



PLAYER DEVELOPMENT

ON THE ROAD

TRAINING MANUAL



STANDING EXTERNAL ROTATION – STRENGTH TRAINING

PURPOSE

- Injury prevention
- Strengthening the rotator cuff

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Attach the tubing to a secure location – like a fence or the net post.
	Start with the left side of the body closest to where the tubing is attached.
	Bend the right arm 90 degrees with the upper arm down next to the side of the body
Performing the Exercise	Place a rolled up towel between the upper arm and the body. Keep the towel from dropping by squeezing or pressing the towel to the body with the upper arm.
	Grab the tubing with the right hand, palm facing the front of the body, so there is a slight tension on the tubing.
	Pull the tubing by taking the hand away from the body (externally rotating the upper arm).
Sets and Repetitions	Return to the starting position under control.
	Perform 1-3 sets of 15-20 repetitions of this exercise.

NOTE

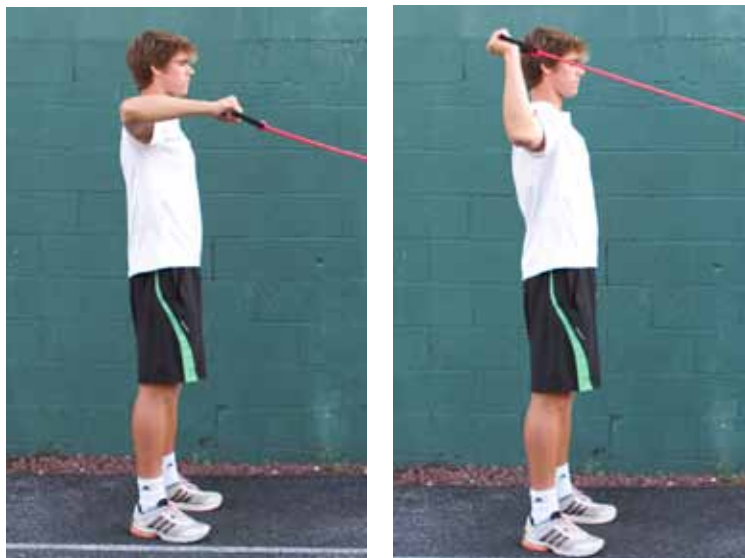
Perform this exercise with the dominant (serving) arm. If time permits, perform the exercise with the non-dominant arm as well.

90° - 90° EXTERNAL ROTATION – STRENGTH TRAINING

PURPOSE

- Injury prevention in the shoulder/upper back
- Strengthening the rotator cuff

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Attach the tubing to a secure location - like a fence or a net post. Start by facing straight ahead, holding the tubing with the dominant (serving) hand.
	Lift the arm out to the side until it is parallel to the ground. Bend the arm at the elbow until it forms a 90 degree angle and the palm faces downward.
	Keeping the arm in this position, grasp the tubing and move back far enough to place the tubing at a slight stretch.
Performing the Exercise	Rotate the arm back at the shoulder until the forearm is perpendicular with the ground. The position of the upper arm should not change and the palm should be facing forward at the completion of the exercise.
	Return to the starting position under control of the tubing tension, and repeat.
Sets and Repetitions	Perform 1-3 set of 15-20 repetitions of this exercise.

STRAIGHT ARM ROWING – STRENGTH TRAINING

PURPOSE

- Injury prevention in the shoulders/upper back
- Strengthening the upper back muscles

EXERCISE TECHNIQUE



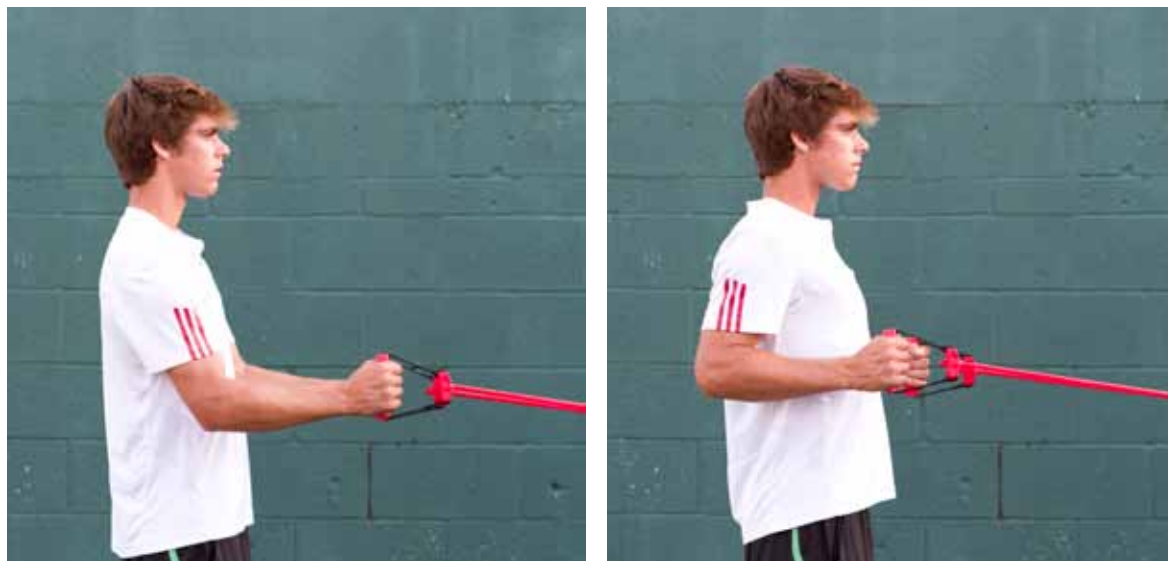
STEP	ACTION
Preparation	Loop the tubing through a fence, or around another stationary object, at about hip level.
	Grab an end of the tubing with each hand and elevate the arms so they are at an angle of roughly 45 degrees relative to the body.
	Back up until there is tension in the band.
Performing the Exercise	As this exercise is performed, you should focus on squeezing the shoulder blades together like you are trying to pinch something between the shoulder blades.
	Perform a straight arm row by pulling the handles back towards the hip while keeping the arms straight.
	Return to the starting position with the body and tension in the tubing under control, and repeat.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions of this exercise.

SHOULDER RETRACTION – STRENGTH TRAINING

PURPOSE

- Injury prevention in the shoulders/upper back
- Strengthening the upper back muscles

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Loop some tubing through a fence, or attach to another stationary object, at about hip level.
	Grab both ends of the tubing or band and adjust the length so there is a slight tension in the starting position.
Performing the Exercise	Start with the elbows bent 90 degrees and the upper arms along the side of the body.
	Perform a rear shrug by squeezing the shoulder blades back and pushing the elbows backward.
	Return to the starting position under control, and repeat.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions.

SINGLE ARM ROW – STRENGTH TRAINING

PURPOSE

- Improve upper body and upper back strength

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start the feet in a staggered stance (one out in front of the other). For this example, use the left foot in front.
	Grab one end of the tubing with the right hand.
	Step on the tubing with the left foot so that there is tension in the tubing at the starting position.
	Bend forward at the waist while keeping the back flat.
Performing the Exercise	Support the upper body by placing the left hand on the left thigh just above the knee.
	Start with the right arm extended towards the ground.
	Pull the tubing back with the right hand until the hand is next the right side at chest level.
Sets and Repetitions	Return to the starting position controlling the movement the entire way.
	Perform 1-3 sets of 15-20 repetitions for each arm.

UPRIGHT ROW – STRENGTH TRAINING

PURPOSE • Improve upper body and upper back strength

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Stand on the tubing so that the feet are slightly inside shoulder width.
	Grab an end of the tubing with each hand. There should be a light tension in the tubing in the start position.
Performing the Exercise	Stand upright with the knees slightly bent.
	Pull the tubing towards the chin keeping the palms facing the body.
	Pull the tubing by lifting the upper arms so they rotate outwards away from the body and the elbows end up pointing out to the sides.
Sets and Repetitions	Return to the starting position keeping the movement under control throughout.
	Perform 1-3 sets of 15-20 repetitions.

LATERAL RAISES – STRENGTH TRAINING

PURPOSE

- Injury prevention in the shoulders
- Improve strength in the upper body

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Stand on the tubing so that the feet are about shoulder width apart. Grab a handle with each hand and adjust the length of the tubing so a slight tension is felt in the starting position.
Performing the Exercise	Start with the palms of each hand facing each other in front of the body with the arms extended downward and slightly bent.
	Pull the tubing by raising the arms out to the sides until the arms are nearly parallel to the floor and the palms of the hands are facing the ground.
Sets and Repetitions	Return to the starting position keeping the movement under control. Perform 1-3 sets of 15-20 repetitions.

VARIATIONS

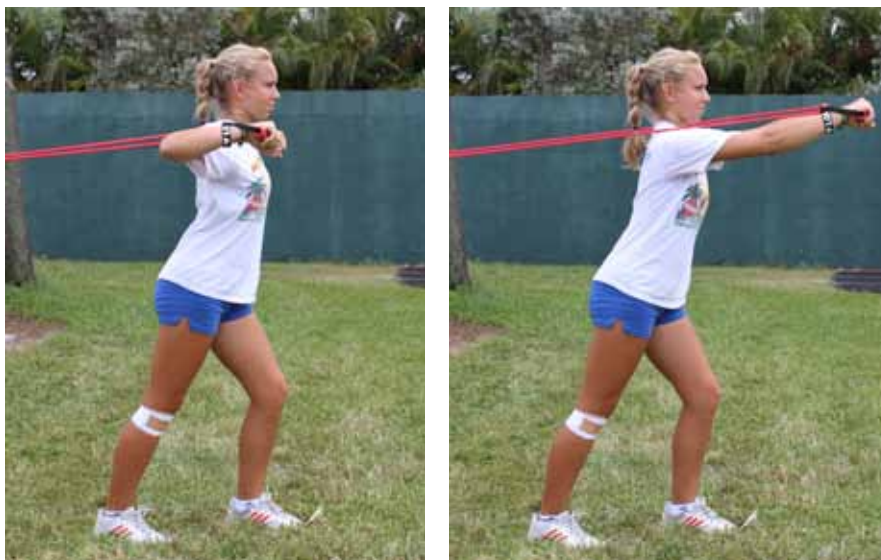
This exercise can be performed with small hand weights instead of the tubing.

CHEST PRESS – STRENGTH TRAINING

PURPOSE

- Improve upper body strength
- Improve dynamic balance and core strength

EXERCISE TECHNIQUE



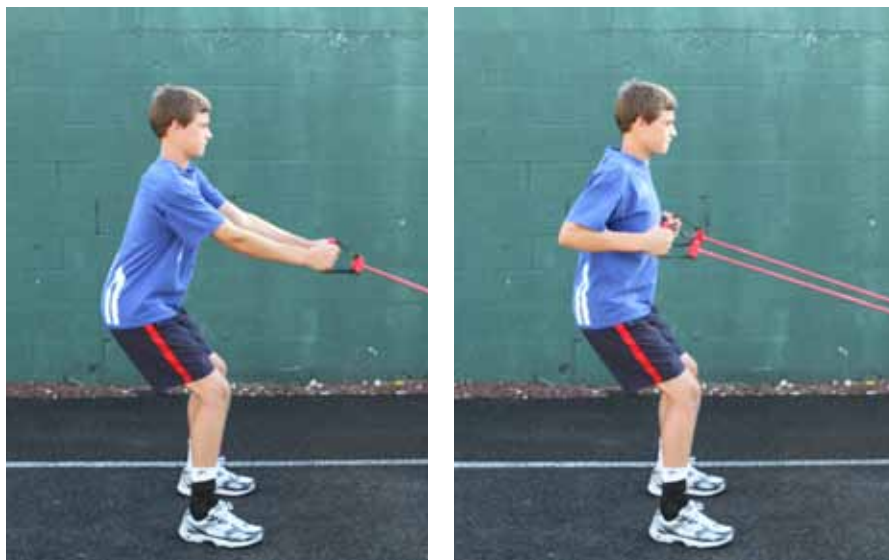
STEP	ACTION
Preparation	Tie the tubing to a fence or post at shoulder height.
	Grab one end of the tubing and move away from the fence or post until there is tension on the tubing while facing away from the fence or post.
	Start with the hand at the side and at chest level.
Performing the Exercise	Set the body in athletic position and contract the muscles in the core to maintain good athletic position throughout the exercise.
	Push the hand holding the tubing away from the body until the arm is fully extended and at shoulder height.
	Return to the starting position keeping the movement controlled throughout.
Sets and Repetitions	Complete 1-3 sets of 15-20 repetitions.

LOW ROW – STRENGTH TRAINING

PURPOSE

- Improve strength in upper body and upper back
- Improve core strength and balance

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Tie the tubing to a fence or post about a foot off the ground. Grab one end of the tubing and with the arm extended, move away from the fence or post until there is tension on the tubing. The player should be facing the fence or post.
Performing the Exercise	Set the body in athletic position and contract the core to maintain good athletic position throughout the exercise. Pull the tubing back bending the arm until the hand is near the side of the body even with the chest. Return to the starting position while keeping the movement under control.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions with each arm.

VARIATIONS

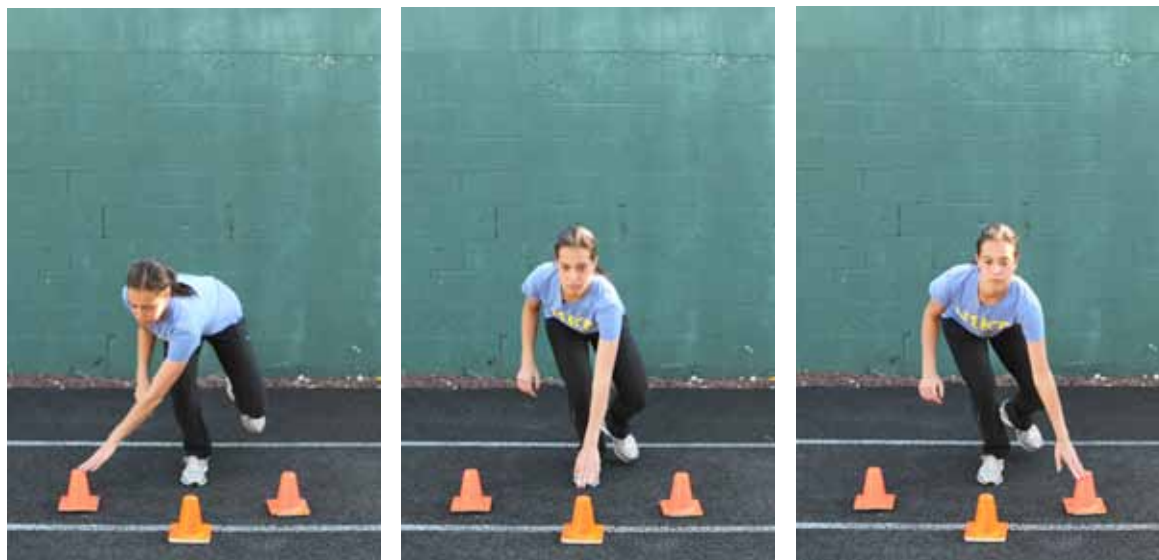
To make the exercise easier, the player can loop the band through the fence and perform the movements with both arms at the same time. This requires less dynamic balance.

3 CONE BALANCE TOUCHES – STRENGTH TRAINING

PURPOSE

- Improve leg strength in the hip and knee
- Improve dynamic balance
- Improve control over the core of the body

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Place three cones down about 2 feet apart to form a shallow “v.”
	Place the right foot down about 1.5 feet away from the center cone.
Performing the Exercise	Perform a one-leg squat touching the first cone with the right hand.
	Return to the standing position.
	Repeat this movement pattern touching the second cone and finally the third cone.
Sets and Repetitions	Maintain balance and avoid letting the knee “cave in” towards the midline of the body.
	Repeat this 3-cone series 3-5 times.
	Repeat the entire exercise using the other three leg - arm combinations: <ul style="list-style-type: none"> • Left leg squat – left hand touches • Right leg squat– left hand touches • Left leg squat – right hand touches

LUNGES WITH RESISTANCE – STRENGTH TRAINING

PURPOSE

- Improve leg strength
- Improve core strength and dynamic balance

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Loop a long length of tubing around the waist of the player. The coach must grasp the tubing with two hands and move back to place tension on the band.
Performing the Exercise	With the coach standing behind the player, have the player step forwards and perform a lunge.
Sets and Repetitions	Repeat this 3-cone series 3-5 times.
	Adjust the direction of the resistance, with the coach applying tension from the right side of the player, then the left side.
	Repeat this procedure for the other leg.

MED BALL SQUAT CHEST THROW – STRENGTH TRAINING

PURPOSE

- Improve lower body power with explosive extension at the ankles, knees and hips

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start in a standing position with the ball in both hands at chest level.
Performing the Exercise	Drop into a half squat position.
	Explosively jump and perform a chest throw with both arms up into the air. The player should move from a triple flexed position (hips, knees, ankles) to a triple extended position (hips, knees, ankles).
	Land in a balanced position with the weight on the balls of the feet and the knees and hips slightly flexed.
	Pick up the ball and repeat the movement.
Sets and Repetitions	Perform 1-3 sets of 6-12 repetitions.

MEDICINE BALL SQUAT TOSS – STRENGTH TRAINING

PURPOSE

- Improve full body explosive power

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start in a standing position with the ball at waist level.
Performing the Exercise	Drop into a half squat position.
	Keeping the back straight, explosively jump and perform an underhand throw with both arms up into the air. The player should move from a triple flexed position (hips, knees, ankles) to a triple extended position (hips, knees, ankles).
	Land in a balanced position with the weight on the balls of the feet and the knees and hips slightly flexed.
	Let the ball bounce. Pick it up and repeat the movement.
Sets and Repetitions	Perform 1-3 sets of 6-12 repetitions.

MEDICINE BALL FOREHAND AND BACKHAND THROW – STRENGTH TRAINING

PURPOSE

- Improve lower body strength and power
- Improve core stability and dynamic balance

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	The player faces the coach (or another player) in athletic position.
Performing the Exercise	The coach tosses the ball out to player's left side.
	The player pivots the feet and steps out to the left while catching the ball. As the ball is being caught, the player should drop into a lunge position loading the legs and storing elastic energy.
	The player then tosses the ball back to the coach while using the legs and hips to assist in the toss.
Sets and Repetitions	A variation of this exercise is for the player to catch and throw the ball from the square and semi-open stances
	Repeat this exercise for 10-15 repetitions.
	Perform the entire exercise again to the right side.

MEDICINE BALL POWER DROP – STRENGTH TRAINING

PURPOSE

- Improve upper body explosive power

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start by laying on the back, knees bent, and feet on the floor. A coach (or another player) stands above your head holding a 3-5 kg medicine ball.
Performing the Exercise	Extend the arms upward (skyward) in preparation to catch the medicine ball.
	The coach drops the medicine ball towards your chest as you lay on the ground.
	Catch the ball with both hands and decelerate the ball as it moves toward your chest.
	Immediately reverse the direction of the ball by performing an explosive chest pass straight upwards, throwing the ball back to your coach.
Sets and Repetitions	The coach (or partner) catches the ball and drops it back down to your chest. Perform 1-3 sets of 6-12 repetitions

WALKING LUNGE WITH ROTATION – STRENGTH TRAINING

PURPOSE

- Improve lower body strength and power
- Improve core strength and dynamic balance

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	The player starts at the baseline in an athletic position. Hold the ball in both hands with the arms extended out in front of the body.
Performing the Exercise	While maintaining good posture, the player steps forward to perform a lunge exercise.
	In the lunge position, the player rotates the upper body and arms to the right about 90 degrees and then back (so the body faces forward and the arms are extended out front).
	The player then steps forward into the next lunge. The movement is repeated with torso and arm twist to the left.
Sets and Repetitions	This exercise is typically done from the baseline to the net and repeated or 1-3 sets of 6-12 repetitions for each leg is appropriate.

LOW TO HIGH PULLS – STRENGTH TRAINING

PURPOSE

- Strengthen the entire body in multiple planes of motion

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Secure one end of the tubing to a fence about a foot from the ground.
	Stand in an athletic stance with the body upright, the legs slightly bent, and the feet spaced slightly wider than shoulder width apart.
	With the arm hanging at the side, move sideways until a slight tension is felt in the tubing
Performing the Exercise	Driving first with the legs, pull and then push the arm across the body.
	Use the core to help rotate the body during the movement.
	The movement should finish with the hand over the left shoulder.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions.
	Repeat with the left arm.

MONSTER WALKS – STRENGTH TRAINING

PURPOSE

- Improve leg strength
- Improve lateral movement and hip stability

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start at the doubles sideline by placing a “rubber band” around both ankles. Get into good athletic position – legs slightly bent, body upright and looking forward.
Performing the Exercise	Maintaining a good athletic position with the knees bent, step out laterally with the right foot about 3 – 6 inches. While controlling the band, lift the left foot and step in towards the right foot about 3-6 inches.
Sets and Repetitions	Repeat this series while “walking” to the other doubles sideline. Repeat this exercise two times in each direction across the court.

VARIATIONS

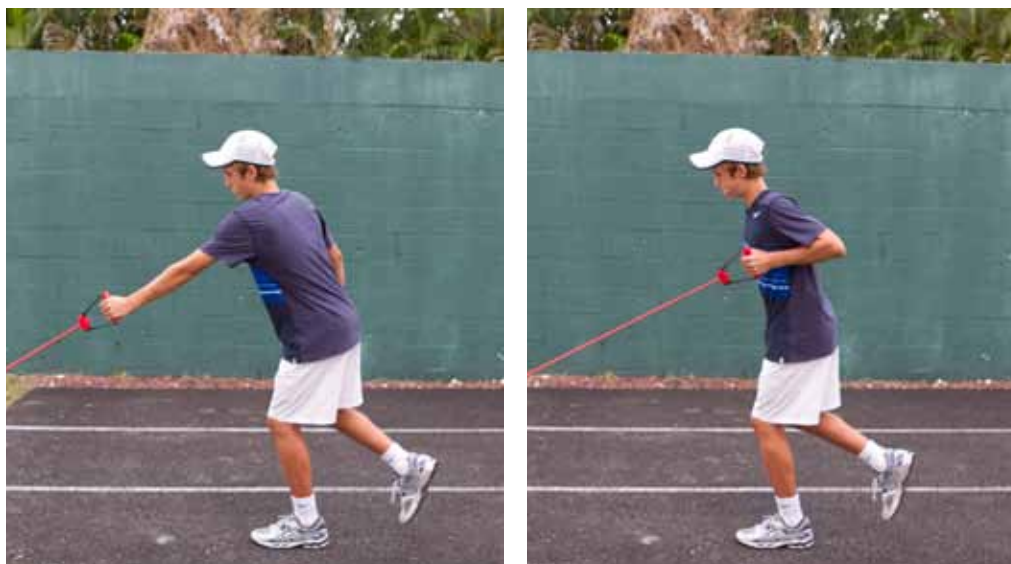
This exercise may also be done forwards and backwards, walking from the baseline to the service line and back again. Keeping the feet slightly wider than shoulder width apart, take small 3-6 inch steps forward to the net and then backwards to the baseline. Maintain the athletic position throughout.

ONE LEG BALANCE PULLS – STRENGTH TRAINING

PURPOSE

- Improve upper body strength
- Improve dynamic balance and core strength

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Attach rubber tubing to the fence about a foot off the ground. Grasp the tubing with the left hand
Performing the Exercise	Stand on the left leg (the same side as the arm that will be rowing) and bend the knee approximately 45 degrees. While maintaining balance, perform one arm rows with the left arm. Keep the movement controlled and smooth.
Sets and Repetitions	Perform 1-3 sets of 10 repetitions. Repeat using the right arm and right leg combination.

VARIATIONS

- Additional instability can be introduced by having the player stand on a balance pad while performing the exercise.
- Perform the exercise with the left arm, while balancing on the right leg and with the right arm while balancing on the left leg.

WRIST FLEXION – STRENGTH TRAINING

PURPOSE

- Improve strength in the forearm muscles that control the wrist

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	When seated, step on the tubing with both feet.
	Grab the ends of the tubing with both hands so that there is tension on the tubing.
Performing the Exercise	Place the forearms on the thighs so that the palms are facing up.
	Contract the muscles of the forearm, flexing the wrists through their full range of motion and bringing the palms up towards the forearms.
	Lower the hands slowly back to the starting position, keeping the forearms on the thighs.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions.

WRIST EXTENSION – STRENGTH TRAINING

PURPOSE

- Strengthen the muscles of the forearms that control the wrist

EXERCISE TECHNIQUE



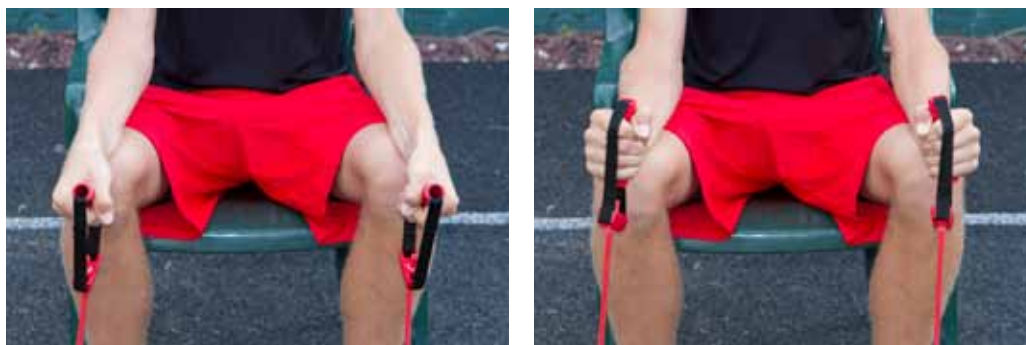
STEP	ACTION
Preparation	When seated, step on the tubing with both feet.
	Grab the ends of the tubing with both hands so that there is tension on the tubing.
Performing the Exercise	Place the forearms on the thighs so that the palms are facing down.
	Contract the muscles of the forearm, extending the wrists through their full range of motion and bringing the backs of the hands up towards the forearms.
	Lower the hands slowly back to the starting position, keeping the forearms on the thighs.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions.

WRIST RADIAL DEVIATION – STRENGTH TRAINING

PURPOSE

- Strengthen the muscles of the forearms that control the wrist

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	When seated, step on the tubing with both feet.
	Grab the ends of the tubing with both hands so that there is tension on the tubing.
Performing the Exercise	Place the forearms on the thighs so that the palms are facing in towards each other.
	Contract the muscles of the forearm, rotating the hand so the thumbs lift upwards towards the forearms. Lower the hands slowly back to the starting position, keeping the forearms on the thighs.
Sets and Repetitions	Perform 1-3 sets of 15-20 repetitions.