

The Johnson High Performance Tennis Academy Championship 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 and check out us out on social media!

[Instagram.com/jhpta](https://www.instagram.com/jhpta)

[Facebook.com/jhpta](https://www.facebook.com/jhpta)

Our Championship program is for serious players only (10 hours of lessons + high intensity hitting sessions) with the option to extend based on scheduling & player need.

The program will teach 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 membership is included with access to our WTA and ATP players.

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

Player development

Week 1:

- High Performance Drills
- Forehands
- Backhands
- Volleys
- Serves
- Return of service
- Stance
- Footwork
- Grips
- Shot selection drills
- Hand-eye coordination drills

High Performance Drills

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

- Hand Eye coordination drills

High Performance Drills + Cardio Program

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

High Performance Drills + Competition Training

Continuous until player reaches their peak

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

High Performance power shots

Continuous until player reaches their peak

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

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

Tournament preparation

- All the above (based on the player)
- ACCESS TO WTA or ATP players
- Player analysis
- Determination of goals
- Program overview

