

1. Lateral shuffle 05957



Reps x Sets: 10 x 1
(1 Rep = 3 shuffles in both directions)

2. Lateral A-skip 01295



Reps x Sets: 2 x 1 on each leg and in each direction
(1 Rep = Travel across the width of tennis court)

3. Lateral hopping balance 01257



Reps x Sets: 6 x 1 on each leg
(1 Rep = 2 hops in both directions)

4. Lateral hopping acceleration 00296



Reps x Sets: 8 x 1 on each leg
(1 Rep = Two hops, then sprint to centre line)
(Position hurdles in tramlines)

5. Single leg jump rope 00904



Reps x Sets: 5 x 1 on each leg
(1 Rep = 25 skips)

6. Single leg jump rope 00906



Reps x Sets: 6 x 1 on each leg
(1 Rep = 5 hops and crossover skip)

7. Outward stance overhead squat 05092



Reps x Sets: 10 x 1
(1 Rep = Squat and stand)
(Weight: Up to 5% of player's bodyweight in each hand)

8. Stability disc lateral lunge 01024



Reps x Sets: 20 x 1 on each leg
(1 Rep = Lateral lunge onto unstable surface, then stand)

9. Agility 05834



Reps x Sets: 5 x 1
1 Rep = Full circuit as shown

10. Agility 05837



Reps x Sets: 4 x 1
1 Rep = Full circuit as shown