

# BEGINNER WEEKLY PROGRAM

## Strength & Conditioning

### INTRODUCTION

**Welcome to the Strength and Conditioning Program!** Each day's program includes clickable hyperlinks for each exercise, opening a video demonstration by Dean with essential key points. Simply click any exercise name, and you'll be guided through its proper form and technique to get the most out of your training.

CoachLife currently offers two pathways for tennis players' fitness development: Beginner and Intermediate, with an Advanced program coming soon. Coaches and parents may wonder where to start with their athlete. The tendency is often to begin at a higher level than the athlete can handle. However, building a strong foundation in fitness is essential, as it helps players become stronger, faster, and more powerful while minimizing the risk of injury. When choosing between the two pathways, it's crucial to assess the player's fitness competency. Even players competing at a high level for their age may benefit from starting with the Beginner program.

#### **Here are some guidelines:**

1. Players 12 and under should start with the Beginner program.
2. Any player without consistent fitness training experience with a coach should begin at the Beginner level.
3. After 4–6 months of consistent training, players may progress to the Intermediate program.
4. The Intermediate program is typically suited for athletes with a strong foundation who can perform movement patterns and exercises with a high degree of competency.

When preparing young athletes for their fitness journey, we must remember that even the greatest players in the tennis world started at this foundational level. Putting young players through professional-level regimens is a recipe for injury. I can assure you that the routines professionals follow today were not the same ones they practiced as junior players. Follow these routines and see the player's fitness and tennis improve.



# BEGINNER WEEKLY PROGRAM

Strength & Conditioning

Dean Hollingworth

## MONDAY

Warm up #3  
Speed  
Plyos  
Prehab  
Recovery

## TUESDAY

Warm up #2  
Movement Drill  
Fitness (Circuit)  
Foam Roll & Recovery

## WEDNESDAY

Reaction  
Prehab  
Recovery

## THURSDAY

Warm up #2  
Plyos  
Movement Drill  
Foam Roll & Recovery

## FRIDAY

Warm up #3  
Speed  
Reaction  
Fitness  
Prehab  
Recovery

## Monday

### 1 - WARM UP #3

### 2 - SPEED

- Wall singles triples 2x5 each side.
- Wall singles doubles 2x5 each side.
- 15m sprints 3x5

### 3 - PLYOS

#### Group 1 - Do in sequence

- Snap downs 3x8
- Open book 2x10.

#### Group 2 - Do in sequence

- Box step off 3x6.
- Neutral stance throws 3x6.

#### Group 3 - Do in sequence

- Lateral bound stick 3x6.
- Open stance throws 3x6.

### 4 - PREHAB

#### Shoulder

- External rotation 0 degrees 2x15.
- Internal rotation 0 degrees 2x15.
- T's 2x15.

#### Hips

- Knees side to side 2x10

### 5- RECOVERY

# Tuesday

## 1 - WARM UP #2

### 2 - MOVEMENT DRILL

- Step drill sprint position (change position one at a time) 3x10.
- Step drill on/off (change position one at a time) 3x7.
- Hurdle drill over/back 3x16.
- Hurdle drill over back stick 3x4 each side.
- Ball drop in front x 8-10.
- Ball toss from behind 8x10.
- Toss side to side 3x5.

### 3 - FITNESS (CIRCUIT)

- Squats 3x12.
- Push-ups 3x10.
- Pull off press 3x10 each way.
- Split squats 3x10.
- One arm row 3x12.
- Sideplank 3x20-30sec.

### 4- FOAM ROLL & RECOVERY

# Wednesday

### 1 - REACTION

- Catch ball off of wall 3x5.
- Sprints 5x15m

### 2 - PREHAB

#### Shoulder

- External rotation 0 degrees 2x15
- Internal rotation 0 degrees 2x15
- Moon taps 2x3 up/down
- Y's 2x15

#### Core

- Bear crawl 2x forward and back 10-15m
- Side crawl 2x10 each way

### 3- RECOVERY

# Thursday

## 1 - WARM UP #2

### 2 - PLYOS

#### Group 1 - Do in sequence

- Snap downs 3x8.
- Open book 2x10

#### Group 2 - Do in sequence

- Box Step off 3x6.
- Neutral stance throws 3x6

#### Group 3 - Do in sequence

- Lateral bound stick 3x6
- Open stance throws

### 3 - MOVEMENT DRILL

- Step drill sprint position (change position one at a time) 3x10.
- Step drill on/off (change position one at a time) 3x7.
- Hurdle drill over/back 3x16.
- Hurdle drill over back stick 3x4 each side.
- Ball drop in front x 8-10
- Ball toss from behind 8x10

### 4- FOAM ROLL & RECOVERY

# Friday

## 1 - WARM UP #3

### 2 - SPEED

- Wall drill singles 2x5 each side.
- Wall drill doubles 2x5 each side.
- 15m sprints 3x5.

### 3 - REACTION

- Catch ball off of wall 2x5.
- Ball toss side to side 3x5.

### 4 - FITNESS (CIRCUIT)

- Squats 3x12.
- Push-ups 3x10.
- Pull off press 3x10 each way.
- Split squats 3x10.
- One arm row 3x12.
- Sideplank 3x20-30sec.

### 5- PREHAB

#### Shoulder

- External rotation 0 degrees 2x15.
- Internal rotation 0 degrees 2x15.
- W's 2x15

#### Hips

- Knees side to side 2x10

### 6- RECOVERY