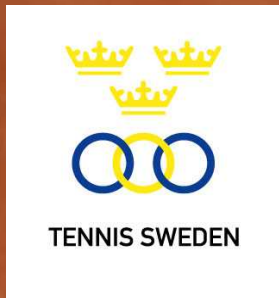




Strength & Conditioning for the Future



 Fysisk AB

Why Tennispasset?


- Low physical standard?
- Low level of understanding?
- Too many injuries?




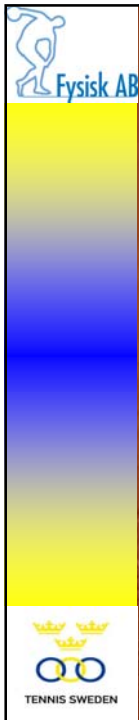
 TENNIS SWEDEN

 Fysisk AB

The Power of modern Tennis

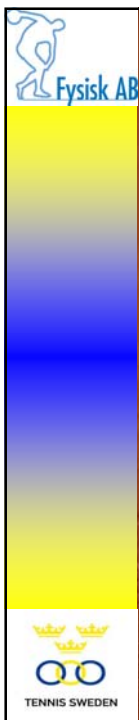


 TENNIS SWEDEN



Like music...

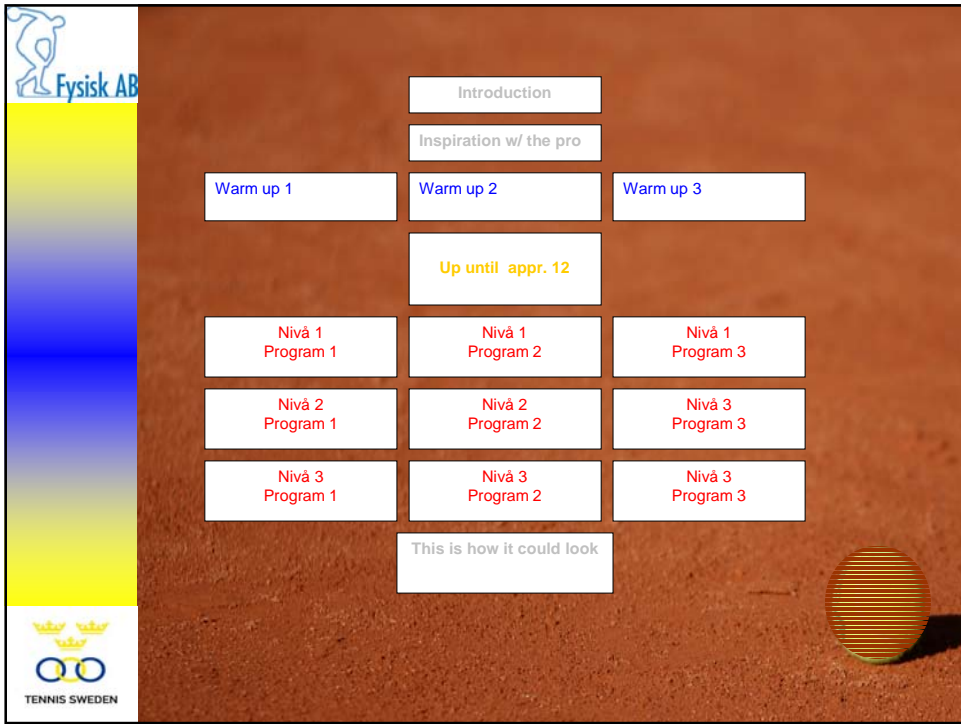
- Most musicians can Write notes
- Not so many can write a symphony

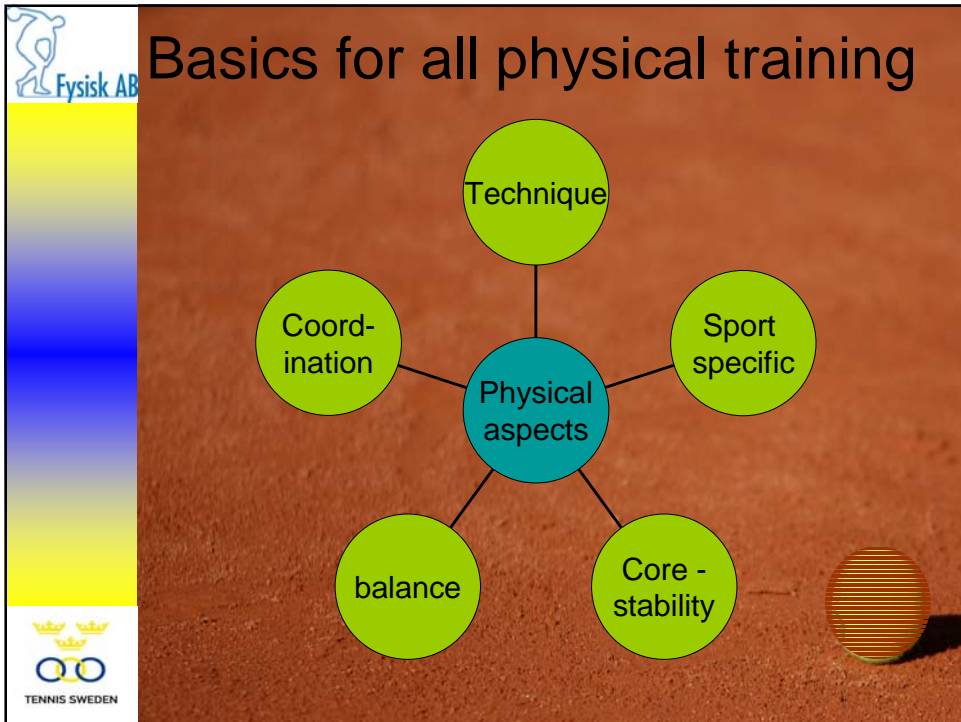
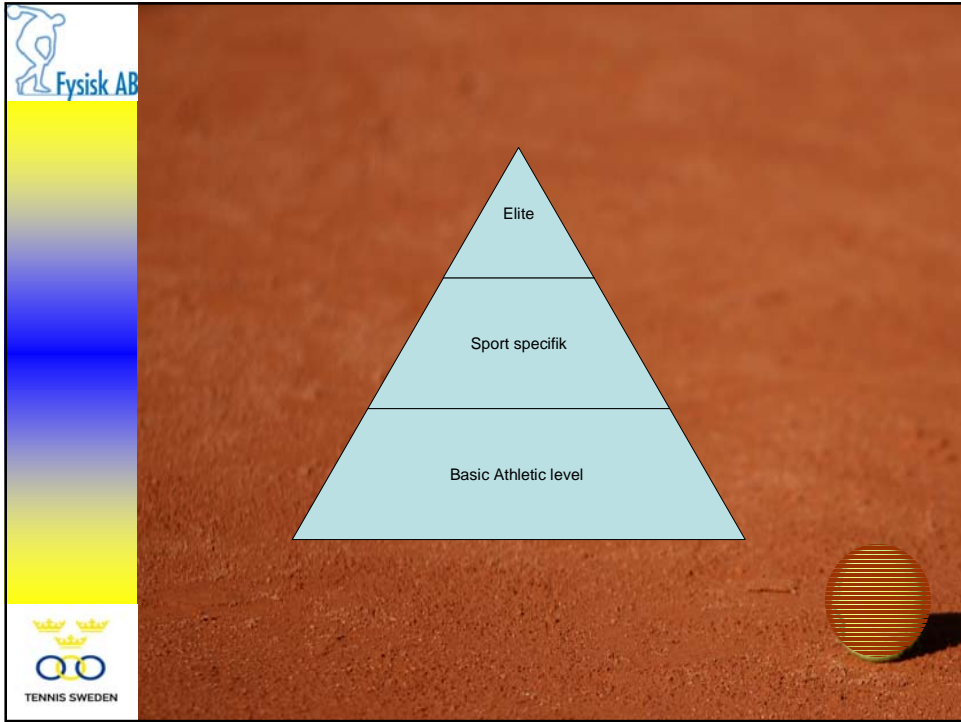


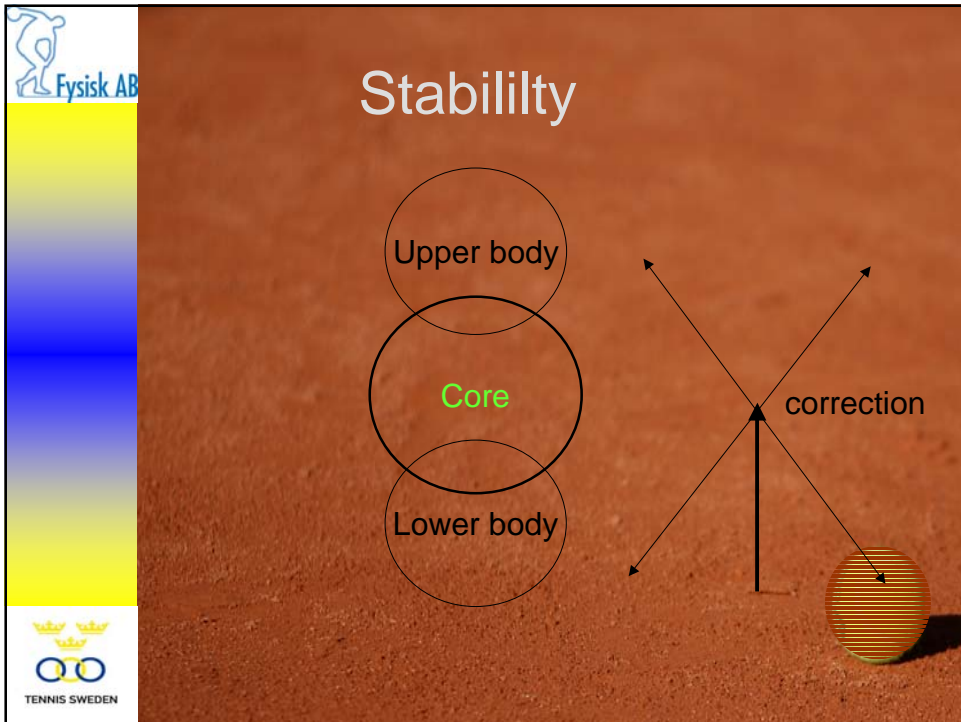
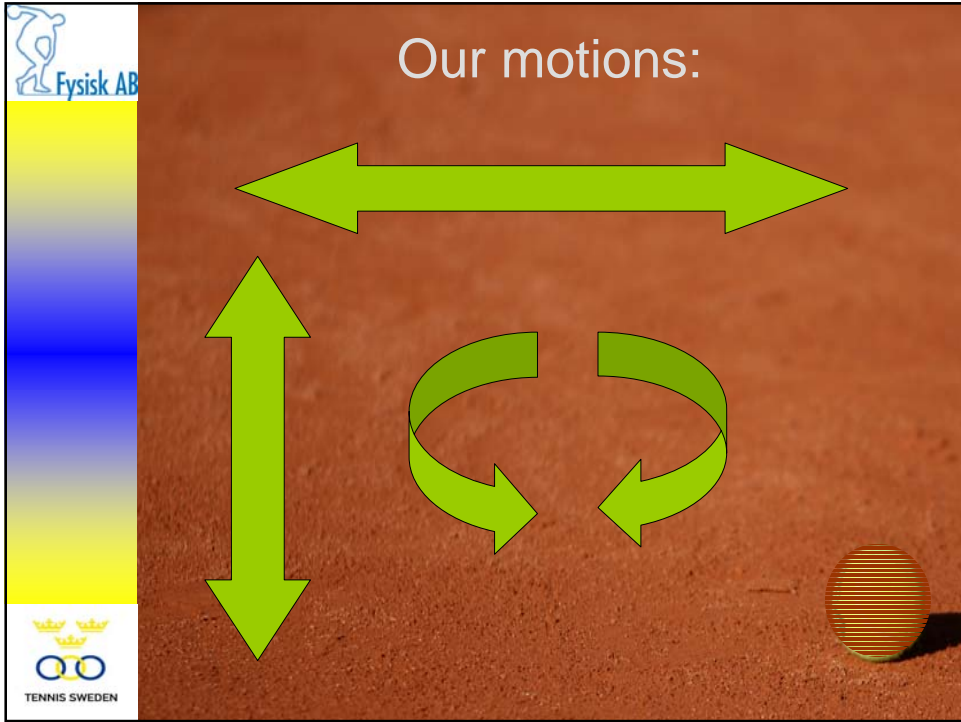
Why did I design Tennispasset this way?

- **Something for everybody**
- **Cheap**
- **On court**
- **Easy Integration**
- **"Go home and do it"**









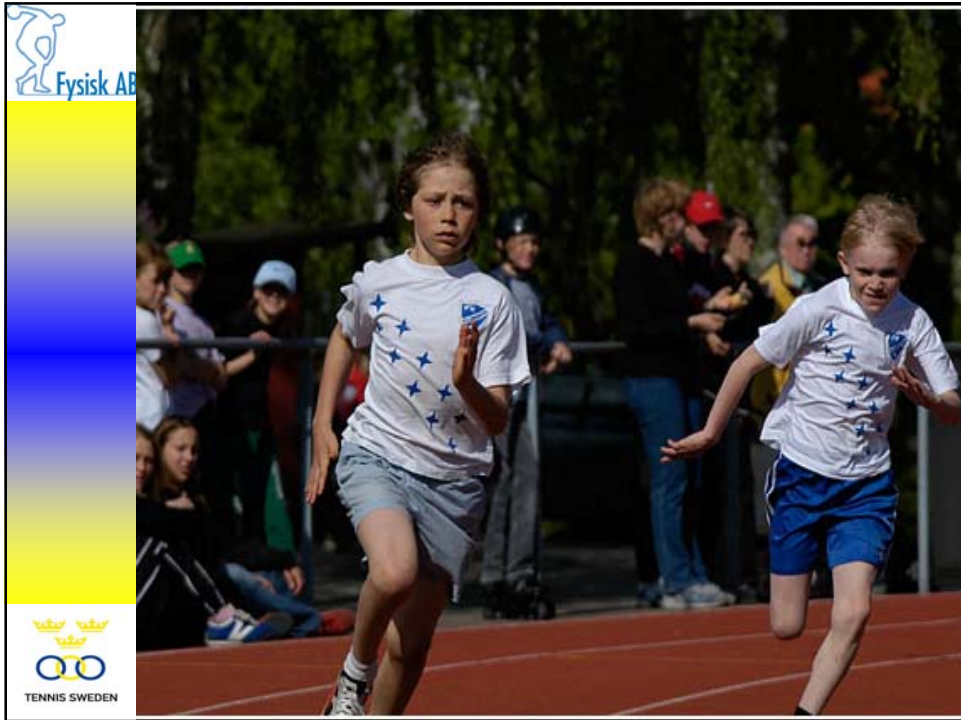


Fysisk AB

Before the age of 12



- Fun
- About 50% of the total workout
- Build up circuits
- Recommend gymnastics, athletics, martial arts etc.

TENNIS SWEDEN



12-14/15

- 3 times / week
- 3 levels
- Wide variety of exercises
- Go training... not tennis or conditioning
- Sample of workouts



The slide features a background of a clay tennis court. On the left, there is a vertical bar with a yellow-to-blue gradient and logos for 'Fysisk AB' and 'TENNIS SWEDEN'. The main content includes the title '12-14/15', a bulleted list of program details, a photograph of a young boy swinging a tennis racket, and a circular graphic with horizontal lines.



The Objectives with the level1

- Level 1 should teach them the basic techniques in all the physical areas
- Give the players a fundamental core stability
- Teaching them the integration between the tennis & conditioning



Objective with level 2

- Increase their speed on the court
- Increase the effectiveness in all motions
- Decrease the risk for injuries
- Give the players a little more responsibility





Objective level 3

- starting to increase resistance
- Increasing the speed
- Increasing the power
- A little bit more responsibility
- Preparing for “the real thing”



Cardio for me = **SUUNTO**

- **Easy to use**
- **Accurate**
- **Good feedback for both coach and player**
- **Good when travel**
- **Measure value on training level**





summary

- Create a strength & conditioning system that fits in to your environment
- Integrate when possible
- Change in volym and intensity
- Have periods w/out tennis
- Be inventive!
- Work hard and smart
- Do not only count hours
- Have fun!



We will see you at the Top Again!

