



### 1) Warm-Up Routine: Week 1 (Same for all Weeks)

We use this same 10-step warm-up for every week.

- 1) Half court, short court, slices only.
- 2) Mini tennis Ping-Pong style, slices only
- 3) Volley to Volley patterns (free, XC/DTL)
- 4) Volley to Groundstroke (player 1 at net)
- 5) Lob to Overhead (player 1 at net)
- 6) Volley to Groundstroke (player 2 at net)
- 7) Lob to Overhead (player 2 at net)
- 8) Baseline to Baseline (half court)
- 9) Baseline to Baseline (full court, Ping-Pong)
- 10) Serve, Return, & Rally