

Physical Elements of Performance

Level 2 - 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: Front door jumps (rope swinging forwards)

- Jump forward and back (both feet)
- Lateral jumps (left to right)
- Out and in
- Single jumps

Exercise 2: Front door jumps (rope swinging forwards)

- Out and cross in front and out and cross behind (single foot)
- Double jumps
- Combinations of previous jumps
- Partner jumps with player single jumps, double jumps, and R-L jumps

Exercise 3: Back door jumps (rope swinging backwards)

- Partner jumps with player single jumps
- **Front door jumps:** parent jumps with player single jumps
- Back to back door single jumps
- Four slow jumps (slow x4) and four faster jumps (fast x4)
- R-L jump then back and up swing

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:

- Toss right to left and catch, toss left to right and catch (repeat x4)

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 heads on forehead in a setting position

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)

