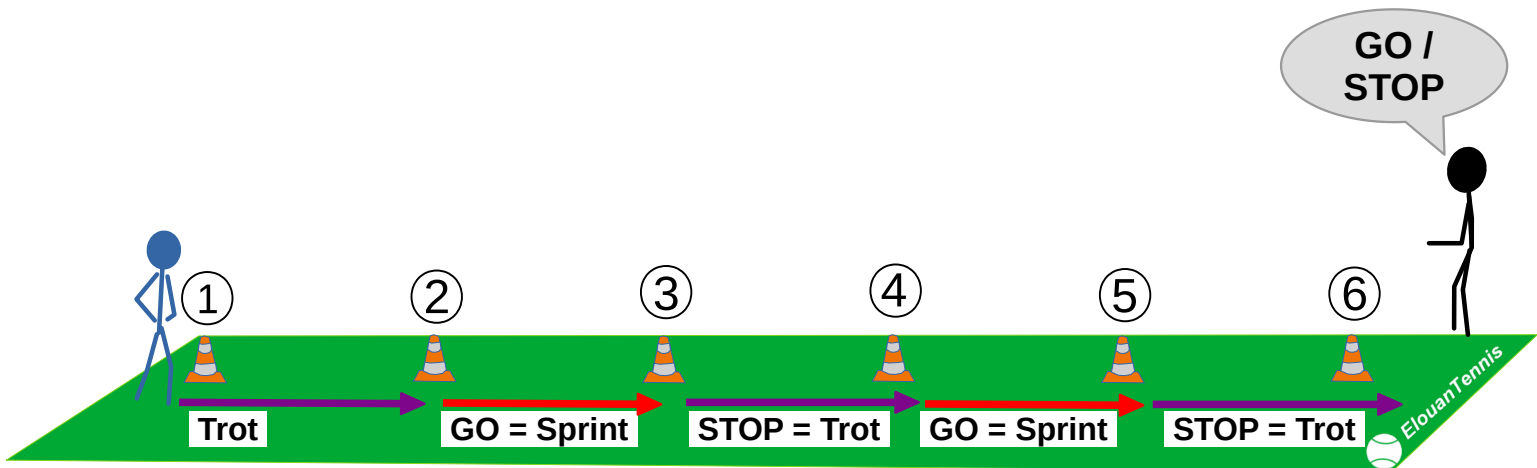


320 Physical exercise - Varied and dynamic trotting and sprint phases

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	10 min
Materials:	plot



Hi !

Today, we will work the responsiveness and endurance with an exercise where the coach dictates the pace. Impossible to cheat, you will have to be ready to sprint at any time!

Place six studs in a straight line, spaced 5 to 7 meters apart. Place yourself in the first plot, in a bent position, ready to move.

The coach controls the pace with two simple instructions:

- "Stop" → you trot, keeping a light and fluid look.
- "Go" → you sprint at full speed.

Here for example, you start by quietly trotting from Plot 1 to Plot 2.. Arrived at the 2nd Plot, the coach announces "Go" and you must immediately sprint. Arrived at the 3rd Plot, it announces "stop", and you have to take a light trot to the 4th plot. Arrived at the 4th Plot, the coach announces "Go" and you must immediately sprinter. Arrived at the 5th Plot, he announces "Stop", and you have to resume a light trot to the 6th Plot.

The coach can vary the instructions to each turn, forcing you to stay focused and exploded at any time. This exercise improves your responsiveness, your speed and your ability to change pace as in full exchange. And if the coach goes on the "go" a little too much ... it is that he really wants to make you sweat 😅



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>