



Physical Preparation

Prior to competition

Strength & Conditioning Mission Statement

To promote health, wellness, and **PERSONAL EXCELLENCE** through strength and conditioning services that enable the players to be the most complete tennis athletes possible.

3 Stages of Athletic Development Model



THE PROGRESSIVE DEVELOPMENT OF A HIGH PERFORMANCE PLAYER

We are a team of Leaders who strive to develop American Champions on and off the court, who represent Team USA with character and grit.

USTA PLAYER DEVELOPMENT MISSION:

We implement a systematic and professional approach to develop world-class American players in partnership with the private sector and USTA sections.

The ultimate goal of Player Development is to create a comprehensive pathway system of education, coaching and performance team support to create Grand Slam Champions.

The overall goal of our USTA Player Development Junior Strategy is to maximize the number of high performance juniors matriculating from junior and collegiate tennis into professional tennis, with the ability to achieve a ranking of Top 100 (WTA / ATP) or better.

By following a long-term athletic developmental model (LTAD) that is aligned with the Athletic Development Model (ADM), we seek to equip athletes with a developmental (physical, mental & emotional) readiness for the demands of professional competition at the highest level.

Our teaching, training and coaching is informed by a person-first Teaching & Coaching Philosophy which is predicated on deliberate practice and progressive skill development. The long-term planning for our athletes is integrated and holistic; designed collaboratively by our entire Performance Team so that every aspect of the player's development as a person and an athlete is represented.

This comprehensive document provides parents, players and coaches with progressive developmental guidelines (not prescriptive) for players ages 8 – 19.

Player Development is able to leverage its resources and stakeholders to give indirect and direct resource support for four distinct player groups. These player groups are defined by growth and maturation, stage of learning (teaching), training structure and competition. The High Performance Athletic Development model follows the concepts and guidelines presented in the USTA ADM.

Match Day Schedule Scenario 1

- 6:30am - **Wake Up**
- 7:00am - **Breakfast**
- 8:00am - **Arrive on Site**
- 8:15am - 8:45am **Warmup**
- 9:00am - **Tennis Match**
- 10:30am - 10:45am **Match Ends/Cool Down**
- 11:00am - **Lunch**
- 2:00pm - **Snack**
- 2:30pm - 2:45pm **Warmup**
- 3:00pm - **Match**
- 4:30pm - 4:45pm **Match Ends/Cool Down**
- 4:45pm - **Recovery Drink/Snack**
- 6:30pm - **Dinner**

Match Day Schedule Scenario 2

- 7:00am - **Wake Up**
- 7:30am - **Breakfast**
- 11:00am - **Snack/Lunch**
- 12:00pm - **Arrive on Site**
- 12:15pm - 12:45pm **Warmup**
- 1:00pm - **Tennis Match**
- 2:30pm - 2:45pm **Match Ends/Cool Down**
- 3:00pm - 3:30pm **Recovery Meal**
- 7:00pm - **Dinner**
- 8:30pm - **Stretch**
- 9:00pm - **Bedtime**

Sample Warm Up

Floor Movements

[Glute Bridge](#) x15 reps

[Floor Slide/Angel \(Supine\)](#) x10 reps

[Prone "I"](#) x10 reps

[Prone "Y"](#) x10 reps

[Prone "T"](#) x10 reps

[Bird Dog \(Knee to Elbow\)](#) x 10 reps each side

[Plank](#) x20 seconds

[Side Plank](#) x20 seconds each side

Sample Warm up cont.

Standing Movements

Drop Squat x10 reps

High Knees x10 meters each way

Butt Kicks x10 meters each way

Lateral A-Skip x10 meters each way

Side Shuffle x10 meters each way

Fast Feet (in place) x5 seconds with each variation

Sample Workout 1 - 3 Rounds

(can be done in circuit style meaning doing 1 exercise and then doing the next exercise until completing recommended rounds)

- 1 [Drop Squat to Vertical Jump](#) x6 reps
- 2 [Bear Crawl Fwd/Bwd](#) x5 meters each way
- 3 [Band Scapular Retraction to Row](#) x10 reps each
- 4 [Glute Bridge March](#) x15 reps
- 5 [BW 3-Way Lunge](#) x4 reps each way
- 6 [One Leg Squat to Box](#) x8 reps each leg

Sample Workout 2

1a. [Drop Squat to Vertical Jump](#) 3 sets of 5 reps (3x5)

1b. [Bear Crawl Fwd/Bwd](#) 3 x 5 meters each way

2a. [Suspension Row](#) 4 x 10 reps each

2b. [Glute Bridge March](#) 3 x 12 reps

2c. [BW Pendulum Lunge](#) 3 x 5 each leg (forward to backward = 1 rep)

3a. [Mini Band Squat](#) 3 x 10 reps

3b. [Mini Band Forward Walk](#) 3 x 10 meters

(The number grouping with letters states the order for each exercise grouping. Once complete, move to the next number grouping)

Raw Exercise List w/ Links pg.1

Glute Bridge

<https://www.dartfish.tv/Player?CR=p611c378772m5797315>

Floor Slide/Angel (Supine)

<https://www.dartfish.tv/Player?CR=p611c378772m5797319>

Prone I

<https://www.dartfish.tv/Player?CR=p611c378772m5797309>

Prone Y

<https://www.dartfish.tv/Player?CR=p611c378772m5797151>

Prone T

<https://www.dartfish.tv/Player?CR=p611c378772m5797169>

Raw Exercise List w/ Links pg.2

Bird Dog (Knee to Elbow)

<https://www.dartfish.tv/Player?CR=p611c378772m5802823>

Plank

<https://www.dartfish.tv/Player?CR=p611c378772m5797210>

Side Plank

<https://www.dartfish.tv/Player?CR=p611c378772m5797196>

Drop Squat

<https://www.dartfish.tv/Player?CR=p611c378772m5802801>

High Knees

<https://www.dartfish.tv/Player?CR=p611c378772m5797312>

Raw Exercise List w/ Links pg.3

Butt Kicks

<https://www.dartfish.tv/Player?CR=p611c378772m5802814>

Lateral A-Skip

<https://www.dartfish.tv/Player?CR=p611c378772m5797282>

Side Shuffle

<https://www.dartfish.tv/Player?CR=p611c378772m5797193>

Fast Feet

<https://www.dartfish.tv/Player?CR=p611c378772m5797321>

Drop Squat to Vertical Jump

<https://www.dartfish.tv/Player?CR=p611c378772m5802800>

Raw Exercise List w/ Links pg.4

Bear Crawl Fwd/Bwd

<https://www.dartfish.tv/Player?CR=p611c378772m5802831>

Band Scapular Retraction to Row

<https://www.dartfish.tv/Player?CR=p611c378772m5802851>

Glute Bridge March

<https://www.dartfish.tv/Player?CR=p611c378772m5797316>

BW 3-Way Lunge

<https://www.dartfish.tv/Player?CR=p611c378772m5802820>

One Leg Squat to Box

<https://www.dartfish.tv/Player?CR=p611c378772m5797217>

Raw Exercise List w/ Links pg.5

Suspension Row

<https://www.dartfish.tv/Player?CR=p611c378772m5797171>

Glute Bridge March

<https://www.dartfish.tv/Player?CR=p611c378772m5797316>

BW Pendulum Lunge

<https://www.dartfish.tv/Player?CR=p611c378772m5802818>

Mini Band Squat

<https://www.dartfish.tv/Player?CR=p611c378772m5797240>

Mini Band Forward Walk

<https://www.dartfish.tv/Player?CR=p611c378772m5797251>