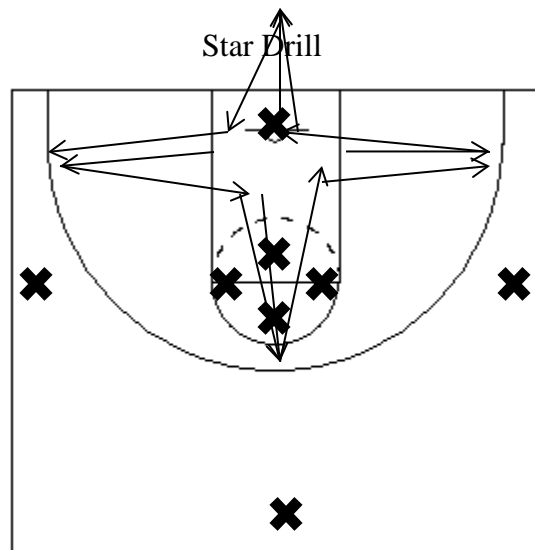


Alan Stein – Your Warm Up is a Mini Workout

- Your players have to warm up before practice because if they don't, they will use the first couple of drills as a “warm up”
- Have partners line up on baseline 1 behind the other facing half court. Player in the back rolls the ball towards half court. The other player runs toward ball, plants, and picks up the tennis ball and sprints back to baseline. Variations: defensive slide, run around ball 3 times as it is rolling, rip through after pick up
- Green light, red light to work on quickness. Players line up on baseline. When coach says, “green” the players sprint. They stop when coach says “red.” Variation: defensive slide or backpedal
- When teaching defensive slide, don't teach “step and slide.” Teach “push and step.” Push and step allows players to use butt muscles which are stronger than groin.
- Quick jumps in circular motion – “floor is hot”
- Lunges in circular motion – 1-6 o'clock are normal lunges, 7-10 o'clock step behind stationary leg, 11-12 o'clock step over stationary leg
- Quick jump forward to 1 foot, back jump to the “one, two step.”
- Lane slides – slide to one lane line and crossover step back to the other lane line. Usually takes 2 ½ slides to get across lane; only 1 crossover step (use when teaching closing out from help position, “don't slide to closeout”)
- Lateral quick jumps
- Speed skaters
- Crossover step to jump shot w/o ball (can use medicine ball) – jump as high as you can
- Step back jump shot
- Euro step to 1 foot jump
- Likes to use the game “tag”
- Live 10 minute workout example – can use real ball or medicine ball
 - Side to side jumps – 10 reps
 - Front to back jumps – 10 reps
 - Jump to turn 180 degrees – 10 reps
 - Back step to lunge and reach to sky – 10 reps each leg
 - 1 foot and 2 feet circular jumps – clockwise and counter clockwise
 - Later lunge and reach ball forward with both hands – 10 reps
 - Crossover lunge – 10 reps each leg
 - Forward pivot and rip through – keep ball above shoulders or rip below knees
 - Superman reach – stand on 1 leg and the rest of the body is parallel with the ground, reach ball straight out – 10 reps each leg
- “Raise the level of the guy next to you” – this should be the players mindset every day. Make your teammates better by making them work harder!



- Players inside sprint to player outside and slide back to middle and sprint to next person
- Variations – don't have to slide, can act like outside are screens, can back pedal, etc.
- Can be confusing with so let players talk through the confusion