

Junior Tennis Wet Weather Program

The Wet Weather Program is an excellent opportunity for the juniors to work on their fitness, add coordination/racket skills to their game, and gain valuable team building experiences with the other students and coaches. All programs conducted are age-appropriate, and held in a safe, fun, and energetic environment.

The fitness drills used are aimed at improving specific tennis-oriented movement, footwork, and coordination. These drills are useful to all skill levels, from beginner juniors focused on getting to the ball, to high performance players needing to add speed and agility to their game.

Layout of drills and games:

1. **Warm-up game ~5-10 minutes** (e.g. dodge-ball, relay race, netball): This gets the juniors' blood flowing and ready for the drills to come, without boring them. Additionally, it is a great time for the students to get to know one another, as well as the coaches, in an atmosphere not available on the tennis court.
2. **Agility/Coordination Drills ~10 minutes** (e.g. speed ladder, quick feet, short-hurdles, core-strength workouts, etc): Many students have excellent hand/eye coordination and a solid tennis foundation, but lack the agility and foot coordination to get in place for the ball. Here they can gain the skills needed to take their game to the next level.
3. **Speed/Endurance Drills ~15 minutes** (e.g. relay races, fast shuffle, side to sides, high-knees, etc): This is where we really bring the energy up and get the kids moving. A great benefit to the indoor program is proximity. The coaches are able to have close communication with the students, to individually help improve weaknesses.
4. **Racket skills/Finesse ~15-20 minutes** (e.g. cooperative volleys, mini-tennis points, hitting drills, etc): For the younger students, this is a great chance to work on their contact on ground strokes, as well as instill the fundamentals. For the more advanced players we work on touch, finesse, strategy, and movement to the ball. We have the best indoor equipment and junior tennis products on the market at our disposal. No player should underestimate the value of not only having a power game, but also a finesse game and understanding the dynamics of the court. Improving this aspect of the student's game will take many of them to the next level.



Ultimately, the Wet Weather Program is a great opportunity for the kids to work on aspects of their game not available on court, and get a great work out while having fun!

