

Athletic Performance Development for High School Tennis

Progressive adaptation through “on court” workouts

Presented by

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Lecture Outline

- I. Dynamic Warm-Ups *
 - increase body temp, heart rate, blood flow
 - include: movements, core work, stretching

- II. Daily Workout Sequence
 - Allows for best sequencing of athletic components:
 - Warm-up, Speed, Power, Strength, Muscular Fitness, Agility, Conditioning

- III. Workout Progression through Off-season
 - In general: training should progress from High Volume to Lower Volume
 - while also progressing from Low Intensity to Higher Intensity.
 - Scheduled “unload” weeks allow body to recover before next training cycle.

- IV. Exercise Variations and Menus *
 - Exercise variations should progress from Low to High Intensity throughout the season
 - Variations allow the body to continually adapt, without plateaus.

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