

Tennis Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing tennis games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in tennis. Gain extra mileage on your serve, shoot with more force on your forehand and backhand, be quicker to drop shots and lob shots, and cover more ground on the court. Game 7 will drive your game to new heights. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help tennis players develop quicker speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete tennis player you can be.

With Game 7 the athlete will increase speed, quickness, endurance, agility, hand-eye coordination, quicker reaction time, strength, power, and explosiveness.

Here is what the tennis athlete will develop with Game 7:

- 1) **Speed, Quickness, & Agility:** Whether its defense or offense, having a quick first step will determine who has the advantage. By having that extra burst of speed and quickness the athlete will be able to cover more ground. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed and become more agile. We'll train you through a variety of agility and speed drills to increase your speed and mobility. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will show you how to have greater body control and improved change of direction to get to the shot and prepare for your next possession.
- 2) **Strength, Power, & Endurance:** Looking for more effectiveness on your shots and serves? We'll train you to develop more power to your shots and have lasting endurance that will carry you to match point. Game 7 will train you through a variety of innovative techniques that will focus on muscle recruitment exercises, core exercises, and lower body exercises. These drills will give you the strength and power to dominate. We'll train the athlete to become more mobile and develop greater hip rotation that will allow for greater force on shots.
- 3) **Increased reaction time:** Coordination, balance, footwork, and reaction time are all critical components in tennis to sustain rallies and continue the volley. Through a variety of reaction drills we will teach the tennis athlete how to move with and without the ball. We'll give you the tools needed to keep your game elite and your opponent off-balance and wishing they never played you.

Like A Champion, Train Like You Want To Be One with Game 7

www.game7sports.com