



*Alabama*

North Carolina High School Coaches Tennis Workshop  
Wednesday, July 19, 2017 @ UNC-Greensboro

**Plyometric Training for High School Tennis Players**

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### ***I. Introduction to Plyometrics***

- a. What is Plyometrics? *Plyometrics is a form of training developed in the 70's by the Eastern Europeans. They called it "Jump Training". Basically they wanted to train athletes to react quickly to ground forces, this the term "ground force reaction." Many sports rely on quick ground force reaction. However, the term "Plyometrics" is an American term and as far as our athletes go was linked to explosive movements using the elastic components and stretch reflexes of muscles. We combine upper body and lower body Plyometrics to form the Plyometric exercises we use today with modern athletes and especially tennis players.*
- b. Why do we use Plyometrics?
- c. Who are the best candidates for Plyometric training?
- d. Do I need a lot of expensive equipment for Plyometric training?
- e. How much Plyometric training is enough?

### ***II. Establishing A Strength Base/Submax or Preliminary Testing***

- a. First thing...Interview your player or client. Find out about injury history. This can be tricky as athletes have a tendency to be somewhat non-forthcoming with regards to injuries.
- b. Start with the easier of the two 2-leg stabilization drills, then 1-leg. (Ex. Box or platform step-downs, standing jumps. Look for weaknesses in stability)
- c. Submax or early stage Plyometrics: ex. skipping, skipping high knee, skipping backwards, Carioca, Olympic Hop, ankle flips.

### ***III. More Advanced Plyometric Drills***

- a. Repeated double leg vertical jumps.
- b. Repeated single leg vertical jumps.
- c. Vertical Jump with Rotation.
- d. Vertical jump with 360 degree turn.
- e. Footwork Drills: 9-Squares on-court pattern (Painter's Tape works great)
- f. Standing jumps: Standing long jump with sprint, Multiple standing long jumps, Single leg multiple standing long jumps.

#### **IV. Lateral Plyometrics**

- a. 2 foot Side to Side Hops, Skater Hops, Single Leg Hops(Reminder: These are lateral movements)
- b. Lateral hurdle jumps, 2 feet, 1 foot, 1 foot outside land.

#### **V. Medicine Ball Plyometrics**

- a. Standing Series
- b. Seated Series
- c. Lateral movements with MB tosses.
- d. Directional and depth MB tosses.
- e. MB Power Drop/Push

#### **VI. Box Jumps**

- a. Side to Side Box Jumps
- b. 30 second box drills (be creative here)
- c. Jump to the box. Make sure platforms are appropriate in height)
- d. Depth Jumps.

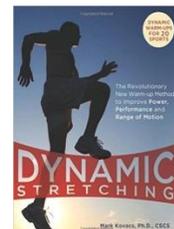
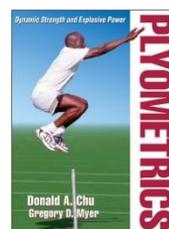
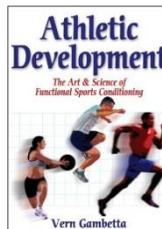
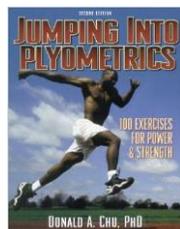
#### **VII. Upper Body Plyometrics**

- a. Push-ups on MB (Use appropriate ranges based on age and athletic strength)
- b. Offset push-ups with MB. Close grip with MB. Drop side MB push-up.
- c. MB toss series (Discussed Earlier)
- d. Use cables if equipment is available and bands if not.

#### **VIII. Injury Prevention**

- a. Essentric/Concentric light ball 90-90 throw backs.
- b. Perturbation(disturbance) movements. MB/2-hands.
- c. CC/Band pulls and movements.
- d. Rice Bucket exercises.

#### REFERENCE SOURCES:



***Thank You Coaches & USTA NC!***