

50 WAYS TO PLAY BETTER TENNIS

Without Playing Tennis

1. Practice your toss indoors with a rolled up ball of socks.
2. Drink more water every day.
3. Do 25 push-ups.
4. Increase your intake of healthy fruits and veggies by drinking a green smoothie each day.
5. Take a long walk or hike in the heat or cold to acclimate to the weather.
6. Run short interval sprints to mimic on-court footwork.
7. Practice a smooth service motion using a long tube sock stuffed with 2 or 3 tennis balls.
8. Read a great tennis book (like *Real Tennis Tips for Real Tennis Players*, a Kindle book on Amazon).
9. Add foam rolling to your stretching routine.
10. Improve your explosive movement with pike jumps, box jumps and jumping squats.
11. Set three big tennis goals to complete this year.
12. Create an energetic, inspirational playlist of music you love to listen to before your matches.
13. Watch an instructional tennis video on YouTube.
14. Get outside and cross train by taking a bike ride.
15. Do 100 jumping jacks.
16. Attend a tournament in your community to watch higher level players.
17. Stock your tennis bag with sports beverages or electrolyte add-ins for water.
18. Combat tennis elbow by performing forearm stretches.
19. Come up with a simple mantra to use on court for calm and focus (like "Strong and Calm.").
20. Practice split stepping at home with or without your racquet.
21. Enter a tennis tournament.
22. Listen to a tennis podcast (like *Tennis Quick Tips* on iTunes and Stitcher).
23. Try yoga for stretching and balance. You can find great yoga demos and routines on YouTube.
24. Pack some great-tasting snacks in your tennis bag for quick energy.
25. Make your own on-court cheat sheet with your favorite tennis tips and tactics.
26. Pack a tennis rule book in your bag (the USTA's *Friend at Court* is a good one).
27. Perform calf stretches against a wall.
28. Fill your refrigerator with fresh fruits and vegetables for nutritious snacks.
29. Restring your racquet.
30. Use a tennis ball to massage your back - place a ball in a long tube sock, position the ball behind your back, between your shoulder blades, lean your back against a wall, and move up and down and side to side to massage.
31. Keep notes on things you learn during your tennis play. Write at least one note after every match, lesson or drill.
32. Donate your old tennis balls to a local school, your club or pro, or your favorite dog owner.
33. Sign-up for a group tennis lesson or clinic.
34. Do 50 squats.
35. Talk to your doubles partner about poaching more in your next match. Then do it!
36. Use visualization to imagine hitting your serve with power and accuracy.
37. Post a written tennis affirmation (like "I play with control and aggression." or "I hit deep and strong.") that you'll see daily at your desk, on your computer, or on your phone.
38. Buy a case of tennis balls so you'll always have fresh balls on hand.
39. Read and follow a helpful tennis blog or website (like *TennisFixation.com*).
40. Buy a new pair of tennis shoes when the soles of your current pair wear down.
41. Watch the pros play on television.
42. Do 50 lunges.
43. Become a USTA tennis official.
44. Download a free tennis app (like the USPTA's *Tennis Tips* app) to get expert tennis instruction.
45. Stock your tennis bag with all of the supplies (socks, overwrap, towel, hat) you need to feel comfortable and play well on court.
46. Improve your service motion by playing a game of catch with a football.
47. Practice lateral shuffle steps to improve your footwork.
48. Reduce mid-foot and heel tightness by rolling each foot over a tennis ball while standing, one foot at a time.
49. Stretch your lower back by performing lying knee to chest stretches.
50. Get plenty of sleep each night, 8 to 10 hours for most people.

