

# Lateral Alley Drill - Agility and Movement Training

# MT-1

## Purpose

- Improve movement, agility and footwork
- Improve tennis specific conditioning, when done multiple times and/or with other agility and movement drills

## Exercise Technique



Step	Action
Preparation	Start outside the doubles sideline facing the net.
Performing the Exercise	Shuffle (side step) into the court getting both feet over the singles sideline.
	Quickly reverse direction and shuffle (side step) getting both feet over the doubles sideline.
Duration	Repeat this side-to-side movement pattern for 10 – 20 seconds.

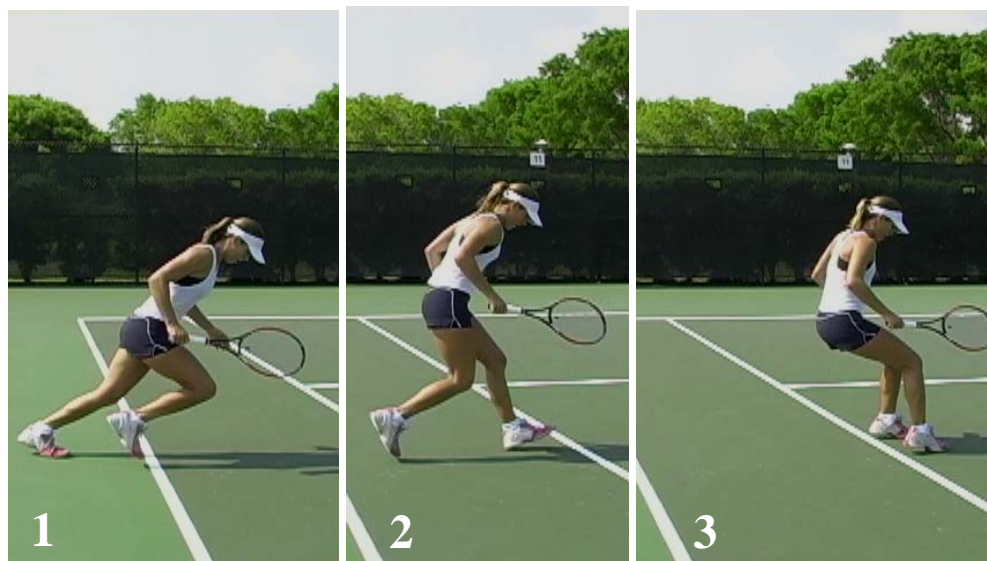
## Variations

- Perform the drill with the racket in hand.

**Purpose**

- Improve forward and backwards movement, agility and footwork

**Exercise Technique**



Step	Action
Preparation	Start outside the doubles sideline facing into the court,
Performing the Exercise	Run into the court getting both feet over the singles sideline.
	Quickly reverse direction and back pedal getting both feet over the doubles sideline.
Duration	Maintain good body position and do not run with your weight on your heels when moving backwards.
	Repeat for 10 – 20 seconds.

**Variations**

- Perform the drill with racket in hand.

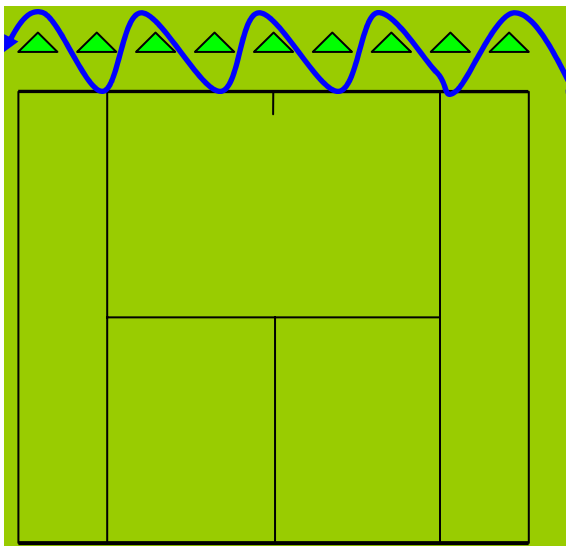
# Cone Slaloms - Agility and Movement Training (Lateral & Forward/Backward Movement)

MT-3

**Purpose**

- Improve lateral movement, agility and footwork (Lateral Slalom Drill)
- Improve forward-backward movement, agility and footwork (FW/BW Slalom Drill)

**Exercise  
Technique for  
the Spider Drill**

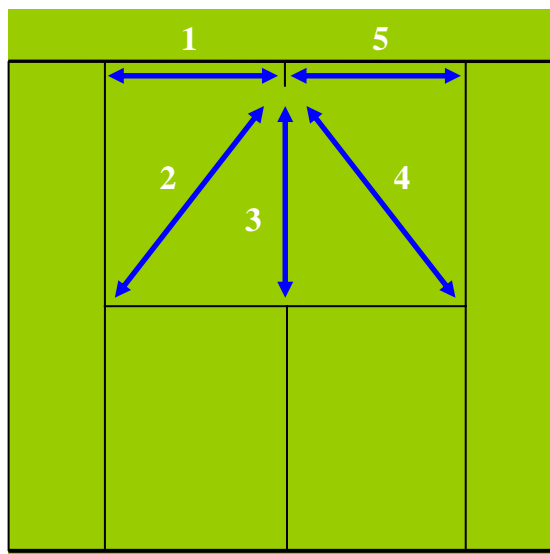


Step	Action
Preparation	Line up 10 -12 cones along the baseline about a yard apart.
Lateral Slalom Drill	The player starts at one end of the cones facing the net.
	The player slaloms (weaves) through the cones using small adjustment steps moving slightly diagonally forwards and backwards until the end of the cones is reached.
	Facing the net, the player shuffles (side steps) back to the starting position and repeats.
	Repeat this drill from the other side of the line
Forward/ Backward Slalom Drill	The player starts at one end of the cones facing the cones, or across the width of the court.
	The player weaves through the cones using side step type, small adjustment steps, moving forwards slightly diagonally until the end of the cones is reached.
	The athlete backpedals to the starting position and repeats.

**Purpose**

- Improve movement, agility and footwork.

**Exercise Technique for the Spider Drill**



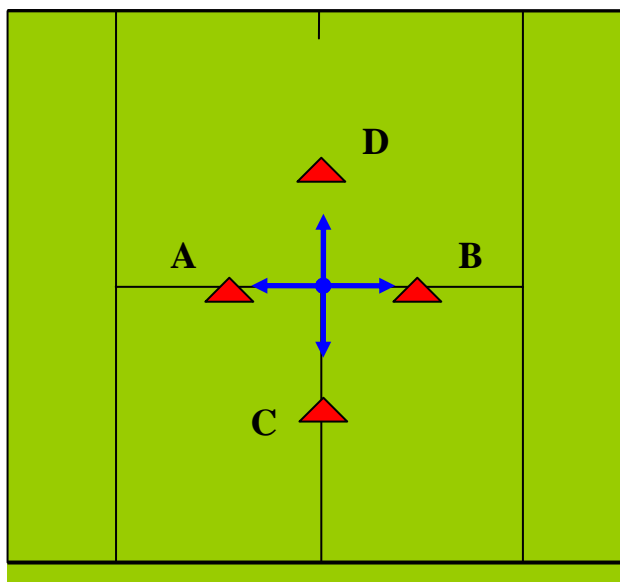
Step	Action
Preparation	Start at the center mark on the baseline facing the net.
Drill Technique	Turn and sprint right to the corner formed by the baseline and the singles' sideline. Decelerate and touch the corner with your foot.
	Sprint back to the center mark, get under control and touch it with your foot.
	Sprint to the corner formed by the right singles sideline and the service line. After getting under control, touch the corner and sprint back to the center mark.
	Next sprint to the "T" and back to the center mark.
	Then sprint to the corner formed by the left singles sideline and the service line.
	Finally, sprint to the corner formed by the left singles sideline and the baseline.
Duration	Have players rest 30 seconds and repeat in the other direction.

**Variations**

- Have players pick up a ball at each "station" and return it to the center mark on the baseline.
- Have players simulate a shot at each "station". Players can simulate all forehands, all backhands or a combination (e.g. forehand when moving right, backhands when moving left).

**Purpose** • Improve movement, agility and footwork.

**Exercise Technique for the Spider Drill**



Step	Action
Preparation	Place cones <i>A</i> and <i>B</i> about 5 yards apart on the service line so that the center service line (or “T”) is in the middle of cones <i>A</i> and <i>B</i> .
	Place cone <i>C</i> about 4 yards from the “T” on the center service line.
	Place cone <i>D</i> about 6-7 yards from the “T” closer to the baseline.
Performing the Exercise	The player starts at the “T” facing the net.
	The player shuffles (side steps) between cones <i>A</i> and <i>B</i> 3-5 times then sprints to <i>C</i> on a command from the coach.
	At <i>C</i> , the player gets under control, turns and sprints to <i>D</i> .
	After decelerating and getting under control, the player turns and sprints to the “T.”
	Resume shuffling between cones <i>A</i> and <i>B</i> .
Duration	Repeat for 10 – 20 seconds.

**Variations** • Perform the same drill with the racket in the hand.

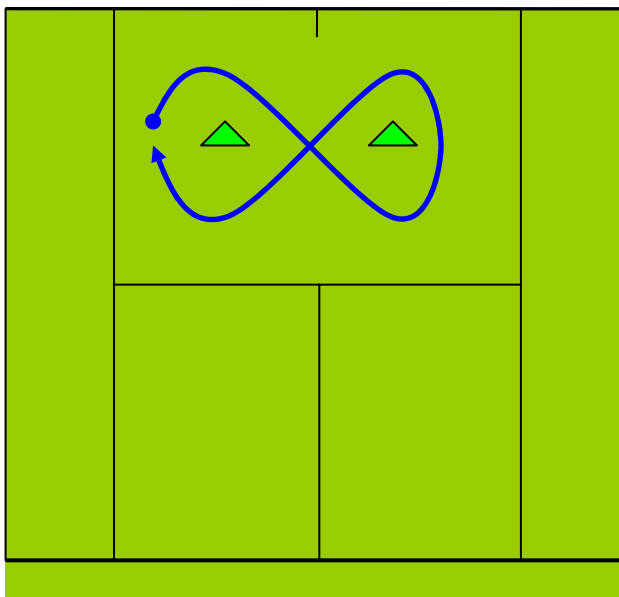
## Figure 8 Drill - Agility and Movement Training (Lateral and Forward/ Backward Movement)

**MT-6**

### Purpose

- Improve lateral movement, agility and footwork (Lateral Drill)
- Improve forward/ backward movement, agility and footwork (FW/BW Drill)

### Exercise Technique for the Spider Drill



Step	Action
Preparation	Place 2 cones about four and a half feet apart - this is the width of the doubles' alley.
	Start the player behind one of the cones facing the net.
Performing the Exercise	The athlete moves around the cones laterally and slightly diagonally, tracing a figure 8 around the two cones.
	The footwork will involve side step type, small adjustment steps with some backward and forward small adjustment steps.
Duration	Continue the drill for 10 -20 seconds.
	This drill should be repeated with the athlete starting in front of a cone, facing the net.

### Variations

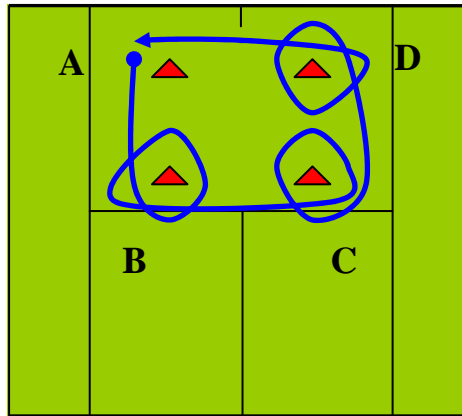
- FW/BW Drill: Perform the drill with the player facing into the court and moving in a forward and backward Figure 8 pattern around the cones.
- Perform the drill with the racket in hand.

## 4 Cone Square - Agility and Movement Training (with and without Adjustment Steps)

# MT-7

**Purpose** • Improve movement, agility and footwork.

**Exercise  
Technique**



Step	Action
Preparation	Place 4 cones on a court about 6 yards apart in a square.
Performing the Exercise	Starting at <i>A</i> facing the net, the player sprints to <i>B</i> .
	After getting under control, the player makes small adjustment steps to completely go around <i>B</i> .
	Shuffle from cone <i>B</i> to cone <i>C</i> .
	After decelerating at <i>C</i> , the player goes around <i>C</i> , again making small adjustment steps, and back pedals to <i>D</i> .
	The player goes around <i>D</i> , making adjustment steps, and shuffles (side steps) to <i>A</i> .
Duration	Repeat, starting at cone <i>D</i> and progressing to <i>C</i> , <i>B</i> and finally <i>A</i> .
	Perform this drill 2-3 times in each direction, resting 20-30 seconds between efforts.

**Variations** • This drill can be performed without adjustment steps by sprinting from *A* to *B*, shuffling to *C*, backpedaling to *D*, and shuffling laterally back to *A*.

## Purpose

- Improve lateral movement, agility and footwork
- Improve crossover technique
- Improve acceleration and deceleration

## Exercise Technique



Step	Action
Preparation	Start with one foot in the doubles alley and the other foot in the singles court facing the net.
Performing the Exercise	Using the foot in the doubles alley, cross over in front and move across the court sideways until the “inside foot” gets to the center of the court.
	Decelerate and change directions, repeating the cross over movement with the other leg.
	Return to the starting position.
Duration	Continue for 10 -20 seconds.
	Repeat 2-3 times with 15-30 seconds of rest.

## Variations

- The player crosses half the court just six times, then sprints through the other doubles sideline.



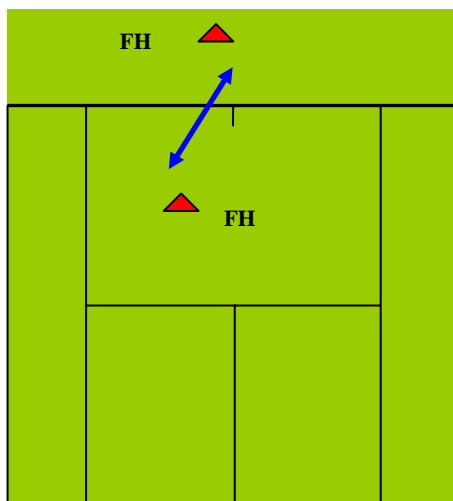
# Forward Backward Drill - Agility and Movement Training

# MT-9

## Purpose

- Improve forward/backward movement, transitions, agility and footwork

## Exercise Technique



Step	Action
Preparation	Place one cone about 5 – 6 feet in front of the baseline and a second cone 5 – 6 feet behind the court.
Performing the Exercise	In each variation of the drill, the player moves forward and backwards, taking a stroke at each cone.
	The player must visualize the ball's path traveling over each cone and hitting a perfect shot.
	For the FH/FH short/deep drill, the right handed player starts on the left side of the cones and alternately strokes a FH over each cone.
	For the BH/BH short/deep drill, the right handed player starts on the right side of the cones and alternately strokes a BH over each cone.
Duration	Each drill should be performed for 10-20 seconds with at least 30 seconds of rest.
	Perform each variation of the exercise 2-3 times.

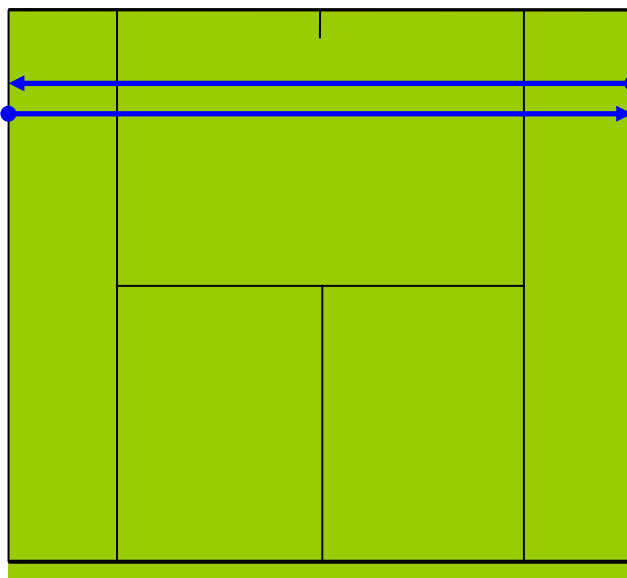
## Variations

The drill should also be performed with the FH/BH short/deep combination and the BH/FH short/deep combination. During these combinations, the player must use a little more dynamic balance and agility since the player must cross between the cones and turn the body to perform the strokes properly.

**Purpose**

- Improve movement, agility and footwork
- Improve acceleration and deceleration

**Exercise Technique**



Step	Action
Preparation	Start at the doubles sideline facing across the court.
Performing the Exercise	Time this drill, if possible, and use as a fitness test.
	The player accelerates and runs across the court to the opposite doubles sideline.
	When the opposite doubles sideline is reached, that represents one court width (or 1 repetition).
	After decelerating and getting under control, the player accelerates back to the starting sideline completing the second repetition.
Duration	Repeat this drill until the player completes 17 court widths.
	Record the time. Good times for boys: under 50 seconds Good times for girls: under 55 seconds Good times for 12U: under 60 seconds

**Note**

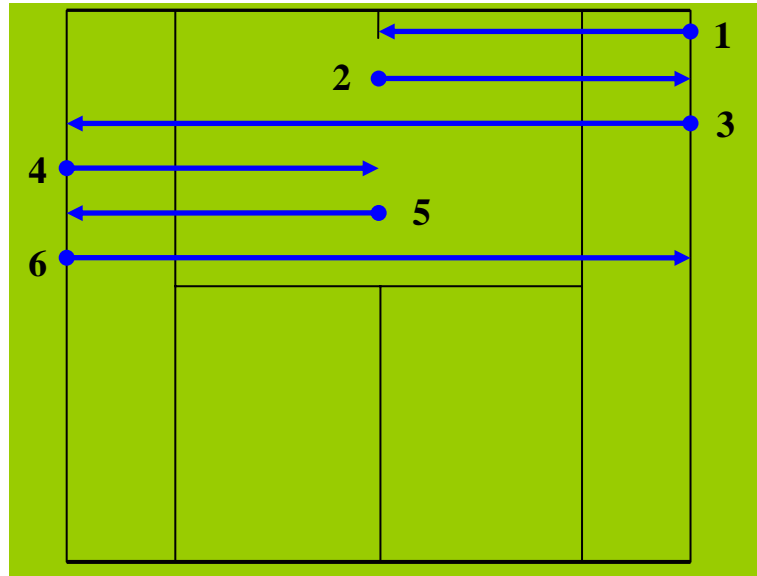
This is a great conditioning tool utilized by many basketball teams.

# Horizontal Repeaters - Agility and Movement Training (and Hollow Half Horizontal Repeater)

# MT-11

**Purpose** • Improve movement, agility and footwork.

**Exercise Technique**



Step	Action
Preparation	Start at the doubles sideline facing the net.
Performing the Exercise	1. The player shuffles (side steps) to the center service line...
	2. Sprints back to the starting position...
	3. Turns and sprints across the court to the opposite doubles sideline...
	4. Shuffles back to the center line...
	5. Sprints back to the doubles sideline...
	6. Turns and sprints back through the starting position. The player should start and finish at the same spot.
Duration	Perform 2-3 repetitions with 30 seconds rest between each.

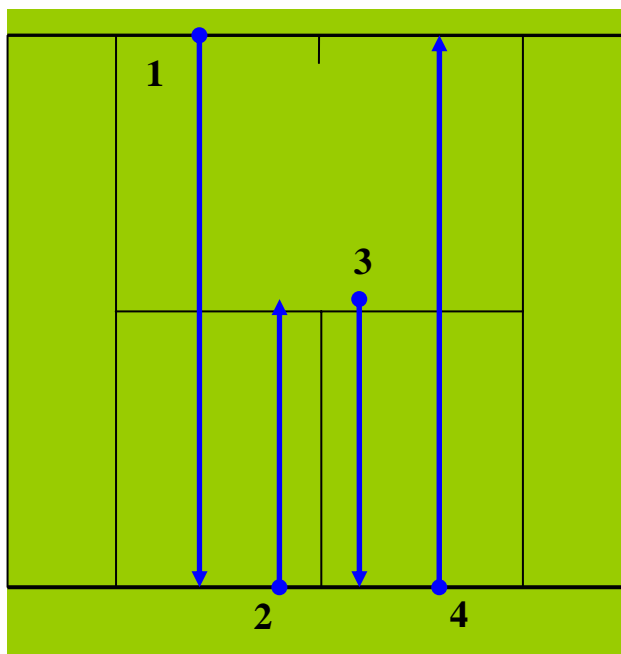
**Variations:  
Hollow Half  
Horizontal  
Repeater**

- After performing steps 1–3, instead of immediately performing steps 5–8 as above, the player stops and walks back to the starting position and prepares to immediately start the next repetition.

**Purpose**

- Improve forward and backward movement, agility and footwork
- Improve acceleration and deceleration

**Exercise Technique**



Step	Action
Preparation	Start the drill at the baseline with the player facing the net.
Performing the Exercise	1. The player sprints to the net...
	2. Backpedals to the service line...
	3. Sprints to the net again...
	4. Then turns and sprints back to the baseline.
Duration	Perform this exercise 2-3 times with 30 seconds rest between repetitions.

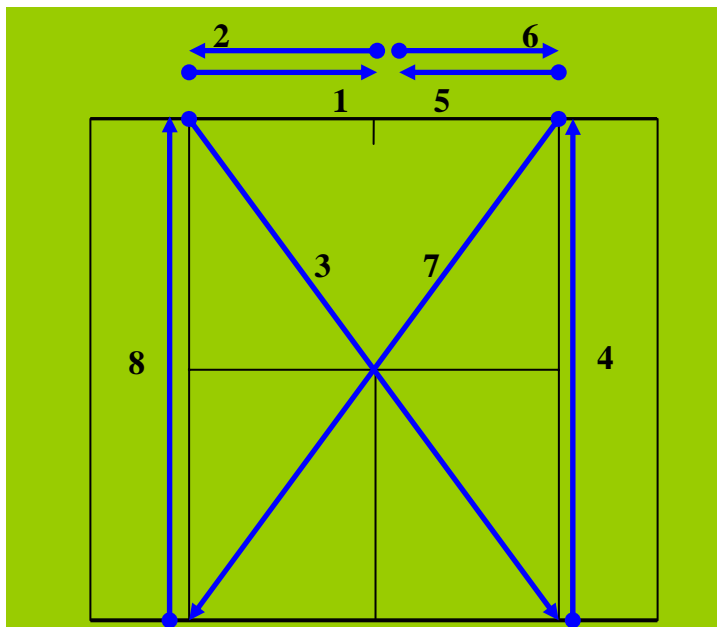
# Diagonal Repeaters - Agility and Movement Training (and Hollow Half Diagonal Repeater)

# MT-13

## Purpose

- Improve all around movement, agility and footwork

## Exercise Technique



Step	Action
Preparation	Start at a corner formed by the baseline and a singles sideline, facing the net.
Performing the Exercise	1. The player shuffles (side steps) along the baseline to the center mark on the baseline...
	2. Shuffles (side steps) back along the baseline to the starting corner...
	3. The player sprints diagonally to the net where it meets the singles sideline...
	4. Backpedals along the singles sideline to the baseline...
	5-8. Repeat these movements from this back corner.
Duration	Perform 2-3 repetitions with 30 seconds rest between repetitions.

## Variations Hollow Half Diagonal Repeaters

- Instead of performing steps 5-8 as in the drill above, the player stops and walks back to the starting position and prepares to immediately start the next repetition.

## Purpose

- Improve movement, agility and footwork
- Improve volley technique and footwork

## Exercise Technique



Step	Action
Preparation	Place two cones, equidistant from the center service line, about 6 inches in front of the service line. They should be 8-10 feet apart from each other.
	Start the drill just above the service line (towards the baseline) with the player facing the net.
Performing the Exercise	Have the player alternately move in front of each of the cones and perform a volley stroke.
	The athlete recovers to the starting position after each volley and performs a split step.
	The athlete should visualize hitting the perfect volley each time with perfect footwork.
Duration	Do this drill for 10-20 seconds or for a set number of shots.
	Perform this drill 2-3 times with 30 seconds rest.

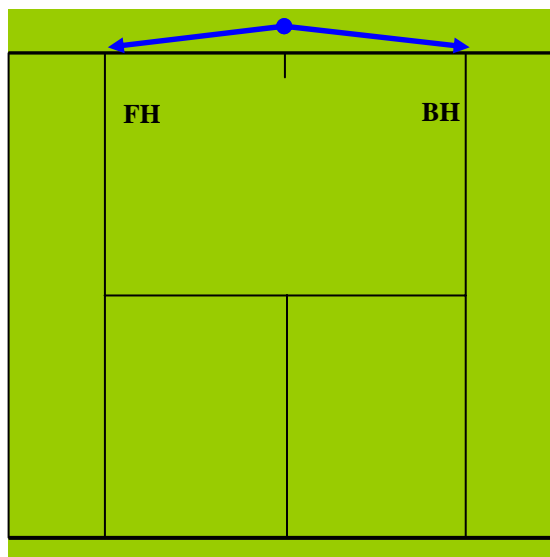
## Variations

- This drill is performed in much the same way, only the player must perform a low volley in front of each cone. Make sure the athlete gets down well with the legs and does not just bend forward at the waist.
- Have the player react to a hand signal from the coach whether to hit a FH or BH volley or a FH or BH low volley.

# FH/ BH Agility Drills - Agility and Movement Training **MT-15A**

**Purpose** • Improve movement, agility and footwork.

**Exercise Technique**



Step	Action
Preparation	Start at the center mark on the baseline facing the net.
Performing the Exercise	The player turns and sprints to the forehand (FH) side and performs a stroke even with the singles sideline
	The player should visualize the shot being hit and use proper technique.
	The player recovers with a crossover step and a shuffle or side step back towards the center mark.
	From the center mark, the player turns and sprints to the backhand (BH) side to perform a stroke even with the singles' sideline.
	Again the player should recover with a crossover step and a shuffle or side step back towards the center mark.
Duration	Repeat this movement pattern for 10-20 seconds or for a specified number of strokes.
	Perform the entire drill 2-3 times with 30 seconds rest between repetitions.

**Variations**

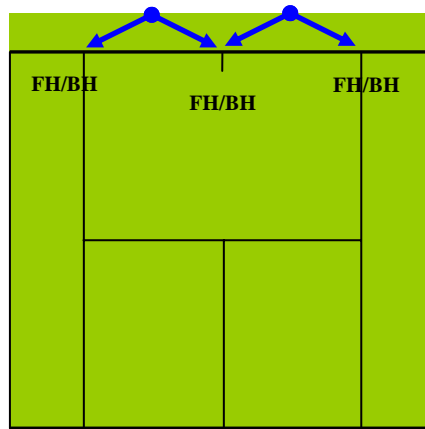
- See Exercise MT-15B.
- Have the player react to a hand signal from the coach whether to hit a FH or BH.

# FH/ BH Agility Drills - Agility and Movement Training **MT-15B**

**Purpose** • Improve movement, agility and footwork

**Note** This drill is very similar to the drill MT-15A, but since the player only moves between the sideline and the center mark, it requires quicker footwork.

**Exercise Technique**



Step	Action
Preparation	For a right handed player, start the drill along the baseline at the middle of the deuce court.
Performing the Exercise	The player turns and sprints to the forehand (FH) side and performs a wide FH.
	The player recovers with a crossover step and a shuffle or side step back towards the center mark.
	The player must recover back towards the center of the deuce court, then turn and perform a backhand (BH) stroke at the center mark.
	Again the player should recover with a crossover step and a shuffle or side step back towards the starting position.
Duration	Repeat this movement pattern for 10-20 seconds or for a specified number of strokes.
	Perform the entire drill 2-3 times with 30 seconds rest between repetitions.

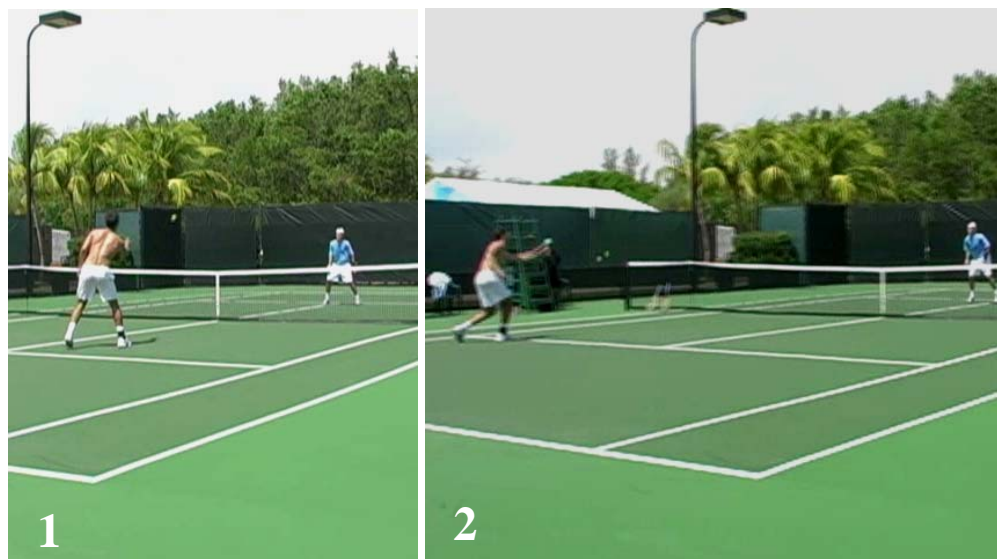
**Variations** The drill may also be done (for the right-handed player) on the Ad side hitting only FHs. Visualize hitting inside out or inside in from the wide BH side.



**Purpose**

- Improve movement, agility and footwork.
- Improve reaction time

**Exercise Technique**



Step	Action
Preparation	This game is played with two or more players.
Performing the Exercise	The game only uses the service boxes and is played and is scored like a tie-breaker.
	Instead of a racquet and tennis ball, a Z-ball (reaction ball) is used in this game and players catch the ball and toss the ball under hand.
	Using an underhand throw, players play “tennis” by tossing the Z-ball, into the opponent’s service box.
	<b>The athletes must let the ball bounce once and catch the ball before it hits the ground a second time.</b>
Duration	Play until one player wins a tie-break game to 7.

**Note**

If more than two players are involved, the game should be played using table tennis rules - players alternating in one at a time.

**Variations**

- To make the drill easier, instead of using a Z-ball/ reaction ball, the players should perform the same exercise using a tennis ball.

**Purpose**

- Improve movement, agility and footwork
- Improve core strength and leg strength

**Exercise  
Technique**



Step	Action
Preparation	This game is played by two or more players.
	The game only uses the service boxes and is played and is scored like a tie-breaker.
Performing the Exercise	Instead of a racquet and tennis ball, a medicine ball is used in this game. Players catch the ball and toss it from the same side.
	Make sure the player loads the outside leg behind the ball when they catch it so they can store energy in the muscles and use the entire kinetic chain.
	The athletes must let the ball bounce once.
Duration	Play until one player wins a tie-break game to 7.

**Note**

If more than two players are involved, the game should be played with table tennis rules - players alternating in one at a time.