

CARDIO WARM-UP DRILLS



BILLIE JEAN KING'S

Eye Coach

YOUR FASTEST WAY TO BETTER TENNIS

150 BALLS IN 5 MINUTES
No Ball Pick-Up!

1
SCAN

2
TRACK

3
FOCUS

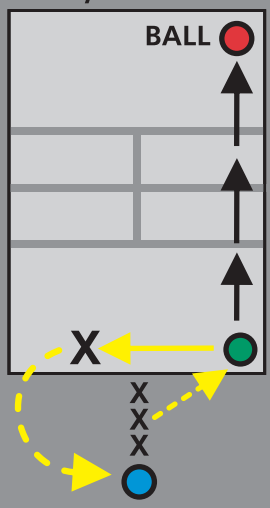
Eye Coach / Cardio:
GROUND STROKE & APPROACH SHOT

CUE: "Get Ready to Go"
TIP: Feet Always Moving (In Line)

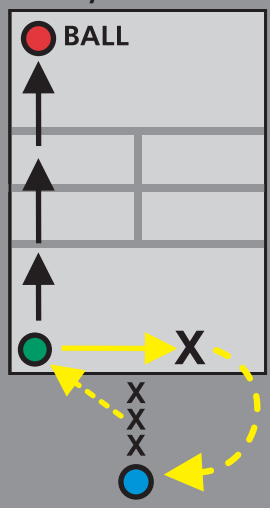
SKILL

TACTIC: Recovery Position
AGILITY: Move 1 Step Before Look
CARDIO: 150 Balls / 5 Minutes

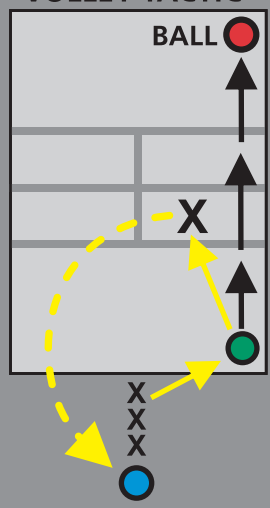
FHD / RECOVER



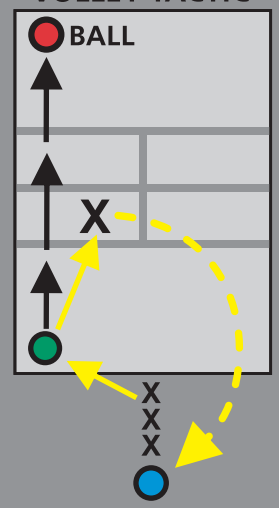
BKD / RECOVER



F.G.S. / VOLLEY TACTIC



B.G.S. / VOLLEY TACTIC



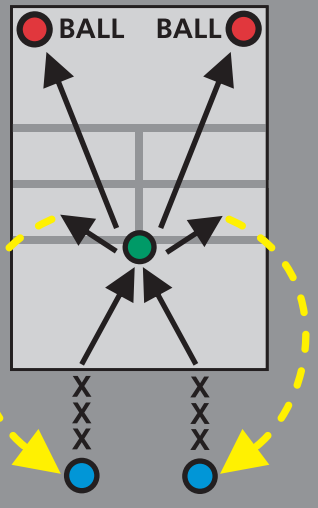
Eye Coach / Cardio:
APPROACH & VOLLEY

CUE: "Get Ready to Go"
TIP: Feet Always Moving (In Line) UNTIL STOP to Hit

SKILL

TACTIC: Recovery Position
AGILITY: Move 1 Step Before Look
CARDIO: 150 Balls / 5 Minutes (No Ball Pickup)

APP / VOLLEY



VOLLEY / RECOVER

