

TENNIS SPEED

ON-COURT DRILLS



A PUBLICATION OF

STARK
PERFORMANCE

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*What is On-Court
Tennis Speed?*

Improve Tennis Speed

Make no mistake about it, if you are going to be a good tennis player (or athlete in general) you better have a solid game.

You need to have the physical qualities required to display good strokes and serve the ball along with the knowledge to know when to hit those strokes, have a net game and return a serve.

Yet, if you do not have great speed on the court all these skills are much harder to accomplish.

If you can improve your on-court speed you become a different kind of threat to your opponent and can actually put yourself in a better position to avoid injury.

If you can move faster on the court, your opponent knows that they must hit the perfect winner, thus increasing their chance of unforced errors.

You can play head games on your opponent and win points by just being fast!

So, how do you get faster on the tennis court?

The first thing you must understand is that the type of speed needed to become faster on the court involves short bursts of motion, quick changes in direction as well as the ability to react to external stimuli.

We will introduce three drills per section with each section addressing different aspects and direction of movement for on-court speed.

DISCLAIMER:

PRIOR TO PERFORMING THESE DRILLS, YOU MUST POSSESS THE ABILITY TO:

- RUN AND SPRINT PAIN-FREE
- PERFORM A ½ DEPTH SINGLE LEG SQUAT WITHOUT PAIN
- PLAY TENNIS WITHOUT PAIN

IF YOU ARE UNABLE TO DO THESE OR ARE JUST HAVING PAIN WITH YOUR SPORTS AND DAILY LIFE YOU CAN [CONTACT ME HERE !](#)

I WILL REACH OUT ASAP FOR A FREE CONSULT SO THAT WE CAN MAKE A CLEAR PLAN FOR IMPROVEMENT!

Warm-Up:

Having a good warm-up is key to reduce your likelihood of injury.

Make sure any warm-up you perform forces you to break a sweat and focuses on moving your whole body.

[**CLICK HERE**](#) or on the video below for a sample warm-up that works well for multi-direction sports!



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Straight Ahead Speed Drills

Straight ahead speed is important when chasing after short shots or drop shots

1. Active Athletic Stance (bouncing on the balls of your feet) and sprint 10 yards on the toss of the ball

The coach or partner will lob a ball in front of them cuing the athlete to come out of their active athletic stance and chase the ball down before it bounces twice.

Perform 3-4 sets with a 30 second recovery.

2. Lateral Shuffle to Straight Ahead Sprint

The athlete will shuffle from the right side toward the left bouncing on the balls of the feet, when the coach or partner drops the ball from about 5-6 yards away the athlete will accelerate quickly to catch the ball before the second bounce.

Perform 3-4 sets on each side with a 30 second recovery.

3. Wide Angle Ground Stroke Return and Sprint

Mimic a wide ground stroke as if it were outside the doubles alley and immediately follow it with a 10-yard sprint toward the opposite corner.

Perform 3-4 sets on each side with a 30 second recovery.

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Lateral Speed Drills

Lateral Speed is important when shuffling sideways or using the lateral run to cover greater distance from sideline to sideline.

1. Alley Shuffles

The athlete will stand in the middle of the doubles alley in an athletic stance (return of serve stance).

The coach or partner will point to the right or left and the athlete must shuffle quickly with both feet moving outside of the lines and recover back to the middle waiting for the next direction.

Perform for 3-5 sets 7 to 10 seconds with a 30 to 45 second recovery.

2. Lateral Run Drill

The athlete will start in an active athletic stance in the middle of the court at the baseline.

The coach or partner will point to the right or left, and the athlete must perform lateral run steps to the alley and back. Once the athlete gets back to the center of the court, they are active and ready for the next direction.

Perform 2-4 sets of 2-3 reps with a 45-one minute recovery.

3. Lateral Shuffle to Lateral Run Drill

This drill is set up just like the lateral run drill.

The coach or partner will point to the right or left, the athlete must laterally run out to the alley and shuffle back to the middle.

Perform 2-4 sets of 2-3 reps with a 45-one minute recovery.

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Recovery Speed Drills

Many times, the tennis player will be at the net and must recover back for a lob shot.

That ability to accelerate back and attack a new space is critical to being fast on the court, getting to the ball and having a chance to winning the point.

1. Hip Turn and Sprint

The athlete will perform a Hip Turn (quick rotation of the hips and feet) in order to apply quick force into the ground and accelerate.

The coach or partner will point to the right or left and the athlete must turn in that direction and sprint for 10 yards straight back.

Perform 3-4 reps on each side with a 30 to 45 second recovery.

2. Hip Turn and Lateral Run Step on an Angle

The athlete will be standing in front of the net with the coach or partner on the other side pointing to the right or left.

The athlete will perform a quick hip turn and lateral run steps on an angle to the alley.

This resembles going after a short overhead. Perform 3-4 sets on each side with a 30 second recovery.

3. Split Step and Recovery

The athlete will perform a split step going into the net, when the coach or partner points to the right or left the athlete must perform a hip turn and sprint to the base line.

The coach will point to the right wide or over head or left wide or over head. The athlete must run either to the corner of the baseline or to the center of the court.

Perform 2-3 sets on each side with a 45 second recovery.

Want a Free Consult?

If you feel as if your performance is limited due to pain or another impairment please reach out for a free consult, diagnosis and plan to improve your long-term success!

[→ Click Here to Schedule a Free Consult](#)

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