

A close-up photograph of a tennis racket's head and a bright yellow-green tennis ball resting on a reddish-brown clay court. The racket is positioned on the left side of the frame, with its head pointing towards the bottom left. The tennis ball is in the center, casting a soft shadow to its right. The background is a blurred expanse of the clay court, with a wooden baseline visible at the bottom.

STRENGTH AND CONDITIONING - TENNIS

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PHYSICAL DEMANDS

Intermittent play

- Work periods 4-10"
- 10-20" pauses
- 60-90" rest



HR values range

between 60-80% of HR max

Long and intense **rallies** with values over 85% HR max

Unpredictability

- Match duration
- Point length
- Shot selection
- Opponent



Percentage of **playing time**

- 21% attacking players
- 29% whole court players
- 39% baseline players



PHYSICAL DEMANDS

SPEED AND AGILITY



Every **shot is different** ->

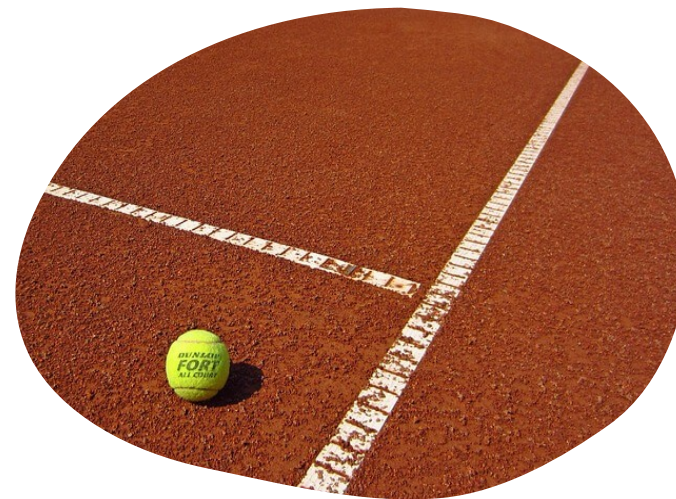
React quickly

- Velocity
- Type and rate of spin

Change of **directions**

Multidirectional movement

Cover de court with precision



STRENGTH AND POWER

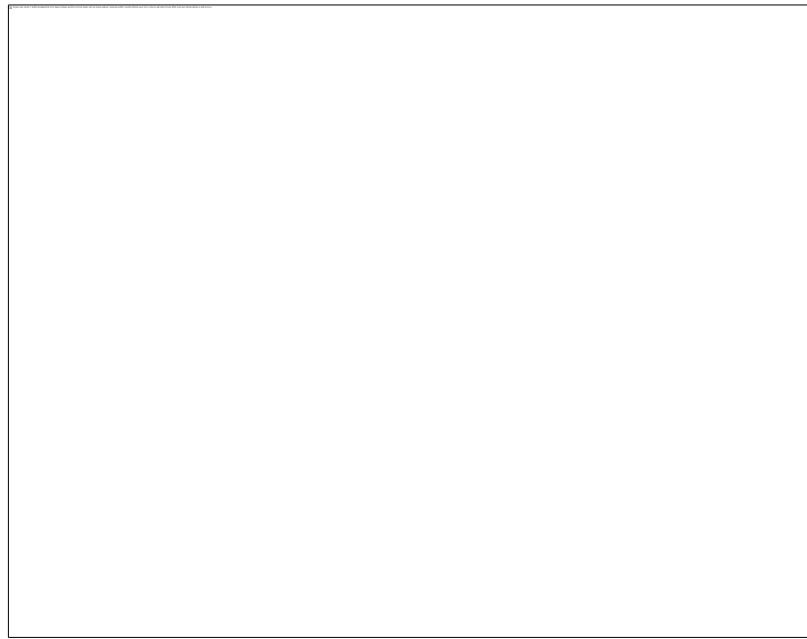
In **muscles and joints**

- Ball velocity
- Powerful serves and precise strokes
- Quality and speed of movement
- Explosive movements

Grip

- Improve strokes

PHYSICAL DEMANDS



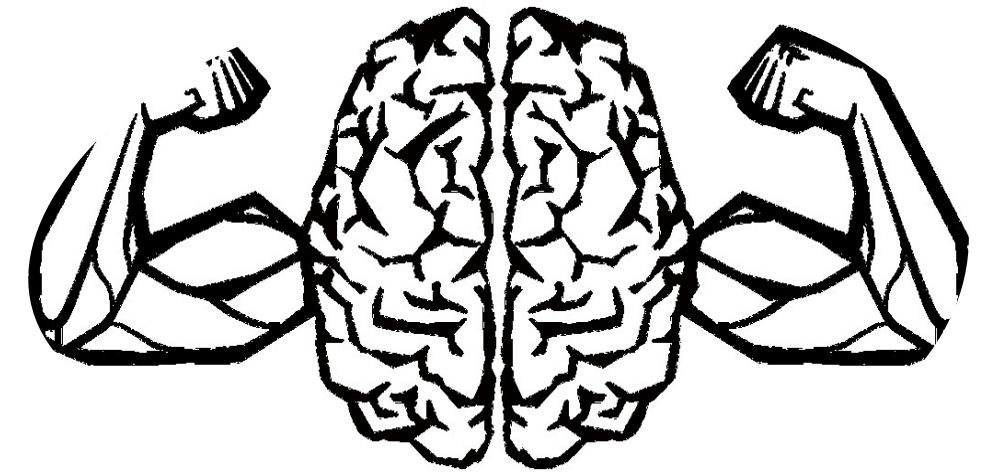
ENDURANCE

High intensity
Focus during hours



FLEXIBILITY AND MOBILITY

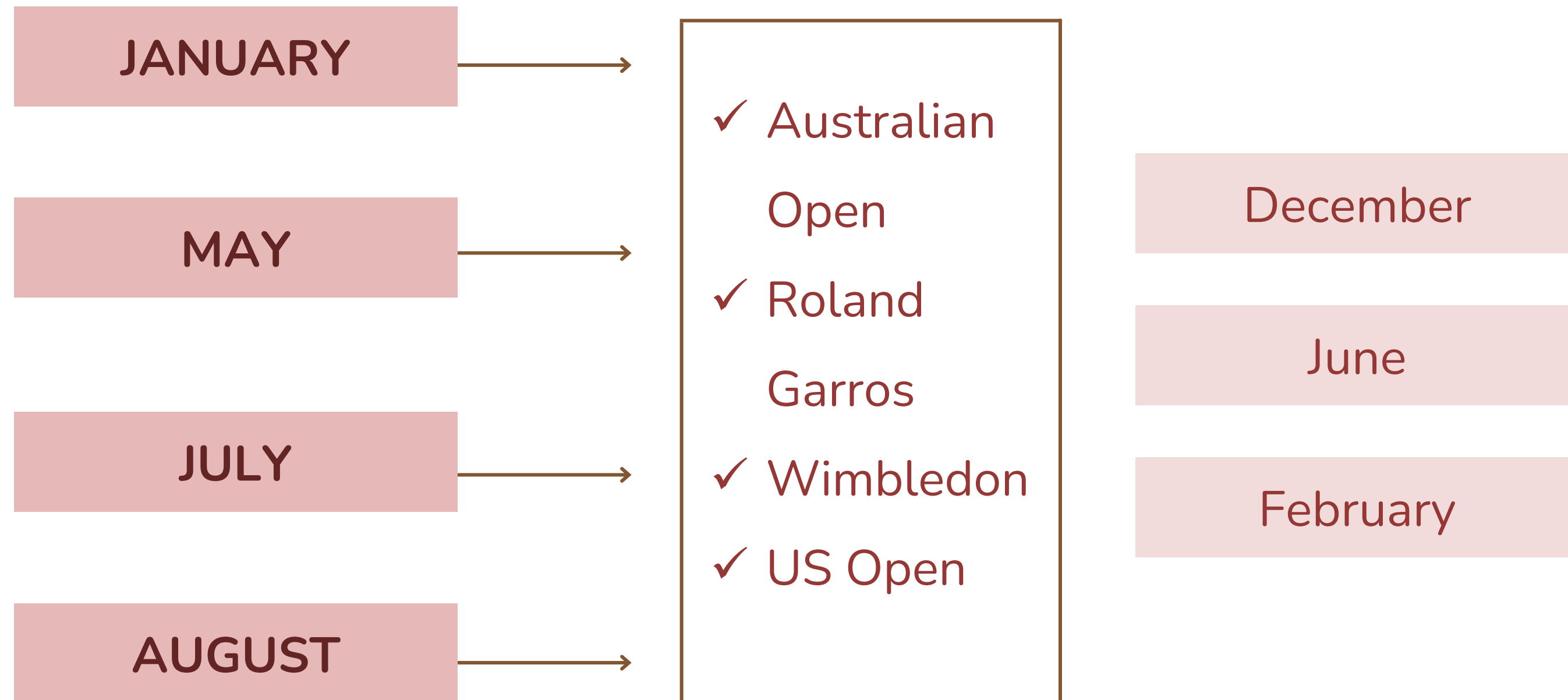
Dynamic movements
Reaching of shots
Lunging
Twisting the torso



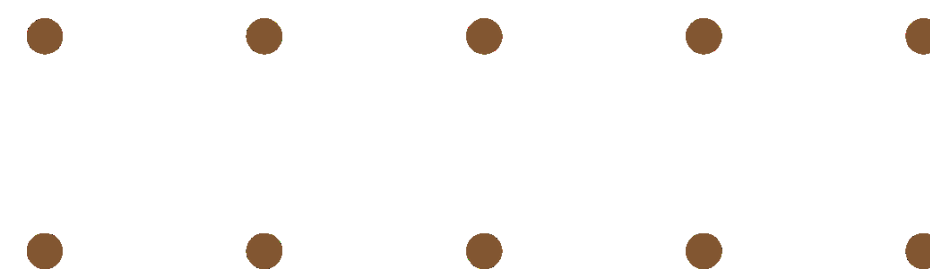
MENTAL TOUGHNESS

Stay focused after
many hours

PREPARATION: Off-season and competition



PREPARATION



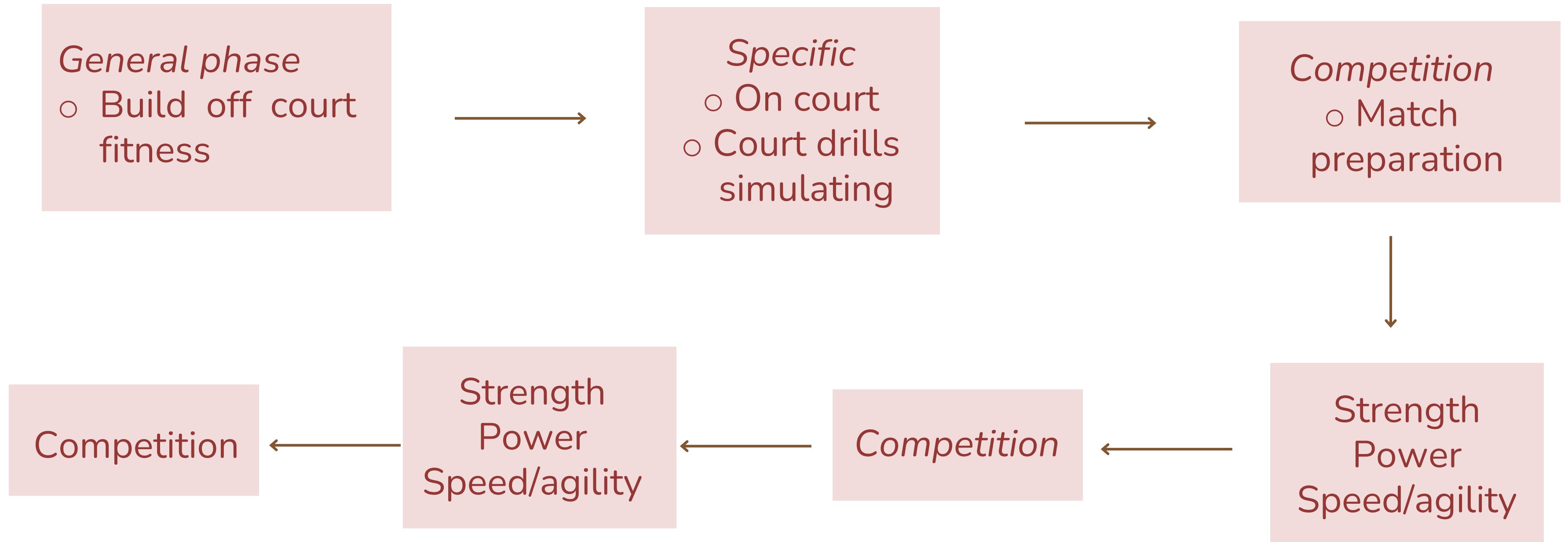
Game style

- ✓ Aggressive baseliner
- ✓ All court player
- ✓ Serve & volley
- ✓ Counter-punchers

Surface

- ✓ Clay
- ✓ Grass
- ✓ Hard court

PREPARATION: Competition and 'off-season'



*Transition /
off-season*

Active rest

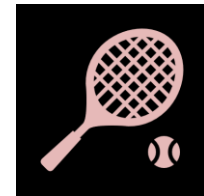
1-2 days
3-4 days
1-2 weeks

2-4 weeks



INJURIES AND PREVENTION

- ✓ Overload and overuse
- ✓ Incorrect techniques
- ✓ Improper grip
- ✓ Shoulder, elbow, wrist, hand



- ✓ **Tennis elbow**
- ✓ Rotator cuff tears
- ✓ Back pain/ stress fractures
- ✓ Ankle sprains
- ✓ Jumper's knee



Correct technique
Correct equipment

Warm-up properly

Muscle strengthening exercises

- Shoulder
- Forearm
- Grip (wrist)

Functional exercises

- Core stability



SOURCES

Tennis Strength & Conditioning | Injuries | Gym - Tennis Fitness. (s. f.). <https://www.tennisfitness.com/tennis-injury-causes-prevention>

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