

Global Sports Coaching



The Global Website for Tennis Professionals and Enthusiasts!

In this eBook you will find 10 speed and agility drills that are specifically designed for tennis players. All of these drills can be performed on the tennis court during one of your fitness sessions. Be sure to check out the Global Sports Coaching website for hundreds more tennis specific fitness exercises and drills.

10 Speed and Agility Training Drills for Tennis Players

1. Sprint, Side-shuffle and Back-peddle
2. 4 Cone Sprinting
3. 3 Line Agility Test
4. Figure 8 Sprinting
5. The "T" Agility Test
6. Cone calling (by color or number)
7. 6 point agility drill
8. Fan Drill
9. Shuttle Runs
10. Stand and Chase (catch me if you can!)

We hope that you enjoy these drills and you will find over 300 more tennis and fitness drills on our Global Sports Coaching website.

You may send this **Free eBook** to your friends or include in your ezines and newsletters.

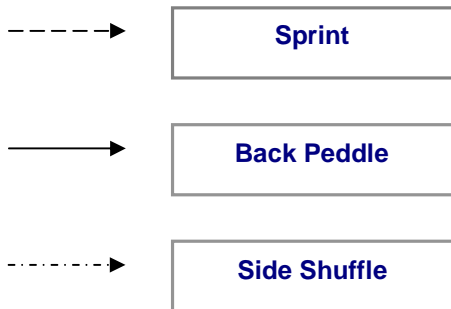
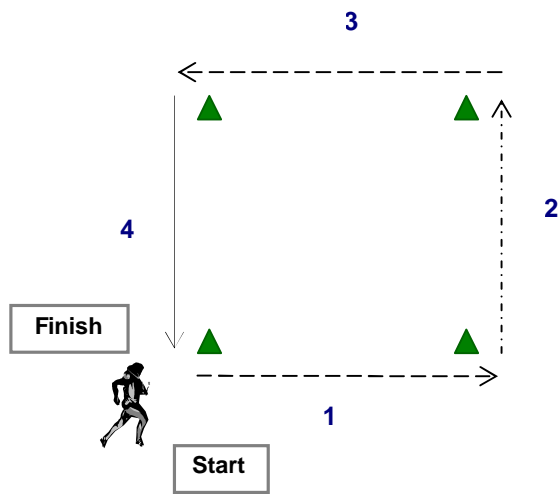
By David Horne

Global Sports Coaching Team

www.globalsportscoaching.com

Fitness Component: Agility

Drill Name: Sprint, Side-shuffle and Back-peddle



Athlete Level:

Intermediate - Advanced

Purpose:

- Speed over a short distance
- Side-stepping
- Back-peddling
- Change of direction
- Explosive starts
- Acceleration
- Speed test

Equipment Required:

- 4 cones
- Stop watch
- Tape measure

Directions:

This agility drill combines short sprinting, a side-shuffle and back peddling around four cones.

1 = Sprint

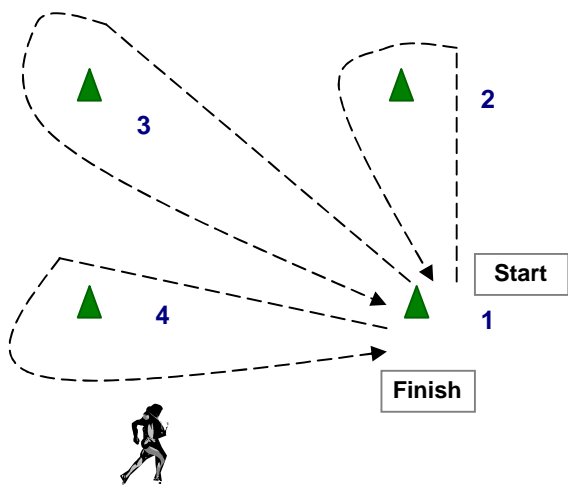
2 = Side shuffle

3 = Sprint

4 = Back peddle

Coaching Notes:

- The distance between each cone should be 10 metres.
- Encourage the athlete to take short steps and accelerate after each turn.



Athlete Level:
Intermediate - Advanced

- Purpose:**
- Speed
 - Change of direction
 - Explosive starts
 - Acceleration

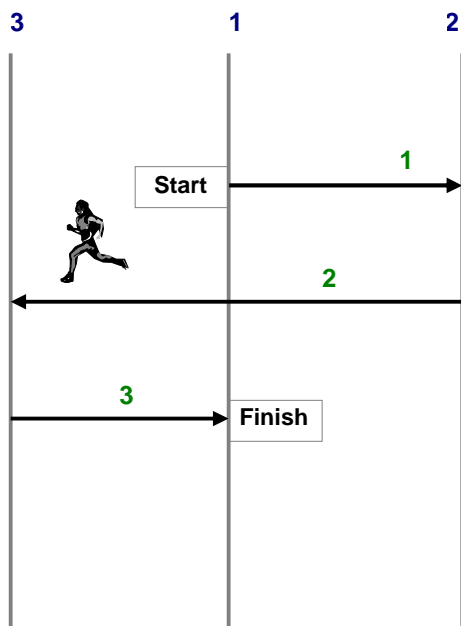
- Equipment Required:**
- 4 cones
 - Stop watch
 - Tape measure

- Directions:**
- This drill involves the athlete:
- (1) Sprinting forward to cone #2
 - (2) Rounding the cone
 - (3) And returning to cone #1
 - (4) Repeat with cones #3 and #4.

Coaching Notes:

This drill involves quick changes of direction.

Encourage the athlete to take short steps and accelerate after each turn.



Athlete Level:

All levels

Purpose:

- Speed over a short distance
- Recovery step
- Explosive starts
- Mobility
- Agility

Equipment Required:

Three marked lines with tape or chalk.

Or use the lines of the tennis court – Centre, singles, singles, centre

Directions:

Set up a 15 yard course, with equal 5 yard increments.

Centre line = 1

Right line = 2

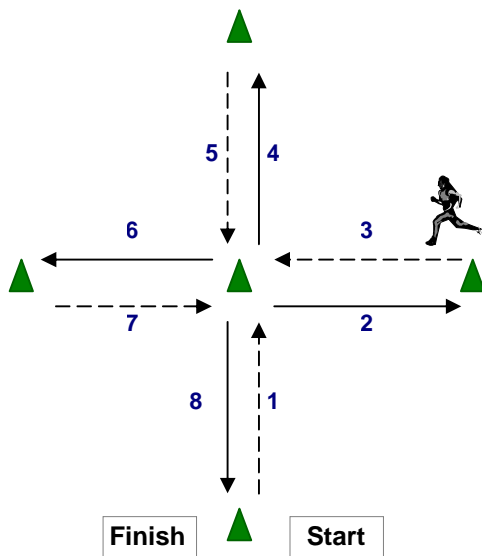
Left line = 3

- The athlete will straddle line 1 in a three point stance.
- The athlete will then turn and run towards line 2.
- From here the athlete will turn and run towards line 3.
- From here the athlete then sprints through the centre line.
- Their time is recorded when they leave line 1 and stops when they run back through line 1.

Coaching Notes:

Remember to complete this drill in both directions. That is, perform one repetition going to the right and then the next repetition running towards the left first.

Try to perform this drill on the tennis court if possible so you can see how the player moves on that specific surface.



Athlete Level:
Intermediate - Advanced

- Purpose:**
- Speed
 - Change of direction
 - Explosive starts
 - Pre-season test
 - Recovery
 - Acceleration

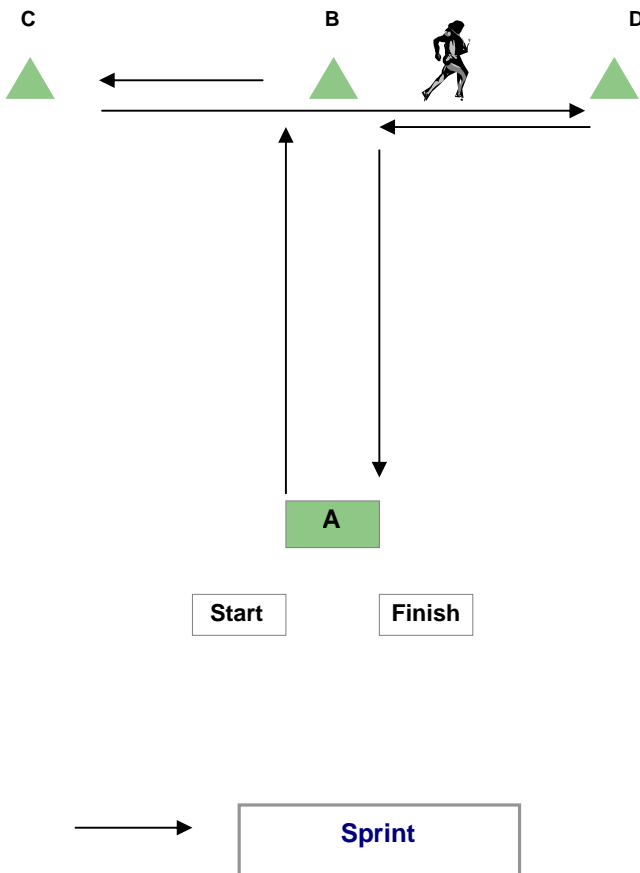
- Equipment Required:**
- 5 cones
 - Stop watch

- Directions:**
- This agility drill involves very short bursts of speed followed by sudden changes in direction and is one of the best in simulating the movements on a tennis court.
 - From the start position, the athlete will sprint to the centre cone, go around it and then sprint to cone 2. This is repeated for all 4 cones rounding the centre cone after each outside cone.
 - This is a good drill when you have 4-6 athletes as each athlete can recover while waiting in line for their next turn.

Coaching Notes:
Encourage the athletes to stay low to the ground, round the cone and not jump over it, and to exert maximal effort right through until the end.

If the athletes fatigue quickly, then they will just be going through the drill without the emphasis being placed on the speed component of completing the drill.

Reduce the number of repetitions once the athlete slows down significantly.



Athlete Level:

Intermediate - Advanced

Purpose:

- Speed
- Change of directions
- Explosive starts
- Mobility
- Used as a test

Equipment Required:

- 4 cones
- Tape measure

Directions:

Place markers on the ground in the shape of a "T". You can also draw with non-marking chalk on hard court.

- The player will start at point A and sprint to point B.
- From point B they will then sprint to point C.
- From point C they will sprint to point D.
- From point D they will sprint to point B.
- From point B they will sprint to point A.

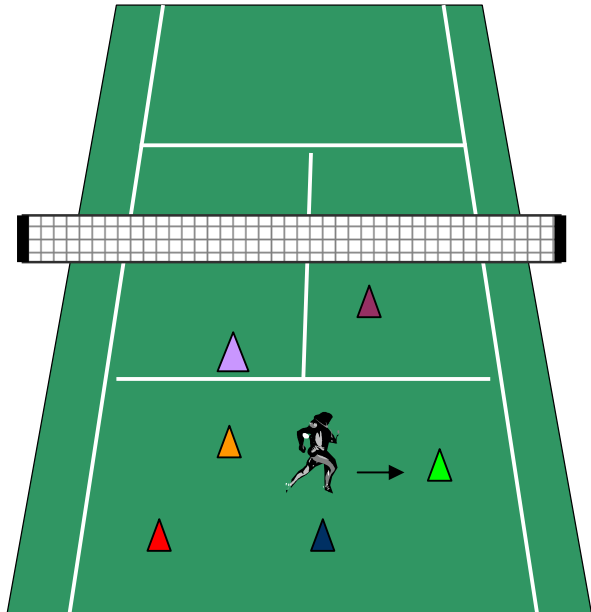
Touch each cone with your hand and then accelerate to the next marker.

The time starts when their hand leaves the first cone A, and stops once they have completed the course and returned back to cone A.

Coaching Notes:

- Distance from point A to point B is 10 metres
- Distance from point B to point C is 5 metres
- Distance from point C to point D is 10 metres

This is a great agility test to complete every six weeks to see the progress being made by your players.



Coach



Athlete Level:

All levels

Purpose:

This trains the athlete to respond to audible calls and make quick decisions.

They will be working on multiple-directional changes and improving reaction times.

Equipment Required:

- Tennis court or marked area
- 6 – 8 cones of different color

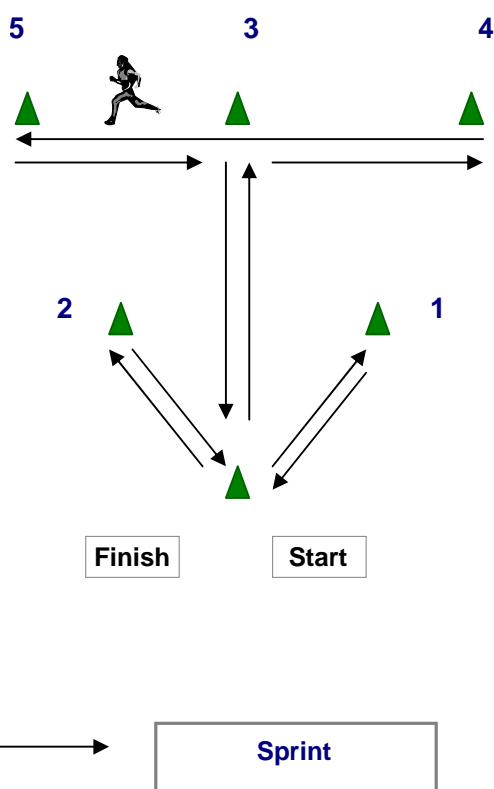
Directions:

- Place 6 cones in a designated area in random order.
- Each cone should be a different color or have a number identifying it. If you do not have different color cones then place a number on the side of each cone or place a small flag with a number on it inside the top opening of the cone.
- For 20 seconds the coach will call out different color cones from which the athlete must sprint to that cone.
- The coach may call out a series of cones, i.e. 3 or 4 cones at one time.

Coaching Notes:

You can set up several circuits and have multiple athletes perform this drill at the same time. Wait until the athlete reaches the cone before calling the next cone.

Encourage the athlete to touch each cone with their hand prior to taking off for the next cone.



Athlete Level:
Intermediate – Advanced

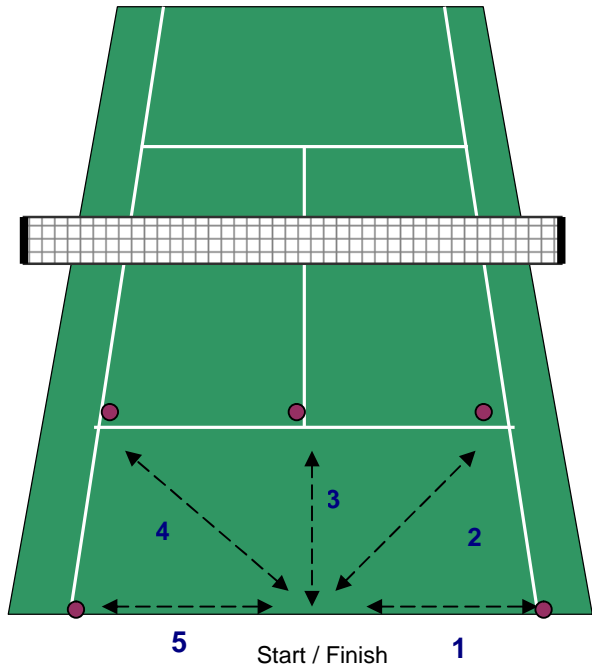
- Purpose:**
- Forward speed
 - Side-stepping
 - Back-peddling
 - Change of direction
 - Footwork
 - Functional training
 - Balance
 - Explosive starts

- Equipment Required:**
- 6 cones
 - Stop watch

Directions:
This is a great drill I designed based on the specific movements during a typical point.
They key with this drill is that is involves multiple directional changes.

- Sprint to cone 1 and return
- Sprint to cone 2 and return
- Sprint to cone 3
- Side-step from cone 3 to cone 4
- Side-step from cone 4 to cone 5
- Side-step from cone 5 to cone 3
- Back peddle from cone 3 back to the starting position

- Coaching Notes:**
- As you can see this drill simulates the player moving forward for a short ball to the forehand and back hand sides. Then a short sprint to retrieve a drop shot.
 - Followed by side-stepping at the net. Finally back-peddling simulating the movement to retrieve a lob.
 - Have your athletes perform this drill without a racquet in hand and then progress to feeding balls in the same sequence.



Athlete Level:

All levels
Use only as a speed test for Intermediate - Advanced levels.

Purpose:

- Speed
- Agility
- Mobility
- Explosive starts

Equipment Required:

- 5 tennis balls
- Tennis court
- Tennis racquet

Directions:

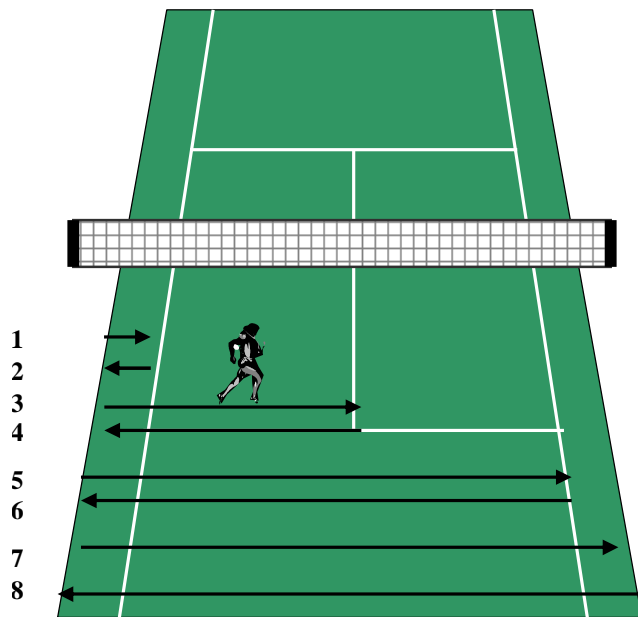
- This drill can be performed on the tennis court and is a good test to measure performance of speed over time.
- The athlete running first will start at the centre mark on the baseline.
- Have the athlete place their tennis racquet on this mark as this is where they will place each ball upon retrieving it.
- Set up the balls as shown in the diagram below.
- The goal is for the athlete to retrieve all five tennis balls returning them to the racquet in the fastest time possible.
- To place more emphasis on the speed component, allow the athlete to sprint to the ball, pick it up, and sprint back.
- Other variations involve side-stepping, back peddling and so fourth, however, we want to focus on the speed part as much as possible.

Coaching Notes:

The stop watch begins as the athlete leaves the centre mark and it stops as he places the last ball on the racquet.

Record the fastest time for future reference.

This a test commonly used for the ITN number test.



→ **Sprint forwards**

Athlete Level:
Intermediate - Advanced

- Purpose:**
- Speed over varying distances
 - Agility
 - Explosive starts
 - Fitness
 - Recovery

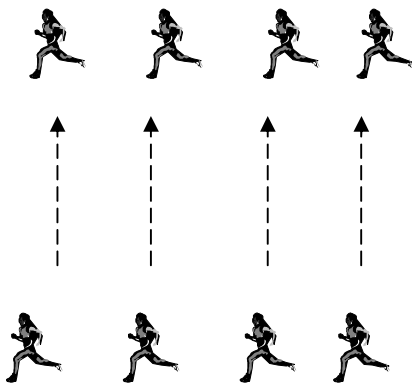
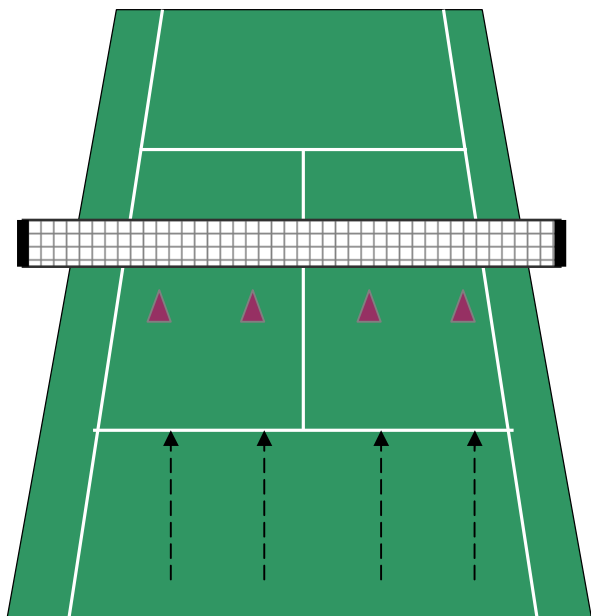
- Equipment Required:**
- Tennis court
 - Whistle
 - Stop watch

Directions:
This speed drill also involves using the lines on the tennis court.

- Start on the outside of the doubles line.
- Have all athletes start by lining up along the doubles line at arm's length apart.
- Upon command, all runners will sprint to every line and then return to the starting doubles line.
- Sprint and return to every line across the court.
- The drill is finished once the athlete has run to every line and back.
- They must touch each line with their hand before returning.

Coaching Notes:
This is a great drill as it involves a series of short sprints and change of direction. It combines both the speed and agility components.
Encourage all athletes throughout the sprint.
Each athlete must touch every line.

Catch me if you can!



Purpose:

- Reaction speed
- Reflexes
- Explosive start

Equipment Required:

- Tennis court or marked lines

Directions:

- This drill can be performed with several players at one time.
- One player from each pair will start on the baseline. The second player will start at the back fence.
- Upon the coach’s call of “Go” both players will take off sprinting towards the net.
- The second player must try and catch the first player before they reach the service line or the designated end line (cones).
- Use the various starting positions to add variety and increase the difficulty of the drill.

Coaching Notes:

This reaction drill also involves the speed component.

You can include other variations of starting positions as follows:

- Standing and facing the net as described above.
- Player starts by kneeling.
- Player starts in three point stance.
- Player stands with eyes closed and reacts upon the coach’s verbal call of “Go”.
- Player starts off laying face down on ground with hands out to side.

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