



**TAKING COMPETITIVE TENNIS PLAYERS,
INCLUDING NATIONAL AND WORLD JUNIOR
CHAMPIONS TO "THE NEXT LEVEL!"**



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Train For Improved Speed And Agility The Right Way! 15 Deadly Tennis Specific Agility Training Mistakes (2018)

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www.superfittennis.com (Main Website)

www.10sfit.com (Explains Our 4-Week Tennis Specific Training Program)

www.tennisfootworks.com (Explains Our Tennis Specific Footwork Analysis Program)



1. **Training Too Infrequently**-Training only 1x a week or perhaps not at all? Doing tennis specific agility training an average of less than 2x per week is going to make it virtually impossible to quickly see noticeable improvements. In order to achieve the best results, it is important to do this type of training an average of 2x to 4x per week.

2. **Non-Tennis Specific Training**- It is commonplace for coaches to put together all kinds of fancy looking ladder and hurdle jumping drills. Sometimes they even throw some resistance cords on the kids to make things look even cooler? I have even seen a soccer ball get thrown around a field for an hour while the tennis playing kid was told to fetch it like a dog! Sure the player will get tired, but how is that helping things on court? In order for there to be any transference to tennis, drills must be performed with the specific intention of improving tennis movement. Are the drills helping side steps become quicker, getting crossover steps more explosive, aiding one's little adjustment steps, working on acceleration and deceleration or improving 1st step explosiveness? If they are not working on something specific to tennis then, it is not going to transfer over to the tennis court...Bottom Line! Physical training needs to actually make tennis movement easier to perform on the court.



3. **Inappropriate Or No Warm Up**- Taking about 5 minutes to engage in a dynamic warm up routine obviously prevents many injuries, but it can directly improve performance as well. Some of the things warming up does include: joint lubrication(synovial fluid), muscles become more pliable, increased blood flow through muscle tissue, increased heart rate, oxygen is released easier, improved motor unit recruitment, increased body temperature.

4. **Group Training**-While not always a bad thing and certainly beneficial to some, it can be hit or miss. Keep in mind that players in a group may have much different strengths, weaknesses, capabilities, and needs for their Tennis Specific Physical Conditioning. What is done is done for everyone. Therefore, each players improvement or lack of improvement from this type of training should be assessed. Like I always say...Rafael Nadal's easy for him warm up routine could put some players in the hospital!



5. **Gerbil On A Wheel (no improvement)**-I have actually heard stories about players being with a strength and conditioning coach for months and even years without seeing any true noticeable improvements and transference to the tennis court. Why would someone subject themselves to anything that is not result producing? Specific improvements should be seen every three to four weeks. If there are little to no results from a 3x/Week program done for 3 weeks or from a 2x/Week program done for 4 weeks, then one really needs to be concerned. If little or no results are seen from a 3x a week program done for 6 weeks or from a 2x a week program done for 8 weeks then it is time to seek another strength and conditioning coach or continue to act like a “Gerbil On A Wheel.”
6. **No Correct Coaching/Supervision**-If a player is not being given enough instruction on how to perform a drill correctly, they will not improve and make a potentially injury producing bad habit. It is amazing how often I see players doing movements incorrectly. They must be taught in a simple easy to understand manner that makes sense for their tennis.



7. **Getting Over Coached and confused-** If a player gets spoken to too much and has too many things to think about while trying to perform a specific drill, they will absolutely not be able to perform that drill correctly. When a coach does this throughout a workout, it is simply overbearing and confusing. To take things a step further....How about when fitness coaches use esoteric vernacular (oftentimes incorrectly) to impress those around and make themselves appear smarter?
8. **Too Sore Or Injured-**If a player is too sore to practice later on in the same day or the next day after the strength and conditioning session, then the training volume and intensity is too high. Tennis has to be the #1 priority and practice sessions should not be missed because a player is too sore or tired from their physical conditioning. While it is ok to be a bit tired and sore, it I certainly not ever acceptable for a player to be too sore or tired to move well and/or swing their racket correctly and without soreness. Even worse...they get injured from the training or from trying to overcompensate during their tennis practice.



9. Running for miles in a straight line-I am not going to even address this one that much.

This works slow twitch muscle fibers and is certainly not functional for tennis. Even the Best drop shots don't require running for more than 10-12 yards. The distance from the baseline to the net is 13 yards!

10. No specific goals-It is necessary to want to improve and work on specific physical things that need to be improved and will actually improve your on court movement.

11. Lacking Focus and Intensity- Tanking, not trying, or checking out mentally certainly will not equate to improvement. Actually, training with no focus or intensity could unfortunately transfer over to a lack of mental toughness during tennis. From what I have seen....I strongly believe that it is better to do nothing than to train with no effort!



12. Is the training focused on conditioning or speed? It is not really possible to do both in the same exact workout and have decent progress. If a physical trainer tells you differently, then that trainer does not have the competency or qualifications to work with anyone.
13. Not resting enough between speed work sets-Again the idea is to increase first step or first two steps explosiveness. If rest time between exercises is too quick and the athlete is not appropriately recovered, then it is not possible to train those fast twitch explosive muscle fibers. I have seen athletes jog through speed drills and this can actually make them slower than if they did absolutely no training! That jogging certainly won't make players get to balls quicker. The workout becomes an unproductive aerobic conditioning session, which is not even specific to training the type of endurance necessary for tennis which is anaerobic endurance training. Conditioning coaches looking for raw speed/power movement go for an 8:1 or 12:1 rest/work ratio. I am not necessarily stating that an 8:1 or 12:1 work to rest ratio is always the best option, but oftentimes there is not even a 1:1 work/rest ratio. This is especially prevalent in an academy group training environment where strength and conditioning is performed with the sole intention of making things look intense to the parents. Yes the kids get very tired and worked hard, but they will never ever improve physically on the court from doing that.



14. **Training too long for a speed or fast agility set**-This actually upsets me when I see several repeated agility drills lasting for 2 or 3 minutes. Drills should last about 10-25 seconds. Of course, if anaerobic endurance is the goal then agility drills can last between 30 seconds and about a minute. It is not possible to work the fast twitch muscle fibers or even anaerobic endurance when doing drills lasting for 2-3 minutes (the lactic acid and aerobic systems are completely taking over). Even worse is the fact that doing multiple bouts of this will almost always forces or causes players to begin pacing themselves and moving slowly during workouts. We want them to move fast!

15. **Time To Train**-If we get too caught up in needing to train way before we play, right before we play, right after we play, or way after we play.....Thing simply will not work. Players will get used to the training times and they should always be able to have a productive tennis session no matter what time they do their physical train. Of course, the physical trainer should be aware of what time and how intense tennis practices will be.....especially when first working with a player. If a player cannot have a constructive tennis practice because they are too tired or sore from physical training, the physical trainer needs to change the workout intensity, volume, or both.

Please contact Jeff@superfittennis.com with any questions, comments, and concerns and make sure to visit our facebook group page: **Junior Tennis Fitness and Footwork**

