

# PLYOMETRICS FOR TENNIS: OFF COURT TRAINING FOR EXPLOSIVE MOVEMENT

## INTRODUCTION & QUIZ An iTPA Educational Course



**iTPA** International  
Tennis  
Performance  
Association™  
professionalism • education • certification  
[www.itpa-tennis.org](http://www.itpa-tennis.org)

*The iTPA is the worldwide education and certification organization for trainers, coaches and specialists who have a passion for tennis-specific performance enhancement and injury prevention. The education company offers a professional training and education process that establishes recognition through 3 certifications: Tennis Performance Trainer (IPT), Certified Tennis Performance Specialist (CTPS) and Master Tennis Performance Specialist (MTPS). The certification materials are overseen by the iTPA Certification Commission consisting of world experts in improving tennis performance and reducing injuries; visit the iTPA website at [www.itpa-tennis.org](http://www.itpa-tennis.org).*

## **Course: Plyometrics for Tennis: Off Court Training for Explosive Movement**

*Presented by Dr. Don Chu*

*An International Tennis Performance Association (iTPA) educational course*

### **INTRODUCTION**

This tennis training continuing education course focuses entirely on different off court plyometric drills and exercises with rational and in-depth descriptions of how and why to implement these with different athletes from predominantly a performance enhancement perspective while also providing submaximal plyometric movements and injury prevention exercises. The purpose of this course is to provide the tennis coach, Tennis Performance Trainer (TPT), Certified Tennis Performance Specialist (CTPS), personal trainer, athletic trainer, physical therapist or other individual working with tennis athletes with the needed information on off-court plyometric training for tennis using minimal equipment in limited space. This course was developed for the International Tennis Performance Association (iTPA) and delivered by world-renowned Plyometrics expert Dr. Don Chu. The educational course involves over 1 hour of practical video instruction showing detailed plyometric exercises and progressions with real athletes.

This course can be used toward iTPA continuing professional education (CPE) credits as well as credits for other strength and conditioning, sports performance, athletic training, physical therapy and fitness organizations. Counts as 50 iTPA Continuing Professional Education credits. For more information on Plyometrics, we recommend purchasing Dr. Don Chu's book *Jumping into Plyometrics*. Also included is this introduction to the course and a Quiz; this course can be used toward iTPA continuing professional education (CPE) credits (worth 50 iTPA credits) as well as credits for other strength and conditioning, sports performance, athletic training, physical therapy and fitness organizations. Also included is a short survey requesting your feedback on the course.

Don't forget to register for Tennis Performance Trainer (TPT) or Certified Tennis Performance Specialist (CTPS) if you haven't already. Help the iTPA change the way tennis is trained. [www.itpa-tennis.org](http://www.itpa-tennis.org)



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International Tennis Performance Association (iTPA)

Website: [www.itpa-tennis.org](http://www.itpa-tennis.org)



Contents of Video Course for “**Plyometrics for Tennis: Off Court Training for Explosive Movement**”  
(If subscribed instead to the online video library, videos have same main titles).

## **DISC 1**

### **Introduction to Plyometrics for Tennis**

#### **Stabilization**

- 2 Leg Stabilization
- Single Leg Stabilization

#### **Submax Plyometrics**

- Skipping
- Skipping: High Knee
- Skipping Backwards
- Carioca
- Olympic Hop
- Ankle Flips

#### **Vertical Jump**

- Repeat Vertical Jumps: Double Leg
- Single Leg
- Vertical Jump with Rotation
- Vertical Jump with 360 degree turn

#### **Footwork Drills**

- Footwork Drills (Using 9 squares)

#### **Standing Jump**

- Standing Long Jump with Sprints
- Multiple Standing Long Jumps
- Single Leg Multiple Standing Long Jump

#### **Lateral Plyometrics**

- Lateral Jumps: 2 Foot Hop Side to Side; Skater Hop; Single Leg Hop
- Lateral Barrier Jumps
- Lateral Barrier Jumps: 2 Feet; 1 Foot Outside Land; 1 Foot Barrier Repeat Jumps

#### **Medicine Ball Plyometric Series**

- MB Seated Series
- MB Standing Series
- Lateral MB Toss

## **Box Jumps**

- Side to Side Box Drills
- Scorpion Step Ups
- 30 Second Box Drills
- Jump to the Box
- Depth Jumps

## **Upper Body Plyo**

- Upper Body: Push Up Series
- Medicine Ball Toss Series
- Power Drop

## **Injury Prevention Plyometrics**

- Injury Prevention Plyometrics
- Perturbations
- Cable Pulley Series
- Rice Bucket Series

## **Dr. Don Chu Interview**

Topics:

- Introduction
- How Much Plyometrics is Appropriate?
- What is the Appropriate Volume Depending on the Age of the Athlete and Competition Level?
- Overuse of Plyometrics
- Importance of Plyometrics in the Upper Body
- Plyometric Progression
- Thoughts on Plyometrics and Tennis
- Plyometric Myths
- Plyometric Myths: Children
- Contraindications or Limitations to Performing Plyometrics

# PLYOMETRICS FOR TENNIS COURSE QUIZ

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Answer the following questions to test your knowledge and retention of the information in this course. If submitting for iTPA CPE credits (or continuing education for other organizations), take this quiz and grade yourself using the answers provided and save in case you are audited.

1. Which of the following is most appropriate height to use for fast repeated plyometric movements as discussed in the video by Dr. Chu?
  - a) 6 inches
  - b) 12 inches
  - c) 20 inches
  - d) 34 inches
  
2. In the side to side box drill, the aim for a competitive tennis player is to accomplish \_\_\_\_\_ foot contacts in 30 seconds.
  - a) 25
  - b) 40
  - c) 35
  - d) 30
  
3. T/F In the 30 second box drill, the athlete jumps on the box using a single leg at a time.
  - a) T
  - b) F
  
4. Which of the following is considered the most advanced plyometric exercise from the options below?
  - a) Vertical jump
  - b) Depth jump
  - c) Two feet footwork drill
  - d) Side-to-side box jump
  
5. Which of the following is an eccentric focused plyometric movement for the muscles surrounding the shoulder and the rotator cuff?
  - a) Reverse catch and throw
  - b) 90°/90° external rotation with tubing
  - c) Low Row
  - d) Explosive Hip and Shoulder Thrust

6. The rice bucket series of movements is designed to improve core strength.
  - a) True
  - b) False
  
7. Which of the following plyometric movements is the most challenging for a tennis athlete?
  - a) Two-foot lateral hop
  - b) Single-foot depth jump
  - c) Single-foot lateral hop
  - d) Single-foot repeated linear bound
  
8. Which of the following is the most difficult movement below?
  - a) Two foot hop side to side
  - b) Skater hop
  - c) Single leg hop
  - d) Two foot vertical jump
  
9. When performing the lateral barrier jump, what should be the height of the barrier?
  - a) 6 inches
  - b) 12 inches
  - c) 20 inches
  - d) Height of barrier is dependent on the age and stage of development of the athlete
  
10. Which of the following exercises best simulates and helps to develop the explosive recovery step in tennis?
  - a) Lateral barrier (hurdle) jump
  - b) Lateral stick and hold  $\frac{1}{4}$  squat
  - c) Box jump
  - d) None of the above develops the movements or muscles involved in the recovery step in tennis
  
11. During lateral medicine ball exercises the main coaching cues or focus should be on:
  - a) Loading effectively with core and hips
  - b) Loading effectively with the shoulders
  - c) Loading with a summation of forces from the shoulders down
  - d) Catching and releasing as short as possible
  
12. Landing and holding the position from a jump down from a box develops \_\_\_\_\_ strength which is a major component in stabilization.
  - a) Concentric
  - b) Eccentric
  - c) Isotonic
  - d) Isocaloric



13. Which of the following is a major concern for an athlete if he or she is planning on performing explosive high force lower body focused plyometric movements/exercises?
- a) Lack of eccentric strength in the muscles of the core and lower body
  - b) Excessive eccentric strength in the muscles of the core and lower body
  - c) A three to one ratio of concentric strength to eccentric strength in the muscles involved
  - d) A four to one ratio of concentric strength to eccentric strength in the muscles involved
14. When athlete lands during sprinting he/she puts approximately \_\_\_\_\_ times bodyweight into the ground.
- a) 2
  - b) 4
  - c) 6
  - d) 8
15. When performing high level explosive plyometrics, which of the following physical components is the most important for the athlete in order to have high levels of proficiency?
- a) Strength
  - b) Muscular endurance
  - c) Concentric stability
  - d) Isometric flexibility

**Quiz Answers:**

1. B
2. D
3. B
4. B
5. A
6. B
7. B
8. C
9. D
10. A
11. A
12. B
13. A
14. B
15. A

# ITPA PLYOMETRICS FOR TENNIS COURSE

## EVALUATION SURVEY

International Tennis Performance Association (iTPA) asks that you fill out the below questions to evaluate your experience with the iTPA Plyometrics for Tennis Course. We appreciate your participation.

1. Did you feel the information in the Plyometrics for Tennis Videos was appropriate for quiz preparation?

Yes    No    Not Sure

Comments:

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2. Did you feel you increased your knowledge of Off Court Plyometrics for Tennis?

Yes    No    Not Sure

Comments:

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3. Are there specific competency areas you felt should have been covered that weren't?

Yes    No    Not Sure

Comments:

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4. Please list any positive comments.

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5. Please list any suggestions for improvement.

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Thanks for your evaluation of the iTPA Plyometrics for Tennis Course. We take your comments seriously and appreciate your participation. Please scan and email to [contact@itpa-tennis.org](mailto:contact@itpa-tennis.org).