



The American Club Junior Tennis Wet Weather Program

Available for all Junior Eagles Classes: Yellow, Red, White, Blue, Development Squad and Elite Squad

Layout of drills and games:

1. Warm-up game ~5 – 10 minutes

Eg. Dodge-ball, relay race, netball, etc.

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 – 30 minutes

Eg. 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. This will improve their speed and explosiveness, as well as their ability to prevent injuries.

3. Speed/Endurance Drills ~15 – 45 minutes

Eg. 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 regarding their footwork and balance.

4. Racket skills/Finesse ~15 – 20 minutes

Eg. 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 reinforcing 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-driven game, but also a refined game through understanding the dynamics of the court. Improving this aspect of the students' game will take many of them to the next level.

Ultimately, the Wet Weather Program is a great opportunity for the juniors to work on aspects of their game not available on court, and get a great work out while having fun! Footwork, balance, coordination and strength are foundations that can be set early on, and the indoor program is the perfect scenario to work on these foundations.

**All Wet Weather participants will assemble at the Squash Courts prior to class, and will be dropped off at the same location upon finishing.*