

Smith College Tennis, Fall 2003

Strength & Conditioning Program

<u>Agility & Speed</u>		<u>Upper Body Strength</u>		<u>Acceleration & Power</u>		<u>Core</u>		<u>Quickness</u> (using ladder)	
1.	Rapid response drills	1.	Low external rotation		Get-ups: sprint width of court	1.	Bridge: Lift tailbone and pelvis. Shoulders on the ground. Squeeze quads, hamstrings, reverse curl out.	1.	Run Through
2.	Ball reaction	2.	Rhomboid Kickback		Partner get-ups: chase width of court	2.	Ab work: lower ab workout. Back flat in pelvic-neutral position. Feet toward wall. Stabilizing back at all times.	2.	Salsa
3.	USTA Spider Drill (2-4X)	3.	Reverse Diagonal pattern		Ball Drops: work up to 10X	3.	Toe Touches: Same position as lower ab workout with legs at right angle to hip on back. Alternate touching toe to the ground and back to <u>starting point</u> .	3.	Scissors
4.	Relays (36 ft) 1:5:: work: rest 4 sec w:20 sec r (10X)	4.	Frontal Arm Raises	4.	Drop Shot Drill	4.	SuperPerson!: Lying on stomach, lift arm and opposite leg. Hold each position 30-120 seconds. Repeat 10-12X	4.	Crossover Scissors
5.	Service Line Touch (30 sec X2-5)	5.	Lateral Arm Raises	5.	Alley hops	5.	Med Ball workout	5.	Shuffle (1 rung between feet.)
6.	Shuffle baseline with racket FH/BH, crossover recovery (10FH, 10BH)	® Using surgical tubing: 5X10X 2 sets for the dominant arm and 1 set for the non-dominant arm.	6.	Squats	<i>Ref: M.O'Carroll & M. Sorenson</i>		6.	Shuffle (2 runs btwn ft.)	
			7.	Lunges			7.	180-degree snake	
							8.	Carioca	
							9.	High knee Crossover	
							10.	90-degree snake	
							11.	Icky shuffle	
							12.	Jab step/Drop step	
								<i>Ref Margaret Jones</i>	