

U12 PLAYERS

# **ACE ALTERNATIVE TRAINING**

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

**TIME REQUIREMENT:  
2/3 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

For coordination training – click on the following links to see Canada’s National fitness coach, Andre Parent, show many different coordination drills that are necessary to becoming a better athlete.

Players should also be doing the strength training program sent via Slack and should be doing 30 minutes each day of cardiovascular activities each day (jogging, roller blading, cycling, skipping).

[Drill 1](#)   [Drill 2](#)   [Drill 3](#)   [Drill 4](#)   [Drill 5](#)   [Drill 6](#)   [Drill 7](#)   [Drill 8](#)

## 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 we will ask players/parents to read the articles posted on <http://oncourt.ca/> to help them better understand what it takes to become a great tennis player. [Click here](#) for article that was shared by Yves Boulais at ORC.

**TRAIN. IMPROVE. HAVE FUN.**