

# Weekly Training Schedule - High Performance Juniors Group (8 or less)

Sponsored by: MACH Academy

	Monday (Groundstrokes)	Tuesday (Serves)	Wednesday (Tournament)	Thursday (Volleys)	Friday (Match Play)
Time	Courts 1 & 2	Courts 1 & 2	Courts 1, 2, 3 & 4	Courts 1 & 2	Courts 1, 2, 3 & 4
6:00-6:10	Stretching	Stretching	Stretching / Endurance	Stretching	Stretching
6:10-6:20	Speed (Sprints) & Endurance (Laps) *Set up cones during laps.	Speed (Sprints) & Endurance (Laps) *Set up cones during laps.	Warm-Up Serves, 1st Serve & 2nd Serve	Speed (Sprints) & Endurance (Laps) *Set up cones during laps.	Speed (Sprints) & Endurance (Laps)
6:20-6:30	Footwork, Agility & Balance (Cones & Balls)	Footwork, Agility & Balance (Cones & Balls)	Warm-Ups w/ Partner on Full Court	Footwork, Agility & Balance (Cones & Balls)	Warm-Up Serves to Targets, 1st Serve & 2nd Serve
6:30-6:35	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
6:35-6:45	Warm-Up Serves to Targets, 1st Serve & 2nd Serve	Warm-Up Serves to Targets, 1st Serve & 2nd Serve	Drills w/ Partner on Full Court: Play Points - Deuce-to-Deuce & Ad-to-Ad, Serves.	Warm-Up Serves to Targets, 1st Serve & 2nd Serve	Group Drills: Forehand, Volley, Overhead
6:45-6:55	Group Drills: Forehand, Volley, Overhead	Group Drills: Forehand, Volley, Overhead	Drills w/ Partner on Full Court: Play Points - Deuce-to-Deuce & Ad-to-Ad, Serves.	Group Drills: Forehand, Volley, Overhead	Match Play (Pro-Set to 8)
6:55-7:15	Group Drills: FH/BH <del>Cross-Court</del> & Down-the-Line to a Target, for Depth & Consistency, & Short Angles	Group Drills: Return of Serves - Deuce Side, (Serve & Return of Serve)	Drills w/ Partner on Full Court: Play Points - 8 shot MAX or replay point, to 7.	Group Drills: Volleys & Overheads	Match Play (Pro-Set to 8)
7:15-7:20	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
7:20-7:30	Drills w/ Partner on Half-Court: Play Points - FH-to-FH, no lanes. Rotate up every 3 minutes.	Group Drills: Return of Serves - Deuce Side, (Serve + 3rd & Return of Serve + 4th, Attack Combinations)	Match Play (Short Set to 4)	Group Drills: FH Swing Volley to Target	Match Play (Short Set to 4)
7:30-7:40	Drills w/ Partner on Half-Court: Play Points - BH-to-BH, no lanes. Rotate up every 3 minutes.	Group Drills: Return of Serves - Ad Side, (Serve & Return of Serve)	Match Play (Short Set to 4)	Group Drills: BH Swing Volley to Target	Match Play (Short Set to 4)
7:40-7:50	Drills w/ Partner on Half-Court: Play Points - FH-to-FH, no lanes. Inside the box.	Group Drills: Return of Serves - Ad Side, (Serve + 3rd & Return of Serve + 4th, Attack Combinations)	Match Play (Short Set to 4)	Group Drills: FH/BH Spin Slice	Match Play - Doubles (Short Set to 4)
7:50-8:00	King of the Court w/ Serve (Only ONE), Inside the Box	King of the Court w/ Serve (Only ONE), Inside the Box	Match Play (Short Set to 4)	King of the Court w/ Feed, Doubles	Touch the Fence, Inside the Box
8:00 PM	<i>End of Training Session</i>	<i>End of Training Session</i>	<i>End of Training Session</i>	<i>End of Training Session</i>	<i>End of Training Session</i>
8:00-8:15	10-point Tiebreaker, Inside the Box	10-point Tiebreaker, Inside the Box		10-point Tiebreaker, Inside the Box	10-point Tiebreaker, Inside the Box
8:15-8:30	10-point Tiebreaker, Inside the Box	10-point Tiebreaker, Inside the Box		10-point Tiebreaker, Inside the Box	10-point Tiebreaker, Inside the Box