

Workout while we're off:

Warm Up

3-5 minutes of ladder drills

3-5 minutes of jump ropes

Wall sits

Planks

Sit ups

Push ups

Squats

Squats into a tuck jump

Fast feet over the line (forward, side to side, scissor)

Skater jumps (for distance and speed)

Sprints 5X (short bursts)

Broad jumps 10 in a row (hold 5 seconds)

Hop/Hop/Stick 10 in a row (hold 5 seconds)

Jogging/stretching warm up (skipping, butt kickers, etc, etc etc)

Passing Wall Work

Low/medium/high passing against the wall

Angle passing against the wall

To self/to wall against the wall

Shuffle side to side and short/deep against the wall

Hit/dig against the wall

Setting Wall Work

Low/medium/high setting against the wall

Angle setting against the wall

To self/to wall against the wall

Shuffle side to side and short/deep against the wall

Set bounce against the wall

Hit/dig with hands against the wall

Armswing Wall Work

Throw long arm to wall

Throw to a bounce against wall

Toss regular armswing against wall

Thumb up against wall

Thumb down against wall

Jump 2-step approach against wall

Jump 3-step approach against wall

Jump 4-step approach against wall

Blocking Work

- Have someone push against arms to hold
- Grunt work against wall
- Load and then press up and hard against wall
- blocking footwork along wall
- blocking footwork to transition off the net to approach

“Along Net Work or Backrow Work”

Transition footwork (base to defense/block to attack/defense to attack/serve receive to attack)

When doing base to defense (roll, collapse dig, extend out, run thru, etc)

Tennis ball work against wall or over “something if possible”

Arm swing work against the wall/garage/box work over net if possible

Anything extra!?!:

Any type of passing/setting/attacking with someone at home would be great.

Anyone serving to you or throwing at you like you are serve receiving would be great.

**With the weather turning over the next few weeks encourage players to find a sand court to do some outdoor workouts!