

Welcome to XerSports Tennis Boot Camp for High School

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 High School

Tennis

Table of Contents

Session List				
Page	Session	Sport	Activities	Purpose
6	1	Tennis	Ladder Drills	Focus on using little steps.
			BOSU Ball	Use the BOSU ball to work on core and shoulder strength.
9	2	Tennis	Ladder Drills	Improve foot speed and agility.
			BOSU Ball	Use the BOSU ball to work on core strength and balance.
12	3	Tennis	Overhead Practice	Practice hitting your overhead smash.
			Volley Practice	Practice volleys and reflexes.
15	4	Tennis	Forehand Groundstroke	Practice rallying against the wall to work on taking the ball on the rise.
			Backhand Groundstroke	Practice rallying against the wall to work on taking the ball on the rise.

XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – 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.
00:25 – 00:40	BOSU Ball	Use the BOSU ball to work on core and shoulder strength.

SESSION TWO

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Ladder Drills	Improve foot speed and agility.
00:25 – 00:40	BOSU Ball	Use the BOSU ball to work on core strength and balance.

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	Volley Practice	Practice volleys and reflexes.

SESSION FOUR

Schedule		
Time	Description	Purpose
00:00 – 00:10	Dynamic Warm-up	Full body warm-up for movement.
00:10 – 00:25	Forehand Groundstroke	Increase functional strength in core and rotational power for ground strokes.
00:25 – 00:40	Backhand Groundstroke	Increase core strength.

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 HIGH SCHOOL – SESSION ONE DRILL ONE

Ladder Drills		3 Sets
Purpose	Focus on using little steps and practice forehand groundstroke.	
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 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 checked="" type="checkbox"/> Core Strength <input checked="" 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:	Beg: 1-3
	Performance Mode:	Beg: 1-5
		Int: 1-3
		Int: 1-5
		Adv: 1-4
		Adv: 1-6
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. 		

XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION ONE DRILL TWO

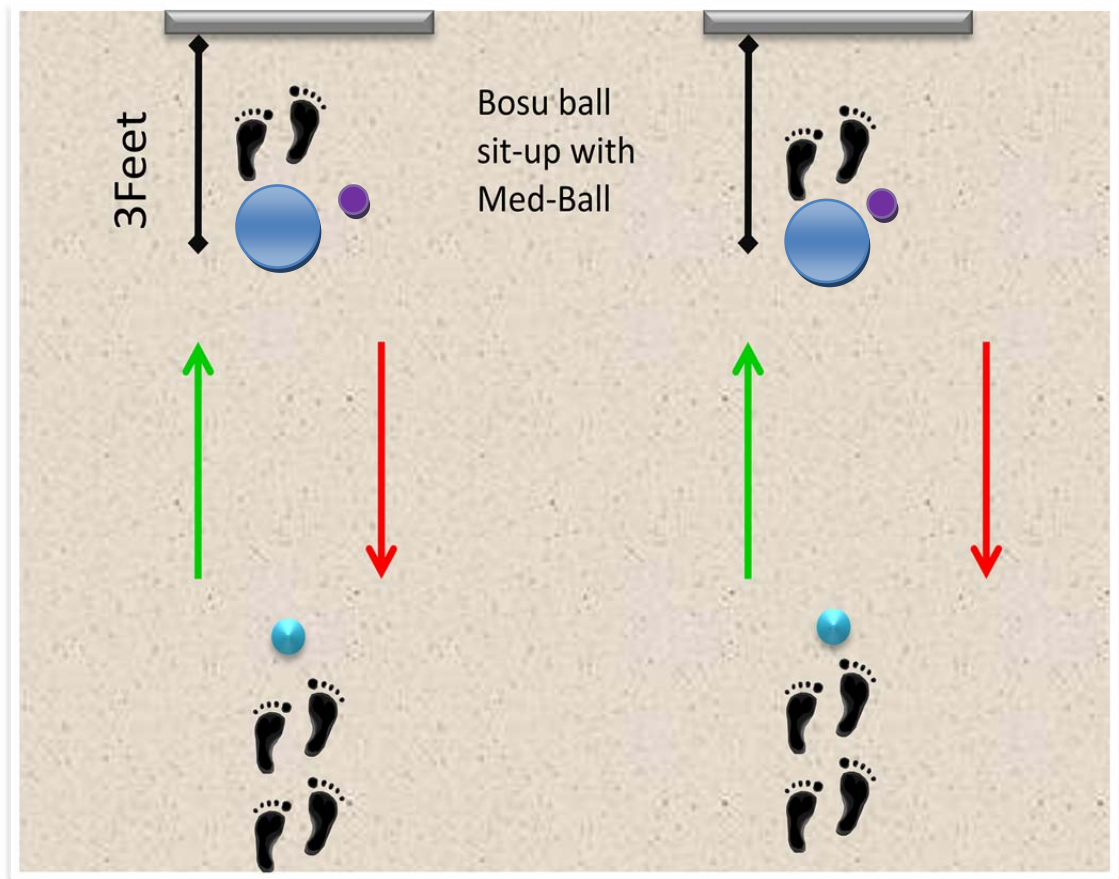
BOSU Ball 3 Sets

Purpose	Use the BOSU ball to work on core and shoulder strength.			
Primary Skills & Benefits	<input checked="" type="checkbox"/> Conditioning <input type="checkbox"/> Speed <input type="checkbox"/> Agility <input type="checkbox"/> Footwork <input type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input checked="" type="checkbox"/> Throwing <input checked="" type="checkbox"/> Catching <input type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input checked="" type="checkbox"/> Strength <input 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: 2 BOSU balls, 2 medicine balls, 2 cones (light blue dots)			
	TIME: 240 seconds			
GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-3	Adv: 3-3
	Performance Mode:	Beg: 1-5	Int: 1-5	Adv: 1-5

Drill

- Group lines up single file behind far cone.
- 1st player runs up to BOSU ball placed 3 feet from station.
- Player sits on BOSU ball with feet towards the station, and picks up the medicine ball. Leaning back slightly, player does a chest pass to the station with the medicine ball.
- Player's goal is to hit the medicine ball above the net line 10 times using a sit-up motion.
- Once player has hit the station 10 times, they place medicine ball next to BOSU ball, and run back and tag the next player in line.
- Continue until time is out

Variation: For larger groups, to speed play, have the next player in line start as soon as the medicine ball is replaced.



XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION ONE SCORES

Date _____ Group or Class _____

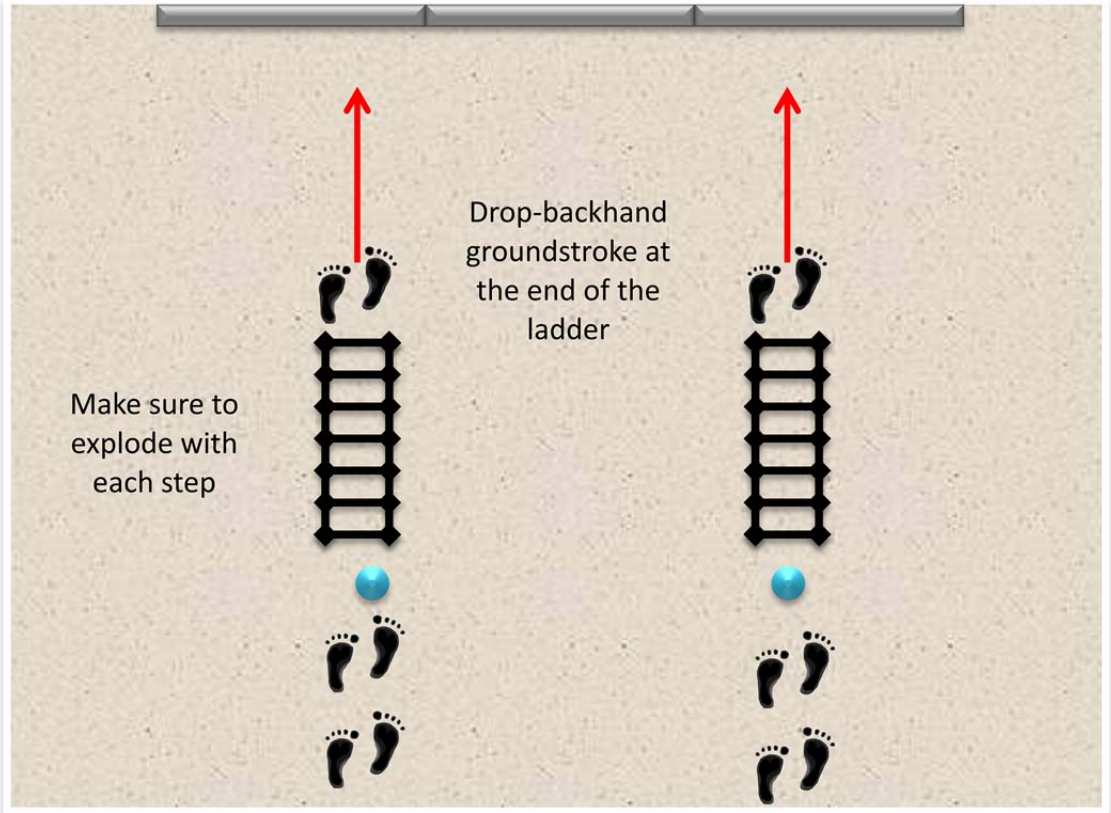
Ladder Drills

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

BOSU Ball

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 HIGH SCHOOL – SESSION TWO DRILL ONE

Ladder Drills		3 Sets
Purpose	Improve foot speed and agility and practice backhand groundstroke.	
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 checked="" 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 type="checkbox"/> Hand/Eye Coordination <input checked="" type="checkbox"/> Foot/Eye Coordination <input type="checkbox"/> Ball Control	
Instructions:	EQUIPMENT: 2 Cones, 2 footwork ladders or rub off chalk, tennis rackets, tennis balls. TIME: 240 seconds	
GAME-LEVEL:	Trainer Mode:	Beg: 1-3
	Performance Mode:	Int: 1-3
		Adv: 1-4
		Int: 1-5
		Adv: 1-6
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 sprint through ladders making sure to step inside each rung. 3) At the end of the ladder, player sets up and hits a drop-backhand groundstroke towards 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. 		
		

XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION TWO DRILL TWO

BOSU Ball		3 Sets		
Purpose	Use the BOSU ball to work on core strength and balance and improve muscle memory for groundstrokes.			
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input type="checkbox"/> Speed <input type="checkbox"/> Agility <input type="checkbox"/> Footwork <input 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 type="checkbox"/> Core Strength <input checked="" type="checkbox"/> Hand/Eye Coordination <input type="checkbox"/> Foot/Eye Coordination			
Instructions:	EQUIPMENT: 2 BOSU balls, 2 medicine balls, 2 cones (light blue dots)			
	TIME: 240 seconds			
	GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-3
	Performance Mode:	Beg: 1-5	Int: 1-5	Adv: 1-5
Drill <ol style="list-style-type: none"> Group lines up single file behind far cone. 1st player runs up to BOSU balls placed 3 feet away from station and picks up medicine. Player stands on BOSU ball facing station with a medicine ball in their hands. Player's goal is to hit the medicine ball above the white line 10 times simulating a forehand and backhand groundstroke. Swing the medicine ball as you would hit a forehand 5 times, and then switch and swing the medicine ball as if you are hitting a backhand 5 times. Work on groundstroke mechanics. After 10 hits player replaces the medicine ball and tags the next player in line. Continue until time is out <p>Variation: For larger groups, to speed play, have the next player in line start as soon as the medicine ball is replaced.</p>				

Date _____ Group or Class _____

Ladder Drills (3 Sets)				
Set	Station 1	Station 2	Station 3	Station 4
Set 1: Learn				
Set 2: Practice				
Set 3: Challenge				
BEST SCORE				

BOSU Ball				
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 HIGH SCHOOL – SESSION THREE DRILL ONE

Overhead Practice

3 Sets

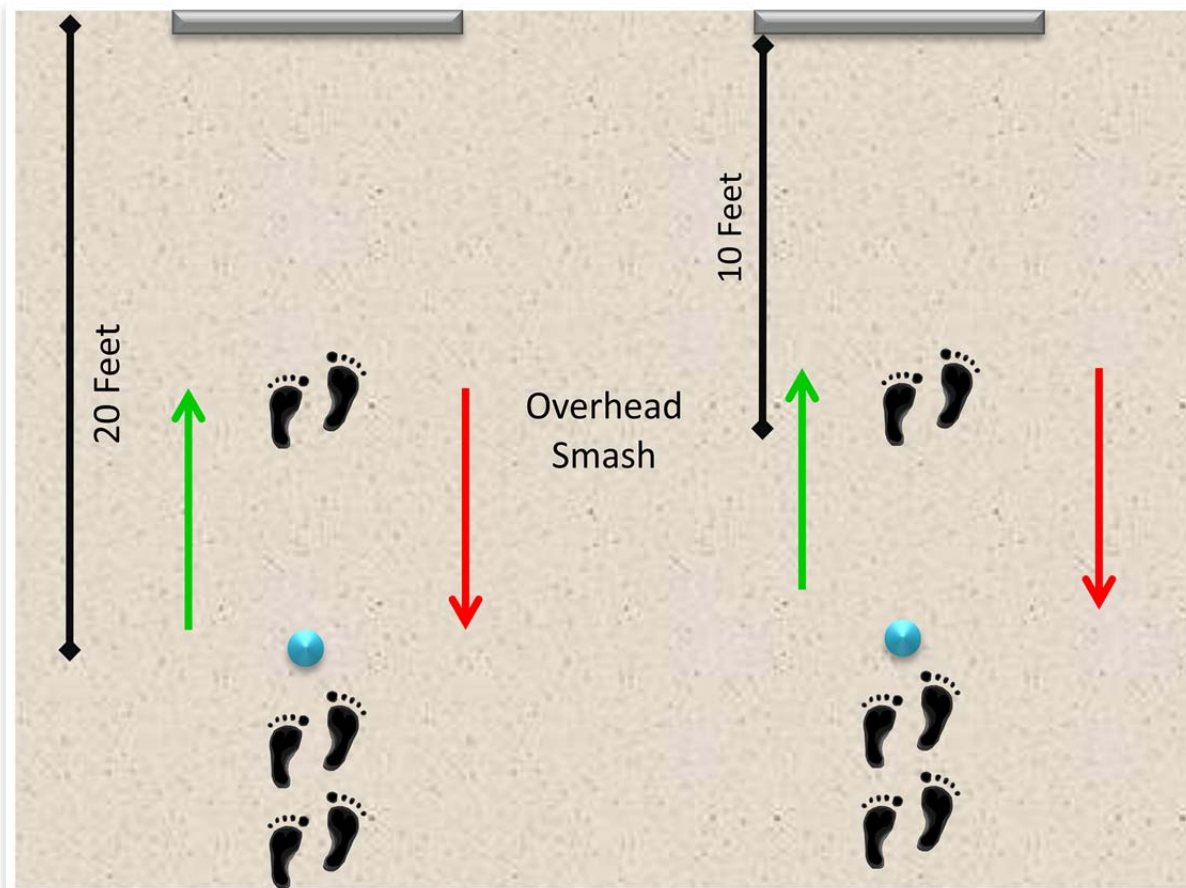
Purpose	Practice hitting your overhead smash.			
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input type="checkbox"/> Speed <input checked="" type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" 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 <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: 1-4	Adv: 4-7
	Performance Mode:	Beg: 1-5	Int: 1-6	Adv: 4-7

Instructor Note: This is an excellent and fun drill, but it can be challenging for less accomplished players. Use your discretion based on the ability level of your class and change or replace drills accordingly.

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: For more advanced players, move the cone farther from the station.



XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION THREE DRILL TWO

Reflex Volleys

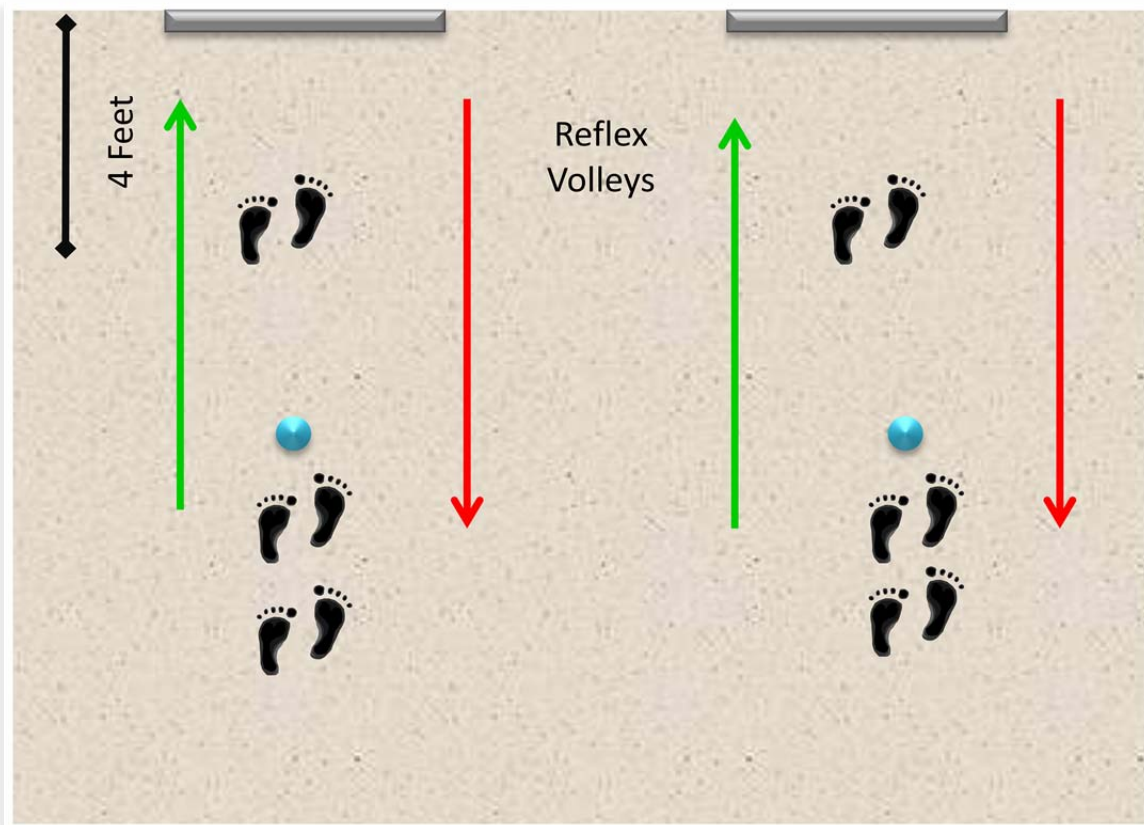
3 Sets

Purpose	Practice volleys and quick 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			
GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 1-4	Adv: 3-3
	Performance Mode:	Beg: 1-5	Int: 1-5	Adv: 1-5

Drill

- 1) Group lines up single file behind a cone placed 4 feet away from the station. Each player should have a tennis racket.
- 2) The goal of this drill is to volley the ball to against the station three times without it hitting the ground.
- 3) Keep hands in front of body and don't let players swing the racket.
- 4) After three balls hits against the station, players catch the ball and pass it to the next person in line and circle around to the end of the line.
- 5) Continue rotation until time is out.

Variation: For more advanced players, have players stand further back from the station.



XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION THREE SCORES

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				

Reflex Volleys				
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 HIGH SCHOOL – SESSION FOUR DRILL ONE

Forehand Groundstroke		3 Sets
Purpose	Practice rallying against the wall to work on taking the ball on the rise.	
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input checked="" type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input 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 dots) TIME: 240 seconds	
GAME-LEVEL:	Trainer Mode:	Beg: 1-3
	Performance Mode:	Beg: 1-5
		Int: 3-3
		Int: 3-5
		Adv: 3-4
		Adv: 3-6
Drill <ol style="list-style-type: none"> 1) Group lines up behind a cone placed 20-30 feet from the station. 2) 1st player in the line, with tennis racket and ball in hand, steps in front of the blue cone and hits a forehand ground stroke against the station. 3) The goal of this drill is to have each player hit 10 forehand ground strokes on the rise (right as the ball bounces off the ground). The key is to recognize the trajectory of the ball and use quick footwork to get to the ball as its bouncing. 4) The 1st player hits 10 groundstrokes, then catches the ball and passes it to next player in line. 5) Continue sequence until time is out. 		
<p>20-30 Feet</p> <p>Player collects their own ball and circles around to the back of the line</p> <p>Note: This drill forces players to use quick footwork to set up for taking the ball on the rise</p>		

XERSPORTS TENNIS BOOT CAMP FOR HIGH SCHOOL – SESSION FOUR DRILL TWO

Backhand Groundstroke		3 Sets		
Purpose	Practice rallying against the wall to work on taking the ball on the rise.			
Primary Skills & Benefits	<input type="checkbox"/> Conditioning <input checked="" type="checkbox"/> Speed <input type="checkbox"/> Agility <input checked="" type="checkbox"/> Footwork <input checked="" type="checkbox"/> Tracking <input type="checkbox"/> Teamwork <input type="checkbox"/> Throwing <input checked="" type="checkbox"/> Catching <input checked="" type="checkbox"/> Accuracy <input checked="" type="checkbox"/> Power <input 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 dots)			
	TIME: 240 seconds			
	GAME-LEVEL:	Trainer Mode:	Beg: 1-3	Int: 3-3
	Performance Mode:	Beg: 1-5	Int: 3-5	Adv: 3-4
			Adv: 3-6	
Drill <ol style="list-style-type: none"> 1) Group lines up behind a cone placed 20-30 feet from the station. 2) 1st player in the line, with tennis racket and ball in hand, steps in front of the blue cone and hits a backhand ground stroke against the station. 3) The goal of this drill is to have each player hit 10 backhand ground strokes on the rise (right as the ball bounces off the ground). The key is to recognize the trajectory of the ball and use quick footwork to get to the ball as its bouncing. 4) The 1st player hits 10 groundstrokes, then catches the ball and passes it to next player in line. 5) Continue sequence until time is out. 				
<p style="text-align: right;">Player collects their own ball and circles around to the back of the line</p> <p style="text-align: center;">20-30 Feet</p> <p>Note: This drill forces players to use quick footwork to set up for taking the ball on the rise</p>				

Date _____ Group or Class _____

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

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