

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

Tennis Ball Drop Starts

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This is a great drill for any level of athlete and can also be done competitively in group training. Have the athlete stand behind a line at every start in a ready position. Work on exploding off the front foot; begin with a positive shin angle and the chest forward. Hold a tennis ball in your hand and hold it up. (Stay consistent with the level you drop it from) Instruct the athlete to focus on the ball and as soon as you drop it, they will react and sprint as hard as they can to catch it before it bounces for a second time. Each time the athlete successfully catches the ball before it bounces twice, take a small step back. I usually give them 5-8 attempts on each leg. Make sure you record the farthest distance they are able to catch it from to see their progress.

