



ZMG Strength/Conditioning and Fitness

The staff at ZMG are determined to offer a program that fully encompasses everything essential in the development of a tennis player. A great strength and conditioning and fitness program is absolutely essential in the development of all tennis players.



The ZMG Tournament Training Team and ZMG Pro Team competes at the highest level from designated, sectional and national junior events, to ITF, ATP and WTA tournaments. At these tournaments all players have outstanding ability and talent, but it's maintaining that very high level of skill for entire points, games, sets and matches that gives the player the chance for great success.

The Team at ZMG are relentless in their pursuit of offering all players a program that allows them to get in the best physical shape possible. The ability to execute effective movement, footwork and core base for long periods of time during matches and combined with great technique and mental strength is what gives every player in the ZMG Team the ability to maximize their results and achieve success.



Overall Tennis Specific Strength and Conditioning and Fitness – Areas of Focus

Tennis Specific Core Strength/ Stability

Core strength is the foundation of high performance tennis. Trunk and core positioning and stability directly affects all movements in tennis. The ZMG strength and conditioning program places the utmost importance and priority on all our players developing and having exceptional core muscles and strength.

Flexibility

Throughout a tennis match your body parts are called upon to go through some very extreme ranges of motion. Our aim is to help prevent injuries and enhance performance by having all our players strong throughout an unrestricted range of motion

Movement and Footwork: Speed, Agility, Quickness and Balance

The faster, quicker and more effectively you can get to the ball, the more time you have to balance, prepare and execute the stroke. The movement and footwork are to completely different areas of focus. Some players move well to the ball however they may not balance and get their base set with effective footwork. On the other hand other player might not move well, but have good footwork and balance when the ball is hit directly to them. ZMG will work with the player on their movement and footwork addressing areas that need improvement such as speed, agility, quickness and balance with the desire to turn the players movement and footwork into a real weapon.

Power/ First Step

Tennis requires explosive movements. The greater a players power the quicker and more efficiently they can respond to match situations and in turn the greater success they will experience. First step is crucial in the player not only reacting and anticipating but getting the player to the ball to get the base set and execute an effective world class stroke.

Strength and Strength Endurance

Throughout a match you may hit hundreds of balls while running from side to side, forwards and backwards. Good muscular strength endurance means that you will be able to execute a big world class ball as hard at the start of the match as well as the end of a match, now matter how tired you are or stressful a situation it is in the match . It will also prevent muscles fatiguing and reduce the risk of injuries. The ability to execute consistent movement, footwork and strokes is of the utmost importance.

Anaerobic & Aerobic Fitness

Most points in tennis last less than 10 seconds and require you to play another point usually within 20 seconds with minimal rest outside of the change of ends. This type of performance uses the anaerobic energy system. But there can be hundreds of these short bursts throughout a match. If your aerobic fitness is poor you will struggle to recover between points and games and not be able to sustain and execute a world class level throughout your match and your performance and results will suffer. Therefore it is important to train both you aerobic and anaerobic energy systems for through tennis specific interval and endurance training.

All these components of physical fitness are important in developing your game. By creating the appropriate program for each player we can enhance your performance, reduce injury risk and increase your ability to not only execute your game at a world class level but sustain that performance throughout your training and matches. At the start of the year each players, parents and coaches will decide on a tournament schedule that is most suitable to maximize the players success and development. Through regular meetings between players, parents and coaches we are able to periodise each individuals training programs to have players hitting their peak for tournaments and having suitable rest when required.