

# Tennis Homework

*Do this routine daily or every other day. It should take about 20 minutes.*

## Tennis players 0-3 months

**Tennis Basketball** 5 minutes (once you can do it 100 times in a row you can stop\*)

**Tennis Volleyball** 5 minutes (once you can do it 100 times in a row you can stop)

**Tennis Volleyball with Bounce** 5 minutes (once you can do it 100 times in a row you can stop)

**Glue Ball to Racquet** 5 minutes (once you can do it 100 times in a row you can stop)

**Tennis Ball Throw** 100 times (throw as far as possible from a sideways position)

## Tennis players 3-6 months

**Tennis Basketball** 5 minutes, alternate between open palm and closed palm (once you can do it 100 times in a row you can stop)

**Tennis Volleyball** 5 minutes, alternate between open palm and closed palm (once you can do it 100 times in a row you can stop)

**Micro Tennis** or **Mini Tennis** 5 minutes

**Against the Wall** 5 minutes

**Tennis Ball Throw** 100 times (throw as far as possible from a sideways position)

## Tennis players 6-10 months

**Micro Tennis** or **Mini Tennis** 5 minutes

**Against The Wall** 15 minutes (spend half the time on groundstrokes and half on volleys)

**Tennis Serve** 50 times (during winter you can do throws instead)

*\* For every assignment that you stop doing, spend time playing against the wall instead*