

Net Results Tennis Coaching

Fitness For Tennis:

Welcome to “Fitness For tennis“, this on court program is developed and put together using years of tennis coaching experience at it’s highest level, and personal training experience working with elite tennis players. It’s guaranteed to improve your overall game, tennis and general fitness.

Tennis alone is a very slow developer of necessary components like fitness, speed, strength, power, reflexes, agility and flexibility. This program will develop all of that at a much faster rate, which is needed every time you step on a tennis court.

Following a weekly fitness and physical conditioning program will increase your speed of getting to the ball, be less fatigued during and after a match, recover faster between points, you will have more power in your strokes, you are less likely to become injured, and endure those long points and matches.

Following this program will improve your positioning, movement and balance around the court, improve your stroke production, reflexes around the net, anticipation, timing, recovery, as well as increasing your confidence, self esteem and look like a tennis player!!!.

Each drill or exercise conducted is tennis specific, to achieve a specific outcome. Some are simple and easy but very effective, others complex which might take some time to master. You will be working with and against the trainer, or in pairs with a partner, and even against yourself to improve and beat your own speed, time.....

Remember this is not a tennis lesson, it’s what you need to play better tennis.

And as I strongly believe tennis starts from the feet up.

Creating Awareness is the main reason for starting this program, that there is more to tennis than hitting a ball over the net, and great shots.

This program is open for players of all levels.

Please note the following:

- Please wear shorts, no skirts as some floor exercises are conducted.
- Bring a large towel or an exercise mat, and a small towel for the face.
- Bring a hat, sunscreen, water and a sports drink to replace the loss of minerals and sugars.
- Please inform trainer if you have any injuries or medical conditions that will affect your training.
- Please stop exercising or take a short break if you feel dizzy or having difficulty breathing.
- Work at your own pace, speed, fitness level, and strength. Do not compare yourself to anyone else.
- Ask as many questions as you like if not clear about anything.
- Have fun and enjoy