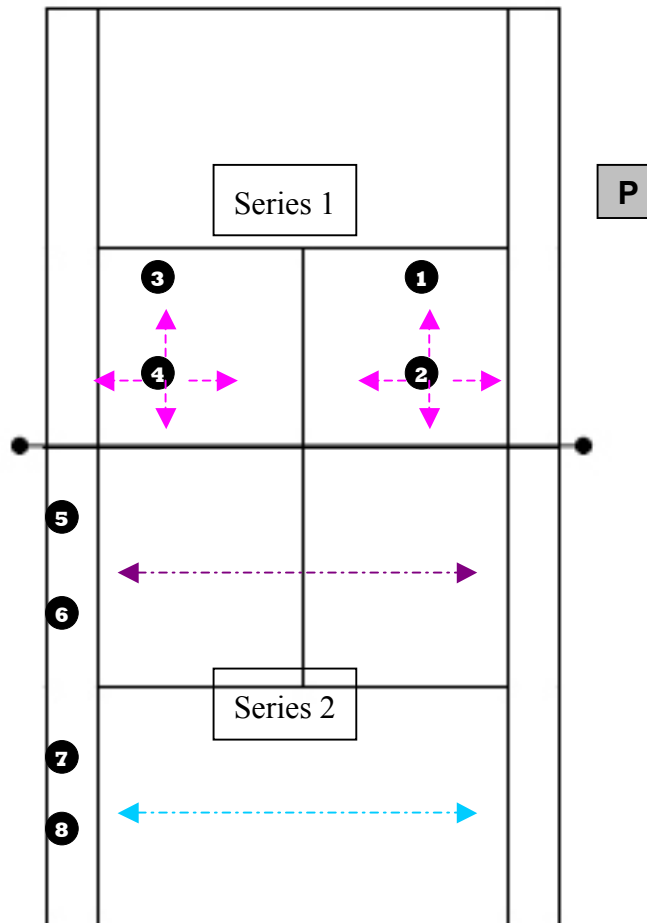
- All players are in a circle for ADM
 - jogging on spot with arm circles
 - Shuffle sideways in circle (arms spreading out and in like a big hug, small steps);
 - knees up then kick butt. Same thing the other way.
 - dynamic stretching on the spot - arms out in front legs kicking up to touch arms.
 - Walking around the circle on heels to stretch achilles tendon.
- Pass 4 participants one ball and they now have to hop on one leg and throw the ball across to the person opposite from them. So you now have 4 balls going at once across the circle. As a fun thing I say let's see which team can finish without dropping the ball (or hitting another one).
- Next progression is to move clockwise (right) with a shuffle or grapevine step and the balls are being passed counter-clockwise (left). Then change the direction of the balls while the direction of people moving always stays the same. Repeat 5 or 6 times.

Warm Up: **Mirror Series**

WU progression: Active Dynamic Movement

Ideal Number: Partner Based

Signature court set-up and boundary based spacing



Series #1

- Players partner in a boundary area (i.e. the service box) facing each other about arms length distance
- One is the leader the other the follower
- The leader moves quickly in 4 different directions (right, left, forward, back)
- Can also add jumps, fast feet, etc
- The partner mirrors those movements
- Switch roles

Series #2

- Signature court set-up
- Players shuffle back and forth across their red court while keeping their hands close but without touching.
- High hands (above the head like a high five)
- Low hands (hand on top of each other)
- Clap hands using different patterns (high/low)

Cardio Nuances:

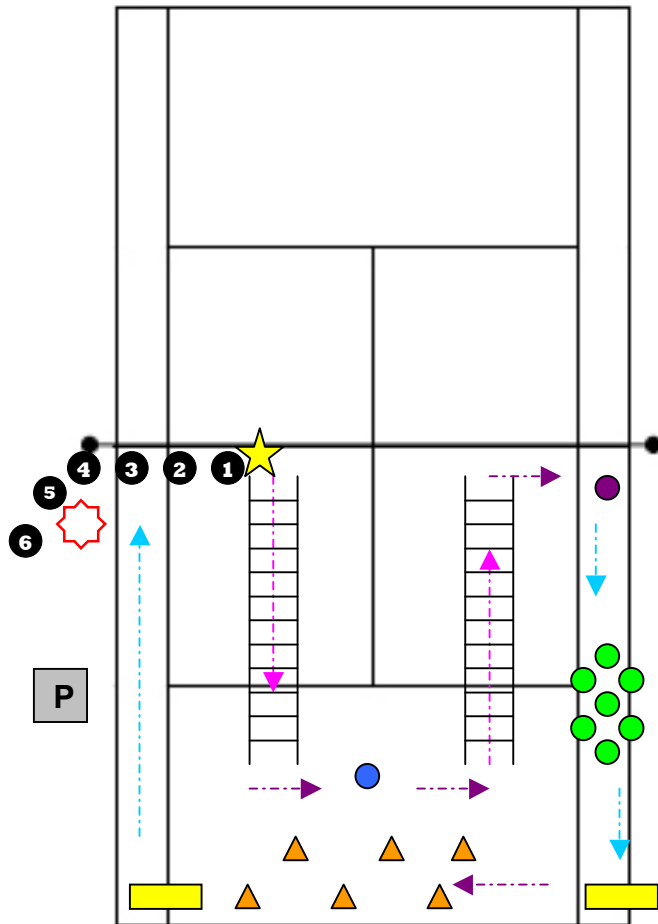
- Series #2 is less intense so might be appropriate for a less fit group

Warm Up: **Obstacle Course**

WU progression: Active Dynamic Movement

AL: Yes

CB: Yes- station dependent



This course starts at the star.

- 1st ladder: run through
- Blue Dot: shadow a forehand and backhand
- 2nd ladder: hop through
- Purple dot: 3 Jumping jacks
- Green dots: hopscotch
- Yellow line: shadow forehand and backhand
- Orange cones: mimic a lunging volley; alternating forehand and backhand
- Yellow line: shadow forehand and backhand
- Alley straight away: back pedal to end of line

Cardio Nuances:

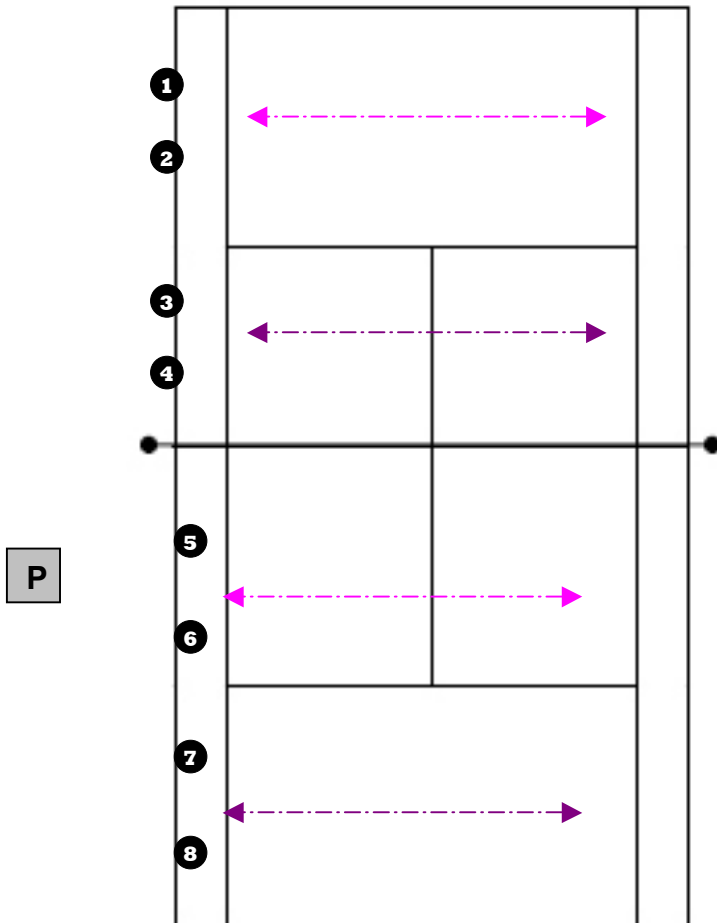
- At the start position players at different parts so there are not players on deck.
- Remind players that when they backpedal their body weight is forward (nose over the toes).
- The pro should be roaming, motivating and coaching proper movement technique. Technique before speed
- Change up your obstacle course frequently and keep it fresh

Warm Up: **Partner Shuffle Catch Progressions**

WU Progression: Catching and Tossing

Ideal Number: Partner Based

Signature Court set-up



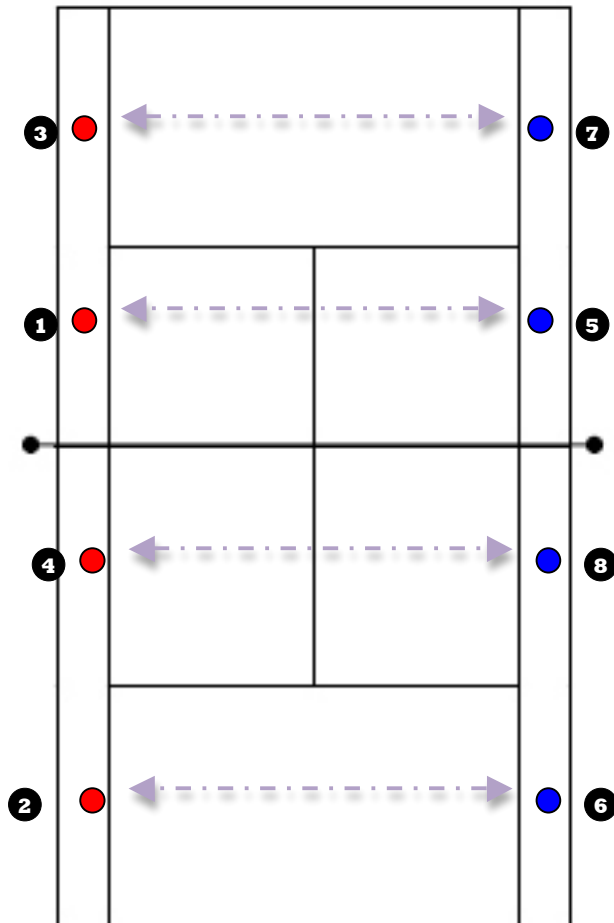
- Players' partner up in the alley facing each other approximately arms length distance away with one ball
- They will shuffle to the opposite sideline while tossing and catching the ball out of the air
- This is all about progressions; you would not do all sequences in one session. Different pairs might be doing different catches based on skill
- One ball off a bounce
- 2 balls per pair, each person with one ball
 - Off a bounce at the same time
 - Out of the air at the same time
 - One bounces the other is out of the air/switch
- 2 balls per pair, one person starts with both balls, toss both balls to partner at the same time. Coach to always toss underhand with an arch and control. Do without movement first and once successful add the shuffle step
 - Same as above but off a bounce, this is tougher

Warm Up: Racquet and Ball Exchange

WU Progression: Catching/tossing and light hitting

Ideal Number: Partner based

Signature Court set-up



- Partner up, one player has a racket the other a ball
- The player with the ball tosses the ball underhand to their partner so it can be hit off a bounce cooperatively so the partner can then catch it
- Both players run towards each other, meet in the middle and exchange the racquet and ball, then back pedal to the start position
- Repeat the pattern until the coach calls time
Depending on ability level, the ball can be played off a bounce, out of the air as a volley or as a soft and controlled overhead

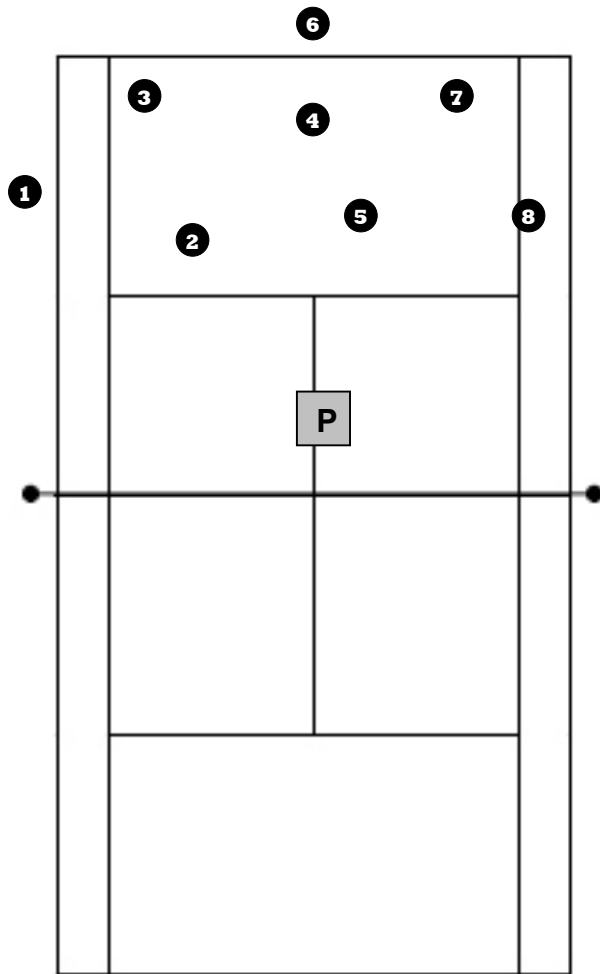
Cardio Nuances:

- Coach players to return to the alley area, they need the distance and movement
- For odd number form group of 3: 2 vs. 1, as players meet in the middle and exchange the side with 2 players passes the equipment to their partner after the exchange.

Warm Up: **Shadow Medley**

WU Progression: Active Dynamic Movement

Ideal Number: 5-10



- Everyone on one side of court stagger spread out with plenty of room to move and swing racket freely. Pro is in front for all to see. Everyone has a racket in his or her hand and there are no balls involved.
- The pro begins moving and swinging "air" groundstrokes, volley, etc. The students are "shadowing" the pro.
- The pro can do any combination of strokes i.e. 3 FH, 3 BH, alternate FH and BH 3 times. Then go to volleys with the same sequence and throw in a few overheads at the end.

Cardio Nuances:

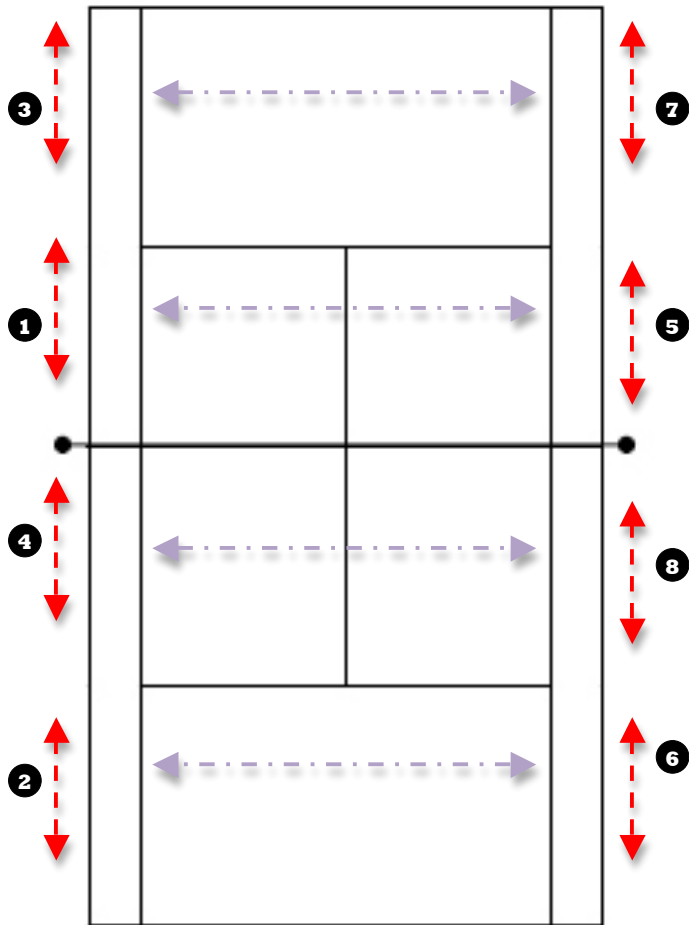
- As the pro be creative: mix up your sequences or just surprise them.
- This should be a loud and silly activity, encourage player to grunt, breath and yell out
- Motivate; if everyone is facing the net (your back is to the students) make sure the participants can hear you or lead the activity facing the participants

Warm Up: **Side-To-Side**

WU Progression: Light hitting

Ideal Number: Partner based

Signature court set-up



- Players begin a cooperative rally hitting off a bounce
- After each hit, the player moves right or left and taps either side-line of their red court before they hit the next ball

Cardio Nuances:

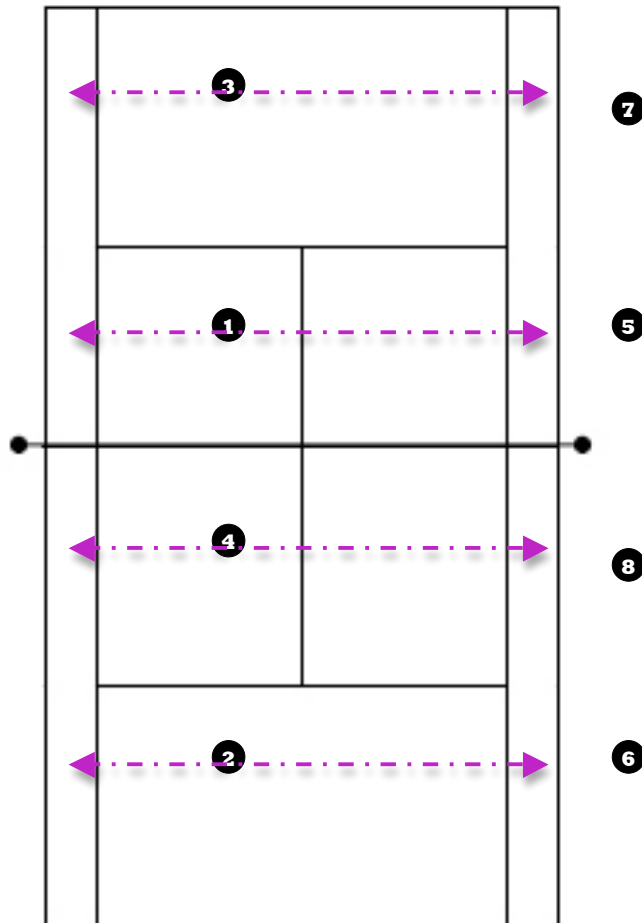
- Coach to ability level, less skilled/fit will need to hit with a higher loft, these players need time to touch the sides after they hit.
- If players hit the ball too hard and too flat this exercise becomes impossible.
- If more skilled/fit the players should be encouraged to challenge and move their partner around.
- For odd number forming group of 3: side with 2 players will alternate hitting in with no side to side. Rotate positions every 20-30 seconds

Warm Up: **Up and Back Series**

WU Progression: Light hitting

Ideal Number: Partner based

Signature Court set-up



This is a challenging activity for many people, as it requires control and timing. We are not saying it can't be done with lower skilled players just be aware. It can also be done without the racket just catching and tossing.

Series #1

- One side starts closer to the “net” as if in a volley position. The partner is at the baseline of the red court.
- The baseline player hits a ball to the net player who hits a cooperative volley so that it bounces in front of the player at the baseline.
- The net player will quickly backpedal to the baseline to play the next ball off the bounce. The baseline player will move forward to hit the next shot as a cooperative volley. Each player is alternating a volley and then a mini groundstroke
- When the player is backpedaling from the net, their next shot should be off the bounce. Based upon the control level of where the next shot is placed it is sometimes easier to take it out of the air. **Coach your players to not do this, they must move and hit off a bounce**

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Series #2

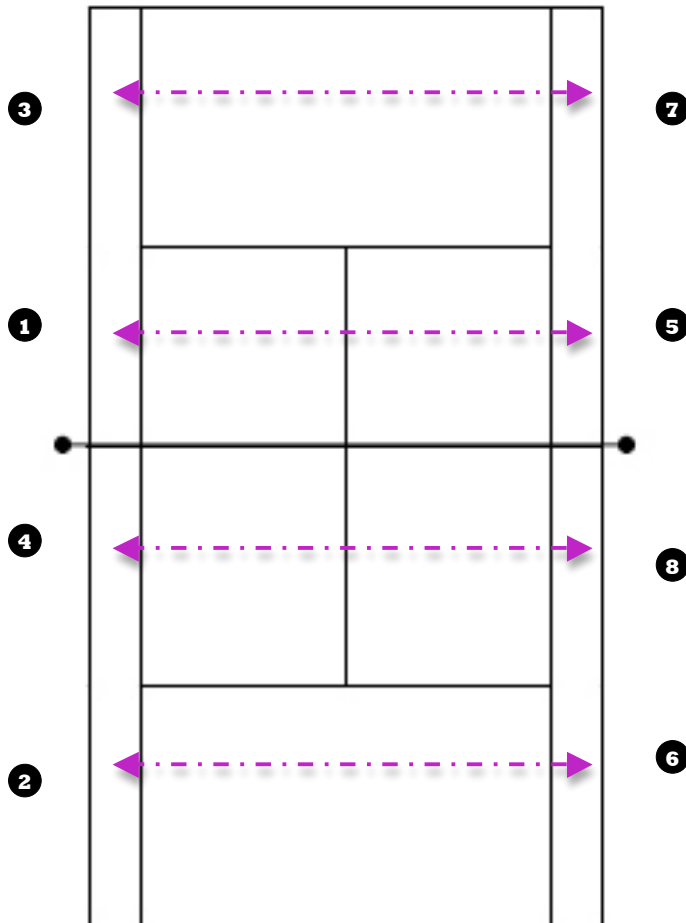
- This requires high-level volley skills
- Same movement as above but all balls are volleyed.

Warm Up: **Up and Over**

WU Progression: Light hitting

Ideal Number: Partner based

Signature Court set-up



- Players hit ball cooperatively in a mini tennis fashion off a bounce
- When the player receives the ball they must bump the ball up to themselves with control, let the ball bounce and then send back to their partner.
- Continue rallying until the pro calls time.

Cardio Nuances:

If very skilled players challenge them by having them bump up on one side and hit back off the other

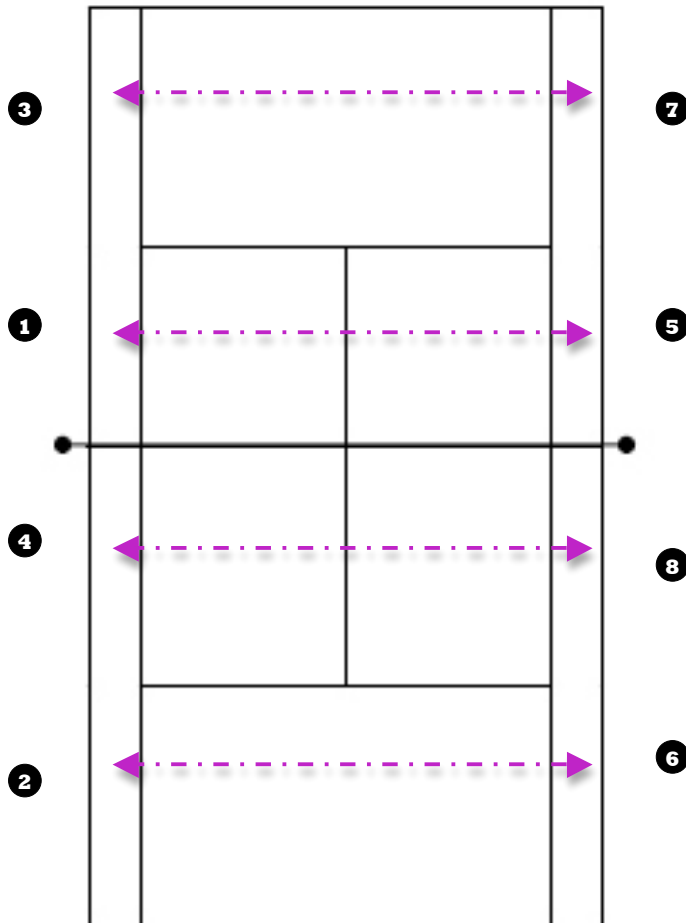
- Can also be done as volleys
- Receive ball on a bounce but send back out of the air
- Have players play with non-dominant hand

Warm Up: **With Or Without Series**

WU Progression: Catching Tossing/Light hitting

Ideal Number: Partner based

Signature Court set-up



Series #1

This is point play with NO rackets just catching and tossing

Underhand tosses and both players utilize the red court boundaries

Both players must let the ball bounce prior to catching and toss ball as soon as they catch it
Play for point total or time

Series #2

This is point play one person with a racket and one without catching and tossing.

Underhand tosses and both players utilize the red court boundaries

Both players must let the ball bounce prior to hitting or catching

The player without a racquet needs to throw ball as soon as they catch it, cannot move forward or back.

After X amount of time coach will call to switch roles.

Cardio Nuances:

- This is competitive so coach your players to move the ball around within the red court boundaries and mix up depth, use angles and be quick with throws.
- Allow players to volley or catch out of air