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RETURN TO TENNIS PROGRAM

Foam balls → low compression balls → standard balls

Steps 1-3 performed 1-2 times
Steps 4-6 performed 2-3 times
Steps 7-8 performed 2-3 times

DRY SWINGS

Step 1 15 backhand swings 50%,
 15 forehand swings 50%;
 rest 5 minutes,
 15 backhand swings 50%,
 15 forehand swings 50%

Step 2 20 backhand swings 50%,
 20 forehand swings 50%;
 rest 5 minutes,
 20 backhand swings 50%,
 20 forehand swings 50%

Step 3 20 backhand swings 75%,
 20 forehand swings 75%;
 rest 5 minutes,
 20 backhand swings 75%

SOFT TOSS

Step 4 with **FOAM** tennis balls partner fed ground strokes- soft feeds about waist height
 from net 20 backhands, 20 forehands; rest 5 minutes, 20 backhands, 20 forehands

Step 5 with **LOW COMPRESSION** balls partner fed Ground strokes- soft feeds
 about waist height from net, 20 backhands, 20 forehands, rest 5 minutes,
 20 backhands, 20 forehands

Step 6 **STANDARD** tennis balls partner fed Ground strokes- soft feeds about waist height from net, 20 backhands, 20 forehands, rest 5 minutes, 20 backhands, 20 forehands

RALLY: all standard tennis balls from this point on

Warm up with soft toss 15 BH, 15 FH

Step 7 Rally with partner from baseline with **CONTROLLED** ground strokes, 50-60 strokes (alternating FH and BH), break 30sec-1 min btw every 3 rallies, 5 minutes break, repeat

Step 8 15 minutes of rallying from baseline with **CONTROLLED** ground strokes alternating FH and BH, 10 FH and 10 BH volleys, rest 5 minutes, rally for another 15 minutes, 10 FH and 10 BH volleys

SERVING

Dry Swings

(After STEP 8 completed prior to starting step 9)

Serving motion 10-15 serves no contact

10-15 serves foam ball focusing on form

Step 9: 20-30 min rally with 80/20 ground stroke to volley ratio 10 serves with no ball, 10 serves with foam, 10 serves standard ball 75% effort, 10 minutes ground strokes

Step 10: 30 min rally with 80/20 ground stroke to volley ratio, 10 serves with foam, 10 serves standard ball 75% effort; can start incorporating slice serves, rest 5 min, 15 serves, 15 minutes ground strokes

Step 11: 30 min rally with 80/20 ground stroke to volley ratio, 20 serves standard ball 75% effort can start incorporating kick serves, partner fed lobs for 5 overhead strokes, rest 5 min, 20 serves, 5 partner fed lobs for 5 overhead strokes, 15 minutes ground strokes

Step 12: Match play, must complete all above stages, start match play, gradually increasing amount of serves up to 60, 80, 100, 120, once reach 120 you can start full competitive pla

