

At the end of 8 week, you should be able to complete a majority of the exercises and/or increase the amount of time spent on each exercise from 1 to 5 minutes each day.

✓ When you complete an exercise, place a check mark in the appropriate box.

## Passing

### Self Toss & Catch Underhand

#### Exercise 1:

- Two-handed underhand toss above your head to at least net height
- Catch the ball in passing position (low and in front of your body)
- Let the ball bounce and then catch the ball again in passing position
- Work on different movements: step-hop and backpedal

#### Exercise 2:

- Two-handed underhand toss three steps forward at head height
- Catch the ball in passing position before re-tossing
- Let the ball bounce and then catch the ball again in passing position
- Work on different movements: step-hop and backpedal

#### Exercise 3:

- Two-handed underhand toss above your head to at least net height
- Make a half-turn and then catch the ball in passing position
- Let the ball bounce and then catch the ball again in passing position

### Wall Pass

#### Exercise 1:

- Place the Ace Player Card on the wall at head height
- Kneel down on your left knee away from the wall
- Two-handed underhand toss against the wall aiming for Ace
- Catch the ball off the wall in passing position
- Toss and pass the ball against Ace catching the rebound (repeat x4)
- Toss and pass the ball twice against Ace catching the rebound (repeat x4)

#### Exercise 2:

- Stand up with your right foot slightly in front
- Two-handed underhand toss against the wall aiming for Ace
- Catch the ball off the wall in passing position
- Toss and pass the ball against Ace catching the rebound (repeat x4)
- Toss and pass the ball twice against Ace catching the rebound (repeat x4)

#### Exercise 3: Partner Rolling Progression(after progression switch roles and repeat)

- Partner rolls the ball to the passer and the passer rolls it back to the partner
- Passer step-hops right, partner rolls the ball cross-court and the passer rolls the ball back to the partner (repeat going left)
- Partner rolls the ball cross-court and player moves and step-hops and rolls the ball back to the partner
- Partner rolls the ball straight and the passer moves and step-hops and rolls the ball back to the partner

## Setting

### Self Toss with Catch on Forehead and Self Set

#### Exercise 1:

- Two-handed underhand toss above your head to at least net height
- Catch the ball in setting position (on your forehead)
- Set the ball with good follow through
- Let the ball bounce and then catch it again on your forehead
- Set the ball twice, then let the ball bounce, and then catch it again

#### Exercise 2:

- Two-handed underhand toss two steps forward at head height
- Make a half-turn and then catch the ball in setting position
- Let the ball bounce and then catch the ball again in setting position

#### Exercise 3:

- Begin setting rather than catching & setting
- Repeat Exercise 1 and 2
- Increase the number of times they are repeated

### Wall Catch and Set/Tennis Ball and Set

#### Exercise 1:

- Place the Ace Player Card on the wall at head height as a target
- Stand one arm's length from the wall and catch and set aiming at Ace
- Repeat 3-4 times with good form

#### Exercise 2:

- Place the Ace Player Card on the wall at head height
- Kneel down on your left knee away from the wall
- Catch and set aiming at Ace and catch rebound on forehead (repeat x4)
- Catch and set x5 aiming at Ace and catch rebound on forehead (repeat x4)
- Stand up while catching and setting two balls
- Drop down on left knee and catch and set two balls
- Continue the sequence of up and down

#### Exercise 3:

- Repeat Exercise 1 and 2, increase the number of times they are repeated

