

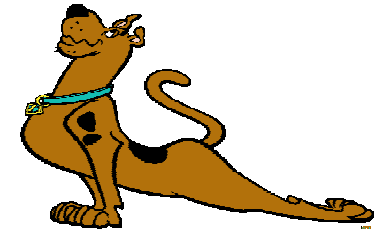
Tennis Training Off the Court

Like anything in life the more you put into a task the more you will get out of it. Tennis is no different. The more you play tennis the better you will get. Sometimes you may find that no matter how much you play you just can't seem to hit harder or move faster. This is because sports like tennis require you to practice not only your forehand, backhand, serve and any other shots but also your ability to move to the ball and be strong enough to hit it the way you want to. The following information should help give you an idea of things that should be practiced off the tennis court so you can become a better tennis player.



Aerobic Fitness – Aerobic fitness is your endurance, or the ability to do work for long periods of time. This is your ability to walk, run, climb uphill, swim, or in your case play tennis without getting tired.

Flexibility – This is your range of motion. How far can you reach and stretch. This is very important when you are trying to prevent injury. The more flexible your muscles are the further they can stretch without getting damaged. Especially on the serve and when stretching to hit a ball far away from you.



Strength and power – Strength and power is how much weight you can lift and how fast can you lift it. This is important in tennis because you have to move a tennis racket very quickly. The stronger and more powerful you are the harder you can hit the ball.

Speed – Speed is how fast you are. Speed is important because you need to run after to get to the ball. The faster you are the sooner you can get to the ball which means you can hit a better shot.



Agility – Agility is your ability to change directions really quickly. In tennis because we are running in so many directions it is important to have good agility. This helps us get in better position for the next shot.