

SPRING EDITION 2020

SILVER & GOLD JUNIOR NEWSLETTER

CENTRAL PARK TENNIS CLUB



IMPORTANT THINGS to REMEMBER

Due to Covid-19, and Central Park being closed we will send out Spring registration information when we have a definitive open and start date.

A website created just for you!

Junior Team Parents & Students..

Stay connected with tennis! Starting April 1st your favorite junior team pros will be posting content for you to improve your skills & knowledge all while social distancing! Check it out & let us know how it goes!

[!https://www.cptcjuniorteam.com](https://www.cptcjuniorteam.com)

Visit the above link & click “blog” to access posts

This content will also be posted on social media for our older juniors..

Instagram Handle: cpjuniorteam

WHAT'S INSIDE THIS ISSUE:

Putting in the
hard work at
home

Putting in the hard work at home!

Just going to practice and doing what your coach tells you is a stepping stone but much of your improvement comes from the work that is done, outside of the court. Exercise and doing drills on your own, not only improves your game but also gives great sense of accomplishment and is a great to practice of self motivation. Below are a couple of at-home workouts and drills that can be done. Remember, you may not see immediate results but putting in the hard work at home you will be able to see your progress on the court.

1. Use a Mirror

- Use a mirror to show your motion strokes. This will be able to help you to focus on your backswing and forehand swing and perfect it. Using a mirror will help you better line your swings.

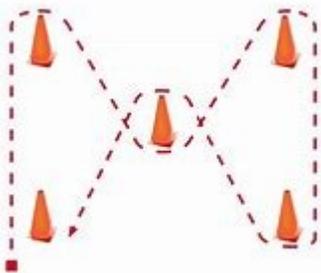


2. Drills at Home

There are many things that one can do at home to improve your game.

- *Go for a run!*

Running is a great way to build endurance and stamina. Running for tennis looks slightly different. You don't want to just run 5 miles and be done. But run a mile to warm up, then find a long street to be able to practice sprinting, to work on your fast twitch muscles and to build your endurance sprinting cross court.



- Set up cones and do foot work drills.

A couple footwork drills are:

- ◇ Cone Drills. As seen in the picture on the right. Shuffle through the five cones focusing on how fast and accurate you are going through the cones. Try and stay as close as possible without touching them!
- ◇ Lateral Cone Drills: Set up the cones spaced apart in a straight line and shuffle through them. In a zig-zag pattern.

- If you are able, purchase the big foam tennis balls and create a mini court to work on continental grip and touch shots.

3. Watch Professional Tennis Matches

- Watching professionals like, Nadal or Williams, are fun to watch and if you study closely you could learn a lot! Watch their footwork as the get ready to rally and serve. Watch their hitting technique for great insight on how they play tactically against each opponent. Studying how the pro's play are great ways to understand how you can improve your game.

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If you have questions regarding your child, their current level, how they can improve, what they are exceeding at, etc., please contact the Go-To-Pro Ethan at Ethanv@centralparktennisclub.com.