Tennis Program

Tennis Agility Drills

UDPT
Set #1

- Run forward to the service line and backpedal to the baseline 5 times.
• Begin at center mark, side shuffle to the right sideline and back to the center 5 times. Repeat on left side.
• Begin on the sideline, side shuffle to the opposite sideline, perform 3 side lunges, side shuffle back to the beginning and perform 3 more lunges.

• Repeat 5 times.
• Begin at center mark
• Run forward to #1 and backpedal to the center mark.
• Run forward to #2 and backpedal to the center mark.
• Repeat for #3 and #4.
• Begin at center mark.
• Lunge forward to #1 and backpedal to the center mark.
• Lunge forward to #2 and backpedal to the center mark.
• Repeat #3-5.
• Jog slowly around the perimeter of the tennis court
• Repeat 3 times.
Set 2

- Begin on the sideline, side shuffle to the opposite sideline and side shuffle back to the beginning.
- Repeat 5 times.
• Begin at right corner of the court.
• Side shuffle to the opposite sideline.
• Jog forward to the net.
• backpedal to the service line.
• Jog forward to the net.
• Side shuffle to the center service line.
• Backpedal to the service line.
• Jog forward to the net.
• Side shuffle to the sideline.
• backpedal to the service line.
• Jog forward to the net.
• Backpedal to the starting point.
• Begin at the center mark.
• Jog forward to service line.
• Jog diagonally to where the net meets the sideline.
• backpedal to the baseline.
• Side shuffle to the center mark.
• Repeat to the opposite side of the court.
• Repeat each side 3 times.
• Begin at center service line.
• Lunge toward #1.
• Backpedal to #2.
• Jog diagonal to starting position.
• Lunge towards #3.
• Backpedal to #4.
• Jog diagonal to starting position.
• Repeat 3 times.
• Begin at center mark.
• Perform small forward hips to service line.
• Perform small backward hops to the baseline.
• Perform large hops forward to the net.
• Perform large hops backwards to the baseline.
• Repeat 2 times.
Set 3

- Begin at corner of the baseline.
- Jog forward to #1.
- Cut and jog forward #2.
- Cut and jog forward to #3.
- Turn around and backpedal to #4.
- Turn and backpedal to #5.
- Side shuffle across the baseline to starting position.
- Repeat 3 times.

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• Jog forwards in a large circle 3 times.
• Turn around.
• Jog backwards in a large circle 3 times.
• Begin at corner of baseline and sideline.
• Jog forward to service line.
• Turn, jog forward to center service line.
• Turn, jog forward to net.
• Turn, jog forward to sideline.
• Turn, jog forward to baseline.
• Turn, jog forward to starting position.
• Repeat 5 times.
• Begin at center mark.
• Jog forward to service line.
• Side shuffle to sideline.
• Backpedal to baseline.
• Side shuffle to opposite sideline.
• Jog forward to service line.
• Side shuffle to enter service line.
• Backpedal to starting position.
• Repeat 5 times.
• Begin at center service line.
• Lunge forward to #1.
• Lunge backward to starting position.
• Repeat to #2.
• Jog forward to #3.
• Backpedal to starting position.
• Repeat to #4.
• Jog perimeter of tennis court.
• Repeat 3 times.
Agility Schedule

• Day 1- Set #1 @ 30%
• Day 2- Set #1 @ 50%
• Day 3- Set #2 @ 30%
• Day 4- Set #1 @ 75%
• Day 5- Set #2 @ 50%
• Day 6- Set #3 @ 30%
• Day 7- Set #2 @ 75%
• Day 8- Set #3 @ 50%
• Day 9- Set #3 @ 75%
• Day 10- Set #1 @ 100%
• Day 11- Set #2 @ 100%
• Day 12- Set #3 @ 100%

• Progress agilities based on soreness rules
# Soreness Rules

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.) Soreness during warm-up that continues</td>
<td>2 days off, drop down 1 step</td>
</tr>
<tr>
<td>2.) Soreness during warm-up that goes away</td>
<td>Stay at step that led to soreness</td>
</tr>
<tr>
<td>3.) Soreness during warm-up that goes away but redevelops during session</td>
<td>2 days off, drop down 1 step</td>
</tr>
<tr>
<td>4.) Soreness the day after lifting (not muscle soreness)</td>
<td>1 day off, do not advance program to next step</td>
</tr>
<tr>
<td>5.) No soreness</td>
<td>Advance program 1 step per week or as instructed by healthcare provider</td>
</tr>
</tbody>
</table>

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