



**MAXIMUM SPORTS
CONDITIONING**



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TENNIS TRAINING PHILOSOPHY

Maximum's philosophy on training tennis players stems from the sport-specific actions they need to sharpen, and the physical tools that college coaches use to judge their ability and potential.

These are:

- Ability to maintain stroke mechanics and technique
- Quickness and reaction time
- Consistency (hitting)
- Ability to hit the ball explosively
- Ability to transfer weight quickly

Based on these skills, Tennis players must develop **joint stability and connective tissue strength** through the knee, ankle and shoulder (to support and stabilize rapid changes of direction, and the striking motion), **reactive ability and quickness** (for lateral speed and defensive ability), **core strength and rotary speed** (to support the lower lumbar spine during striking motion, and ability to create torque through separation of hips and hands to generate racket speed), **balance and stability** (to maintain control of the body while rapidly transferring weight), **grip/forearm strength** (to aid in racket speed) **posterior chain strength and power** (to develop strength through glutes, hips, and legs).