

Social Distancing Rules:

1. 6ft apart or greater distance from one another at all times
2. Masks are required to be worn when on court until conditioning and tennis play actually begin, then they may be removed as long as social distancing is observed. Players who disregard the 6ft rule will be asked to put their mask back on or leave the practice.
3. Varsity/ Upper JV and JV/ Freshman players will be split up between the front and back courts to make as much room as possible.
4. Appropriately distanced seating (6ft and skipped rows) in the stands will be marked by tape. People who do not have a spot on the risers can sit/stand with a 6ft distance on the ground upon arrival/ during water breaks.

Basic Practice Plan:

1. Players will begin with stretching and conditioning based on what the captains have planned. Conditioning is similar to what has been done in previous practice run by Coach Cunha.
2. Once the warm up is over, drills will be run (see below for example drills that will be run in a station by station set-up). Social distancing must still be observed during this time and those who disregard it will cost the rest of the team extra conditioning.
3. Players will be divided evenly among courts to allow for the safest and most effective practice
4. Water breaks will be staggered by court number so the stands do not get too full of people.

Required equipment: NO SHARING

1. water: players MUST bring their own water as the trainers will not be able to provide the orange water jugs. Please use the athletic water jugs that can hold at least 64 oz of water as these will last much longer and keep water cool. These can be purchased for cheap at academy, walmart, and other stores around town. Captains will bring a FEW small bottles of extra water but these are only for emergencies.
2. racquets: Players must bring their own racquets. Sharing with others will not be allowed.
3. Appropriate footwear: close toed athletic tennis shoes or running sneakers are required. Shoes that are made for the tennis court such as babolat or wilson branded tennis shoes are recommended to prevent injury.
4. Athletic wear: It will be hot. Clothes made of sweat wicking material is highly encouraged. No jeans or other restrictive clothing.

Times:

Monday, Wednesday, Thursday.

Times are TBA.

practices will run 1 hour and 30 mins

if practices are done after school then they would start 15-20 minutes after school gets out to allow people time to get on court

Example drills:

Sliders volley drill

Team singles/ team doubles

Rangers

Match Play

serves and returns

king of the court (no serves)

doubles alley drill

figure 8

sting em

full court warm up

Example conditioning:

running lines

jump rope (disinfectant wipes provided. People MUST wipe down jump ropes when conditioning is finished. Personal jump ropes are HIGHLY advised)

Ranger Runs

Bleachers

strength building exercises such as squat jumps, push ups, etc.