

## The Johnson High Performance Tennis Academy Recreational Program



Welcome to The Johnson High Performance Tennis Academy! We are thrilled to work with you towards improving your tennis, health, fitness, and mindfulness on-court and off-court. Learn more about the academy on [lendalejohnson.com/tennis-academy](http://lendalejohnson.com/tennis-academy) and check out us out on social media [Instagram.com/jhpta](https://www.instagram.com/jhpta)

Our Championship program is a 6 week (10 hours of lessons + high performance hitting sessions) program with the option to extend based on scheduling.

Over the next 6 weeks this program will teach you advanced techniques, high performance drills, a nutritional diet plan, sports psychology drills to develop and maintain mental toughness and mindfulness on and off the court in a fun and relaxed environment.

Muscle memory is key in tennis, playing as much as possible will benefit your learning experience on-court and help you reinforce the techniques learned during the next 6 weeks. Forehands, backhands, volleys, serves, return of service, stance (open-stance, closed-stance, semi-closed) footwork, grips, shot selection, and hand-eye coordination will be incorporated into this program. A [usta.org](http://usta.org) membership is included with access to our WTA and ATP players.

## **The Johnson High Performance Tennis Academy Recreational Program**

Sounds like a lot but time zooms by when you're having fun! :)

### Week 1: High Performance Drills

- Forehands
- Backhands
- Volleys
- Serves
- Return of service
- Stance
- Footwork
- Grips
- Shot selection
- Hand-eye coordination 10min drills\*

### Weekend 1: Reinforcement of High Performance Drills

- Forehands
- Backhands
- Volleys
- Serves
- Return of service
- Stance
- Footwork
- Grips
- Shot selection
- Handeye  
coordination

### Week 2: High Performance Drills + Cardio

- Crazy 8's
- Approach shots
- Mini tennis
- Aim is the game
- Love the latter
- Serves
- Return of serve
- Steal the bacon

### Weekend 2: High Performance Drills + Match Play

- Forehands
- Backhands

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- Volleys
- Serves
- Mini tennis
- Match play (Singles/Doubles)

### Week 3: High Performance power shots

- Forehand swing volley
- Backhand swing volley
- Injection of power
- Power serve
- Power volley
- Minitennis
- Match play (Singles/Doubles)

### Weekend 3: Reinforcement of High Performance power shots

- Forehand swing volley
- Backhand swing volley
- Injection of power
- Power serve
- Power volley
- Mini tennis
- Match play (Singles/Doubles)

### Week 4: Mental Toughness + Mindfulness

- Mind games (Love - 40 drills)
- Challenge your 2nd serve
- Meditation suggestions (YouTube)
- Visual drills for the win
- Game come-back drills
- Point constructing based on your opponent's game
- Spin adjustment drills

### Week 5: High Performance Training

- X drill (cardio)
- No man's land
- Point construction drills mixing in the slice and special shots
- Hitting on the rise
- Lifting the ball
- Increase of power 1st serve and development of solid 2nd serve
- Airborne leg techniques for the forehand, backhand, textbook volley, and overhead shots (swing volley + smash shot)

### Week 6: USTA Tournament preparation

## **The Johnson High Performance Tennis Academy Recreational Program**

- All the above (based on the player)
- Half court returns
- ACCESS TO WTA or ATP players
- Player analysis
- Goal evaluation
- Program overview