

## Physical Elements of Performance

### Level 1 - Worksheet #1

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.

### Jump Rope Routines

#### Exercise 1:

- Single front door jumps (both feet with the rope swinging forward)
- Four slow jumps (slow x4) and four faster jumps (fast x2)

#### Exercise 2:

- Two swings on each side and switch (your parent can jump into help)
- Two swings on each side and then a regular single jump
- One swing on each side and the a regular single jump

#### Exercise 3:

- Parents jumping with players
  - Single jumps (both feet)
  - R-L jumps (both feet)
  - Front doors with jump
  - Double jumps

### Tennis Balls Only

#### Exercise 1:

- One handed toss up 4 times in-a-row and then switch hands; repeat with the opposite hand 4 times in-a-row

#### Exercise 2:

- Two-handed toss 4 times in a row and catch in both hands
- Toss right to left and catch, toss left to right and catch (repeat x2)

#### Exercise 3:

- Toss up with your right hand and catch (repeat x2)
- Toss right to left and catch
- Toss up with your left hand and catch (repeat x2)
- Toss left to right and catch
- Repeat series x2-4

### Tennis Balls & Ace Player Card on the Floor

#### Exercise 1:

- With toes on card, two-handed toss and catch (4 in-a-row)
- One-handed toss, catch x4 in each hand and then switch hands (8 total)

#### Exercise 2:

- One-handed bounce x2 then cross (catch with opposite hand)
- One-handed bounce x1 then cross (catch with opposite hand)

#### Exercise 3:

- One-handed toss with player movement; bounce
- Catch left to right or right to left with a step-hop

### Tennis Balls & Ace Player Card on the Wall

#### Passing

#### Exercise 1:

- Toss the tennis ball off the wall, trying to hit Ace
- Catch the tennis ball at knee height with both hands like you are passing

#### Exercise 2:

- Toss the tennis ball at an angle against the wall forcing yourself to step-hop
- Catch in a passing position

#### Exercise 3:

- Combine exercise 1 and 2 by alternating and increasing distance from the wall

#### Setting

#### Exercise 1:

- Sit on the floor facing the wall
- Catch and set above your head against the wall, trying to hit Ace (repeat x4)

#### Exercise 2:

- Still sitting, use both hands and underhand toss the ball off the wall
- Catch with both hands on forehead in a setting position

#### Exercise 3:

- Standing, use both hands and underhand toss the ball off the wall
- Catch with both hands on forehead in a setting position (see Level 2)

#### Attacking

#### Exercise 1:

- Stand about two arm's lengths away from the wall in a quarter turn position facing right with your non-hitting hand toward the wall.
- With your hitting hand, one-handed underhand toss, trying to hit Ace
- Catch with your non-hitting hand (repeat x2)

#### Exercise 2:

- Quarter-turn position facing left with non-hitting hand toward the wall
- With your hitting hand, one-handed underhand toss, trying to hit ace
- Catch with your non-hitting hand (repeat x2)

#### Exercise 3:

- Start in "puppet" position with the tennis ball in your hitting hand
- Throw the tennis ball, trying to hit Ace, off the wall
- Catch with your non-hitting hand (repeat x2)

# Physical Elements of Performance

Level 1 - Worksheet #1

Jump Rope Routines	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																																	
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F
Exercise 1																																																
Exercise 2																																																
Exercise 3																																																

Tennis Balls Only	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																															
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Exercise 1																																														
Exercise 2																																														
Exercise 3																																														

TB & Ace Card on Floor	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																															
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
Exercise 1																																														
Exercise 2																																														
Exercise 3																																														

## Tennis Balls & Ace Card on Wall

Passing	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																							
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
Exercise 1																																						
Exercise 2																																						
Exercise 3																																						

Setting	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																							
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Attacking	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8																							
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