

Welcome to XerSports Tennis Boot Camp for Intermediate/Advanced

XerSports Boot Camps are designed to make fitness and sports training more fun, engaging, challenging and inclusive than traditional forms of exercise and sports training. Here are a few tips to assist you in understanding and making your interactive Boot Camps successful.

Structure with Flexibility

- Boot Camps are designed to work with both XerTrainer and XerPro interactive target wall systems. XerTrainer offers *Trainer* mode only, while XerPro offers both *Trainer* and *Performance Mode*. XerPro offers significantly more training in lateral movement.
- Boot Camps are published as 4 session programs, each 45 minutes with a dynamic warm-up and two drills. Feel free to mix and match the drills to meet your own needs. Also feel free to add your own exercises to the warm-up.
- Each drill has a specific purpose and numerous skill benefits. Be sure to communicate these to participants prior to the start of each drill.
- There are three ability level options for each drill – beginner, intermediate and advanced.
- Each drill is repeated three times.:
 - First is to LEARN the drill and get used to working together as a team.
 - Second is a PRACTICE run to improve both individually and as a team.
 - Third is the CHALLENGE to achieve your best score as a team, and to compare your score with the other teams.

Number of participants

- XerSports drills are designed to engage up to eight participants per station. Smaller groups may be advisable to make drills faster and more challenging for higher ability levels. You can also try some of the drill variations to accomplish the same thing.
- For larger groups, we suggest that people toward the back of the line be involved in some kind of simple physical activity to keep them moving while still rooting for their team (running in place, jumping in place, jumping jacks, pushups, sit-ups and more).

Additional Tips

- The equipment list for each drill is per station. You can substitute as desired using equipment you have to complement the ball kit shipped with each XerPro or XerTrainer system.
- When more than one line is called for and you're using Trainer Mode, be sure to position the lines so they don't run into each other.

Recommended Equipment for XerPro and XerTrainer

Your XerPro or XerTrainer is tough, durable and designed to take a beating. However, it is a computer and we need to keep that in mind when it comes to preserving the longevity of the electronics. Here is the recommended equipment list:

- Air filled regulation tennis balls
- Beanbags or dead balls for single directional play
- Swim Noodles or foam bats for striking the targets
- 2 pound or 1 kilo medicine ball (This is the maximum weight)
- BOSU balls or other balance devices for standing, sitting or lying
- Tennis rackets for each participant if possible. Most drills can be run with only 2 tennis rackets.
- Cones to provide barriers or direction
- Speed ladders or rub off chalk

What Equipment NOT to use on your XerPro or XerTrainer

- Regulation baseballs. It will not return properly (because there is no bounce). Over time it will damage the electronic connectors.
- Regulation lacrosse balls. Over time it may scuff the panels and damage the electronics.
- Regulation cricket balls.
- 3 pounds and greater medicine balls for throwing at the system. (OK to use a heavier medicine ball to TOUCH the targets while holding the medicine ball in your hands).
- Any hard plastic implement such as a stick or bat for hitting targets. Use foam noodles.

XerSports Four Session Boot Camp for Intermediate/Advanced

Tennis

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			Serve and half volley	Improve serve and half volley.
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			Doubles moving	To improve your hand-eye coordination and lateral movement.
12	3	Tennis	Overhead Practice	Practice hitting your overhead smash.
			Around the World	Improve groundstrokes in a fun game.
15	4	Tennis	Reflex Volleys	Practice volleys and reflexes.
			Med-Ball groundstroke	Increase functional strength in core and rotational power for ground strokes.

XERSPORTS TENNIS BOOT CAMP FOR INTERMEDIATE/ADVANCED – SESSIONS

SESSION ONE

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Ladder Drills	Focus on using little steps to improve footwork.
00:25 – 00:40	Serve and half volley	Improve serve and half volley.

SESSION TWO

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Touch Drill	Improve angle shots and feel for the ball.
00:25 – 00:40	Doubles moving	To improve your hand-eye coordination and lateral movement.

SESSION THREE

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Overhead Practice	Practice hitting your overhead smash.
00:25 – 00:40	Around the World	Improve ground strokes in a fun game.

SESSION FOUR

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Reflex Volleys	Practice volleys and improve reflexes.
00:25 – 00:40	Med Ball groundstroke	Increase functional strength in core and rotational power for ground strokes.

Dynamic Warm-up

*To stretch, loosen up and prevent injuries.
(10 minutes)*

Game 4, Level 3 for 4 minutes. Reset as required.

Start by forming a line 20-30 feet from each target station.

Each person starts 3-5 seconds apart.

Toe Walk: With weight on the balls of the feet, and heels staying off the ground, walk to the target wall and touch any target.

High Knees: Return to the starting point by running as you focus on bringing each knee in turn up to waist level. Make sure your arm pump is a waist to shoulder motion.

Trunk Twists: Spread out. With a good knee bend, rotate waist to one side then the other in a twisting motion (10 reps).

Lateral Shuffles: With a good knee bend and proper torso erectness, shuffle back to the wall and touch a target. Maintain flexion in knees throughout the drill. Focus on a good reach to loosen up the groin.

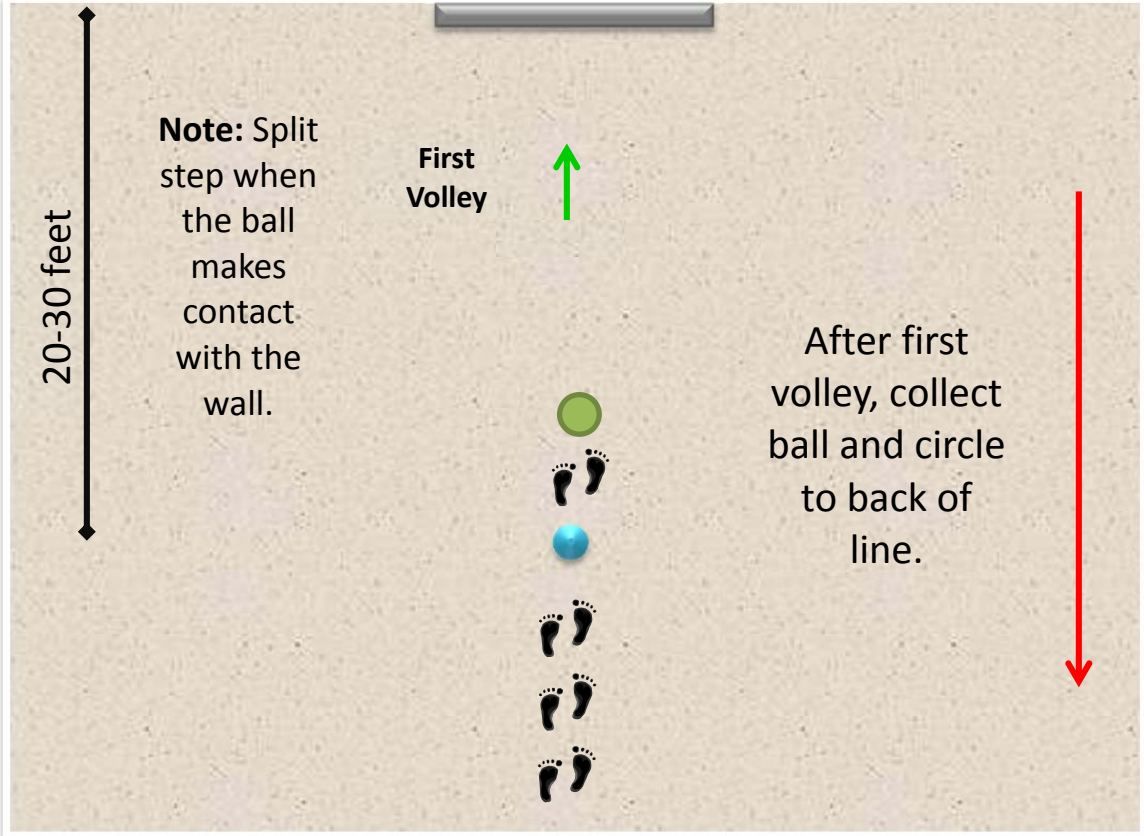
Arm Circles: Return to the starting point with arms straight out to the side, rotating them forward and backward in a circular motion (approx. 10 reps).

Jumping Jacks: Spread out again. With feet together and arms to your side, hop so feet come apart landing in a wide stance and the arms raising together over your head, then immediately returning to starting position. Repeat sequence for 15 repetitions.

Repeat once, then the start Boot Camp drills.

XERSPORTS TENNIS BOOT CAMP FOR INTERMEDIATE/ADVANCED – SESSION ONE DRILL ONE

Ladder Drills		3 Sets						
Purpose	Focus on using little steps to improve footwork.							
Primary Skills & Benefits	<input checked="" type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input type="checkbox"/> Hand/Eye Coordination <input checked="" type="checkbox"/> Foot/Eye Coordination							
Instructions:	EQUIPMENT: 2 Cones, 2 footwork ladders or rub off chalk, tennis rackets, tennis balls. TIME: 240 seconds							
GAME-LEVEL:	Trainer Mode:	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>Beg: 1-3</td> <td>Int: 4-7</td> <td>Adv: 4-8</td> </tr> <tr> <td>Beg: 1-5</td> <td>Int: 4-7</td> <td>Adv: 4-8</td> </tr> </table>	Beg: 1-3	Int: 4-7	Adv: 4-8	Beg: 1-5	Int: 4-7	Adv: 4-8
Beg: 1-3	Int: 4-7	Adv: 4-8						
Beg: 1-5	Int: 4-7	Adv: 4-8						
Drill	<ol style="list-style-type: none"> 1) Group lines up single file behind far cone with each player holding a tennis racket and ball. 2) 1st player in line sprints through ladder making sure to step inside each rung of the ladder. 3) At the end of the ladder, player sets up and hits a drop-forehand groundstroke towards the station. 4) Player retrieves tennis ball and circles around to the end of the line. 5) Next player in line can start as soon as the player before them has caught their ball. 6) Change the drill to sidestepping through the ladder after each player has completed three rotations. 7) Make sure that players step in all the rungs of the ladder. 8) Have players complete three rotations sidestepping through the ladder. 							

Serve and First Volley		3 Sets		
Purpose	Improve serving motion and first volley.			
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input checked="" type="checkbox"/> Throwing <input checked="" type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input checked="" type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input checked="" type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
Instructions:	EQUIPMENT: Tennis rackets, tennis balls, 1 cone (blue dot)			
	TIME: 240 seconds			
	GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-3
		Performance Mode:	Beg: 1-5	Int: 1-5
Drill <ol style="list-style-type: none"> 1) Group lines up single file behind cone placed 25 feet from the station. 2) 1st player steps in front of cone up with tennis ball and racket in hand. 3) Player serves the ball against the station and follow the serve in. (Aim at targets just above the white line.) 4) Follow the serve in and split step when the ball hits the station. 5) After the ball hits the wall follow the trajectory of the ball and hit it as a volley. 6) After the player has hit the first volley, they catch the tennis ball and join the back of the line. 7) Next player repeats the drill as soon as the player before is clear. 				
				

XERSPORTS TENNIS BOOT CAMP FOR INTERMEDIATE/ADVANCED – SESSION ONE SCORES

Date _____ Group or Class _____

Ladder Drills

Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

Serve and First Volley

Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

XERSPORTS TENNIS BOOT CAMP FOR INTERMEDIATE/ADVANCED – SESSION TWO DRILL ONE

Touch Drill		3 Sets		
Purpose	Improve angle shots and feel for the ball.			
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input type="checkbox"/> Power <input type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination <input checked="" type="checkbox"/> Ball Control			
Instructions:	EQUIPMENT: Tennis racket, tennis balls, 2 cones (blue dots)			
	TIME: 240 seconds			
GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-3	Adv: 1-4
	Performance Mode:	Beg: 1-5	Int: 1-5	Adv: 1-6
<p>Drill</p> <ol style="list-style-type: none"> 1) Divide group into two equal lines about 10 feet from the station. 2) The 1st players from each line stand three feet from the station facing each other. 3) One of the two players hits the ball against the station, angling the ball towards their partner. 4) This drill should be soft touches that increase angle awareness and touch for the ball. 5) After hitting the ball against the station 10 times (5 times each), players run back and join the opposite line. 6) Partners waiting in line can volley the ball to each other. 				

XERSPORTS TENNIS BOOT CAMP FOR INTERMEDIATE/ADVANCED – SESSION TWO DRILL TWO

Doubles Moving **3 Sets**

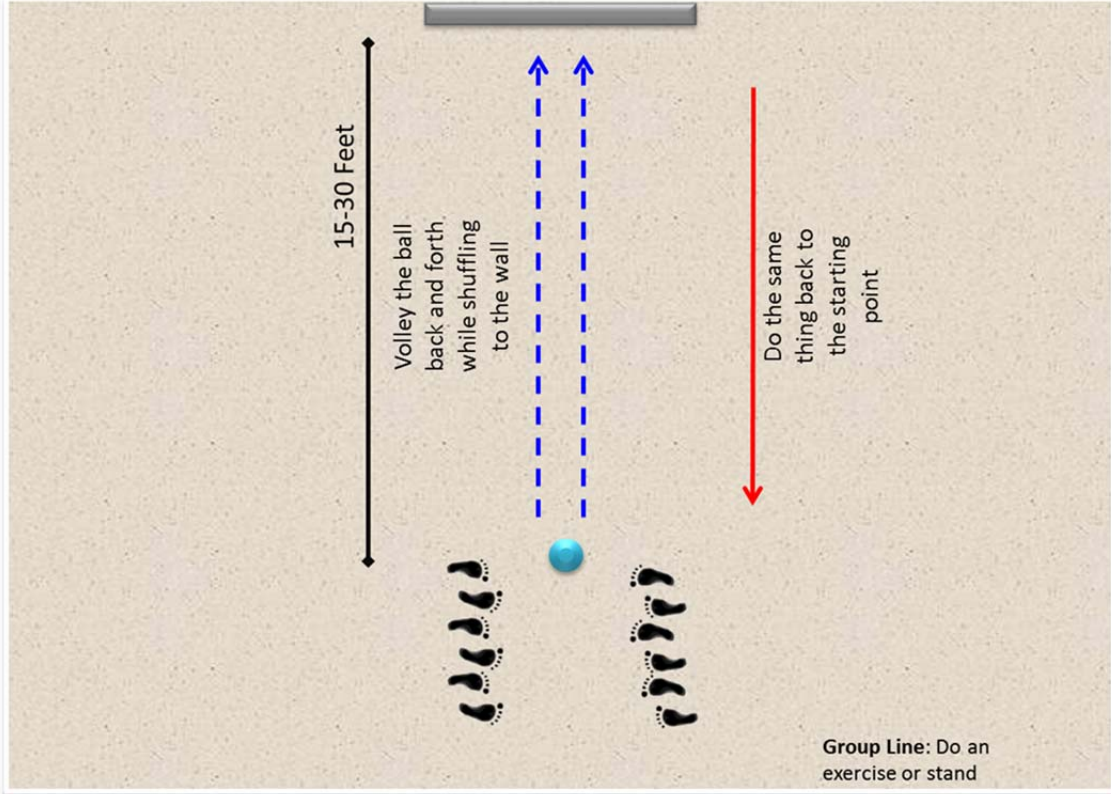
Purpose To improve your hand-eye coordination and lateral movement.

Primary Skills & Benefits
 Conditioning Speed Agility Footwork Tracking Teamwork Throwing
 Catching Accuracy Power Strength Timing/Rhythm Concentration/Focus
 Core Strength Hand/Eye Coordination Foot/Eye Coordination

Instructions:
EQUIPMENT: Tennis racket, tennis ball, 1 cone (blue dot)
TIME: 240 seconds

GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 4-7	Adv: 4-8
	Performance Mode:	Beg: 1-5	Int: 4-7	Adv: 4-8

- Drill**
- 1) Place two cones about 6 feet from each other and 15-30 feet from the station.
 - 2) Divide the group into two equal teams facing each other.
 - 3) Each player should have a partner and be standing six feet apart, each with a racket and one tennis ball.
 - 4) Players volley the ball with their partners while side-shuffling to the station.
 - 5) Both players touch a target then run along the outside. Whichever player has the ball passes the ball to the next player in their line before join the back of the line.
 - 6) The next team can start when both players from the team before have both touched a target.
 - 7) Continue until time expires or all the teams get at least one try.
 - 8) After each set mix up the groups so everyone gets a new partner after each set.



Date _____ Group or Class _____

Touch Drill

Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

Doubles Moving

Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

Overhead Practice **3 Sets**

Purpose Practice hitting your overhead smash.

Primary Skills & Benefits
 Conditioning Speed Agility Footwork Tracking Teamwork Throwing
 Catching Accuracy Power Strength Timing/Rhythm Concentration/Focus
 Core Strength Hand/Eye Coordination Foot/Eye Coordination Ball Control

Instructions: **EQUIPMENT:** Tennis racket, tennis balls, 2 cones (blue dots)

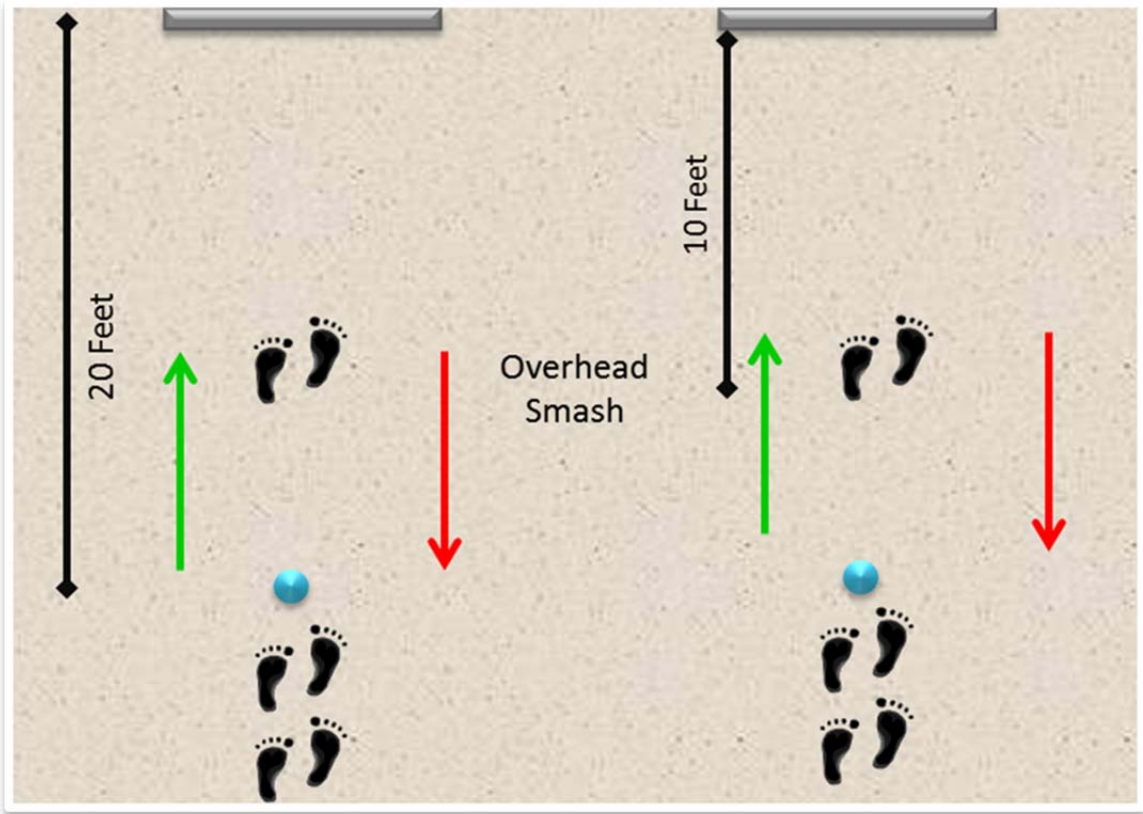
TIME: 240 seconds

GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 4-7	Adv: 4-8
	Performance Mode:	Beg: 1-5	Int: 4-7	Adv: 4-8

Drill

- 1) Group lines up single file behind a cone placed 20 feet away from the station. Each player should have a tennis racket and ball.
- 2) The first player stands halfway between cone and station and hits an overhead. The ball needs to hit the ground first, then the station.
- 3) After three overheads, the player hits the ball directly against the station then catches the rebound.

Variation: With smaller groups incorporate hitting volleys after hitting the overhead against the wall.



Date _____ Group or Class _____

Overhead Smash				
Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

Around the World Ground Strokes				
Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

Volley Reflexes		3 Sets										
Purpose	Practice volleys and reflexes.											
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input type="checkbox"/> Power <input checked="" type="checkbox"/> Strength <input checked="" type="checkbox"/> Timing/Rhythm <input checked="" type="checkbox"/> Concentration/Focus <input type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination											
Instructions:	EQUIPMENT: Tennis racket, tennis balls, 2 cones (blue dots) TIME: 240 seconds <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">GAME-LEVEL:</td> <td style="width: 20%;">Trainer Mode:</td> <td style="width: 15%;">Beg: 1-3</td> <td style="width: 15%;">Int: 1-4</td> <td style="width: 30%;">Adv: 3-3</td> </tr> <tr> <td></td> <td>Performance Mode:</td> <td>Beg: 1-5</td> <td>Int: 1-6</td> <td>Adv: 3-5</td> </tr> </table>		GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-4	Adv: 3-3		Performance Mode:	Beg: 1-5	Int: 1-6	Adv: 3-5
GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-4	Adv: 3-3								
	Performance Mode:	Beg: 1-5	Int: 1-6	Adv: 3-5								
Drill	<ol style="list-style-type: none"> Group lines up single file behind a cone placed 4-6 feet from the station. 1st player throws the ball against the station then volleys the ball before it hits the ground. The player keeps their hand in front of their body and does not swing the racket. After 10 balls hit, the player catches the ball and circles around to the end of the line. Next player in line then repeats same drill. Continue sequence until time is out or all the players have had a turn. 											
	