

How To Improve Your Tennis At Home



Five Way To Improve Your Tennis At Home:

1. Fitness
2. Shadow Swings
3. Knowledge
4. Coordination
5. Visualization

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We want to help as many tennis players around the world, by sharing this PDF, you're helping us to do exactly that!

Method One - Home Workouts

Many of us use tennis as our main source of fitness training, so if we're not playing tennis, we'll have to stay in shape at home using workouts.

Any type of exercise will be better than nothing, however, home workouts aimed at tennis players will be the best.

An example of just one home tennis workout would be:

Round One:

- Shadow Forehands - 30 seconds
- Hop and split-step alternating legs - 30 seconds
- Shadow Backhands - 30 seconds
- Normal press-ups - 30 seconds
- High knees - 30 seconds
- 30 seconds break to reach the 3-minute mark

Round Two:

- Shadow forehand volleys - 30 seconds
- Double split steps - 30 seconds
- Shadow backhand volleys - 30 seconds
- Side steps on the spot - 30 seconds
- Russian twists with feet off ground - 30 seconds
- 30 seconds break to reach the 6-minute mark

Round Three:

- Shadow Forehands - 30 seconds
- Crossover steps on spot - 30 seconds
- Shadow Backhand slice - 30 seconds
- Shoulder taps - 30 seconds
- Plank - 30 seconds
- 30 seconds rest to reach the 9 minute mark



These home tennis workouts require little space and can be done on a daily basis. This is High Intensity Interval Training (HIIT) focused more on tennis, so you'll reap the rewards when you get back on the tennis court.

We have a 15 minute home workout available on YouTube here - <https://www.youtube.com/watch?v=-QSS3RAIsIM>

Method Two - Shadow Swings

There are many different ways to use shadow swings but the main methods include:

1. Normal swings using one racket
2. Shadow swings using two rackets
3. Shadow swings off one leg.



Shadow swings are a great way to maintain some muscle memory on your strokes but they can also be used to change technique.

If you're working on tweaking a particular element on your backhand for instance, shadow swings done in front of a mirror can be one of the best ways to change that stroke.

If you do enough shadow swings, you'll be building a new swing that can replace the old one.

Method Three - Knowledge

Improve your tennis knowledge.

You can become a better tennis player by learning more about the game.

This can be done online, watching our lessons, watching matches of pros, watching your own matches and analyzing what happened or by reading tennis books.

The more knowledge you have, the more you can use that knowledge when you get back on the court.

Strategy and tactics for example can be improved simply by understanding plays or point construction.

You don't need to physically be doing the play yourself but by understanding a particular tactic, you'll become a more effective match player.



Method Four - Coordination

Coordination training drills. These require little space so are perfect for doing indoors when you don't have much space.

Simple things such as just bouncing the ball on your strings will keep your eyes sharp, will help you improve your hand-eye coordination and you can do hundreds of ball taps in a very short amount of time.



For more challenging drills, you can try:

1. Ball taps on the racket with one hand and the other hand bouncing the ball on the ground
2. Ball taps using your feet, tap the ball with one foot and then switch over. See how many you can do in 20/30 seconds and try to beat your record.
3. Toss and catch off the wall with two balls. Try to release both balls at the same time and let the balls bounce once then catch one ball with each hand.

Method Five - Visualization

Using visualization is a great way to still focus on your tennis without being on court.

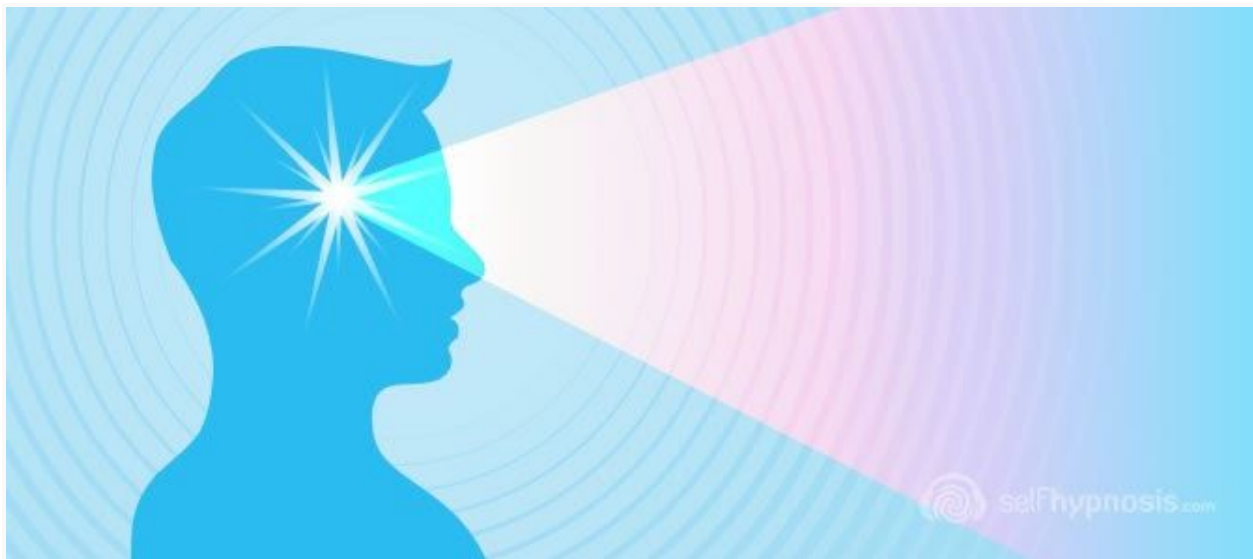
It's similar to meditation but instead of focusing on your breathing, you imagine how you're playing a match.

This can be great for players who may get nervous or play worse in matches.
It's like a dress-rehearsal before you step on the match court.

Simply focus on playing the first two games of a match and the last two games of the match.

Let yourself really feel the emotions you feel when you win a big match or tournament.

See yourself holding the winners trophy, feel that joy and happiness and zone in on exactly how you want to play in the future.



If you've enjoyed this PDF, you can check out the lesson that accompanies this here:

YouTube - <https://www.youtube.com/watch?v=M6gmO7ejtL4>

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Top Tennis Training