

U14 - U18 PLAYERS

ACE ALTERNATIVE TRAINING

Plan duration: March 23rd - April 18th (4 weeks)

**TIME REQUIREMENT:
3/4 HOURS A DAY**

TENNIS



Technical Content

Click on the link below to find a series of Wall Tennis drills that can be done in order to maintain your skills. Be sure to add Serving into the wall training to start any of the patterns that are shown on the video.

[Link to video here](#)

Physical Content

Players are to complete their strength training plan each day.

Players have been sent a running challenge where they compete in teams to see which team can run the most kilometers in the specified time period. Challenges changes every week or two.

Players are to most a video of themselves via Slack to show their dedication to their fitness.

Tactical Content

Click the link to watch Federer vs Nadal in the SF of Wimbledon 2019. A chart will be sent by the head coach for the players to complete by next Monday, March 30th.

[Link to video here](#)

Mental Content

Each week make sure to read the articles that are being posted at <http://oncourt.ca/>

Many will refer to mental toughness or the mental challenges that occur in tennis. Use this extra time to educate yourself more by reading about what some of the best coaches in the world are preaching.

TRAIN. IMPROVE. HAVE FUN.